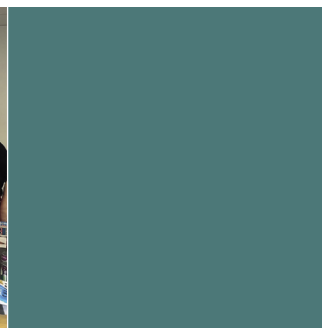




Creating Healthy Communities Grants Impact Report

Supporting communities across East Surrey





Foreword

I am delighted to introduce this report which provides an overview of the impact that the Creating Healthy Communities grants have had on communities within East Surrey Place.

East Surrey Place benefits from a voluntary sector which is passionate about helping people lead positive and fulfilling lives. Sadly, increasing numbers of people find themselves struggling. These struggles take many forms, some are a result of physical or mental health conditions, whilst others over time can lead to physical or mental health conditions. By helping people and communities to support themselves, we can help to delay or prevent ill health – we can create healthy communities.

This report showcases the impact of the projects which were successful in receiving a Creating Healthy Communities grant. It highlights what can be achieved by focussing on prevention, and by providing financial support to local projects, often at a neighbourhood level.

Despite challenging financial times and ever-growing demand for services, we must learn from these findings as we seek to achieve more together as East Surrey Place to improve the health and wellbeing of local communities.



Mari Roberts-Wood

**Senior Responsible Officer,
Prevention & Communities**

**Managing Director, Reigate & Banstead
Borough Council**

Contents

| | |
|---|----|
| Foreword | 2 |
| Introduction | 3 |
| Background | 4 |
| Active Prospects | 6 |
| Action for Carers Surrey | 6 |
| Battlebridge Football Club | 6 |
| Bloomin Arts | 7 |
| Brigitte Trust | 7 |
| Community Debt Advice (CDA) | 8 |
| East Surrey Dial-a-Ride | 8 |
| ESDAS | 8 |
| Head-to-Head Sensory Theatre | 9 |
| Hurst Green Community Courtyard | 9 |
| Case Study – Alice | 10 |
| Case Study – Seb | 11 |
| Choose Freedom | 12 |
| Include Choir | 12 |
| Intergenerational Music Making | 13 |
| The Lucy Rayner Foundation | 13 |
| Prospero Theatre Company | 14 |
| Red and Blacks Local Albanian Association | 14 |
| Relate Mid and East Surrey | 14 |
| Sight for Surrey | 15 |
| Sparkfish | 15 |
| Surrey Care Trust | 16 |
| Stripey Stork | 16 |
| Tandridge Voluntary Action | 17 |
| Daniel Spargo-Mabbs | 17 |
| Us in a Bus | 18 |
| The Westway | 18 |
| Case Study – Ted | 19 |

Introduction

East Surrey Place | Creating Healthy Communities

East Surrey Place is one of the four 'Places' that make up Surrey Heartlands Integrated Care Partnership. It brings together all local health and care providers along with Reigate & Banstead Borough Council, Tandridge District Council, and local statutory and voluntary sector partners – working together to plan and deliver services that improve the health and wellbeing of local communities.



Our vision for East Surrey is a healthy, happy, and equitable place, where people are supported to be independent, live well and stay well.

East Surrey Place's geographical footprint includes the entirety of Tandridge District Council's area, and two-thirds of Reigate & Banstead Borough Council's area (the area south of the M25).

The Prevention and Communities Programme is overseen by a Prevention and Communities Board, membership of which includes East Surrey Place, Reigate & Banstead Borough Council (RBBC), Tandridge District Council (TDC), Surrey County Council (SCC), TVA, VARB, Raven Housing Trust, the Office of the Police and Crime Commissioner, Alliance for Better Care, Dorking Health Care, First Community Health and Care, ESDAS, Active Surrey and Growing Health Together.

East Surrey Place's Prevention and Communities Board has overseen the allocation of Creating Healthy Communities funding to local Voluntary, Community and Faith Sector (VCFS) organisations whose work has a significant impact on health creation in line with their priorities.

The grant programme aimed to help people stay well by working together to prevent illnesses and create conditions to enable everyone in East Surrey to improve their own health and wellbeing.

We asked projects to align to the East Surrey Place Priorities

Making sure that access to our Urgent and Emergency Care services – such as in an emergency – is simpler and working to get patients discharged quicker after a hospital stay

Bringing together Children and Young People's Services from across the Place to facilitate more joined-up, holistic experiences for children, young people and families

Enabling residents with long term conditions to live as fulfilled a life as possible

Making sure that people can access mental health services if they need to – Primary and Community Mental Health

Working together to improve care for older people – Ageing Well



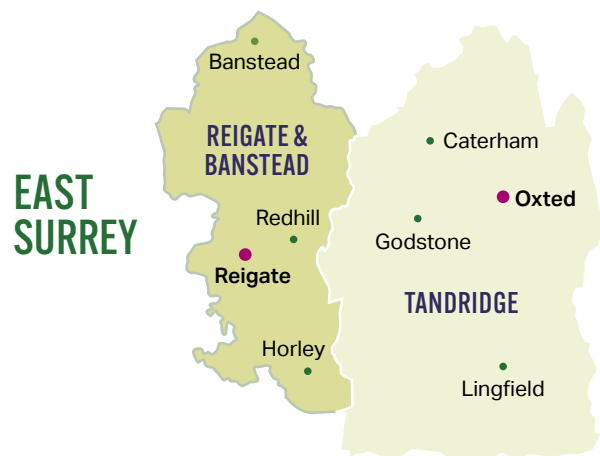
Helping people to stay well by working together to prevent illnesses and creating conditions to enable everyone in East Surrey to improve their own health and wellbeing – Prevention and Communities

Background

Creating Healthy Communities Grant Funding

In March 2022, Reigate & Banstead Borough Council and Tandridge District Council secured £90,000 of non-recurrent East Surrey Place funding to set up and administer the Creating Healthy Communities (CHC) grant fund.

In September 2022, the Prevention and Communities Board decided, due to the level of oversubscription of applications, to reprioritise some of the other non-recurrent funding from within the Prevention and Communities priority into the Creating Healthy Communities grants pot. This was also supplemented by some funds from the Ageing Well priority. This created a total grants pot of £134,500 which was allocated over two rounds of applications. Out of 41 local voluntary, community and faith sector (VCFS) organisations that applied, 25 were awarded funding.



Wellbeing and Prevention

We know that prevention works; stopping problems from arising in the first place; focusing on keeping people healthy and not just treating them when they become ill. And if they do, supporting them to manage their health condition earlier and more effectively. All funded projects met at least 1 of the East Surrey Place priorities.

How did the grant process work

Through two rounds of funding, prospective applicants for the grant funding were invited to submit an expression of interest, which was then developed into a full application, with assistance from RBBC's Council's Community Partnerships Team.

A residents participation group was established. The group was made up of active citizens who knew their local area and were invested in improving the community in which they lived.

The group received training and were asked to review applications and gave their feedback to the Prevention and Communities Board, who made the final decision on the allocation of the grant fund.

In a survey conducted to gain insight to the experience of the participation group members we found that:

90%
felt more aware of the needs in their local community.

82%
felt more aware of the services that were offered locally.

Across the 25 organisations awarded grants, some operated within the Reigate & Banstead area, some within the Tandridge area and some covered both places. Grant agreements were issued to all organisations which outlined the funding outcomes and what impact the intervention aimed to deliver.

The Community Partnerships team stayed in touch with the funded organisations and visited to see the project in delivery and where possible talk to beneficiaries and volunteers.

Reflections and learning

Partnerships – strengthened existing partnerships and developed new ones between funded organisations, health partners, Reigate & Banstead Borough Council and Tandridge District Council.

Participation group – added the voice of the community to aid in the decision-making process. As this group has reported having a positive experience it is more likely that they will engage similarly in the future and potentially encourage others in the community to participate in similar activities.

Use of technology – enabled a collaborative approach and streamlined the process for applicants.

Flexibility in decision making – enabled a 'parent' organisation to provide an umbrella for small newly formed groups which were not constituted or could not meet the eligibility criteria, meant more opportunity to reach different communities or groups.

Keeping in touch – enabled the RBBC's Partnerships Team to see initial projects early, speak to beneficiaries and address any early issues. This also enabled partnership opportunities across East Surrey.

Sustainability – VCSF organisations rely on funding to continue. Creating opportunities for organisations to develop partnerships and relationships across the sector, has helped to build networks, support and potential funding opportunities to continue with projects after the funding period has ended.

Impact – although long term benefits will take time and continued intervention across the system, each project has demonstrated positive outcomes for their beneficiaries. For some, these were new projects, for others, delivering solutions that had already made positive impacts in communities. All organisations provided an end of project report which demonstrates how what they deliver makes positive impacts to people's lives across East Surrey.

Across 25 funded projects, there have been nearly 17,000 beneficiaries receiving support across East Surrey.

This report aims to show the range of interventions delivered and demonstrate the impact made to the beneficiaries, enabled by this funding.

With credit and thanks to all the organisations who feature in this report and who work tirelessly for and within our communities in East Surrey.

Two of the grant recipients explain what this funding meant for them

Gaynor Thurbin

Fundraising and Marketing Officer from Bloomin' Arts who are driven by the voice of adults with disabilities to provide high quality opportunities in the creative arts.



A huge thank you to East Surrey Place for giving the Bloomin' Arts Dance Company the opportunity to share their work with the local community. Funding ten dance sessions and two performances has enabled the group to enhance their performance and workshop delivery skills set and show their audiences that 'Dance is for All'. Our vision is an inclusive world, and projects like this work to challenge perceptions, and provide impactful and meaningful creative opportunities for our participants and our audiences. Thanks again for your support!

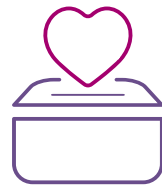
Jenny Rayner

The CEO of The Lucy Rayner Foundation (LRF) who support young people struggling with their mental health, providing vital help and counselling services:



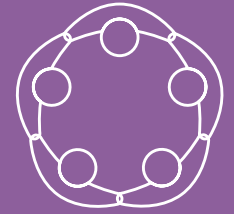
The need for counselling support is increasing every month and the funding we have received has helped 64 young people who have been referred into our service.

Key statistics from all funded projects



£134,500
Total funding

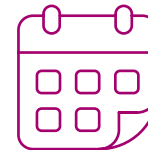
Number of people helped
16,471



New volunteers recruited **93**



Number of sessions held
2,216



Prevention Themes:

Tackling Poverty

Healthy Lifestyles

Physical Activity

Mental and Emotional Wellbeing

Reducing Isolation

Inclusion

Creating Communities

To Note: As all interventions were different, the data collected across the projects have varied. It is likely that the actual numbers may be higher if this was standardised across all projects.



Reduce Isolation

Mental and Emotional Wellbeing



Little time for me fund



Grant awarded
£5,000



30
Beneficiaries

Beneficiaries

Carers in need of respite.

What was delivered and the impact it made

Action for Carers' vision is 'That every unpaid carer in Surrey is heard, valued and supported'. The grant provided 'Little time for me' payments for carers. Payments ranged between £50 and £250 per carer and enabled them to access replacement care, transport and a chosen activity for time away from caring and provided an individual package of respite care for each carer.

The awards have resulted in carers being able to improve their physical and mental wellbeing through a range of activities such as: gym memberships; Reiki treatment; choir membership; local walking groups; driving lessons; and car repairs to allow carers to attend healthy activities and further education.



Beneficiaries

People with learning disabilities and their support workers and care providers.

What was delivered and the impact it made

EASI Cooking has been designed for people with learning disabilities to build confidence in the kitchen, with healthy and varied recipes. This funding is helping to train people in East Surrey with learning disabilities, support workers and care providers and to pilot the EASI Cooking Webtool. The project is part of whole system approach to obesity for people with learning difficulties, that identified diet and nutrition as an issue.

The tool was launched through a vibrant 'Ready, Steady, Cook' event in partnership with Surrey Choices and Include.Org.

Healthy Lifestyles

Inclusion



Rolling out the EASI Cooking Webtool



Grant awarded
£5,000



100
Beneficiaries



Reduce Isolation

Physical Activity



Helping enable a team with disabilities and complex needs to play tournaments locally



Grant awarded
£1,000



100
Beneficiaries

Beneficiaries

Adults from ages 15-35 who have disabilities and complex needs.

What they did and the impact it made

The grant supported Battlebridge FC with astro pitch hire to enable the team to play tournaments.

A Battlebridge Player's Story | Liam, 27 years old

'At the time of joining Liam was desperate to play football but had been denied all opportunities at school & college. This made him feel different and excluded and he just wanted to enjoy the game he loves. Being part of the team has given him a huge confidence boost, he's much happier and just loves training/tournaments. Being with others and not being judged is great for him. His communication skills are also improving. Quite simply I don't know what he or we would do without this club.'





Beneficiaries

Adults with learning and/or physical disabilities.

What they did and the impact it made

Bloomin' Arts is a centre where people with learning and multiple disabilities can channel their brilliance and enthusiasm and enjoy, develop skills, perform, and work in the arts. All their activities are focussed on their passionate belief that everyone with learning and multiple disabilities has huge creative potential.

In 2023 the dance company went to two local schools: Felbridge Primary School, East Grinstead and St Piers School, Lingfield. They performed their showcase to 140 students and staff followed up at the end to chat with pupils and gain some feedback.



The children thoroughly enjoyed the performance and were so impressed with the enthusiasm and skill of the participants. As for the staff, I know from talking to them today that many of them were blown away by the confidence, enjoyment, and emotion of the dancers.

Mr Hugh Hogan-Fleming,
Head Teacher, Felbridge Primary School



Reduce Isolation Inclusion



Art, theatre and dance in schools



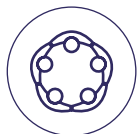
Grant awarded
£3,000



140
Beneficiaries



Both schools said the key benefits the young people gained from the workshop/performance were



Inclusion



Learning



Encouragement



Confidence



Working with others



Self-expression



Happiness



Reduce Isolation

Mental and Emotional Wellbeing



Befriending service



Grant awarded
£8,000



105
Beneficiaries

Beneficiaries

Adults with a life-threatening health diagnosis.

What they did and the impact it made

The Brigitte Trust offers a free service of emotional support and practical help from trained and supported volunteers. The service is for adults and their carers facing the challenges of life-limiting conditions including cancer, motor neurone disease and multiple sclerosis.

Their volunteers provided emotional, practical, and social support for up to 3 hours per week such as collecting prescriptions, driving people to medical appointments, and offering a non-judgemental listening ear for people with life limiting conditions.

Through the grant period they supported **64 clients** living with a life-threatening diagnosis benefitted from a **home visiting service**.

The home visiting volunteers provided **2,100 hours of support** to our clients (866 home visits).



Tackling Poverty

Mental and Emotional Wellbeing



Essential ICT equipment for a debt advice charity



Grant awarded
£2,320



Many
Beneficiaries

Beneficiaries

Improving resources, to aid anyone seeking debt advice.

What they did and the impact it made

Community Debt Advice provide expert free debt advice. The grant helped to purchase 2 laptops, software licenses and headsets for 4 advisers providing phone and online debt management appointments.

Chris, from CDA said



With the additional IT in place we are confident in focussing on our further recruitment plans to help grow our small and committed team to help us to give much needed debt advice to more clients.



Reduce Isolation



To develop and improve the dial-a-ride service



Grant awarded
£5,000



82
Beneficiaries

Beneficiaries

People who are unable to use public transport due to a disability, mobility issues or age.

What was delivered and the impact it made

East Surrey Dial-a-Ride ('ESDAR'), has been proudly providing a door-to-door transport service for people who have difficulty using public transport due to a disability, lack of mobility or simply old age.

ESDAR successes during the funding period include

- ✓ Driver training
- ✓ 3 new drivers recruited.
- ✓ Membership increased by **22%**
- ✓ Number of journeys increased by **26%**
- ✓ Improved fare payment systems & options for clients

Customer satisfaction

79%

49 members confirmed that they found booking trips was easy or fairly easy.

92%

57 members would recommend ESDAR to a friend or family member.



Mental and Emotional Wellbeing



Experts by Experience : A peer support project involving domestic abuse survivors



Grant awarded
£6,790



14
Beneficiaries

Beneficiaries

Survivors of domestic abuse.

What was delivered and the impact it made

The project focused on promoting recovery through volunteering and peer support to enhance the physical and emotional health and wellbeing of survivors of domestic abuse and their children. They worked in partnership with the nationally recognised charity Against Violence & Abuse to design a bespoke trauma informed training package for survivors.

The training was co-produced with ESDAS volunteers, and the first workshops were held in November 2023, facilitated by volunteers (one clinical psychologist and a psychotherapist) together with the Volunteer Manager.



Having been within an abusive relationship for over 9 years and controlled in almost every aspect of my life, I feel I can empathise and understand those in similar positions. To know that I am playing a small part in helping others makes me feel like I'm doing something worthwhile and hopefully making a difference.

ESDAS Volunteer who attended the training.

Hurst Green Community Courtyard

Reduce Isolation

Creating Communities



Hurst Green community courtyard



Grant awarded
£7,000



3,000
Beneficiaries

Beneficiaries

2,500 - 3,000 local residents will use this courtyard.

What was delivered and the impact it made

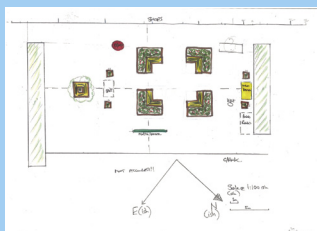
The Hurst Green community have come together to co-design and build a community courtyard outside the Hurst Green parade of shops. It's a great demonstration of partnership working across local groups, including the neighbouring care home, local school, churches, and local community groups.

With a co-designed approach, residents will see and feel how they've helped shaped the area and have worked together to make it happen as a community.

It has been a complex project, with hurdles to overcome and they hope to have phase 1 completed by summer 2024.



Hurst Green parade of shops



Early plan of the new area



Reduce Isolation

Inclusion



Drama workshops



Grant awarded
£3,000



25
Beneficiaries

Beneficiaries

Children and young people, age 12 – 25 years, with a wide range of learning disabilities and special needs.

What was delivered and the impact it made

The grant enabled Head-to-Head Sensory Theatre to support beneficiaries with special and additional needs to build up experience of the world outside their current knowledge, improve their self-belief, to take pride in what they can achieve and to have fun while learning. They did this using drama, games, role play and improvisation to equip beneficiaries with improved social and life skills.

They ran both online and in person sessions, as many young people who are on the autism spectrum and/or who are socially anxious can be reluctant to attend in-person sessions.

They found that participants showed increased levels of patience and awareness of each other's needs and requirements. Subsequently two beneficiaries have also been accepted onto the Orpheus Centre's performing arts course, subject to funding.





Case study > ‘Alice’

Alice is a 28-year-old Muslim Turkish national with pre-settled immigration status in the UK, she fled to a refuge with her two children after escaping her husband. After moving on from refuge, Reigate & Banstead Borough Council rehoused her. Alice speaks minimal English, and her entire family still reside in Turkey, so she was suffering from social isolation and was overwhelmed living on her own for the very first time with two children.



Alice was able to attend the resettlement support group sessions with transport costs funded by the grant we received. She was able to access support and advice from our resettlement advocate, as well as have a hot meal and socialise with other ex-residents from refuge. Alice improved her English skills with the help, practice, and encouragement of other attendees. Alice also met another Turkish speaking attendee who has become a close friend. Alice was also supported with some clothes for a job interview and was helped with practising interview questions. Alice currently works at a café as a waitress part time. Through our support group Alice was able to access emotional, practical, and social support which has helped her to rebuild her life, community, and independence slowly but surely.



Case study > 'Seb'

Seb was 24 years old when he came to the Gateway Allotment team. He had been in foster care for many years and now lives in supported housing, he has no local family or friends and is very isolated. He has ADHD and Attachment Disorder.



I was unable to see a future or that my life could be anything. I had no friends really and my family and a couple of friends lived far away... I was getting more anxious. My support worker said about the allotment and trying something new, so I decided to try.

Seb started to attend Gateway with his support worker; he was very anxious, quiet, suffering with low self-esteem and relied heavily on his support worker where he would not engage with any other clients. For two months, he would only interact with Gateway staff and even then, only when they approached him; building trust and rapport took a long time. Once this was established, Seb began to ask his support worker to not attend for the full session and to wait in her car. Bit by bit, this reduced to her simply taking and picking him up for the sessions.

Seb's confidence gradually began to increase more and more and he began to interact with his peers – making friendships and becoming more comfortable at the Allotment. However, the more open he became, the more apparent were his needs. His attention span was extremely low and he found it difficult to complete tasks or do more than one thing at a time, including doing a task and speaking with someone. His anxiety worsened and his self esteem plummeted whenever he was asked to do a task.

However, he persevered and soon he was able to interact more with others and talk with confidence. The team made the decision to put two things in place, one where he would complete five short tasks per session which are quick and easily achieved and secondly, he was buddied up with a peer to help keep him on track, but also to have someone to challenge and focus him. This worked extremely well. Other clients began to interact with him more and asked him for help with tasks. Seb's confidence and communication skills grew, and his attention span improved.

Seb started discussing volunteering, he realised he was capable of doing more. At this point he no longer wanted the support worker to attend with him and wanted to make his own way to Gateway. We supported him with looking at bus routes and then helped with looking for other volunteering opportunities.

The Gateway team worked with Seb to complete a CV and application form for a local volunteer role which he was offered. Initially Seb started working in the warehouse, and then on deliveries and collections, speaking with customers. Seb began to realise he had the ability to find employment. The team has strong links with local firms and Seb attended an open day at a warehouse – he really enjoyed this and wanted to apply for a job. The team supported him with the process and he was offered the role!



You guys have given me so much confidence and never stopped pushing me and making me realise what I can do. I still have anxiety but I know I am capable to get on with my life and put things in place when I need to. I never thought I would ever be able to get a job and look at me now. All of your staff have not only helped me with my mental health but also with work and the issues with my personal life and my family.





Beneficiaries

People with learning disabilities/autism and communication needs who are at high risk of having inequitable access to health care, higher instances of physical comorbidities and long term health conditions, mental health difficulties and isolation.

What was delivered and the impact it made

The funding helped develop an impact measurement programme, particularly in the areas of empowerment and awareness-raising. It also funded a communications/training resource to help co-produce accessible information on the importance of inclusive communication for health and wellbeing.



Reduce Isolation

Mental and Emotional Wellbeing

Inclusion



Project Explain



Grant awarded
£5,000



155
Beneficiaries



At Include we involve our members in all aspects of service design and delivery, which impacts on the knowledge levels, skills and confidence levels of our members.



Include is not just a choir. They don't see your disability. That fact that we go out into public places is really something big. By doing that we're actively teaching the world that we are all the same, we are just made from slightly different clay – we are not really that different to each other.

Joss, Include Choir Member

Reduce Isolation

Mental and Emotional Wellbeing



Coffee and connect, a support group for survivors of domestic abuse



Grant awarded
£5,000



82
Beneficiaries

Beneficiaries

Survivors of domestic abuse who have moved on from the refuge, survivors from out of area who have moved into the borough.

What was delivered and the impact it made

The funding was used to provide 28 two-hour support sessions, 'Coffee and Connect'. Activities included: art therapy, housing advice, debt information, support with CV writing, maths, a variety of arts and crafts, makeup tutorials, summer picnics and sessions around safe and healthy relationships.

The sessions provided support to over 20 adult survivors and 40 plus children who have left refuge to resettle within the East Surrey area. These clients attended the biweekly support group, with activities and a hot lunch.



Volunteers played a huge part in the success of the project, and out of the 3 volunteers that supported these sessions, two of them were ex-residents from our refuge. They also played a key role in creating social connections with the attendees outside of the support sessions.

Beneficiaries

Children and older people – ages from 8 – 100.

What was delivered and the impact it made

The funding enabled the move and groove project to run two 10-week intergenerational music projects in Redhill and Reigate, enabling the old and the young to come together to address health inequalities, loneliness, isolation, obesity, and mental health for all ages. The sessions took place at Barchester Beaumont House Care Home Reigate with Brooklands School and at Wykeham House with a local Rainbows group.

The projects resulted in significant improvements in attendees in the following areas:

- **80%** of participants reported notable improvements in their mental health.
- **90%** of participants felt more integrated within the community.
- **90%** of participants developed meaningful relationships.
- Participants reported feeling more emotionally balanced and resilient.
- Participants experienced improved cognitive functioning.



Reduce Isolation
Mental and Emotional Wellbeing
Inclusion

Intergenerational Move & Groove

Grant awarded £5,500

60 Beneficiaries



Mental and Emotional Wellbeing

Assessment and counselling for young people aged 16 – 24 years

Grant awarded £9,860

64 Beneficiaries

Beneficiaries

Vulnerable young people.

What was delivered and the impact it made

Over the six months of the grant period 680 young people were referred into the counselling service. The CHC funding supported 64 young people who were assessed, and each received six counselling sessions.



The LRF were outstanding, I contacted them due to feeling not mentally well in myself as I had been given a recent diagnosis of ADHD and split from my partner. They found a counsellor who was experienced in neurodiverse behaviour who really helped me put the tools into place to help me day to day.

Sarah, LRF beneficiary



Prospero Theatre Company

Reduce Isolation

Mental and Emotional Wellbeing

Inclusion



Making Days



Grant awarded
£3,000



100
Beneficiaries

Beneficiaries

Adults with disabilities and mental health challenges.

What was delivered and the impact it made

The project delivered 10 art-based sessions to build the sets and props and assist with costume making for the Friday Club show 'The Return of Jafar'. The sessions were run by arts practitioners, also trained in wellbeing (mindfulness, CBT and creative therapies). The sessions aimed to aid beneficiaries' mental health and wellbeing and to help build communities, deepen friendships and expand social networks.

Members really enjoyed being in a social environment whilst making props. This is different to rehearsing the play and allows more time to interact and chat whilst learning new skills.



Days such as these show that the arts are for all, and that creative ability surpasses disability.



Red and Blacks Local Albanian Association

Beneficiaries

Young men aged 16-25.

What was delivered and the impact it made

As the Albanian community includes a high proportion of men aged 15 to 26, the football team has provided an opportunity to exercise, socialise and improve their wellbeing.



As the manager of Red and Black Roots, you gave us the best service for all our young people by holding several football matches where in total more than 30 young people were involved. Without this funding, these soccer activities would not have been developed.

Hysen – Manager, Red & Blacks

Physical Activity

Mental and Emotional Wellbeing



Football team



Grant awarded
£1,000



30
Beneficiaries



relate
the relationship people
Mid & East Surrey

Mental and Emotional Wellbeing



Subsidised counselling to individuals, couples, families, and young people



Grant awarded
£4,000



53
Beneficiaries

Beneficiaries

East Surrey residents who cannot afford the full cost of counselling.

What was delivered and the impact it made

They were able to deliver 123 sessions supporting 53 individuals or families with the grant.

All clients filled in pre and post counselling questionnaires which showed:

- ✓ **87%** of clients came regarding behaviour issues, 96% communication, and **73%** relationship breakdown. **50%** of clients said these issues were affecting them every day.
- ✓ **88%** of clients felt better after counselling.
- ✓ **73%** said their mental wellbeing had improved.
- ✓ **43%** said they were no longer taking time off work.





Reduce Isolation Inclusion



Eye Clinic Liaison Officer at East Surrey Hospital



Grant awarded
£3,000



60
Beneficiaries

Beneficiaries

Patients who are visually impaired of all ages but primarily elderly patients.

What was delivered and the impact it made

As well as providing the all-important emotional and practical support at the point of diagnosis of a sight loss condition, Sight for Surrey have delivered their goal of helping clients to remain independent, living their lives just a little bit differently. The funding helped an Eye Clinic Liaison Officer to run the eye clinic at East Surrey Hospital for six months.

During this period Sight for Surrey supported 60 patients from the East Surrey area.



The Low Vision Clinic has made a huge difference, I can access magnifiers, which I won't have to pay for, and I can now read my post!

Patient, Low Vision Clinic



Mental and Emotional Wellbeing



Hope Stream work with schools



Grant awarded
£10,000



489
Beneficiaries

Beneficiaries

Young people with emotional and mental health issues.

What was delivered and the impact it made

A professional youth worker, Lizzie, worked with Merstham Park, Carrington and St Bede's Schools to improve the emotional well-being of young people. She delivered a range of tailored interventions including mentoring services, group work and lunch clubs to young people suffering with low mood and anxiety. She also lead a year 6 transition to secondary school workshop and developed and ran courses which aimed to explore managing friendships, self-esteem, school life, and wellbeing.



I now realise I don't need to worry and overthink about something that will most likely never happen.



I can use different coping strategies when worrying to distract me and how much this could help.



The mentoring sessions helped me remember to think of the positive more and that I have people I can talk to if I'm upset and know they'll listen.





SURREY CARE TRUST

The grant contributed to the operational costs for the continued delivery of the Gateway Allotment Scheme

Mental and Emotional Wellbeing



Supported the continued development of the Gateway Community Allotment



Grant awarded
£4,000



37
Beneficiaries

Beneficiaries

Unemployed young people & adults, people with mental health issues. Families where relationships have broken down. People with chronic pain or have long term conditions and have been referred by their GP or via social prescribing.

What was delivered and the impact it made

The Gateway Community Allotment offers a combination of nature-based therapeutic activities, peer support, and one-to-one mentoring. These activities have boosted the wellbeing of a wide range of people with various health needs.

Beneficiaries are encouraged to get involved in allotment activities as much or as little as they like and to explore, take time out to reflect, and meet new people who help them feel connected to their local community.

The grant enabled Gateway's support for 37 local people from East Surrey and 6 volunteers have regularly supported Gateway this year. In total during 2023 Gateway supported 366 individuals from the local area between the ages of 5 and 50+.

Of a sample of Gateway Allotment users during the grant period, 100% said the activities made them feel less anxious or calmer; 92% said they felt more confident; while 96% made new friends and felt more confident talking to people they didn't know well.



Tackling Poverty

Mental and Emotional Wellbeing



Bespoke support packages for families, focus on teenagers and additional staff resources



Grant awarded
£4,927



2,949
Beneficiaries

Beneficiaries

Teenagers and families who may be from a low social economic background and suffer with poor mental health.

What was delivered and the impact it made



The funding has enabled us to provide bespoke packages of support with items that promote good mental health for young people and carers. The products we offer for young people have been curated by the young people who volunteer with us and feedback from our referral partners'. Strikey Stork

It has also enabled Strikey Stork to build on the relationships with partners and young volunteers who helped to make up packages for young people and help promote better mental health through the content of the packages. Over the grant period Strikey Stork has supported 2,949 children of secondary school age with all the practical items they might need to thrive including toiletries, books, activity packs, beautifully prepared clothes packs, warm coats for winter, school bags, uniform and shoes.



We know that many young people who are struggling to care take of their own needs find it hard to access the tangible extras that can help them to start to see an improvement in their mental health.



Reduce Isolation

Mental and Emotional Wellbeing



Befriending Scheme



Grant awarded
£8,000



15
Beneficiaries

Beneficiaries

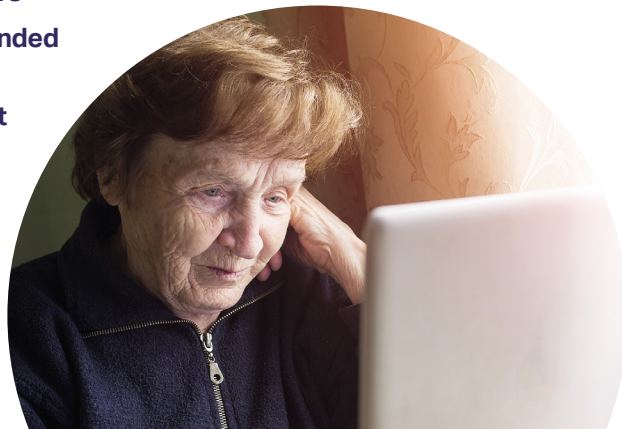
Older people to help them remain independent and engaged in activities as well as people with chronic health conditions.

What was delivered and the impact it made

The befriending service has undergone much change during the funding period. The scheme has now re-branded as 'Community Champions'.

During the funding period TVA have

- ✓ **Received 28 referrals** (7 of which could not be taken forward, and 6 declined a service)
- ✓ **Matched 13 clients** to a be-friending volunteer
- ✓ Recruited of **7 new befrienders**
- ✓ Held a be-friended and **befriended social event**
- ✓ Improved training and **support for Volunteers**
- ✓ Improved the **referral & assessment process** and data capture



Healthy Lifestyles



Making Safer Choices in East Surrey



Grant awarded
£6,500



2,310
Beneficiaries

Beneficiaries

Children in schools in East Surrey, teachers, and parents – sharing awareness and education on drugs and alcohol.

What was delivered and the impact it made

As a result of this funding, around 2,800 young people received potentially life-saving information and tools to support them to make safer choices about drugs. The programme included workshops and a theatre play to educate and raise awareness on drug and alcohol showing Daniel Spargo-Mabbs' real-life story.

This verbatim play tells the story of Dan, who tragically died when he was sixteen having taken ecstasy, in the words of his family and friends, and it's the fact it's a true story and uses real words that young people report as having the most impact engaging their imaginations, enabling them to reflect on their own views, values and decisions they might make.

Some young people who attended said



Bringing a student on stage during the drug education workshop afterwards so you can relate to the way you can be approached or offered drugs.



I really liked how it made me feel as if I knew Dan myself and was slowly watching as he fell. Overall a very eye-opening and emotionally perfect performance!



Reduce Isolation

Mental and Emotional Wellbeing

Inclusion



Connecting Lives and Reducing Isolation



Grant awarded

£5,000



55

Beneficiaries

Beneficiaries

Adults with profound multiple learning disabilities and complex needs.

What was delivered and the impact it made

This project enabled Us in a Bus to support **55** people who find communication challenging in the extreme and experience the world (and the people in it) as confusing. They have profound learning disabilities, and many have physical or sensory disabilities. Most have no words and are often thought of as unable to communicate with the outside world, which offers a huge challenge in caring for them. Without specialist assistance the people they support may remain locked inside their own world; unable to interact with others, communicate their needs, or share a simple communication with another person, interactions that most of us take for granted.



The people we support will never get better, they will never learn to speak or to signal they need medication. We know that for some of them the hour we spend with them a week is the only hour that someone focuses on them one to one, or the only time that someone takes time to understand how they are feeling.



the westway

Reduce Isolation

Mental and Emotional Wellbeing



Support for older people



Grant awarded

£10,000



6,488

Beneficiaries

Beneficiaries

Older people who may be at risk of falls, stroke and heart disease and / or facing issues associated with later life including, coping with loss or feeling isolated.

What they did and the impact it made

The Westway Community Centre is an inclusive welcoming day centre in Caterham on the Hill. They provide a community hub where people can feel safe and valued by offering opportunities to meet others, learn new skills, participate in daily activities and volunteer.



The funding has enabled us to develop a range of activities and 6488 people have benefitted as a result. We are a small staff team and an army of volunteers together supporting our community.

The Westway



My dad uses services at The Westway. He loves it there. It's important to him to be just one of the crowd. His dementia is slowly catching up, but at The Westway he isn't reminded of what the future holds in the way he is when he is attending dementia specific services.

SW's Family



Case study > 'Ted'

Ted is a client who recently passed away and lived in Tandridge. A volunteer was visiting weekly supporting Ted and his wife, Shelia, who was not coping well with her husband's prognosis. The volunteer spent time each week emotionally supporting Shelia, enabling her to cope with her carer role and also spending time with Ted to allow Shelia to go for a walk with their dog which was her only respite.

The volunteer was able to identify how low Sheila was, and that alcohol was playing a big part in her daily routine and we were able to flag to the hospice that perhaps an offer of counselling might be beneficial.

Ted was able to then offload how he worried about his wife once he had died, and our volunteer was able to reassure him that she would be able to provide one to one support to her once he had died. It was important for Ted to share his worries with the volunteer as he did not feel he could add to his wife's worries and stress.

The couple decided to renew their wedding vows and the volunteer helped them to arrange this, and she was the photographer for the day as she was an amateur photographer. We were also able to help Shelia with the funeral and the volunteer has been instrumental in supporting this couple through many ups and downs.





reigate-banstead.gov.uk



eastsurrey-alliance.org



tandridge.gov.uk

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