

## Appendix One

### Supporting Communities Action Plan

#### Summary of Projects to be delivered/continued by the Council and/or Partners in 2023

Physical & Mental Health			
Objective /Project Outline		Partners	Timescales
Talk Mental	Continue to support delivery and development of Talk Mental. Identify local premises for drop-in sessions and provide connections to mental health partners to support targeted workshops for attendees.	Talk mental RVS	On going
Health inequalities	Primary Care Trust led project focused on local health needs.	RBC NHS NEHF Place team	On going
Whole system approach to obesity	Support the reduction of obesity levels in Rushmoor – including supporting healthy weight in children focus group and work with schools,	Public Health- HCC NHS Voluntary Sector RBC	On going
	Gloji – Weight management programme for adults	HCC	Move more programme launching in Sept 2023

Increasing Physical Activity	Increase physical activity levels. Including: Increasing physical activity in schools Increase use of green space Empower communities by encouraging them to take an active approach in their health and wellbeing Deliver Healthy Walks programmes	Schools RVS RBC Potters	On going
Increasing Physical Activity	Seek to establish a sports kit 'bank' to support families in reducing costs of clothing, footwear and sports equipment.	Schools RBC	TBC
Cycling & Walking	Increase awareness of safe cycling routes for residents to ride their bikes for pleasure and walking routes including heritage trails. Support Balance, Glide and Ride Access funding for a walks co-ordinator post	RBC HCC	April – July Cycling programme delivered Funding secured - Post being advertised
Green spaces	Improvement to green spaces – (SPF projects)		
Ward grants supporting physical & mental health	<ul style="list-style-type: none"> <li>• MCP 'Stitch it, don't ditch it' classes</li> <li>• Memorial bench</li> <li>• Family therapy</li> <li>• Social outing for older people's group</li> <li>• Special education needs training</li> <li>• TBC Cosy Hub</li> <li>• Military Christmas Fair</li> <li>• Early Years outdoor provision improvements</li> </ul>	RBC Grants	October – July 2023

<b>Economic Hardship</b>			
<b>Objective/Project Outline</b>		<b>Partner</b>	<b>Timescales</b>
The Grub Hub	<ul style="list-style-type: none"> <li>• Develop the project board more formally to increase skill and number.</li> <li>• Continue to develop connections to partners who can add value to CGH visitors.</li> <li>• Continue to deliver food support and community wardrobe</li> <li>• Maintain and secure delivery of the CGH longer-term, with particular focus on new venue and potential project development this might enable.</li> </ul>	GH RBC CA Voluntary Sector	On going
Connect for Communities	To provide support to most vulnerable families with food, energy and water bills, food vouchers and holiday playschemes.	Funding secured	On going
Cost of Living Crisis (CA)	Research project on the cost of living crisis - understanding the impact on local residents Outcomes shared	CA	Concluded and shared Feb 2023
Cost Of Living – Winter Campaign 2022 and 2023	Get Ready for Winter Campaign/Support - Work with partners to be as prepared for increasing winter pressures as possible and provide information to people.	CA, RVS Mental Health charities, Schools, health partners, the Vine RBC	On going

	<p>Focus on signposting residents to the range of existing resources around welfare, housing, finances and wellbeing including:</p> <ul style="list-style-type: none"> <li>• identifying and promoting a network of welcoming spaces/venues where people can access warmth but also get a social connection and interaction.</li> <li>• Use social media/arena to promote support and advice available</li> <li>• Projects to align with the work/findings of the Council Tax Support group.</li> </ul>		
Ward grants supporting economic hardship	<ul style="list-style-type: none"> <li>• TVC Cosy Hub</li> <li>• Family therapy</li> </ul>		October – July 23
<b>Connecting Communities</b>			
<b>Objective/Project Outline</b>		<b>Partner</b>	<b>Timescale</b>
Rushmoor Community website	Creation of a community website to access all community/partner events and activities for use by professionals and community.	RBC, RVS	September 2023
Rushmoor Repair Café  Funded by the Armed	Repair café opened 17th December 2022 at the West End Centre. This is a volunteer led project with CIO status. First session proved very popular. 2023 will see the continued development of the cafe	RBC, RVS, Aldershot Town Football Club and Stoll Housing	Opened Dec 2022

Forces Covenant Fund Trust.			
Integration	To ensure appropriate support is proved to asylum seekers.	Finefair Voluntary sector HCC	On going
Ukraine support	Continued involvement with HCC's Family Support Service to support Ukrainians and their host families.		
Gardening Clubs	Develop local gardening clubs to encourage social interaction and physical activity	RVS	On going
PEBL wellbeing day	Develop PEBL wellbeing day - linking in with health partners/PCN's	PEBL, GP surgeries	March 23
Ward grants supporting connecting communities	<ul style="list-style-type: none"> <li>• MCP 'Stitch it, don't ditch it' classes</li> <li>• Family therapy</li> <li>• 'Disability confident' job fair</li> <li>• TVC Cosy Hub</li> <li>• Military Christmas Fair</li> </ul>		October – July 23
<b>Young People</b>			
<b>Objective/Project Outline</b>		<b>Partners</b>	<b>Timescale</b>
Engagement	<ul style="list-style-type: none"> <li>• Continue engaging with Young People through Rushmoor Youth Influence</li> <li>• Creation of the Youth Charter</li> </ul>	RBC, Schols and Colleges	On going

	<ul style="list-style-type: none"> <li>• Develop Youth Forum with youth partners</li> </ul>		
Ward grants supporting young people	<ul style="list-style-type: none"> <li>• 'Disability confident' job fair</li> <li>• Social outing for older people's group</li> <li>• TVC Cosy Hub</li> <li>• Military Christmas Fair</li> </ul>	Range of Local partners	Oct – July 23
HAF	Delivery of Free, fun and educational activity sessions for vulnerable children and young people, including those eligible for free school meals.	Local providers DfE	Summer 2023
Youth Club	Providing local provision and activities for young people in Farnborough	RBC	September 23
Youth Café	Deliver Youth Café project with local partners – providing a place for young people to meet and take part in tailored activities. One purpose of the project is to reduce anti-social behaviour	West End Centre, Wellesley, RBC, The Source. Police	Autumn 2023 (Pending funding decision)



## Supporting Communities Action Plan –

### Summary of Projects and Achievements 2021/22

Physical and Mental Health	
Project	Achievement
Talk Mental  Walk and talk mental health group for men	Support to establish and expand a resident-led project delivering mental health support to men.
Delivery of local Health Checks	Council and partners working with PCNs to establish initiatives to provide health checks for local residents, particularly with those at risk or showing the symptoms of hypertension. PEBL wellbeing day – 150 health checks completed with 18 health checks of which were Prospect Estate residents  Garrison health fairs – RBC supported alongside health partners  Know Your Numbers Week – Health checks by partners across Aldershot venues.
Be Healthy Be You  Weight & Activity Programme	6-month programme supporting people, some who have health conditions, to manage their weight, become more confident in themselves and be more motivated to participate in activity. Group and one-to-one support offered.
ORCA Befriending	Befriending Co-ordinator and volunteers recruited at RVS, incorporating buddy support.



<p>Healthy Walks</p> <p>Funded by HCC Get Going Again Grant</p>	<p>Practitioner wellness walks for 3 months. The free weekly walks for local people aimed to increase physical activity, focus on well-being and reduce social isolation. The group became friends and continue to be in touch/walk since the official walks ended.</p> <p>A comprehensive list of local walks has been collated and shared with local PCN's/social prescribers for wider use. Including Aldershot and Farnborough Heritage Trails.</p>
<p>Rushmoor Accessibility Action Group</p>	<p>Group created to bring together people with varied abilities and organisations supporting those with differing abilities, to support access to services, identifying and addressing issues locally. Future meetings to look at transport accessibility and polling stations.</p>
<p>Ward grants supporting physical and mental health</p>	<ul style="list-style-type: none"> <li>• Community gardens/planters</li> <li>• Crafty Culture and the Mandala Project at the West End Centre</li> <li>• Men's Shed in Farnborough</li> <li>• Friends of Queen Elizabeth Park conservation work</li> <li>• Resources hub to help autistic young people</li> <li>• Learn to ride sessions in two schools and a wellbeing ride course for adults</li> <li>• Aldershot Heritage trails</li> <li>• Training and supervision for project addressing addictions of army veterans</li> <li>• Sports equipment</li> <li>• Community defibrillator</li> </ul>
<h2 style="background-color: red; color: black; padding: 5px;">Economic Hardship</h2>	
<p>Project</p>	<p>Achievement</p>
<p>The Community Grub Hub</p>	<ul style="list-style-type: none"> <li>• Achieved full independence in October 2022. Reaches one year since opening in December.</li> <li>• Current membership stands at 877, made up of roughly 53% households without children and 47% with. Average number of visits per week is 124.</li> <li>• Since opening 58 tonnes of food, household and personal hygiene items have been redistributed.</li> <li>• Community Wardrobe remains popular with approx. 35% of visitors accessing it each week.</li> </ul>

	<ul style="list-style-type: none"> <li>• Funding from the Connect4Communities Community Grant has helped purchase and distribute slow cookers to 107 residents concerned about fuel and food costs. Further funding will support the provision of warmth items heading into winter.</li> <li>• Partnership with CA has developed further with the start of a CA Advisor on-site fortnightly, funded by an Aviva crowdfunding campaign. Partnership working between the CGH and CA continues to ensure fuel support grants are widely distributed.</li> <li>• Further partnerships developing/on-going – Aldershot Social Prescribers, Fleet &amp; Aldershot Lions (IT support) and Energise Me/Public Health colleagues.</li> </ul>
RBC Virtual Job Club	<p>Virtual Job club was established to offer support during lockdown and supported 61 residents with 80% moving into known work or training courses.</p> <p>In September 2021 it was agreed to end the service, with physical job clubs now reopened and offering a hybrid service it was felt it no longer represented value money.</p>
Ward grants supporting economic hardship	<ul style="list-style-type: none"> <li>• Community larder</li> <li>• Christmas hampers for families with children and perishables for Vine Dining Covid meals</li> </ul>

## Connecting Communities

Project	Achievement
<p>Keep Well &amp; Stay Connected</p> <p>Delivered by RVS and funded NHS/Captain Tom money</p>	<p>Digital Inclusion Project for older vulnerable people.</p> <p>32 people digitally connected through the programme – accessing local groups and information via their TV sets. Project helped to connect individuals socially, improve physical and mental health and provided bespoke health related support.</p>
Integration	Working with agencies to support integration and improving aspirations of minority groups, including asylum seekers. Regular liaison and enabling support with local hotel, contractor and local partners.

Ukraine support	<p>Support for Ukraine - Partnership event with HCC's Family Support Service delivered in December 2022 to inform support in place in 2023.</p> <p>Event to acknowledge hosts' contributions delivered in December 2022</p> <p>Information on RVS website for guests, hosts and community supporters.</p>
Men's Shed Supported through ward grants	Men's shed established in Farnborough
Nepali Community Champions	Recruit, train and support Nepali champions to identify those experiencing hardship, provide interventions. This project aligned closely with the Reaching People Together Hampshire project.
Ward grants supporting connecting communities	<ul style="list-style-type: none"> <li>• Memorial benches/trees and seating around the borough</li> <li>• Play equipment for toddler group</li> <li>• Community noticeboard</li> <li>• Community gardens/planters</li> <li>• Men's Shed in Farnborough</li> <li>• Facilities improvements for sports clubs used by other users of the clubs</li> </ul>
Repair café	Officially opened in December 2022 – West End Centre. Encouraging people to bring in broken items for repair and not to throw away.

## Young People – Aspirations

Project	Achievement
Climate Change Schools Project	Engaged 70 young people in a schools climate change project involving every school in the borough including Private schools.

<p>North Hampshire Youth Hub</p>	<p>Working with and providing support for young people to improve their employability skills via bespoke Employability resource website.</p> <p>The hub was only able to open once a fortnight due to funding. The young people that engaged found the service helpful, but many were exhibiting mental health and confidence issues that needed addressing before employment could be considered. Surrey Boards mental health team and Richmond fellowship attend to deal with the complex issues</p> <p>Homepage   North Hants Employment Skills Zone (<a href="http://esznorthhants.org.uk">esznorthhants.org.uk</a>)</p>
<p>Supporting Families Programme</p>	<p>Coordination of joined-up support by children and family professionals for vulnerable families. Hart &amp; Rushmoor is the best performing Hampshire district for significant and sustainable progress by families nominated to the programme (evidenced in 65% of families, next best was 54%).</p>
<p>Hart &amp; Rushmoor Local Children's Partnership</p>	<p>Parent support &amp; Back 2 Basics programme roll out / CYPP 2022-25 / Community pantries / Holiday Activities and food programme.</p> <p>30K of HCC grant support (+30K pending) for partnership plan activities</p>
<p>Kickstart RBC/CA</p>	<p>Supported 20 young people into employment via the Kickstart programme</p> <p>RBC committed to two rounds of kickstart with placements in:</p> <ul style="list-style-type: none"> <li>1 x Economy</li> <li>4 x Maintenance</li> <li>1 x Community</li> <li>1 x Licencing</li> </ul> <p>Out of the 7 – 1 staying in the Maintenance team till the new year, and 4 moved straight into employment.</p>
<p>Shine project</p>	<p>Delivered a range of targeted projects supporting young people: including Barista Training, cooking courses, media workshops and arts and social projects</p>

Delivered by the Vine and funded by National Lottery	
My Space Delivered by the Vine, funded by RBC	Digital support project for Young People. The Project helped young people to identify skills, write CVs, using Universal Job Match, apply for jobs online and practise interview skills. Free access to computer and internet access in a dedicated site IT area and a social space to support young people generally.
Friday Night Youth Club	Providing a safe and welcoming place for young people with access to youth workers who support, engage and supervise weekly (term time only). Work done around bullying as this has been highlighted as an issue at school by many of the young people. Average of 15-20 young people attending each week. Christmas present provided to all young people by BMW.
Rushmoor Youth Influence	Forum created to engage with young people. First forum took place on 16 <sup>th</sup> November. 19 young people attended with the theme of mental health. Presentation and support provided by Fortify and Ahmadiyya Muslim Association. Next session planned for Feb
Schools	60 students from Alderwood visited Gulfstream for an aspirational visit Support provided to Cove and Fernhill careers days 5,629 students across Hampshire attended Pioneers of Tomorrow
Ward grants supporting young people	<ul style="list-style-type: none"> <li>• Facilities improvements at Scouts/Pre-school/sensory room</li> <li>• Equipment/banners for schools and sports clubs</li> <li>• Learn to ride sessions in two schools</li> <li>• Resources hub to help autistic young people</li> </ul>

