

Community Investment Fund 2018-2019

Summary Of Projects

Young Carers

Project Young Carers Awareness Event on Thurs 31 Jan 2019

This year's young carers awareness day (YCAD) falls on a school day therefore I feel we should do two parts on the day awareness and an awareness event with the young carers either before or after.

- 1) On the day we will focus on getting schools to engage to promote awareness and have Young Carer team to go to the Wokingham town market. We will also send out awareness posters to other agencies through our connection with the Early help hub.
- 2) On the Saturday either before or after (26th Jan / 2nd Feb) we will put on an event in the High Street of Wokingham with young carers.

On the day

Schools – We will be sending out a pack to all schools at the beginning of January with flyers and activities for young carers day. Carers Trust publishes materials both poster and activities that can be used in schools. These documents are high quality and therefore preferable to creating ourselves and doubling up work. I have contacted the trust by phone and email to confirm the dates these resources will be completed and accessible. *I have attached copies of last years to show the quality and type of materials.*

Carers trust also produce case studies that can be used and we will encourage our older Young carers to put some pieces together to be sent to media.

I will be contacting our key secondary schools; Bo-Hunt, St. Crispin's, Forrest and Maiden Earlegh. These schools already show high support for young carers and will be proposing to do some form of dress down day.

Town Market – Wokingham has a town market open on a Thursday and therefore hopefully we will have more people in the town in the morning. Young carers Support worker will be in the town with flyers and talking to locals about young carers and the impact on mental health.

Media – prepare and submit a piece to the local paper as well as for local radio. We will also start advertising on Social media on the lead up and on the day.

Saturday Event

The focus of this is empowering our young carers raise awareness.

I would like to have the young carers put together some T-shirts with different statements / statistics saying I am a young carer. Young carers to wear these and with flyers go to Wokingham high street to hand these out giving young carers the opportunity to directly engage with the public on the topic of young carers.

We will invite the Mayor and counsellors to come down and talk with young carers as well as the paper and local radio.

Parenting Special Children

Project: Autistic girls - 'finding my tribe'

The overall aim of Parenting Special Children is to improve the well-being of families of children and young people with special needs, living in Berkshire and surrounding areas.

Specific Aims of this project is:

- to improve autistic girls understanding of themselves and being autistic
- to improve their ability to get the support they need (including knowledge, skills and confidence) and to give them the tools to improve their own health and wellbeing

Objectives:

- To offer opportunities for autistic girls to meet together to form friendships with each other and to explore what it means to be an autistic girl and young women
- For autistic girls to be able to identify challenges of being autistic and gain strategies to manage situations and improve their own health and wellbeing

Parenting Special Children have piloted this project through a small range of social events with autistic girls which have included two pottery sessions and a yoga session, all of which have been overbooked with on average between 12 and 15 autistic girls attending.

Autistic girls and their parents have asked if Parenting Special Children could set up a monthly supervised group where the girls could take part in a social activity, such as art, boating, pizza and chat with the aim to build friendships with other girls who understand them.

Feedback from a parent "When my daughter learned of the first autistic girls evening she was so excited that she was going to a group just for people like her!!" At least two girls mentioned that they had 'found their tribe'.

Plan to run 8 2 hour sessions

Age Concern Twyford

Project: Outreach in the community

Set up coffee mornings/events in the local community to help raise awareness of our Dementia friendly day centre in Twyford and the help and day care facilities that we are able to offer. The funds would help with providing refreshments and activities.

Attendance at each coffee morning/event by myself the Outreach Coordinator gathering all information as to what service they have now, what service would they like and any experiences regarding the services etc. All information will then be collated into the report for yourselves. This information will also help us to make sure we are meeting all needs.

ARC

Project: Parent workshops on youth anxiety

3 workshops to be held across the borough, to include Woodley, Wokingham and Earley to help parents understand how to best support their children with anxiety, we have run these in partnership with public health Wokingham previously, but they can no longer fund them.

The Art of Giving

Project: Role of art in community spaces & how art can positively connect with people's mental health and wellbeing.

The Art of Giving Community Interest Company was formed a year ago in order to help improve community spaces through our unique style of framed words and imagery about life and mental health. Our work is in a number of community spaces, including patient waiting rooms and staff rooms at the Royal Berks Hospital in Reading where we've had amazing feedback from both patients and staff. We currently have a waiting list of further RBH departments who want our work in their spaces. Our website gallery shows some examples

of our artwork as well as testimonials - www.theartofgiving.website

Exhibition will run at Wokingham Council Shute End exhibition space from 14.1.19 for a month

The Art of Giving will loan 8-10 pictures which use words and imagery about life and mental health to be displayed in the exhibition space for the council staff and any visitors to view. Examples of the art can be found on our website www.theartofgiving.website

In addition to the artwork a comments book will be made available for people to share their experiences and thoughts about how art can help improve our mental

health in spaces. Suggested wording of question: 'How can art help improve our mental health in community spaces such as waiting rooms?'

The Art of Giving could also set-up and manage a simple anonymous online survey with the same question.

Relax Kids

Project Supporting Wellbeing for Young People in partnership with our Local Libraries Wokingham Area

1:10 young people have a clinically diagnoseable Mental Health problem*.
20% of adolescents may experience a mental health problem in any given year*.
50% of mental health problems are established by age 14 and 75% by age 24*.
**Taken from mentalhealth.org.uk statistics*

"Libraries can play a significant role in the health of local communities by providing free access to advice and information for people of all ages." Culture Minister Ed Vaizey

By having attractive and appealing resources available to Young People can support and help inform and manage their Mental Health and Wellbeing. In this age resources need to be both physically and digitally available.

Approach:

- To run a Chill Skills session with a group of Young People.
- To buy a subscription to Teen Breathe for the local Libraries in Wokingham.
- Both a hard copy and a digital copy to allow greater access and reach to the Young People in our area.

The session will include relaxation exercises and mindfulness activities with discussions around what Mental Health, Wellbeing and Self Care means to them and their peers.

As a Thank you for taking part in the session each Young Person would take home a copy of the magazine Teen Breathe, with a short survey to complete after they have read it.

Teen Breathe believes that "mindfulness forms the basis of a happier, healthier, more fulfilled life. And we're putting you centre stage. From social media to sport and making friends to making flowers, we'll have tips, exercises and ideas to help you explore how paying attention to everything you do, being curious and staying positive can bring out the very best of You – a person who's comfortable and proud in their own skin, is open to ideas and follows their dreams. And when we're not doing that?

Teen Breathe will be in pamper mode – big time.”
<https://www.teenbreathe.co.uk/about-us/>

WIWAG

Project - Positive accessible information and inspiration to people who are looking for ways to stay well, emotionally and mentally.

Our plans include Workshops around Creativity and wellbeing.
Addictions and wellbeing - including for those around someone with an addiction
How to be more Emotionally Resilient

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