

CDF – Funding reports

Bridgwater Bay - Diabetes Lifestyle Event November 2012

The event was aimed at those patients with Type 2 Diabetes and who had a BMI of over 30, and their families, with the aim of giving them the inspiration and motivation to lead a healthier lifestyle.

In doing so not only would the patients benefit from being healthier, needing less medication and taking back some control of their health it would also reduce the financial resource needed for pharmacological interventions.

We developed the concept of a lifestyle event for Diabetic patients, pulling in resources from various diabetes and lifestyle organisations and charities. The aim was for patients to drop-in and chat to services that can support them and to be signposted to further resources. The ethos was to ensure patients did not feel criticised for their current lifestyle but inspired to make changes to make a real difference to their health and wellbeing.

Patients came away motivated to make lifestyle changes and the organisations have reported that they have already seen an increase uptake in their services as a direct result of the day.

BART – Bridgwater Anti-Litter Team May 2012

The purpose of the event was to improve the local area for the benefit of others, and to promote health and wellbeing.

The project was a great success with volunteers helping to clear the local areas; a large amount of litter was collected within the area. BART is an ongoing organisation with 6-8 regular volunteers, having the money from CDF has allowed us to purchase luminous jackets and renew our equipment and publicise our organisation. Bart continues to clear litter in the local area with an improvement of local amenities.

Volunteer Network –Improving Young Peoples Life Chances - October 2012

ReAction, run by the volunteer network was aimed at introducing the youth of the community to services which are on offer, regarding the opportunities for the youth to gain experience in volunteering which can lead to employment. With guidance from qualified workers ensuring full and diverse information was given to the youth whom visited the mobile unit; help was also given to several volunteers who took up the opportunity of taking part in a variety of events organised by the Volunteer Network i.e. Fun Run at Street.

Victoria Job Club – January 2013

The job club was deferred for six months due to IT issues and staff leaving; the club is now running successfully and has on average 6 people per week attending. People are supported in a variety of ways; either by IT skills, adult numeracy, literacy. The club is helping the local people of the ward to gain knowledge to enhance their chance of gaining employment. Success is being monitored by the number of people accessing the club. With numbers growing on a monthly basis.

Homestart – If Group Project 2012/13

Home-Start Bridgwater Area ran a fortnightly sessions at Victoria Park community centre for isolated families within the area. These sessions were closed sessions designed to support vulnerable families and their children under the age of five.

Aims The 'If groups' were a confidential, non- judgmental group for families with at least one child under the age of five. They were for parents and carers to have the opportunity to meet with other families, to be able to talk and share experiences.

Inputs - The groups were run by one paid, qualified Family Group Worker. The worker was supported by a trained Home-Start Volunteer. The groups had access to Home-Start and Children Centre resources.

Home- start provided fortnightly sessions at the Children Centre, welcoming families regardless of background or circumstance; consulting with the families on a regular basis to sign post families to other relevant services/professionals which would enhance their development.

Outcomes – Reduction of isolation and the strengthening of community links; increase confidence and self-esteem for parents/carers and children and the improvement of the child's/children's' learning outcomes.

Summer Fair – June 2013

Victoria Park Community Centre held a Community Information and Fun Day - Summer Fayre; the event was intended to offer a variety of information stands, allowing the centre to gain information from the public. It also offered a variety of independent stalls, donkey rides, climbing wall, carousal, and archery and community games thus ensuring that the event would be fun for all the people attending.

Aims –The community centre's focus was on gathering information regarding the needs of the community, and being able to develop a services to help the community, with the emphasis being on the community having fun.

Outcome - The event was a huge success with over 3000 people attending, the response has been very good, with the community asking when the next event will be. Many of the people attending had not been to the centre prior to the day and were surprised by what is on offer. The increase in the number of people attending the centre has been approximately 20 people a day.