

# **Stockport's Community Development Strategy**

## **Case Studies**

# **COMMUNITY DEVELOPMENT CASE STUDIES**

## **Introduction**

As part of the work to illustrate the progress of Community Development in Stockport, 36 case studies are presented here. The case studies were compiled on the behalf of the Stockport Community Development Strategic Managers Group, a partnership group reporting to the Local Strategic Partnership, charged with responsibility for taking forward community development in Stockport Borough.

The aim of the case studies is to show the breadth of work being undertaken and the range of outcomes that are possible. Case studies are included from agencies, from the community and voluntary sector and from a number of projects funded by short term external funding, such as the Healthy Living Centre and the Single Regeneration Budget. The case studies cover work from 2003 to the present. Each case study has been written by the organisation or voluntary or community group themselves.

The contact for each case study is included within the text.

It is hoped that readers will use these case studies to understand more fully the potential of community development to achieve a wide range of outcomes for both the community and agencies alike.

## **Accompanying documents**

These case studies are part of an interlinked group of documents:

- Summary Stockport Community Development Strategy
- Practitioners version of the Community Development Strategy
- Community Development Action Plan 2005 – 6

These documents are available on the Stockport Partnership website.

## **Development of the case studies**

During 2006/8, it is intended to collect a further group of case studies and develop the present set. Following input from the Community Development Foundation, it is intended to alter the format of the case studies to demonstrate how community development work both meets the needs of the agency and community group and also other agencies involved in the work. In this way it will be easier to measure the total outcomes of community development. A detail of the requirements for the new format is given at the end of the document.

### **Where can I find out more?**

To find out more about Community Development in Stockport Council, contact the Community Development Team, The Dialstone Centre, Lisburne Lane, Offerton, Stockport, SK2 7LL. Phone 0161 474 2170/2203 or email [community.devteam@stockport.gov.uk](mailto:community.devteam@stockport.gov.uk)

To find out more about Community Development in Stockport NHS Primary Care Trust, contact Public Health Nursing, The Gallery, Cherry Tree Hospital, Stockport SK2 5HR. Phone 0161 419 4840 or visit website [www.stockportimpact.org.uk](http://www.stockportimpact.org.uk)

For more information about the Voluntary and Community Sector in Stockport contact Stockport Council for Voluntary Services, Russell Morley House, 8 –16 Lower Hillgate, Stockport, SK1 1JE. Phone 0161 477 0246 or email [info@stockport.cvs.co.uk](mailto:info@stockport.cvs.co.uk)

To feedback on the Community Development Strategy, contact Stockport Council's Social Inclusion Unit (Adults & Communities Directorate), 4<sup>th</sup> Floor, Stopford House, Piccadilly, Stockport SK1 3XE. Phone 0161 474 4544 or email [social.inclusion@stockport.gov.uk](mailto:social.inclusion@stockport.gov.uk)

## **CASE STUDIES**

1. Adswood and Bridgehall Community Network
2. Ageing Well
3. Brinnington Community First
4. Community Development and Local Centre Partnerships
5. Community Development and work with the BME Communities in Stockport
6. Community Development Grants
7. Communities of Interest – Stockport Credit Union Forum
8. Community Inclusion - Stockport Rangers
9. Community Hub
10. Complementary Therapy Project
11. Five a Day Project
12. The Furniture Station
13. Green Gym Project
14. Healthy Routes to School
15. Healthy Living Scheme
16. Junior Youth Inclusion Project
17. Neighbourhood based Community Development – Lark Hill/Cheadle & Cherry Tree, Romiley
18. Own Grown Grub
19. Parks and Recreation Service – Community Development
20. Reddish Community Centre – A year at the centre
21. Shopmobility, Stockport
22. Start the Walk
23. Start the Week
24. Stockport Boccia Club
25. Stockport Carnival
26. Stockport Citizens Advice Bureaux
27. Stockport Council for Voluntary Service (SCVS)
28. Stockport Environmental Health and Trading Standards
29. Stockport Health Economy and Community Development
30. Stockport Lacrosse Club
31. Stockport Lesbian, Gay, Bisexual and Transgender Support Group
32. Stockport Library and Information Services
33. Sustainability and Quality of Life Group
34. Swimming Group for Asylum Seekers
35. Twilight Youth Sport
36. Victim Support

## 1. ADSWOOD AND BRIDGEHALL COMMUNITY NETWORK

A review of the community development work in Adswood and Bridgehall, led to a re-evaluation of the direction in October 2003, with the following work being undertaken:

- The establishment of a “Community Network”, with participative events being held every 4 months (3 times a year). Representatives were sought from all sectors of the Adswood and Bridgehall Communities including Community Groups and Youth Forum representatives.
- Support for a variety of community events including a winter festival and summer fun day and an annual lantern parade
- Development and support for local volunteers
- Support for the new community buildings project and the two community centres in the area
- Capacity Building and involvement opportunities – since October 2004, the development of an estate-wide ‘Street Reps’ programme has been taken up by 12-16 residents in the area, from both Adswood and Bridgehall. They meet *at least* once a month to discuss physical environment issues that are relevant to the residents on their Streets.
- As a result of this regular contact with different residents, we have developed an idea with the Community Safety Co-ordinator to hold bi-monthly ‘Cleaner Estates’ meetings with relevant service representatives and residents, including Street Reps, in order to bring service provision closer to the community. Meetings will start in April 2006.
- Collaborative work with Learn 4 Life project to develop a co-ordinated training strategy

For further information contact Adswood and Bridgehall Widening Participation Project, 199 Garners Lane, Adswood, Stockport SK3 8QJ. Telephone 0161 484 2034.

## **2. AGEING WELL**

### **A needs assessment with older people.**

To take forward the 'Health Mentor' project, we set out to complete a needs assessment based on an exploration of independence and well being with a group of older people who have been accessing Aging Well activities. The objectives of the needs assessment were:

1. To identify and explore meanings attached to independence among a group of older people currently living in the wards of north and south Reddish in Stockport.
2. To use the outcomes of the exploration as a guide for informing further client supported developments of the Ageing Well programme.

Thirty Reddish residents took part, 8 of the group were male, 22 were female and the average age of the study group was 71.7 years. There were two stages involved in the data collection. Firstly, an Ageing Well Questionnaire was distributed, and secondly, a series of focus group discussions designed to explore meanings of independence were organised.

### **The meaning of independence**

We found that a definition of independence, as determined by the group, included the following:

- i. The need to be active, physically, mentally and socially.
- ii. The ability to be mobile and to be able to access forms of transport to get to places.
- iii. Being able to take part in health promoting activities.
- iv. Being able to access practical programmes that help people to keep their houses in a safe and well maintained state.
- v. Ensuring that an older person has an adequate level of income to support choices that promote independence.
- vi. It also included the important role of services and agencies in supporting older people to access programmes that promote independence.

By exploring what independence means to older people, the Ageing Well Project has identified opportunities the study group considered to be priorities for promoting independence. The list presented has the potential to inform the future of the Ageing Well project around outcome based indicators. If older people have told us that being active socially is important for their well being, the project needs to address that. Equally important is to recognise the role of other stakeholders in taking forward programmes and initiatives that support independence. We have used the needs assessment to identify 3 levels of action.

### **Primary level**

A primary level includes those activities that promote health and are accessible at an individual level. The needs assessment included healthy eating, taking exercise, not smoking, being involved in hobbies and maintaining an active mind. The group recognised their responsibility for promoting their own well being through taking part in activities that support their well being. Providers of local facilities, the leisure industry,

health services, tourism and lifelong learning services for example have a responsibility to ensure older people have access to opportunities that meet their needs at this level.

### **Secondary level**

At a secondary level, the Ageing Well Project has the potential to act as a facilitator, involving older people and agencies in the development of programmes that meet the needs of older people around independence. The stakeholders are older people, agencies and services.

### **Third level**

Discussions in the focus groups revolved around how older people could be stakeholders in the future provision of services, the group considered that relationships with service providers and agencies were important and should be facilitated. The Ageing Well project is a stakeholder at this level and has the potential to act as a mediator and facilitator, working alongside agencies to provide the link between services for older people, and older people themselves. We recognise that this third level presents a set of challenges to the way services for older people are delivered and would require a higher level of involvement and commitment from stakeholders.

The three levels provide a framework for the further development of the Ageing Well Project. Activities at level 1 and 2 have already been established and are reflective of what the group have identified as important for promoting their independence.

For further information contact Ageing Well Project, Public Health Nurses, Cherry Tree Hospital, Cherry Tree Road, Offerton, Stockport. Telephone 0161 419 4840.

### 3. BRINNINGTON COMMUNITY FIRST (BCF)

Brinnington Community First is a community organisation that represents and champions the Brinnington area of Stockport. It is independent of Stockport Council and is run on a not-for-profit, non-political basis. BCF's objective is to build a better, brighter and sustainable quality of life for all current and future generations in Brinnington.

In January 2005, Brinnington Community First gained charitable status becoming Brinnington Community First Trust Limited. We also set up our 'trading arm' Brinnington Ideas and Enterprise Company (B.I.E.C.) that is a company limited by guarantee.

We have spent most of this year planning the development of First House, and have been successful in the procurement of approx. £1.3 million pounds to build the first Community owned building in Stockport.

We have also been successful this year in the attainment of the prestigious Investors in People Award, this process will ensure that we will continue to embed the Investors in People principles throughout the organisation, to provide a quality service to our members and also a supportive and encouraging organisation for our staff to work in, concentrating on their personal development and training needs as a priority.

Community Firsts mission statement is:

*"Community First will involve and champion the Brinnington Community in building on the progress made by local regeneration activity. It will develop sustainable networks and services that improve local capacity and identify and meet local needs".*

This year has particularly gone well with the establishment of the:-

- Local Action Forum (LAF). The Local Action Forum is open to members of all the 33 groups in the area. The group is encouraged to influence the decision making process of issues affecting the area, the members feed back to their own groups giving wider participation making these processes more representational. We are currently holding workshops to develop the capacity of a grants panel made up of different organisations to ensure a fair dispersal of funding which will fit into the Priority areas of the Neighbourhood Renewal Programme.
- The development of a Condition of Grant with Stockport MBC to deliver the consultation element of the Community Development matrix in the area of Brinnington.
- Image Management project that looks at changing the negative perceptions of the area
- Reducing the barriers to employment through targeted training and the development of Social Enterprises in the area.

For more information contact Brinnington Community First, 19 Taunton Avenue Brinnington SK5 8LP. Telephone 0161 430 2030.

#### **4. COMMUNITY DEVELOPMENT AND LOCAL CENTRE PARTNERSHIPS**

The Council's Regeneration and Community Development Teams have worked closely together over many years – particularly in the areas of centre-based partnership development and engagement. Early successes began in the late 1990's in the North Reddish Area but this subsequently expanded through the introduction of the Ranger/warden service in the Town Centre and Edgeley District Centre.

In the intervening years this joint, inter-agency working has supported a number of the Council's key Regeneration strategies aimed at ensuring the future viability, vitality and health of the borough's primary and secondary shopping centres. The role of the Rangers in particular with their 'can-do' attitude has helped ensure that the centres are safer and more attractive for both shopkeepers and shoppers.

This joint work is now extended across the other seven District Centres and the potential for further developing joint work is being explored.

For further information contact Regeneration, Environment & Economy Directorate, 1 St Peter's Square, Stockport. Telephone 0161 474 2680.

**5. COMMUNITY DEVELOPMENT AND WORK WITH THE BLACK AND MINORITY ETHNIC (BME) COMMUNITIES IN STOCKPORT**

The Community Development team supported the following work to promote inclusion amongst black and minority ethnic communities:

**BME Children’s Fund**

<p>B&amp;ME CHILDRENS FUND</p>	<p>Seven B &amp; ME voluntary groups supported to deliver cultural awareness classes to 164 children, recruiting 19 community tutors, securing £45000 from Childrens Fund executive</p> <p>Development of B &amp; ME steering group to manage the work in partnership with the team</p>	<p>Positive report from external inspection re: impact on children</p> <p>High satisfaction rating from children and parents</p> <p>Seven community groups sustained involvement (diversity, community cohesion)</p> <p>Two interim B &amp; ME representatives attend Local Strategic Partnership as a result of the Steering Group’s existence</p>
--------------------------------	---	---

**Out of school Activities Project** - A successful Community Development Team bid to the Children's Fund BME Project was a major advance - £45,000 a year over five years (2004-08) is being used to support BME communities in developing community-based classes to enhance children’s self-esteem and educational attainment. During 2005, seven B& ME communities provided self-help education to 164 children, recruiting 19 community tutors. A liaison worker was appointed to help the groups develop their administration skills. Their work was showcased at Black History Month 2003, 2004 and 2005 to highlight the positive impact made by the communities through their own efforts.

**Black History Month**

Since 1998 each October has seen an expanding Black History Month programme, which became a fixed element of the Civic Calendar in 2004. During 2004/5, a broader planning partnership was sustained, including a wide range of services. The event culminated in 2004 in a showcase event, opened by the Leader of the Council. The children who were performing received very warm responses and promoted community cohesion under the banner “Black History Month is for everyone”.

**Youth group**

A Black Youth Group was developed through support from the Community Development Team and a refugee activist. The group was featured at the Black History Month showcase and held joint meetings with the Youth Service, supported Heaton’s Asian Youth group to develop shared awareness of cultures.

**International Women's Day 2005**

International Women's Day was celebrated through an event organised by Nia Kuumba with over 50 women attending with support from the Community Development Team.

For further information contact the Community Development Team, Dialstone Bungalow, Dialstone Centre, Offerton, Stockport SK2 7LL. Telephone 0161 474 2170.

## **6. COMMUNITY DEVELOPMENT GRANTS**

### **Davenport Tai Chi**

This is to say many, many thanks for our cheque of £250, towards the rent of the church hall, for our Tai Chi classes. I had an enquiry today from a lady of 86, coming from Cheadle Hulme, for our 'Taster' session next Tuesday, and will join if the journey does not prove too much.

### **Teens and Twenties Club**

Thank you for your letter of 23<sup>rd</sup> May advising me that the Teens and Twenties Club have been awarded a Community Development Rent Grant. This will help greatly in the continuation of the club at the Millbrook Centre.

### **St Elisabeth's Open House**

Many thanks for the grant of £300. This will certainly help us to carry on with our voluntary works.

### **Juniper Tree**

Thank you for your letter informing us that we are to receive a grant of £750 towards our rent. We are very appreciative of this and thank you once again.

### **Stockpot, Bredbury**

All the Stockpot staff wishes to say thank you for your grant of £300. With your help we were able to get a much needed potato peeler also a Food Mixer. This has enabled us to make the running of the Stockpot a lot easier for all concerned. Our Venture is doing very well, thanks to all the volunteers and of course your most valued help of a grant.

### **Churches together in the Heatons**

Thank you for the grant of £500, which has been given to Churches Together in the Heatons for the Festival Manchester Project.

### **Friends of Maple Avenue Park (Entrance Feature Project Maple Avenue Park)**

You will be please to know that all the preparation work for this project has now been completed. This has included workshops carried out in local schools, a public consultation workshop and public consultation meetings.

For further information Community Development Grants, Social Inclusion Unit, Adults and Communities Directorate, 4<sup>th</sup> Floor, Stopford House, Stockport Council, Stockport SK1 3XE. Telephone 0161 474 3276.

## 7. COMMUNITIES OF INTEREST - STOCKPORT CREDIT UNIONS FORUM

The Community Development Team has supported the growth of Credit Unions in Stockport since 1987 when the Brinnington Community planned the first Credit Union in the Borough. The Credit Unions Forum brings together representatives from the four community Credit Unions Brinnington, (Covering Brinnington and Lower Brinnington) Houldworth (covering Reddish, Lancashire Hill, part of the Heatons), Offerton (covering most of Offerton) and Werneth (covering Bredbury, Romiley and Woodley). These community-based Credit Unions are all run by volunteers.

CREDIT UNION	700 members , 53 activists, sustained eleven collection points in disadvantaged neighbourhoods (Brinnington, Reddish, Woodley, Offerton, Cherry Tree) holding £215000 in shares and giving out £135000 in loans Gained £3000 Global grant for 20 volunteers to be trained 3 Credit Union Boards now merged – new office base being developed in Brinnington	Sustained involvement of majority of activists in transition to new Borough-wide Credit Union, trained in shared procedures (community cohesion)  Approval from Scrutiny Committee  Approval from Financial Services Authority for borough-wide Credit Union
--------------	---	--

In 2005, the community credit unions became a single borough-wide credit union, with 700 members, 53 active volunteers and 11 collection points in disadvantaged neighbourhoods. These community-based Credit Unions are all run by volunteers, building a high level of skills and mutual support within communities and between communities to tackle financial exclusion and related isolation and stress.

The Forum is supported by two part-time Development Workers within the Community Development Team. From April 2004 the Development Workers have received £16,000 per year core funding from the Council.

For further information please contact Dialstone Bungalow, Dialstone Centre, Offerton, Stockport SK2 7LL. Telephone 0161 474 2171.

## **8. COMMUNITY INCLUSION IN THE ADSWOOD AND BRIDGEHALL COMMUNITY - STOCKPORT RANGERS**

The Adswood and Bridgehall Rangers team was approached by the Arts Co-ordinator to take part in an Origami Crane Project. This was all in aid of World Peace and would contribute to the exhibition in the Stockport Art Gallery from the 15<sup>th</sup> October to the 15<sup>th</sup> November 2005. The idea was to have as many origami cranes made, then displayed in the Art Gallery as the main exhibit.

The Rangers from Adswood and Bridgehall went to a training evening on the 13<sup>th</sup> September 2005 to learn how to make the cranes. At first this was quite a daunting task as it is not one of the easier things to do. But with practice the team became proficient. It was then the job of the Rangers to go in to the community taking what they had learnt and teaching other people to make them. As they left the training Marilyn Perris promised that there would be 1000 cranes made by the different community groups of Adswood and Bridgehall. This was quite a tall order.

The first group that Marilyn and the Team visited was the Evergreens over 60s group. They showed the group how to make the cranes and then left them enough paper to do some at home as well. This was then the start of a month of hard work. The team managed to get 16 different groups involved including the three schools, Beechwood Cancer Care Centre, Youth Clubs, Cubs, Scouts, Beavers and Brownies to name but a few. The Team had to teach every group how to make them then go back to collect them all.

In the end they managed to collect 1200 cranes from the area. These were taken down to the Art Gallery to be added with the rest made from all around Stockport. Marilyn and Lennette Shenton helped Jackie Mellor, the project leader, to put up the display of all the Cranes. In the end 7000 cranes were made by the whole of Stockport.

The Rangers attended the opening evening of the exhibit as well as the Mayor of Stockport. Pictures also went in the Stockport Express. When the display finished on the 15<sup>th</sup> November the Cranes were sent to Hiroshima in Japan to be put on show. The Story originated with a girl who developed cancer in Hiroshima. So she promised to fold a 1000 cranes for peace. However she died before completing, so her classmates finished them off for her. This is displayed in Hiroshima to mark World Peace.

The team found this a great way to work with many different groups in their area. To celebrate the end of Single Regeneration Fund Scheme on the 25<sup>th</sup> March 2006 there is fun day at Davenport Methodist Church.

The Rangers idea for the celebration is very simple but will be very affective. Take one piece of paper the size and shape of a ginger bread man. Then ask a member of the community to make a self-portrait of themselves. They can draw on it or stick material on it. If they always wear a hat they can put a small hat on it and so on. When it's done this can then be displayed on the wall at the Methodist church. So the idea is if you ask whole groups like a community group, youth group, School, family, residents etc to do the same this all can be displayed on the wall. All the groups can be put together to display the community that we live and work in. One of the reasons for SRB was to build a good community spirit and this artwork will show all the community together, as it should be. Even the Rangers will make their own.

Basically, using Marilyn's words, "One person on their own struggles to be heard. Put that person with others and they make loud voice as a group. Put all the groups together and you

have a strong community.” Hopefully this will show how strong the community has become over the past years.

For more information please contact Stockport Ranger Service, 10 Lindley Grove, Bridgehall, Stockport SK3 8LA. Telephone 0161 476 3898.

## **9. COMMUNITY HUB.**

Outcome reporting on activity in the Lancashire Hill estate.

Through the work of the Community Development Worker, we have established a positive relationship with the Lancashire Hill Tenants' Association. The Association meets monthly and provides a small programme of activities at the Lancashire Hill Community Centre. Members of the Association support the Fruit and Vegetable Club held at a nearby Church Hall.

In February 2004, the Association was informed that it could access European Regional Development Funding (ERDF) to take forward a capacity building programme in the Estate.

There were 2 key issues to taking this bid forward. Firstly the viability of the Community Centre as a venue for the delivery of community activities, and secondly, the capacity of the Tenants' Association to take forward an ERDF application. It quickly became apparent that the application was an excellent opportunity that needed to be followed up, but one that needed leadership. The Community Development Worker, along with the Healthy Living Centre Co-ordinator took on the role of leading the bid, working alongside the Tenants' Association and agencies (including Housing, Employment Services, Play Development).

A business plan was prepared and the ERDF application submitted. In April 2005 we were informed that the application had been successful, and that £40k of ERDF was available to take forward a range of projects in the Estate. Briefly, these are:

- An upgrading to the Community Centre so that it can be used to deliver a wide range of community activities.
- Employability programmes using Job Centre Plus and the Connexions service to encourage job seekers to access their support.
- A programme of child care support and training to enable parents of young children to access training and community activities.
- A programme to build up the capacity of the Tenants' Association and other resident groups.

For further information contact Heaton Norris Health Centre, 1 Cheviot Close, Heaton Norris, Stockport SK4 1JX. Telephone 474 8424.

## **10. COMPLEMENTARY THERAPY PROJECT**

NVQ training programme for residents.

Outcome reporting on: provide opportunities for residents to access Complementary Therapy programmes

A core element of the delivery of the Complementary Therapy Project is to recruit participants to an accredited Complementary Therapy training programme. During year 1 progress was made to identify a suitable training programme that could be delivered to residents within the Scheme area. The training programme takes participants to NVQ level 2 standard and is sufficient to allow those trained to be supported in providing complementary sessions to other residents. The training is delivered as a 30-week programme, successful participants gain an accredited qualification from the Greater Manchester Open College Network. Stockport's Lifelong Learning Project supports the delivery of the programme.

In year 2 we have been able to organise 2 training programmes recruiting residents from priority neighbourhoods in the Scheme area. At the end of year 2, 19 residents were progressing through the training. In June 04 the first group will submit their portfolios for assessment. The trainees undertaking level 2 accreditation are expected to undertake case studies when they practice their learning and share this practical experience with their peers and tutor. The level of training participants have undergone does not permit them to act as independent practitioners. The project worker has an important role in supporting trainees and in providing skill updates.

An outcome is to provide a programme of complementary and relaxation sessions for residents at low or no cost. The project has achieved this in year 2 and will continue to develop this in future years. During year 2, 40 complementary therapy sessions have been delivered by trainees.

The project has been able to make contact with and involve hard to reach groups in its activities. For example, trainees were able to deliver 13 sessions at a rehousing centre in Brinnington. All participants taking part in the accredited training were either on income support, long term unemployed, disabled, working part time (two people) or of pensionable age.

The work of the project has produced softer outcomes linked to social cohesion and engagement and at a personal level, self-development and confidence building. Three participants with no experience of further education have enrolled at Stockport College for further training and are looking to gain employment in the field of complementary therapies.

For further information please contact Public Health Nursing, Cherry Tree Hospital, The Gallery, Cherry Tree Road, Offerton, Stockport. Telephone 0161 419 4840.

## 11. 5 A DAY PROJECT

The Fruit and Vegetable Referral Programme.

Outcomes reporting on: Increase in number of people eating recommended levels of fruit and vegetables, improved access to a variety of fruit and vegetable locally.

At the end of year 2, the Fruit and Vegetable Referral Programme had been able to develop the programme with primary health care teams in North Reddish and Brinnington Health Clinic.

The risk groups for referral cover two areas as outlined below:

### 1. Clients with risk factors for Coronary Heart Disease (CHD) or diabetes.

CHD risk greater than 30%

CHD risk from 15 to 29% with co-existing factors (e.g. family history, impaired - glucose tolerance, BMI > 30).

Diabetics with poor diet.

For the above, the Practice Nurse makes the assessment and referral.

### 2. Clients on low incomes and with young families.

The programme is also targeted at young families on low incomes, and particularly at young, single mothers. In these cases, the assessment and referral is completed by a Health Visitor.

### Fruit and Vegetable referral.

Clients attend an appointment with the Community Dietician, where the client's current consumption of fruit and vegetable and their motivation for dietary change are assessed. If appropriate, a referral to the 10-week fruit and vegetable programme is given out along with a 5 a day information pack.

The client can then access the relevant fruit and vegetable supplier and place an order up to the value of £6 per week for a period of 10 weeks.

During this time, the client makes a follow up appointment with the dietician. At the end of the referral period, a final consultation with the client is set up, during this positive behaviour changes are identified and reinforced, an action plan for behaviour maintenance is discussed and agreed.

### Monitoring.

At the end of the year 2, 73 clients had been referred into the scheme.

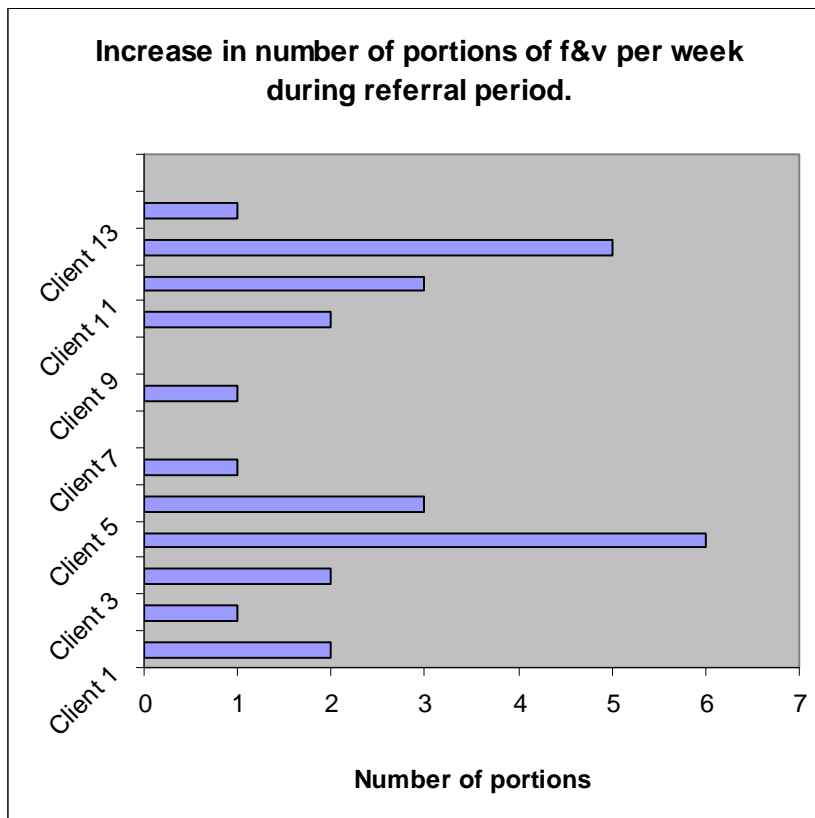
14 had progressed fully through the 10-week programme.

11 referrals were still working through the 10-week programme.

A success criteria in terms of a behaviour change is for the client to make a positive change in the number of fruit and vegetable portions they eat each day.

Of the 14 clients completing the referral, 11 clients had increased the number of portions of fruit and vegetable they ate on a weekly basis.

The chart below presents the level of increase in number of portions of fruit and vegetables over the length of the referral for the 14 clients.



On this criteria, early indications show that 11 of the 14 clients had made positive changes. Clients are being followed up over a 12-month period to see if these changes have been sustained.

For further information contact Heaton Norris Health Centre, 1 Cheviot Close, Heaton Norris, Stockport, SK4 1JX. Telephone 0161 474 8424.

## **12. THE FURNITURE STATION – HAZEL GROVE BAPTIST CHURCH**

The Furniture Station receives an average of 853 referrals annually, for families and individuals requiring help.

Mr X aged 59, a Stockport resident suffers with a chronic medical condition. He is very frail and had become depressed whilst living estranged from his family in the unfamiliar surroundings of a hostel. His aim was to find a home near to his family. A ground floor flat, in excellent order, was offered to him. In accepting this, his big concern was how to furnish a complete home from scratch with a small grant and his Disability Living Allowance.

The Resettlement Officer made a telephone and fax referral to the Furniture Station and an appointment given. Mr X visited the Furniture Station where he was welcomed by a Volunteer, who accompanied him to the warehouse. At that point he was invited to choose his own furniture appropriate to his need. A few days later his three-piece suite, bed and other items were delivered to his new home. Mr X expressed his thanks to the Furniture Station stating that 'a lifeline had been thrown to him at a time when he felt he was sinking'.

The Furniture Station is ideally situated in Hazel Grove close to the main 192-bus route and railway station, which enables people who are able to visit independently

For further information contact The Furniture Station, Hazel Grove Baptist Church, Station Street, Hazel Grove, Stockport SK7 4EX. Telephone 0161 483 9010.

### **13. GREEN GYM PROJECT**

Green Gym programme in Reddish Vale

Outcomes reporting on: people increasing their levels of physical activity, improved mental health, increased access to green space, conservation of habitats.

The British Trust for Conservation Volunteers (BTCV) Green Gym has been subject to two independent evaluations by the Oxford Centre for Health Care Research and Development at Oxford Brookes University. These evaluations have shown that:

- Taking part in regular Green Gym sessions can improve cardiovascular fitness and therefore reduce the risk of heart disease and stroke.
- The Green Gym conveys a range of social and mental health benefits. Working with others encourages participation in the local community. Learning a new skill and successfully completing a task builds confidence and self-esteem.
- Working out in the fresh air, in contact with nature, relieves stress and anxiety. All participants interviewed during the research reported this benefit.

The Healthy Living Scheme Green Gym Project offers opportunities for residents to take part in 2, weekly Green Gym sessions in Reddish Vale. These sessions last for 3 hours, they involve a warm up, a planned piece of work and cook down. Volunteers work as a small team to achieve tasks and in some sessions, plan and manage their own task.

A task undertaken in year 2 was the clearing and management of a former reservoir area in Reddish Vale. Green Gym volunteers spent 8 sessions working on this, tasks involved clearance of small saplings, clearing of remaining water areas, and ensuring the environment was suited to native wildlife. The overall aim was to re-establish the site as a wetland area that could encourage wildlife and growth of plants.

Each session involved a 10-minute walk to the site, a 5 minute stretch routine and up to 2 hours of sustained physical activity. Volunteers are encouraged to work at their own pace, but inevitably some tasks are fairly intense in terms of the level of cardiovascular fitness and muscular strength required to complete them. At the end of the session, volunteers took the 10-minute walk back to the site, and finished with a short cool down.

10 volunteers were involved. The background of the majority of volunteers is one of low levels of physical activity. Four of the volunteers have diagnosed health problems.

Team work and communication is key throughout the session in organising tools, adhering to health and safety and completing the task successfully. This together with personal achievements of completing tasks and gaining new skills, all work towards improving and building confidence and self esteem.

For further information, contact Heaton Norris Health Centre, 1 Cheviot Close, Heaton Norris, Stockport SK4 1JX. Telephone 0161 474 8424.

## 14. HEALTHY ROUTES TO SCHOOL

Travel plans Work with St. Joseph's Catholic Primary School

Outcomes reporting on: increased road safety, improved physical environment for cycling and walking.

St. Joseph's is a small school located in Stockport town centre. It experiences usual traffic problems with roads around the school being clogged with cars at school opening and closing times. Children and parents who choose to walk to school have to negotiate their way through this traffic. The catchment area for the school is wide which means that the school has a significant large number of children who live more than 2 miles from the school. The school faces a particular set of challenges in taking forward the Healthy Routes to School programme and it has worked hard to deliver a sustainable programme in the school. The school has taken up all road safety initiatives that Healthy Routes to School offers and 98 children have accessed the training this year.

The school has gone through the process of writing a school travel plan. From the plan a series of schemes have been set up or are in the planning process as described below:

- a To alleviate problems of parking on the busy road outside school a deal was struck with the council car park section to allow parents to park for 15 minutes for free in a nearby car park.
- b The school has set up a walking bus that chaperones children to and from the school bus, which has increased patronage.
- c The school is also in talks with the local bus company to extend the local bus route and reduce car travel.
- d A proposal has been made to open the schools gates and allow a drop off and collection point to take children off the roads and pavements altogether.
- e The school is committed to continued improvement and is to write a new prospectus describing how it expects its parents to act when coming to school.

Whilst not all these initiatives represent healthy routes to school, the overall aim is to build a road safe environment around the school. In turn, this will encourage more parents and children to consider walking and cycling to school as a safe and healthy option.

For further information, contact Heaton Norris Health Centre, 1 Cheviot Close, Heaton Norris, Stockport SK4 1JX. Telephone 474 8424.

## 15. HEALTHY LIVING SCHEME

The original design of the Healthy Living Scheme was based on a community engagement model and we have attempted to progress the Scheme this way. At the time of writing, (January 2006), we are moving into our 5<sup>th</sup> year of the Scheme, we are building our community development experiences into a future approach for the delivery of healthy living programmes. This approach is based on community and service engagement at 3 levels:

<p style="text-align: center;"><b>Level 3</b> <b>Empowerment for health</b></p> <p>Focused, purposive health programmes that are delivered through a Community Development approach. The approach works through structures that are developed in levels 1 and 2, and processes that build on the engagement and capacity building that has taken place.</p> <p>It would seem to make sense to generate these programmes around specific themes (partly because we have to with Choosing Health), but also because there is much more potential to make an impact with a set of focused, health programmes.</p> <p>Key programme areas – obesity (physical activity and diet), smoking cessation, and mental health.</p>
<p style="text-align: center;"><b>Level 2</b> <b>Neighbourhood and community engagement - supporting and building social capacity</b></p> <p>An approach that links into an existing tenant's or resident's forum, and supports the development of these - the capacity is developed within the neighbourhood. e.g. Poet's Corner Neighbourhood group is a good example - it has the capacity to take on local issues, and has recently been supported to set a voluntary youth group. The development of these forums to be the way to take forward a local vision.</p>
<p style="text-align: center;"><b>Level 1</b> <b>Responsive service provision based on local need and community consultation</b></p> <p>What factors impact on quality of life at neighbourhood level? It seems reasonable to make the prediction that anti social behaviour, crime, youth annoyance, lack of facilities for young people, rebuilding trust and respect between age groups, and issues related to the local environment are what concern people.</p> <p>There is a need for a baseline of engagement between services, services users and residents at a local level on issues that affect quality of life and to use this engagement to bring about change.</p> <p>Local consultation can identify these issues, but then the challenge is about maintaining the commitment of services to work with residents to turn these issues around? At this level, the accountability needs to be brought down to a local level, and for services to be working towards a local vision. We see elements of this happening in e.g. Lancashire Hill - a local lettings policy that residents are able to contribute to.</p>

Overall, our experiences tell us there are huge community development issues in the areas where we have worked. We believe that solutions to some of them could be found if there was a more consistent level of contact and involvement from service providers in supporting residents

to find their own solutions to local issues. We appreciate that solutions to long term issues are not going to appear overnight, but in many instances they are not appearing at all. The desire to change has to come from the top as well the bottom.

### **Implementing the approach will require**

- A broad agreement about what the issues and priorities are in each of the levels.
- A need to think around neighbourhoods as the focus for delivery of services.
- Achieving an integrated understanding with stakeholders of what the vision is about and the processes used to implement it.
- A joined up approach across agencies, with Community Development Worker teams, and within public health programmes.
- Leadership.

### **Next steps**

A Sustainability Plan for the Healthy Living Scheme is in the process of being agreed. This approach will be a key part of future work.

For further information, contact Heaton Norris Health Centre, 1 Cheviot Close, Heaton Norris, Stockport SK4 1JX. Telephone 0161 474 8424.

## **16. JUNIOR YOUTH INCLUSION PROJECT (JYIP)**

James is a twelve-year-old young man who lives with his mum. He was referred to the Junior Youth Inclusion Project (JYIP) by the Education Welfare Service, who was involved with him because of his poor school attendance. As a result of a fight at school he had been permanently excluded at the point the JYIP started to intervene.

Having completed a targeted Assessment it was clear that James was at risk of offending because he was not attending school and was 'hanging around' with an offending peer group.

The JYIP worked closely with the family to ascertain what they wanted. Once it was clear that James was willing to try hard to get his education back on track, the JYIP liaised closely with the secondary school that he wanted to attend.

Much work was done with James regarding his anger and he was taught strategies to deal more positively with it. A plan was devised to help James integrate into the school. The JYIP played a key role in making sure James made progress. This involved being present in the school so as to deal with any issues as soon as they arose.

The JYIP also introduced James to the local Youth Centre. This allowed him to become involved in structured activities instead of just 'hanging about' on the street.

At the point of closing the case James was making good progress at his new school and was attending the Youth Centre on a regular basis.

The Junior Youth Inclusion Project is now part of the Youth Offending Team.

For further information, contact The Lapwing Centre, 2<sup>nd</sup> Floor, Lapwing Lane, Brinnington, Stockport SK5 8LF. Telephone 494 6575.

## 17. NEIGHBOURHOOD BASED COMMUNITY DEVELOPMENT

### CHERRY TREE COMMUNITY BUILDINGS:

<p>CHERRY TREE ROMILEY</p>	<p>Development of Cherry Tree Partners as community and multi-agency planning group</p> <p>£10000 from Building Learning Communities to refurbish premises for a community education facility in disused shop; salary for a community activist to become a Learning Ambassador and lease of a second shop for youth provision</p>	<p>Productive partnership of communities and influential Councillors and agencies</p> <p>National recognition of this model, leading to increase in funding for Learning Ambassadors to £25000</p> <p>Job creation</p> <p>New local base fulfils one of the key community needs in the Community Development Strategy Action Plan- more places to meet</p>
--------------------------------	---	--

It has been a very encouraging year at Cherry Tree, Romiley. The community have been successful in securing another year's funding for further adult education courses based in new community premises – beginning with the community leasing one empty shop at No 6 Cherry Tree Lane, the scheme is expanding through leasing No8 and no2 as community shops as activity continues to expand. The final draft of the leases for both shops is being sorted and Cherry Tree Partners has already spent £10,000 refurbishing no 8 to a very high standard with a new office and community space. Work will begin on refurbishing no 8 which is to be a new facility for the estate's young people; the new facility will include a cyber cafe and recreational facilities for young people. Cherry Tree Partners are managing the project and the staffing of the new facility will be overseen by the Youth Service. St Chads Church are also working in partnership on the project and will be supporting the youth service. Overall community involvement has progressed to a remarkable degree at Cherry Tree with a resident becoming a paid member of staff to coordinate adult education courses. The work has flourished through strong levels of support from local people as well as council agencies, police and local councillors.

**CHEADLE CRIME PANEL:**

CHEADLE CRIME PANEL)	Bi-monthly partnership meeting of 30 community members, all local Councillors and 2 MPs, and multi-agency presence to discuss crime and fear of crime and devise local preventative action £600 Global Grant for quarterly newsletters	Community Cohesion Influential partnership, drawing in all significant partners as a model for a community development response to crime and disorder
----------------------	---	--

The Crime Panel has had a good year with its monthly meetings being addressed by both MPs for the police beat area - as well as receiving very positive support from local ward councillors and regular turnouts of 30-40 local residents. Early in 2006 the panel are looking to invite a local magistrate and a member of the youth justice panel to address the meeting and the panel committee are currently in the process of bidding for £7,000 funding on behalf of Chelwood Baptist church for skate board facilities to build stronger links with the area’s young people. The Residents Association has also become active again this year and they are working with Chelwood Church and ward councillors to seek to develop a childrens play ground in the area and to attract funding for a holiday project for children and families on the estate.

**LARKHILL TENANTS & RESIDENTS ASSOCIATION:**

LARKHILL – POST OFFICE	Purchase of disused Post Office premises by Chelwood Baptist Church as base for a community café Successful bid to Henry Smith Trust for £50,000  Building Learning Communities salary for a community activist to become a Learning Ambassador	More places to meet  Significant procurement of external resources by community for community  National recognition of this model, leading to increase in funding for Learning Ambassadors to £25000
------------------------	--	--

It's been another strong year of progress for Larkhill Tenants and Residents Association who along with Chelwood Baptist Church have been working in partnership to improve the area.

The big story of 2005 was getting funding from the Henry Smith Charity to the tune of £50,000 to complete the community cafe project in Larkhill. This was a major breakthrough and will play a big part in the regeneration of the estate. The cafe will also incorporate new community facilities for the Crime Panel and Residents Association and should be open for business in March 2006. Another great success has been to obtain a further year’s funding to facilitate adult education

courses on the estate. The courses have been a great success in attracting new learners and new courses are planned for 2006.

For further information contact Community Development Team, Dialstone Bungalow, Dialstone Centre, Lisburne Lane, Stockport SK2 7LL. Telephone 0161 474 2172.

## **18. OWN GROWN GRUB**

Green Roof at Reddish Vale Community Garden.

Outcome reporting on: Gardening activities in the Community Garden.

The installation of the green roof on top of the steel cabins at Reddish Vale Community Garden was a large scale building project that involved many volunteer hours and a lot of hard, physical work. We were successful with a bid to Manchester Airport Community Trust Fund for £4000 to cover the cost of materials.

A Green Roof is a layer of living, natural material build over an existing roof, to provide insulation, a natural habitat and a visual impact. The Green Roof is made from 7 layers of natural material with built-in drainage, covered with top soil and planted with slow growing, low maintenance plants such as Sedums, Creeping Thyme, Dwarf Dianthus, Sempervivums. It works like a giant window box and has seven separate layers of various materials that get laid before it's planted up.

We had decided to build a green roof for the ecological benefits, to improve the appearance of the steel containers, and as an important educational resource. Green roofs are common in Germany and Holland but there are very few green roofs in the North West of England. The addition of a green roofed porch acts as an extension to our classroom cabin providing a dry area for volunteers and visitors. As the porch is pitched it allows the green roof to be viewed more easily.

After consultation with Alumasc, (a specialist green roof company) and with help from Tara Hughes, the Borough Council's Health and Environment Advisor, we created an overall design for the structure. Volunteers were involved in every step of the construction.

The roof took 3 months to construct, during this time volunteers from Green Gym and Own Grown Grub interacted much more than usual and many volunteers attended sessions of the other group in order to speed the build along.

The volunteers increased their knowledge of general construction and the benefits of green roofs. They learnt many new skills through the various activities e.g. joinery, use of power tools and planting. The volunteers had to work together as a team on many occasions and think about their own and others safety, e.g. we had 4 tons of substrate to lift onto the roof in buckets. Volunteers have since been involved in the ongoing maintenance of the roof, removing tree seedlings and planting extra plants to cover bare patches.

Overall 17, volunteers were involved in constructing the green roof, contributing a total of 630 volunteer hours.

The completed roof gives a sense of permanence to the steel cabins and to the project itself. As the plants will take a few years to fully blanket the roof area, volunteers are keen that the cabins will stay in place to be used as a community resource after the Own Grown Grub project finishes.

The launch of the roof and solar panels was attended by the Mayor, local councillors and MP, and was reported in the Stockport Express and the Stockport in Bloom Newsletter.

Other community groups within Greater Manchester who want to build their own green roof have visited the community garden for advice on construction and funding.

The hard work by all the volunteers has contributed to the community garden being included on the route for North West in Bloom and an international competition in July 2005.

For further information contact Own Grown Grub, Heaton Norris Health Centre  
1 Cheviot Close, Heaton Norris, Stockport SK4 1JX. Telephone 0161 474 8424.

## **19. PARKS AND RECREATION SERVICE – COMMUNITY DEVELOPMENT**

Stockport Council recognises that in order for greenspace management develop and be responsive to the present day and future needs of people, there must be involvement and support from the community. Existing greenspace groups known as 'Friends' groups within Stockport have proven that partnerships with such groups release so much more potential for parks to play a central role in life.

In recognition the importance and benefits of community involvement within greenspace, the Parks and Recreation Service has a dedicated team of officers (the Community Development Team) who develop and support greenspace Friends groups. Most greenspace community groups or 'Friends' groups in Stockport have set up around a common interest or desire to improve a particular piece of land or habitat.

There are many friends groups throughout the Stockport area and each group is different. Groups take a variety of different roles, ranging from information sharing and participation in practical tasks through to running events and developing major greenspace improvement projects.

### **Targets for the Parks and Recreation Community Development Team**

- To carry on supporting Friends groups across Stockport (currently 35)
- To secure additional resources for greenspace through friends group fund raising
- To work with other partners to develop a health and greenspace agenda
- To work with other partners to develop a life long learning agenda for greenspace
- To work with schools to encourage positive use of greenspace by young people
- To promote and publicise the use of parks for community activities.

For further information please contact Community Development Team, Parks and Recreation, EED, 4<sup>th</sup> Floor, Stopford House, Stockport. Telephone 0161 474 4418.

## **20. REDDISH COMMUNITY CENTRE ASSOCIATION**

### **A YEAR AT THE CENTRE**

Unlike the majority of similar organizations, the Reddish Community Centre Association ends its financial year at the same time as the calendar year. So the 31<sup>st</sup> December presents a very busy time for the treasurer on top of her personal duties dealing with the festive season.

The past year has been quite successful but due to some serious outlay we finished up with a deficit but was able to overcome this with some interest from a small investment. This of course meant that we broke even, which in this day and age is quite good.

Most of the expenditure went on having a new floor covering laid, which led to the centre being closed for a week and a subsequent loss of revenue. Legislation about having chairs 'with arms' was also another costly venture but these chairs are now in situ and are seen as a great benefit, especially by the more senior members of groups.

We have had our fair share of things going wrong, pipes leaking, toilets blocked, lights failing, doors sticking, heating being too hot or not hot enough! Etc. etc.

There have been repairs and improvements most of which has been carried out by the Chair and the Secretary (nobody told them that there was more to the jobs than running meetings and taking minutes!).

Research was carried out to trace lost minutes and those that were found had to be faithfully reproduced and we now have an extensive collection going back to the very first meeting in 1983.

After many hours of trawling through these minutes, newspaper cuttings and all sorts of other records and notes, we are now in a position to publish a book about the centre. The completed manuscript is ready for acceptance by a publisher although we will have to find finance for it. So look out for 'The Reddish Fire Brigade has been out' as they say, 'at your local bookseller' although we will not be expecting it to outsell 'The Da Vinci Code'!

Like everyone else we have been up to our eyes with Risk Assessment and Health and Safety issues in general and luckily have been able to get an Officer on to the Committee to carry out regular checks at the Centre.

We have been able to produce a periodic newsletter in addition to the distributed minutes of all meetings, which we hope help keep all groups and their members informed about, conduct, privileges, events and news. We have also installed a 'Message Board' that seems to be working extremely well. It gives groups, individuals and ourselves chance to get some positive action completed without going through lengthy communications and meetings.

We have lost and gained groups throughout the year like most centres but have still come out on the plus side. We have lost the Paint Box Art Class and Kick Boxing but the Tiger Karate Class went from one Saturday session to Thursday, Friday and Saturday. Added to this Houldsworth Ladies Bowling Club came in, as did Age Concern with their hugely popular Tuesday Coffee Mornings.

Our weekend party hire is as popular as ever and we have hosted Quiz Nights and Table Top Sales.

The problem with parking on the ramp was solved by the installation of concrete posts and lowering signs to eye level.

The serving officers formed a sub-committee that reports to the full committee and cuts out much of the boring bits at the committee meetings.

To sum up the year we would say it has been very successful and a great credit to both users and committee members alike.

For further information contact Reddish Community Association, Old Fire Station, Gorton Road, Reddish, Stockport. Telephone 0161 431 5914.

## **21. SHOPMOBILITY STOCKPORT**

In July 2005, Shopmobility Stockport provided for the first time a service at Stockport Carnival for disabled visitors.

It was our first experience of a one-day satellite event and has encouraged us to repeat it this year.

Seven members took advantage of the service and one visitor to the Carnival became a member in order to use our vehicles.

We would have liked more new members and will have to look afresh this year at how we promote it to potential visitors to the Carnival. There was a prominent advertisement in the programme.

It was a good opportunity to sell a photograph quiz we were running at the time to raise money for our service.

It has proved logistically that we can operate away from the Merseyway Centre for one-off events like this. Most of the fleet was transported by Easy Go and a marquee was lent to us by the Friends of Vernon Park.

We are also hoping that it will be the precursor of permanent satellite schemes in other shopping centres of the borough, operating on one or two days a week.

For further information, contact, Shopmobility Stockport, Level 2, Merseyway Car Park, Stockport SK1 1PD. Telephone 0161 666 1100.

## **22. START THE WALK (STW)**

A Walking Group, "Start The Walk" emerged out of Start The Week. The Group is made up of members of Start the Week who meet once a month to plan health walks in Stockport.

Walks have taken place in Alexandra Park, Bramhall Park, Vernon Park, Woodbank Park and Etherow Country Park.

Members of Start The Week, Stockport Mind and Stockport Day Centre participated in all these walks.

The walks have proved popular, and deliver health benefits such as improved physical fitness, better mental health, and the reduction of social isolation.

Some of the participants are walking more on their own account.

"Start The Walk" has received support from Walking for Health, the Centre for Health Promotion, Stockport Mind and Stockport Day Centre.

As "Start The Walk" develops, more of its members will learn the skills of Walk Leading, and hopefully plan and organise future walks.

For further information, please contact Public Health Nursing, The Gallery, Cherry Tree Hospital, Cherry Tree Lane, Offerton, Stockport. Telephone 0161 419 4840.

### **23. START THE WEEK (STW)**

This is a weekly drop-in for people with mental health issues. It is supported by Stockport NHS Primary Care Trust (PCT) and MIND. The group meets every Monday from 12.30 to 3 pm at Tiviot Dale Methodist Church.

A meal and drinks are provided for £1 per person. A cooked meal is available monthly at a cost of £1.50 per person.

There is an Arts Group facilitated by Shirley Dean, a qualified Creative Therapist. The group completed an art project at Bredbury Clinic. This involved creating an underwater tableau for the children's play area.

Community Development Workers established a Relaxation Session, which is popular with members, volunteers and staff.

The Xmas period was a busy time for STW. The members were served a buffet lunch at Tiviot Dale on 15<sup>th</sup> December 2003. This event was appreciated hugely by those attending.

The New Year saw more activities being organised by members of STW.

Community Development Workers are facilitating a smoking cessation group.

Members went for a coach trip to Chester on April 7<sup>th</sup>. All who attended had a really good time.

Members of Start the Week were involved in Stockport Carnival on July 17<sup>th</sup>. Thanks to the support of Stockport Council Parks staff who supplied a lorry and driver, and the hard work of STW, Midweek, HEART, (Friends of Hollywood Park), and the CD Team, the float won 3<sup>rd</sup> Prize for Best Decorated Float.

Members of Start the Week went to Bakewell Show on 4<sup>th</sup> August. Everybody who went enjoyed themselves, both at the Show and exploring Bakewell Town Centre.

For further information contact Public Health Nursing, The Gallery, Cherry Tree Hospital, Cherry Tree Lane, Offerton, Stockport. Telephone 0161 419 4840.

## **24. STOCKPORT BOCCIA CLUB**

Young people, most of who are wheelchair users, set up Stockport Boccia Club in May 2003. The club started in premises that were provided free by the Royal Schools for the Deaf but quickly grew so that more playing courts were needed. They now meet every Sunday at Avondale recreation centre and receive coaching in the sport of Boccia from an ex England player, Nigel Baguley.

There is no other club like this one and members now come from all over Greater Manchester.

The club has no paid members and a team of volunteers has put in time to mark the courts each week, referee the games accompany team members to competitions in Liverpool, Macclesfield, Wigan, Stockport and Manchester. Successful bids have been mounted to Awards for all, the Stockport Health Authority and the Manchester Community Foundation, totalling £12,000. Community transport is provided for members in Stockport to enable them to reach both competitions and the weekly club.

Research shows that few disabled young people regularly take part in sport and that lack of transport is a contributory factor. Our club set out to overcome these barriers.

In November the club really showed how far it had come in just six months. After winning a whole clutch of medals at the Liverpool Open competition seven members of the club were selected to play for the North West Team in the National finals of the Boccia Championships, where over a hundred entries from all over the UK provided stiff competition. Katy Booth and Carl Cockbain won the trophy for their class, with James Bird coming second in his. Their outstanding success helped the North West Team of nine players to win the Junior Trophy for the first time ever. The North West Seniors also tied with the Northern Region and were jointly awarded the Senior Trophy.

The club has provided the opportunity for disabled athletes to shine in the North West. Some of them have had their first opportunity to play sport competitively, others have won awards for the first time and all of them have supported each other by their regular attendance and determination to succeed.

For further information contact Sports Development, 4<sup>th</sup> Floor, Stopford House, Stockport Council, Stockport SK1 3XE. Telephone 0161 474 4495.

## **25. STOCKPORT CARNIVAL 2004**

### **Aims of the project**

- To promote positive mental health
- To give members of our groups something to get involved with and encourage working together for one goal
- To celebrate each member of our groups emphasise their individuality.
- To inform people what groups there are for people with mental health problems

### **Planning**

Rose Tyldesley led a group of workers in the planning of the carnival. Nicola Proctor was responsible for most of the preliminary organisation and artwork for the float. Andy Jones had made contact with Andy Hodgkinson from Parks and Recreation at Woodbank and Nicola made further contact with him to confirm his provision of the lorry and measure up the actual vehicle. Andy Jones, Sheila Whittle, Dan Callaghan and Ann Wynne were involved in actual event.

Both 'Start the Week' and 'Midweek' were consulted on ideas for the float. Many members were involved with painting and designing their t-shirts to promote the groups. Artwork was also collected from 'MAPS' and 'Start the Week' which was laminated to display on float.

### **The event**

We were promised gorgeous sunshine but it was very wet. We wondered how many people would turn up as it was raining so badly but were thrilled to see so many willing volunteers to come on the float. Somehow the rain made it a much more united atmosphere, everyone working together to decorate the lorry and spirits high despite the horrible weather. Each person wore their groups T-shirt with pride, and although some looked slightly sumo with their T-shirt over their coats – it was all done in fun!

Our float was entitled – 'Celebrating Communities' and it truly was a good representation of some of the community groups our team are working with. We were thrilled to see that the HEART group 'Friends of Hollywood Park' were involved and even made their own banner to decorate the float with. The route was longer than imagined but everyone who was walking managed it fine. It took about 1½ hours but time was spent picking up coins from the road and giving out stress balls!

We arrived at Woodbank Park, wet and muddy but full of excitement and in high spirits. Everyone was amazed and ecstatic that we won 3<sup>rd</sup> prize for 'Best Dressed Float'. It was definitely worth all the planning and effort. We are planning something even better for next year.

For further information contact Public Health Nursing, The Gallery, Cherry Tree Hospital, Cherry Tree Lane, Offerton, Stockport. Telephone 0161 419 4840.

## **26. STOCKPORT CITIZENS ADVICE BUREAU (CAB)**

A client contacted the Citizens Advice Bureau about the problems she was having with the Child Support Agency and the Department of Work and Pensions. Over a period of three months she had thirteen different assessments of the maintenance she was due. Every time her maintenance changed, it affected her Income Support.

Neither organisation spoke to the other, so the client had no idea whether they owed her anything, or whether she was in debt to them. Both sent her letters she found very frightening.

After numerous letters and phone calls from the CAB, it was arranged that the client be paid a fixed weekly amount and that discrepancies be dealt with by the agencies concerned.

For further information contact Citizens Advice Bureau, 39 Greek Street, Stockport. Telephone 0161 480 3264.

## **27. STOCKPORT COUNCIL FOR VOLUNTARY SERVICE (SCVS)**

SCVS was first set up in 1933 and from 1979 has operated from Russell Morley House, a Council owned building currently shared with Age Concern and located on Lower Hillgate.

There are over 300 CVS's throughout the country and they are often referred to as 'umbrella' or second tier organisations. Unlike most voluntary organisations, services are not delivered directly to any particular client group. Instead our aim is to offer support and development of the voluntary and community groups working in Stockport. This encompasses the larger national organisations such as Age Concern, Citizens Advice Bureau, Victim Support as well as small community based groups and communities of interest.

We help them in a number of ways including the provision of funding information, training, regular newsletters carrying articles on things such as employment and charity law. We represent the voluntary sector on a variety of partnerships in the borough (23 at the last count) and liaise between the sectors. We chair and facilitate MOVES (Meeting of Voluntary Executives) a forum regularly used by the statutory authorities to consult with. Last year we held, in conjunction with Stockport Council, a very successful Funding Fair, which attracted major funders to the town.

SCVS also incorporates the Volunteer Centre which last year found placements for over 900 people looking for volunteering opportunities. We are agents for the Millennium Volunteers Scheme, which encourages young people between the ages of 16 to 25 to volunteer. Each year we arrange the Mayor's Reception for Volunteers, which continues to attract large numbers to this popular event.

All our activities are focused on making the voluntary sector stronger and more effective in delivering services to Stockport Residents.

For further information please contact Stockport Council for Voluntary Service, Russell Morley House, 8-16 Lower Hillgate, Stockport SK1 1JE. Telephone 0161 477 0246.

## **28. STOCKPORT ENVIRONMENTAL HEALTH AND TRADING STANDARDS**

Is a service area that is at the forefront of a new way of working, encouraging innovation and change with our partners to address the health needs of communities. An area-based approach has been integrated into the mainstream service to:

- Enable Environmental Health Officers to contribute to holistic health utilising the community development approach.
- Develop joint working relationships and specific projects/ initiatives.
- Heighten awareness of environmental health and trading standards amongst communities, workers and health professionals.

### **Case Study**

In 2003 Environmental Health and Trading Standards initiated community liaison work with the business communities of Stockport District Centres. An environmental health officer is working closely with the District Centre Partnership groups and local trade associations to investigate what environmental health or trading standards needs businesses have and to encourage the development of partnership projects, to work together to address those needs.

A theme that has emerged is a willingness to work in partnership to improve the local environment and for local traders to be able to demonstrate their shared responsibilities to the borough within the local community.

The 'Shop Smart' scheme has been developed which is a voluntary code of practice that traders sign up to. There are four key issues that traders can commit to: keeping the shop clean and litter free, waste management, preventing under age sales of age restricted goods linked to anti-social behaviour and offering healthy food options.

Committing to the scheme gives the businesses an improved profile and enhanced reputation, the ability to share information and support with other traders in the scheme and access to professional advice on a range of environmental health and trading standards issues.

The key outcomes of the project are that knowledge can be shared, profiles enhanced by the positive message working together sends out and mutual solutions to local problems are likely be found.

For more information please contact Environmental Health Officer (Community Liaison), Stopford House, Stockport Council, Stockport. Telephone 0161 474 4294.

## **29. STOCKPORT HEALTH ECONOMY AND COMMUNITY DEVELOPMENT**

Stockport Health Service has worked to reduce health inequalities in a number of ways since the late 1980's. This included establishing a community development post in the single most deprived part of the borough (Brinnington) in the late 1980's and in the five next most deprived parts of the borough in the early 1990's. These services were successful and a demonstrable improvement in health in these most disadvantaged parts of the borough could be seen.

Standard Mortality Ratios for people under 65 in the most disadvantaged parts of the borough improved faster than the national average between 1990 and 1995.

In 1990 the national leadership in the health visiting profession identified community development as an ideal way of working with people to improve their health. In Stockport health visiting management and the Director of Public Health worked together to develop a community, as opposed to an individual, approach to health promotion. From the outset, the possibility that community development would lead to conflict between the NHS and an empowered community, was recognised and management courageously agreed that in such circumstances it would be important for the worker to be able to articulate their prime commitment to the local community.

A highly unusual (at this time in the early 1990's, almost unheard of) professional freedom clause was introduced into the job description.

The new Community Development workers, with their health visiting background, focused very much on the issues that had been priorities for them in that setting. Consequently they started off by working with women and small children, focusing on nutrition, stress management, exercise and smoking cessation.

The work soon expanded to include food co-operatives, community cafes drop-ins for young people and a variety of support groups which promoted positive mental health. It increasingly focused on building social capital and on tackling the wider determinants of health.

Groups which had been set up to tackle specific health issues became independent and started to be powerfully representative voices within their communities. As the workforce changed, people were recruited from more varied backgrounds and in 1999 five Community Development assistants were employed from the localities in which they worked.

This provided the teams with better local knowledge and understanding as well as helping to address issues around local employment.

As the team developed, a number of borough wide trends began to emerge and workers started to focus on specific issues – mental health, women's issues and the needs of refugees and asylum seekers.

In 2000 some of the generic posts were forfeited to create capacity to meet the health needs of these people. However, more recently, it has been agreed that the need for generic community development remains and a new skill – mix team, from a variety of backgrounds has been recruited.

For further information please contact Public Health Nursing, The Gallery, Cherry Tree Hospital, Cherry Tree Lane, Offerton, Stockport. Telephone 0161 419 4840.

### **30. SOCKPORT LACROSSE CLUB**

Stockport Lacrosse Club has a membership of around 300 comprising of 4 Senior Mens and 4 Junior Boys teams, together with 1 Senior Ladies and 3 Junior Girls teams. Additionally the club encourages members to volunteer their time and has a volunteer strategy with 75 people working and supporting the club and teams in a voluntary capacity. Stockport Lacrosse Club has a successful Junior development programme where coaches work in local schools teaching children the game of pop lacrosse, players are then encouraged to join the club to develop the skills required to play the field game, these include teamwork, specific stick skills, game play and rules. Players are also nominated to attend coaching courses, centres of excellence and umpiring courses.

The club has achieved success at all levels in recent seasons, with the U19s ladies team winning an Annual school and colleges tournament in York in December 2003.

This is the first time a club side has won this competition. Players from both the Senior and Junior Men's and Ladies sections were chosen this season to represent their county (Cheshire) and North of England in the Annual Inter County tournaments and territorial competitions, which players selected to join the National squads to play at International level. In the past 3 years the club has succeeded in achieving two awards for all grants which have supported our Junior Development programme, the funds being used to provide professional coaching, equipment and facilities for young sport players at schools within our local community.

The club is currently putting together a plan with a view to achieving the sport's governing body's kite marking award, aimed at clubs who are able to support both men's and women's sections, and who can demonstrate a successful development strategy to ensure the future of the game, both locally and nationally, providing the opportunity for players both men and women to achieve to the best of their potential. Barry Livesey plays a pivotal role within the club to ensure that every aspect of the club is properly supported.

For further information contact Sports Development, 4<sup>th</sup> Floor, Stopford House, Stockport Council, Stockport SK1 3XE. Telephone 0161 474 4495.

### **31. STOCKPORT LESBIAN, GAY, BISEXUAL AND TRANSGENDER SUPPORT GROUP (LGBT)**

This marks a considerable innovation for Community Development in Stockport.

The group grew out of the intervention of a colleague from the Centre for Health Promotion, Stockport NHS Primary Care Trust who had been contacted by a young man who had been victimised due to his sexuality.

This was discussed at the Community Development Focus Group and it was agreed that action needed to be taken to provide support to LGBT people over 25 years old, (the Base, Stockport Council Youth Services cut-off point).

A series of planning meetings took place involving Stockport NHS Primary Care Trust Community Development Workers and CHP Worker, the Lesbian and Gay Foundation, Greater Manchester Police, Age Concern, and members of the LGB community.

These meetings led to a public meeting at the Friends' Meeting House, (Quakers), which was attended by members of the LGBT Community, and representatives of Greater Manchester Police, PCT, Lesbian and Gay Foundation and Stockport Council.

The second public meeting was equally well attended and the group was able to obtain a free room in a Town Centre Public House.

The Group is flourishing at present under the name "People Like Us", PLUS, and has an email and Internet address.

The group is also interested in adopting a Constitution and Equal Opportunities Policy in the near future.

Members of PLUS also assisted in the broadcast of a series of programmes for "Pure Radio", (Stockport Council) which were recently broadcast, and are now available on CD.

For further information contact Public Health Nursing, The Gallery, Cherry Tree Hospital, Cherry Tree Lane, Offerton, Stockport. Telephone 0161 419 4840.

### **32. STOCKPORT LIBRARY AND INFORMATION SERVICES**

Stockport Library and Information Service involvement in community development and engagement generally falls into the following categories:

- Community development approach in the delivery of services
- Supporting communities to engage in community activity thereby building social capital, and to take part in democratic structures and governance.

#### **Case Studies**

Work with the Asian Leisure and Friendship group. This group under the auspices of Social Services caters primarily to older adults from the Indian sub continent, providing a social gathering and opportunities for education and leisure. The Library service provides materials in English and in community languages at their venue and encourages use of the local library by informal coffee mornings and staff supported IT taster sessions

Support for local community engagement is demonstrated by the use of library buildings for local credit unions, partnership regeneration meetings, consultation exercises e.g. traffic management schemes, charitable organisations providing hospital transport, area committee meetings, availability of display and meeting room facilities for community groups, staff involvement with local voluntary organisations and provision of the Community Information Service in Stockport

For further information contact Central Library, Wellington Road, Stockport. Telephone 0161 474 4524.

### **33. SUSTAINABILITY AND QUALITY OF LIFE GROUP**

The Sustainability/Quality of Life Group was established to promote understanding and awareness of issues around sustainability and to encourage joint action in Community Services. The group meets bi-monthly and considered minimising resource use, promoting green travel, improved energy efficiency, Fair Trade, recycling and links to bio-diversity. Through the work of the Group, the Community Development Service and the Community Buildings Service took up the Green Office Action Plan.

At the Community Development Team office a range of measures to reduce energy and resource use were introduced, including turning off lights and PCs, and recycling a range of products, including paper, cans and compost. All meetings and staff refreshment were Fair Trade. At the Dialstone Centre, recycling bins were installed for paper, and community buildings encouraged to follow energy efficiency measures.

For further information contact Community Development Team, Dialstone Centre Bungalow, Lisburne Lane, Offerton, Stockport SK2 7LL. Telephone 0161 474 2170.

### **34. SWIMMING GROUP FOR ASYLUM SEEKERS**

There are many mental health issues associated with the every day life of the asylum seekers based in Stockport. Because most people are unable to alter their situation but must wait helplessly for a life changing decision, boredom and inertia often compound these problems. For this reason, I asked the adults if there were any interests they would like to pursue. About 20 people mentioned swimming, and most of these were non- swimmers.

A few phone calls and visits to Grand Central pools later, and the swimming group were on its way.

Tim Hilton, a support worker from refugee action, has a special interest in setting up activities in Stockport. Tim financed the lessons for 9 students, who meet in 2 groups once a week. This has proved very successful, not only by providing motivation and achievement for the participants on a personal level, but it has also made 2 cohesive social groups from individuals who were strangers before, and have different first languages.

The course runs for 15 weeks. It is hoped that, after it finishes, the groups can continue to meet and use the facilities without any further input. A new group of non-swimmers will start in the autumn and there is already a lot of interest being generated. The long-term aim is to promote a relaxing and enjoyable physical activity to a group of people with very complex needs.

For further information contact Public Health Nursing, The Gallery, Cherry Tree Hospital, Cherry Tree Lane, Offerton, Stockport. Telephone 0161 419 4840.

## **35. TWILIGHT YOUTH SPORT**

### **Easter Sport Camp**

Outcomes reporting on: increased participation in sport by young people.

The Twilight Youth Sport Project was established to provide sport participation and development opportunities for young people at times when structured activities are less available. The original project brief based most of its activity in the summer holidays, but over the past 18 months, the project has extended its activities to provide opportunities in the autumn half term and Easter break.

As part of an initiative to raise the profile of the Scheme in the North Reddish area, a sports camp was promoted to young people in the Fir Tree and Poet's Corner estates. The Sports Camp offered football, rugby, netball and basketball coaching provided by professional coaches. The project officer made links to Stockport County Football Club and Sale Sharks Rugby Football Club for additional coaching sessions.

The Camp ran for 2 weeks over the Easter holiday. Young people attended on either of the 2 weeks. Fruit was provided as a snack twice per day.

### **Participants**

120 young people took part in the Sport's Camp.

32 coached sessions were provided in each week.

Each session involved at least 30 minutes of sustained aerobic activity.

### **Outcomes**

The Camp was successful in recruiting young people to the weeks coaching. Baseline levels of activity prior to the camp were measured at from 30 minutes to 1 hour of sustained activity over a school holiday day. Each participant was exercising for at least 2 hours over any of the days they attended the Easter Sport Camp which represents a 100% increase in activity for the more active children.

For further information contact Sports Development, 4<sup>th</sup> Floor, Stopford House, Stockport Council, Stockport. Telephone 0161 474 4495.

### **36. VICTIM SUPPORT**

During the year Victim Support and Witness Service received 10,623 referrals from the police and other agencies. Over 25,000 contacts were made with victims of crime either by letter, telephone or visits and sometimes all three.

Our Witness Service based at Stockport Court supported 1,251 victims, witnesses and supporters. This included both Magistrates and Crown Court witnesses who are sent from Minshull Street and other Crown Courts.

Although the organisation receives some funding via the Home Office, it has already been made clear by Central Government that whilst crime is a national problem it is also a local one and there is an expectation that Local Authorities will financially assist its local Branch.

We are very fortunate that Stockport Council continues to support our organisation as it makes such a difference to the help we can give to local residents who become victims of crime. For example, Home Office money cannot be used to pay the expenses of our volunteers, whose commitment by the way, is second to none. It cannot be used for providing a free and confidential counselling service – 210 individual sessions were held at our premises last year. It can only be used for a very basic service to victims of violence who are entitled to apply for criminal injuries compensation. Yet because we are able, through the local grant, to give a much more comprehensive service to such victims, they received between them an annual total of £302,593 – much of which will be spent in the borough, therefore helping the local economy.

This year is our 21<sup>st</sup> Anniversary and I would like to thank the elected members and officers of the local council together with all the other local organisations and people who have helped us to help victims and witnesses of crime over the past twenty-one years.

For further information please contact: Victim Support, Newbridge House, 28, Tamworth Street, off Newbridge Lane, Stockport SK1 2PB. Telephone 0161 477 9597.

## **CASE STUDIES 2006/8 – NEW FORMAT**

If you would like to present a case study to us in 2006 – 2008, or would like to amend your existing case study, we would like you to use the following format:

- a) A brief description of how you identified the need for the work and what you hope to change as a result of your activity.
- b) An outline of the issue/piece of community development work to be undertaken – description of the work and the issues
- c) A description of the community development input: primary, purposive or community engagement
- d) The outcomes of the work as related to the outcomes of the community development strategy and/or the top 12 needs of communities
- e) Outcomes of the work for other services, e.g.

- Health
- Education
- Crime reduction
- (To be added as appropriate)

The purpose of this new structure for the case studies is as follows:

- a) The community development case study will show what has been achieved in terms of the outcomes of the Community Development Strategy
- b) It will be possible will to 'add up' the case studies in a number of different ways to demonstrate to a number of different audiences the outcomes of community development.