

NNS Small Grants Impact Summary 2021-22

Small grants scheme (up to £10,000) for Hall Green based community groups and organisations

12 grants awarded projects, total investment of £93,039

- Increasing social participation
- Healthier lifestyles
- Maximised income
- Housing which supports independence
- Carers feel more supported

1292 local citizens from Hall Green participated in these
9 projects

Summaries of 9 projects feature in this report (the remaining 3 will feature in the 22-23 impact summary)

Find out more at

www.hallgreencommunities.org.uk/awarded-grants

23 small grant applications received during 2021-22 of which 12 were successful in securing funding.

St Michael's Church – Building Firm Foundations Together

What went well?

People who come along to activities generally return and then get more involved in the centre in general.

The focus of all the activities is on building relationship and we do this well. There are people who come who are very isolated and sometimes find social interactions difficult and we welcome and spend time with them all. It has been heartening to watch those who we originally welcomed, make an effort towards others who need support.

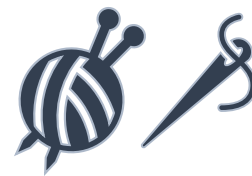
Y was one of the first people I met outside of the church during covid. She had lost her mum and was grieving. She said that she would like somewhere to come and sit and remember her. Two years later we now have the memorial garden out the front. A couple of weeks ago we had a short service of blessing and everyone from Place of Welcome came out and joined in. I mentioned Y and told them that she had helped the landscape gardener with the garden and was now willing to help look after it. It was a great moment.

*A participant attending arts and crafts says the routine of being able to come each week helps him get out of bed and **eases his depression**. He has **grown in confidence** and is now freely experimenting with art in new and creative ways which he wasn't able to do initially.*

Services provided: Skills Hub inc. debt and benefits advice // Press Pause inc. mindful moment and arts and crafts // Dementia carer's group // Place of Welcome // Community Walk // Armchair exercises // Social events.

Sharper Arts – Soothing Stitches

Face to face craft sessions and development of stitch kits



What went well?

There was a real sense of community and people wanting to come together, as most social groups hadn't come back together when we started our sessions. This has been vital for people who feel isolated.

What is the learning?

The initial idea of using a live video platform was unsuccessful. This was mainly since most people didn't have the confidence, the equipment or the skill to be able to do this. The project was re-devised to include face to face sessions instead.

Kits were made available for collection for people to work at home, this was well received by people who perhaps didn't feel comfortable about being together in a group or were who are too ill to leave their house.

Big stitches are soothing stitches not small ones.

Thank you for all your effort at these amazing workshops.



I'm looking forward to being more creative and meeting new people, I've found lockdown very hard.

The Springfield Project – Places of Welcome Relaunch

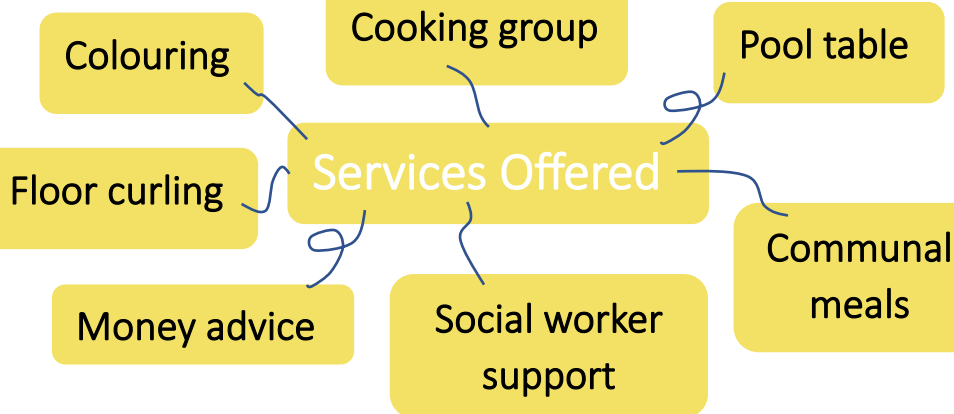
176 citizens engaged

4 volunteers (**2** have completed training)

419 total attendances (**100** people visiting multiple times)

Average of **32** people per group

The largest group saw **49** people attend in one week



When I first attended, I was a bit nervous as I had not been out for a long time, but I found the group members, teacher and staff very welcoming and friendly.

What is the learning?

There is natural frustration amongst our group because people have differing levels of comfort with interacting with others safely. We have had to be good listeners, good planners and good at explaining to everyone why we manage the group in the way we do throughout the different phases of the pandemic.

I like coming here. I feel good. I enjoy myself. Thank you.

Key Outcomes

- People feel less lonely.
- People feel more connected to their community.
- Improved physical health and managing any health issues better.

Birmingham Open Spaces Forum – Tai Chi for Beginners

89 individuals attended over 2367 sessions

- 5 were aged 0-29
- 18 were aged 31-49
- 40 were aged 50-69
- 17 were aged over 70
- 64 were female and 21 male



What went well?

We know from all of the positive feedback received that people are left feeling invigorated, in a better state of mental health, feeling more relaxed, more flexible and having got out of the house and socialised with other like-minded people, feeling generally better about life.

What is the legacy?

We are applying for funding from other sources such as Awards for All, Sport Birmingham and Cadbury Barn Trust to enable Tai Chi to continue now that the classes are established and both BOSF and the tutors have an established pattern of communication and recording.

St Christopher's Church – Post-Pandemic Wellbeing for older people

What went well?

Post pandemic, seniors have been wanting to come to groups in order to meet others of a similar age and socialise again. Attending groups, has also enabled seniors to feel integrated back into the community. Those who have not been able to get out, due to frailty, social anxiety, or general difficulties with transport, have welcomed 1-1 home visits.

What has been the learning?

Loneliness is the biggest impediment to older people in the twenty first century. There are many older people who are single due to bereavement, or because their family no longer live close by. The communities have changed, so neighbourhood support is not necessarily accessible to many, as neighbours are often transient and changing, which pushes seniors further into isolation.

Groups alone cannot be the solution, because of the physical deterioration of some older people, and because of the inaccessibility of community transport, and the rising costs of private transport.

*I have also seen an **increase in awareness** of involving older people in activities and **seeing their potential as givers rather than passive recipients** – this for me is my greatest legacy in **increasing their visibility**.*

Services provided: Bereavement support // home visits // signposting to housing, providers & community services // care home visits // group sessions // end of life support // carer support // distributing cards/gifts // intergenerational activities // visiting citizens with dementia // support with misdiagnosis.



Moseley Road Baths and St Paul's – Release and Revive



Pool sessions

- 80% feel more confident in the water.
- 100% have improved levels of anxiety and wellbeing.
- 90% have improved general health and wellbeing.
- 80% reported new friendships formed.

Creative writing

- 83% feel less lonely.
- 98% feel more connected to their community.
- 75% have reduced feelings of anxiety with the creative writing.
- 70% have improved feelings of well-being.

What is the learning?

The time when sessions start is an important factor, as some individuals take medication which can affect when they wake up and become active.

Bus passes are also only useable after 9.30am, and so this must be considered with start times.

It is challenging reaching out to isolated people, especially those with mental health issues and so the involvement of mental health link workers was vital.



From living with long covid and chronic fatigue, this is a perfect balance of gentle exercises and meditation.

This has really helped my wellbeing, in particular my anxiety, this is such an important session for me to come to every week to help my self-esteem.

Wise Women Group, hosted by Highfield Hall



What went well?

There was always a very good turnout of women, mostly Sikh. They enjoyed coming and meeting up with each other.

What is the legacy?

The group will try to carry on and are looking into changing the leadership and set up of the group.



*30 women attended the group and from the sessions they were **a lively bunch who enjoyed socialising and singing old folk songs together.** All of them said they liked coming as it did get them out of the house and they **felt less isolated.***

*The group is very good and attracts lots of women, mostly Sikh and this shows **there is a need for this service for the elderly.***

Smart Women – Kickstart

Services delivered

Ran a health club at least 3 times a week, this included physical and recreational activities for older women (walking, light exercise and use of the gym).

Ran a wellbeing club which provided women with a safe space to address their concerns (both physical and emotional).

Hosted informative sessions to empower people to access services to address their barriers. Within these sessions there were referrals to external agencies.



What is the learning?

We have now been given a deeper insight into the demands and needs of our community. With this project we have been able to see how there is a massive need for projects like this within our community.

Key Outcomes

- 215 citizens attended.
- 80% of the women felt more socially included and that these sessions were beneficial for their mental health.
- 80% reported feeling better both physically and mentally from the wellbeing club sessions.

DUI – Coffee mornings / Welfare calls / IAG

- 534 people engaged with our service.
- 4 volunteers were involved.
- All volunteers were given full training.



What is the learning?

The project has exceeded our expectations for the number of people who accessed the service. We were able to accommodate the extra workload and number of people accessing the service.

The data shows that there is a need for this type of service in the area to be continued as it helps eliminate some of the barriers people face.

- More than 50% of the individuals used our service more than once.
- DUI supported more than 20 individuals with benefit AIG home visits.
- DUI supported families with 12 food parcels and helped 105 families and individuals to get £200 household fund to help with food and bills. This has helped to reduce stress help them with emotional wellbeing.

*Through this project we have ascertained that the elderly **need emotional support**, which is lacking. Both elderly citizens and families are facing **financial hardships** due to higher utility bills, and this is having a big impact on their **emotional wellbeing and health**.*