

Community Chest Application Summary 2017/2018

Local Authority	St Edmundsbury Borough Council
Organisation	Catch 22, Suffolk Positive Futures
Amount Requested	£8,189
Total Project Cost	£9,389
Match Funding	£1,200 from Abbeycroft Leisure in kind facility discount of £12.50 per hour (£12.50 x 2hours x 48 weeks)
Partnerships	No
West Suffolk Bid?	Yes

Key Points

- Catch22 is a forward looking social business that exists to transform lives and disadvantage communities.
- Suffolk Positive Futures is a youth crime prevention programme. Their projects use sport, physical activities and education to engage young people and reconnect them with their community.
- They would like the funding in order to be able to deliver a free weekly sports project to young people. The funding would predominately cover the cost of the staff (coaches).
- Project will target young people aged 10 to 19.
- Activities will predominately involve football but we would like to also offer other options to ensure a wide cross section of young people are involved.
- The project can also target other wider youth engagement issues such as drug and alcohol use. Linking up with local partners and groups can be a source to push and promote the project but also used as a mechanism for other activities and services to become involved.
- Project will predominately work on West Suffolk priority of '*improving wellbeing, physical and mental health*' through the duration of the project.
- **Project will be delivered for 1 year.**

**St Edmundsbury Borough Council
Community Chest Grant Application
Form
Part A**



Community Chest funding supports voluntary and community groups who make a contribution to improving the quality of life for people in West Suffolk. The information you provide will help us consider your application. If you have any questions, please give us a call on 01638 719763. Before completing this form, we ask you to please read the guidelines, which are available on:

<http://www.westsuffolk.gov.uk/community/community-grants.cfm>

Please return your completed, signed form and supplementary documents to:

richard.baldwin@westsuffolk.gov.uk

1. Name of your organisation(s): Catch22, Suffolk Positive Futures

2. Organisation address details

Address Ln1	The Info Bar		
Address Ln2	Constantine House		
Address Ln3	Constantine Road		
City/Town	Ipswich	Postcode	IP1 2DH
Main phone	01473 264971	E-mail	Paul.knight@catch-22.org.uk
Website	www.catch-22.org.uk		

Main Contact Person		Second Contact Person	
Title	Mr	Title	Mr
Forename	Paul	Forename	Mike
Surname	Knight	Surname	Chaplin
Role	Project Manager	Role	Project Co-ordinator
Daytime Tel No.	██████████	Daytime Tel No.	██████████
Mobile No.	██████████	Mobile No.	██████████
Email	paul.knight@catch-22.org.uk	Email	Michael.chaplin@catch-22.org.uk
Address Details (if different from Org address)		Address Details (if different from Org address)	
Ln1		Ln1	████████████████████
Ln2		Ln2	██████████
Town		Town	██████████
Post Code		Post Code	NR33

About your organisation

3. What local authority area(s) does your organisation work in?

All local authorities in Suffolk. This bid focuses on the St Edmundsbury District.

*Community Chest funding is offered by both Forest Heath and St Edmundsbury councils. As the decision making process is different any projects applying for funding across West Suffolk, must apply separately.

4. What is the status of your organisation?

Registered charity	x	Charity number: 1124127
Applying for charitable status		
Company limited by guarantee	x	Company number: 6577534
Community Interest Company		
Part of a larger regional or national charity (Please state which one)		
Constituted Community Group		
Social Enterprise		
Other (Please specify)		

5. How many people are involved in your organisation?

Management committee	10	Service users	400
Full Time staff / workers	1	Volunteers and helpers (non-management)	5
Part Time staff / workers	25		

6. What is the purpose of your organisation? Please briefly describe why your organisation was set up, its aims and objectives and who primarily benefits from your organisation.

Catch22 is a forward looking social business that exists to transform lives and disadvantage communities. Catch22 has been at the heart of public service delivery for 200 years. We now that a strong society is one where everyone has a place, a purpose and good people around them. Catch22's goal is to deliver social benefit by turning chaotic lives around. We do this by innovating in how public services are commissioned, excelling in the delivery of our programmes, building trusting relationships with those service users we work with and nurturing and investing in both our organisation and our people to be able to improve and grow the impact we achieve.

Suffolk Positive Futures is a youth crime prevention programme. For the past fourteen years the programme has been transforming lives & communities. Suffolk Positive Futures projects use sport, physical activities and education to engage young people and reconnect them with their community. Young people develop the skills and confidence to reach their goals and achieve through activities, education, and volunteering opportunities.

At present approximately 400 young people are regularly engaging with Suffolk Positive Futures in Suffolk in 40 hours of organised activities each week.

£157,000

8. What was your organisation's total expenditure for last financial year? £157,000
9. Does your organisation have more than six months running costs? Yes /No
10. What are your organisation's current unrestricted reserves or savings? £0.00
11. West Suffolk prioritises building resilient families and communities that are healthy and active. Please indicate which of the following areas your project contributes towards:
- A thriving voluntary sector and active communities who take the initiative to help the most vulnerable.
- People playing a greater role in determining the future of their communities.
- Improved wellbeing, physical and mental health.
- Accessible countryside and green spaces.

About your project – why are you applying for this funding?

12. What do you want the funding for? Please be specific. Please note that 'project' is meant to describe the project for which you are seeking funding, and not your organisation.

We would like the funding in order to be able to deliver a free weekly sports project to young people. The funding would be used to cover the cost of the staff (coaches) and the facility hire. The weekly sports project would be targeting the Haverhill area of St Edmundsbury and would be run on a Friday evening between the times of 7pm-9pm.

The project will use sport and in particular football to engage with young people on a Friday evening and will offer young people from the town with the opportunity to participate in a free sports session within their local area. As with all our Suffolk PF sessions the young people won't need to book; they can simply turn up and join in whenever they like. Project will target young people aged 10 to 19. The project will present the young people with an opportunity to release some frustration in a safe environment and also have a place where they can meet friends and feel safe and welcome. The project will also be able to offer an activity that works towards improving levels of health and fitness and general wellbeing in young people. Activities will predominately involve football but we would like to at least offer other options to ensure a wide cross section of young people are involved. Sports such as cricket, dodgeball, street golf can all be delivered.

We will also look to engage with other youth projects and leaders in the area predominantly to widen the reach of the project and to engage with those young people currently outside the existing session or those who are unaware of the session. There may well be bolt-on's to the session for those that may wish to engage in other ways. These could include things such as young people coming up and taking photos of the session and maybe posting on social media or perhaps a small group of yp making a short film of the session which could be shown on our you tube channel or perhaps used for school projects.

The project can also target other wider youth engagement issues such as drug and alcohol use. Linking up with local partners and groups can be a source to push and promote the project but also used as a mechanism for other activities and services to become involved. For example, there may be opportunity for educational partners such as 'turning point' (drug and alcohol service) to do guest slots at the start/end of sessions with a captive audience. This would be in addition to our sports coaches handing out information on drug safety and guidance as well as being a responsible person for the young people to turn to for advice.

We are seeking funding to deliver the project for 1 year.

Project will predominately work on West Suffolk priority of 'Improving wellbeing, physical and mental health' through the duration of the project

13. How has the project been developed out of the community's desire to improve the lives of local people? What evidence do you have that there is a need for this project? Please include sources of evidence, including any public/user/community consultation.

Using the health data on people and communities living in the St Edmundsbury district found at www.westsuffolk.gov.uk/community-grants.cfm It shows the Haverhill South Ward where the project will run from does have concerns with the health of young people particularly around the area of obesity where the area suffers from higher than county average obesity rates in young people. Also 5.4% of the population are described as having bad or very bad general health which is again above the county average.

Activities like the project we're proposed can be delivered right in the heart of this area, hopefully contributing to reducing some of these worrying figures.

Whilst we have not completed any official public consultation we have conducted our own research through the delivery of previous sessions in the Haverhill area. Weekly session attendances vary from 40-60 young people which I think does highlight the need for this type of activity and the popularity of it in the 10-19 age range. Having this many young people all participating in a positive evening activity must show there is a gap in the market / need for this type of work. During these sessions the community (young people) get opportunity to shape the project by identifying which sports they would like to play and whether they would like formal coaching or simply just for one of the coaches to facilitate a game. So the community are also involved in the decision making of how the sessions are delivered.

Varying levels of deprivation are found in Haverhill, with south Haverhill ranked amongst the 20% most deprived places in the county. Taken from report: www.suffolk.gov.uk/assets/suffolk.gov.uk/Public%20Health/Annual%20Public%20Health%20Reports . The project we are proposing will hopefully address other factors the report highlights such as the fact there are a high proportion of 16-18 year olds who are neat and there are also high rates of criminal damage. We will offer a positive diversion to young people at a key time of the day as well as offering opportunities for some of the young people to gain qualifications.

Tommy (young person from Haverhill project) stated "I have been coming to Positive Futures for 5yrs now and I have always enjoyed the sessions. I get to play football for free at the sports on a Friday night with my mates which I wouldn't normally get chance to do"

14. How will the project help local people to support one another?

Sport can play a role in bringing communities together having a social impact and reducing crime and ASB. Regular involvement in sport like our project can benefit individuals and communities and contribute to a range of positive outcomes including having more local people participating as volunteers in community life, local people having a greater voice and influence over decision-making and more sustainable communities with local pride and a sense of place.

We will also offer opportunities for young people to not only volunteer at the sessions but to also gain coaching qualifications. This will result in upskilling members of the community but will also provide a platform to make the project more sustainable in the future. The offer to the young people of getting qualified will come on a condition that they contribute a certain number of hours as volunteers to the project after they are qualified. This will cut down on the coaching costs. In the long term we hope then that these volunteers become paid coaches on the project - increasing skills and employment in the local area. Having local young coaches working on the project also provides a role model for other younger participants at the session.

Another way the project can help local people support each other is through education. As previously stated the project can link up with partners and other local groups to educate young people on the dangers of drug and alcohol use with agencies such as Turning Point delivering mini sessions at the start/end of the evenings activity.

15. Are you working with any other organisations on this project? No

If yes, please state the names of these groups and the nature of the relationship.

The Suffolk Police and Crime Commissioner will be kept aware of the project and could well be a source of sustained funding if the project is seen as working towards the aims of the PCC Police and crime plan.

We will liaise with Suffolk FA in order to refer young people onto the coaching qualification courses

We will share updates with St Edmundsbury Councils such as trends / stats from the project. Will also seek guidance from them with regards areas of need and possible new trends/ areas of need

When will the project start?

April 2017

16. When will the project finish? Plan is for it to be on-going or is the project ongoing? **Ongoing**

If this is an ongoing project, how will it be funded and continue going when the funding ends?

As always we will look to bring in alternative sources of funding within the existing funding period, in order for the project to continue long term. Sources of funding we will explore will include:

*Suffolk Community Foundation – Safer Suffolk Fund larger pot.

*We will look to apply to the 'Street Games' initiative funded by Sport England) Street Games is a nationally recognised funder of grass roots sports and would be an avenue to try once the initial funding period has ended.

* There is an option to ask for a small charge from the young people in order to keep the sessions running. This is not our first choice and we feel we could lose some of the more vulnerable young people this way. So we think this would be the last resort.

We will also look to cut costs and make the project more efficient. Start-up costs such as equipment and publicity will be reduced. We plan also to use newly qualified volunteers to support the project and give something back - Possible replacing the need to have all 3 paid sports coaches in attendance.

17. Which years funding are you applying for? 2017/16

18. How many people do you expect to benefit directly from the project on either a weekly, monthly or annual basis?

100 individuals / 1700 attendances annually

19. What results (including targets/numbers) do you expect to see as a result of the funding and how do these relate to the Community Chest funding criteria? If your project is health related how does it improve health outcomes for residents within community networks and beyond?

Results

*Improved wellbeing, physical and mental health.

Although our staff are not experts in the area of mental health they facilitate the Friday evening session which can play a very active role improving wellbeing and mental health in young people. There is compelling evidence that participation in sport and physical activity has a positive influence on mental wellbeing and mental illness. As well as improving overall physical fitness, being more active can also impact on reducing risk of some serious diseases such as stroke / heart attack.

Having a mental health problem can put you at even higher risk of developing health problems. The benefits of taking part in sport and exercise such as our programme can support young people surrounding mental health such as reducing anxiety, happier moods, reduced feelings of stress, increased self-esteem. Sport and exercise can support healthier organs, healthier bones, healthier weight, more energy and improved sleep. Although quite hard to measure we are confident our project would impact on all these areas though offering them opportunity to get out and get active.

Other results the project will achieve.

A minimum of 100 individual young people from Newmarket and surrounding area will have access to and attend the project

The project will generate at least 1700 attendances over the year

Supporting Families - The project can ease pressure on families by providing a safe place for their young people to attend. The sessions will be free so there won't be a financial barrier to participation

Upskilling young people in the areas – "2 newly qualified coaches will be trained and actively volunteering in the project".

Evidencing impact - "Police, County Councillors, Community Leaders, Parents, and Young People will acknowledge the positive impact the project has had upon them and the local community".

Young people will have opportunity to represent their local area - Increased self-esteem and pride.

Informal drug education. Young people will be given informal drug and alcohol information leaflet.

Improved social skills of young people - getting them out the house – away from computer games!

20. What is the total cost of the project?

Please provide a full breakdown of the total cost of this project, including VAT if applicable

along with any in-kind contributions such as volunteer hours.

Item or activity	Cost (£)
Facility Hire - £50.00 x 2hrs per week x 48 weeks	£4800.00
2 Qualified sports coaches £15 x 3 x 2hrs x 48	£4320.00
Additional equipment. Bibs £30 / new first aid kit £25 / 6 balls £54	£109.00
Flyers for promotion of project - £160.00	£160.00
(In-kind facility discount from Abbeycroft of £3600.00 from normal hire charge £70 x 48 weeks)	
Total cost of items listed above:	9389.00

21. How much funding are you applying to us for?

22. What funds have you raised so far for this project?

Source	Amount (£)
In kind contribution from Abbeycroft towards facility hire	£1200.00
Total fundraising:	1200.00

23. What other funders have you applied to for further funding for the project?

Funder	Amount (£)	Timescale for decision
Not at this point		
Total:		

24. What other grants and contracts has your organisation received over the past year from either Forest Heath District Council or St Edmundsbury Borough Council?

Funder	Amount (£)	Reason for funding
Jan 2016 - St Edmundsbury Borough Council (West Suffolk Community Chest)	£8902.50	To deliver 2 weekly sports programmes in Haverhill and Bury St Edmunds.
Total:		