



Wessex Water Community Fund
Impact report for Round 1 (grants made April 2019)

Summary of funded projects and impact on beneficiaries

Grant recipient	Summary	Amount Awarded	Beneficiaries	Theme	Outcomes
1st Charmouth Scout Group	To subsidise membership for children from low income families	£750.00	6 children & young people	Poverty and disadvantage	6 people took part in sport, exercise & leisure activities.
Art Workshop Swanage	Continuation of Art therapy group for those with ongoing illnesses	£1,500.00	12 people with multiple disabilities and illnesses	Health, wellbeing and serious illness	12 people report improved physical / mental / emotional health.
Gillingham St Mary Scout Group	To purchase tables and chairs for the new Scout Community Hall, which will host various community groups/activity	£750.00	500 local residents	Stronger communities/Community support and development	500 people report that the community facilities were improved as a result of the grant.
Home-Start North Dorset	Funding the recruitment and training of a new volunteer to support families in crisis with a child under the age of 5	£1,500.00	5 families	Supporting family life	5 families accessed support services and report improved physical / mental / emotional health, requiring less living support as a result.
Home-Start West Dorset	Core costs for service supporting families in crisis with a child under the age of 5 - particular focus on healthy eating	£1,500.00	5 families	Supporting family life	5 families accessed support services & report improved physical / mental / emotional health, requiring less living support as a result.

Ideas2Action (Poole)	Expansion of Win on Waste project in Poole High Street, to increase donations of unwanted items and recycling	£1,180.00	50 local residents	Renewable energies and recycling	50 households participated in environmental projects and community activities.
SMILE Connect (Poole)	Raising awareness of drinking water for healthy living within an existing support group for single parents	£1,000.00	55 lone parent families	Supporting family life	55 people took part in sport, exercise & leisure activities and community activities; 21 report improved physical / mental / emotional health.
SturYouth Club (Sturminster Newton)	Contribution towards a Community Activity day to build community cohesion	£1,400.00	467 local residents	Stronger communities/Community support and development	467 local residents took part in community activities, including a 35 young volunteer leaders. 6 young people are now engaged in regular volunteering.
The Bus Shelter Dorset (Weymouth)	Do-it-yourself laundry project for rough sleepers in temporary accommodation on refurbished bus	£1,420.00	25 homeless individuals	Homelessness	25 people participated in community activities and 15 people achieved independent living during the grant year.
The Living Tree (Bridport)	Continuation of Stepping Out exercise and support group for those undergoing or recovering from cancer treatment	£1,500.00	33 people in care or suffering serious illness	Health, wellbeing and serious illness	33 people participated in sport, exercise & leisure activities and report improved physical / mental / emotional health. 15 accessed other support services as a result of the project.
The Training and Learning Company (Bournemouth)	Expansion of existing Multicultural lunches in Boscombe	£1,500.00	120 people from BAME communities	Stronger communities/Community support and development	120 people participated in community activities. 8 people attended training as part of the project and 6 gained sustainable employment as a result.
Volunteer Centre Dorset	Creating of volunteer allotment project, providing produce to West Dorset Foodbanks	£500.00	60 local residents	Poverty and disadvantage	60 people attended community activities, resulting in 12 new volunteers. 120 local residents benefitted from the food provided to the local foodbank.
Weymouth Skatepark Association	Contribution towards capital appeal to build a new ramp for the skatepark	£500.00	100 children & young people	Stronger communities/Community support and development	100 new young people participated in sport, exercise & leisure activities, and 300 people reported that the community facilities were improved as a result of the grant.

How the grants benefitted the groups

- 4 groups report that the grant helped them to raise funds from other sources – a total of £12,480
- 7 groups report that the grant helped them to develop new links or partnerships with other groups
- 11 groups report that the grant helped them to publicise or raise awareness of their services
- 5 groups were able to provide training for volunteers as part of the funded activities - a total of 70 volunteers received training in topics such as Safeguarding, First Aid, Mental Health awareness, Cooking workshops and Food Hygiene

Thanks to Wessex Water and Dorset Community Foundation

“Contact and access has been easy and staff very supportive.”

“Wonderful organisation, really great to have someone attend the event and actually see the work being done.”

“We have appreciated your ongoing support and encouragement.”

“We are very grateful for the support for what we do. Without such grants we would not be able to carry out the great work that we do.”

“This grant has been instrumental in moving the project forward to become sustainable and making a small profit which we now use to support further training for our volunteers.”

“We are very grateful for your award of the funding which has enabled us to launch Poole Town Win on Waste. This is one of the areas of deprivation in Poole and it has been really positive, thanks to the funding, that we have been able to bring one of our popular Win on Waste sessions to the area.”

Reports and case studies submitted by the groups

1) 1st Charmouth Scout Group

(Note – underspend of £415.75 due to low take up of subsidies – grant extension permits group to use the grant for subsidies in the coming year)

We promoted the availability of the 'No Barriers to Skills for Life' fund as often as we could to ensure all parents knew of its existence and purpose. The grant allowed us to ensure that no young person missed out on joining and staying on in their Scout section. It gave parents the confidence to commit to camps and activities, in the knowledge that if they did need financial support, it was available to them. So, even though they may have not needed a subsidy in the end, they may have never have committed without a 'safety net' and their son/daughter would have missed out on a great, character-building experience.

Case study

One of our members would never have been able to have spent a whole weekend (Friday afternoon to Sunday afternoon) at the PGL Centre in Osmington. Here he had the chance to take part in a very wide range of character-building individual and team events and stay away from home for the first time. If the term of the grant can be extended because of the Coronavirus situation (see above), it will continue to bring Scouting within everyone's reach.

2) Art Workshop Swanage

(Note – underspend of £440 – grant extension permits group to use funding to support the continuation of this project in the coming year)

We ran art therapy sessions for people with ongoing health issues. This enabled them to relate with each other and share in a confidential environment. We had small groups, usually four, which while enabling good sharing relationships, meant there was little flexibility when people were unable to come. People with chronic pain find it hard to commit, so we had low take-up and those who did sign-up found it hard to maintain attendance. Beneficiaries, after initial reticence, enjoyed visual expression. They reported more positive approach to life and their problems. They were able to share more and make effective choices. They made friendships, many of which continued afterwards. We worked more closely with mental health professionals and the Carers Support network during the grant year.

Case study

'Jane' is a young mother suffering from post-natal psychosis, meaning she can only care for her child for short periods. She finds it hard to self-motivate (even get out of bed in the morning). Coming to Art Therapy was a strong motivator. She also learned new skills which boosted her confidence and which she was able to continue afterwards.

3) Gillingham St Mary Scout Group

The purchase of the Tables and Chairs has allowed the facility to be used for Scouting and private hire which we were unable to do in our old facility. It gives the community a well-equipped meeting place with on-site parking, which is lacking at other facilities in Gillingham.

Case study

A twelve year old autistic boy who could not cope with a group in another town has now joined our Scout Troop and with support from the leaders is able to join in with the majority of activities. This builds his confidence and also allows his parents to let him do something on his own without them being present.

4) Home-Start North Dorset

The Volunteer funded by the grant received training and supported 5 families during the year. The families supported are helped with all the routine tasks of parenting that due to their circumstances have become a struggle or very difficult to carry out. The issues that we encounter and help to resolve are many but as an example - mental health issues both perinatal and ongoing; poverty; abuse; neglect are some of the key areas the volunteer assist in.

Case study

Older lone parent with very low confidence following, among other issues, harassment by neighbours. Unable to drive because of mental health. Two children, 16 year old with Auspergers Syndrome (diagnosed at 7 years), 2 ½ year old lively and difficult to manage, and has delayed processing. Very poor relationship with youngest's father (who has his own mental health issues), mum bullied by his parents and arranged contact visits becoming distressing for youngest.

Outcomes Achieved - Confidence building and providing listening ear. Moral support and transport accessing appointments and other services. Change of nursery setting, accompanying to view other nurseries and talking through options. Legal and moral support in changing contact visits. At first circumstances lessened mum's coping scores but with regular and consistent support mum feels she has 'turned a corner' and her confidence improving. Working on returning to driving to increase independence. Help in the home with Speech & Language exercises.

5) Home-Start West Dorset

The grant was used to support our core work and especially the staffing related costs. We managed 166 referrals during the period of the grant but were only able to support 87 families. We supported 50 volunteers who visited the 87 families, including 213 children.

Case study

2 parents and 3 children aged 8yrs, 6yrs and 1yr - child 2 diagnosed with Aspergers and Mum diagnosed with heart disease while pregnant the previous year. Her condition and medication causes fatigue and she was struggling to go out with the children. Dad works 6 nights a week. They were in temporary accommodation past 6 months as their previous landlord required the house for his son. Mum had developed depression and anxiety. Initially the volunteer motivated and supported Mum to take the children out after school. Offering extra hands with the youngest child so Mum could have 1:1 time with the older children. Emotional support around her medical condition and the housing situation was also provided. The volunteer also supported parenting as Mum had struggled to be consistent and the children were pushing boundaries. Mum and Dad's relationship uncertainty continued for 6 months until Dad left the family home. The volunteer encouraged Mum to take the youngest child to Parent and Toddler activities to get out of house and have social contact. She also helped practically and emotionally through a house move to permanent accommodation. There were discussions and encouragement regarding healthy eating and diet for all.

Mum was more motivated and confident taking the youngest child out to groups. Mum was more able to provide consistent boundaries such as a bedtime routine. Mum's emotional wellbeing and self-esteem improved and was able to cope well with the relationship breakdown. All three children had quality time outside of the home as a family. Time outdoors allowed them to develop their gross motor skills and run off excess energy. The eldest child was encouraged to try new food. Mum's improved emotional wellbeing lead to an improved Mum and child relationship. The youngest child accessed Parent and Toddler groups to increase social stimulation and opportunities to develop. Mum said "The volunteer has listened to me go on! She's been amazing"

6) Ideas2Action (Poole)

Launch of Poole Town Win on Waste monthly waste material drop-off sessions. Two thousand promotional flyers were hand posted to local residences and displayed in public places and businesses. Launch event held in June 2019 with residents coming into the hall in the Spire on Poole High Street to donate items from their waste (these had been requested by good causes). Local Councillors also joined us. As well as donating their waste, residents had the opportunity to collect Wessex Water information and speak to other local residents. The follow-on session in July was attended by Tim Stevens from Wessex Water. Thanks to the help of our keen volunteers we continue to hold monthly sessions in the Spire and each time display the banners that we purchased with the funding. Volunteers give their time/transport for free and the Spire venue doesn't charge us for using space in their café.

We collect an average of twenty bags of donated materials per month at our Poole Town session and these materials are passed on to twelve charities and good causes for their fundraising and reuse. Donors of waste materials have told us that they are pleased that our sessions are available to them as they are happy to be supporting the charities that benefit from receiving the items. Donors are also pleased that the plastic materials are being recycled into useful products.

Case study

"I was not aware that I could recycle any of the items I bring to Win on Waste, so it is brilliant that all these items can help charities and we can avoid putting them in the general rubbish. It is frightening to realise how much I bring to the monthly session when I am living alone!! 10/10 for giving us this opportunity to help others and avoid the items going to the tip."

7) SMILE Connect (Poole)

Funded activities include the expansion of existing Pilates group to two sessions a week, the Greenhouse retreat in January 2020, supporting Art Therapy sessions with creche workers and a monthly board game café in partnership with Poole Methodists. The Grant has enabled us to support and encourage 7 woman to run on a regular basis. This has made a huge impact on these woman, physically and mentally as all are still running. The Mums who got involved in the weekly running club were so inspired by the benefits of the exercise that 6 of them signed up for a local marathon which they ran in and raised some money for SMILE. The Pilates class provides benefits from mindful exercise but also this is helping to build relationships across the generations.

Our Photo competition got many people taking their water bottles out and about with them. Our Photo competition got many people taking their water bottles out and about with them. As such people would ask them what they were doing and they were able to talk about SMILE and the Wessex Water funding. Wessex Waters' own facebook page even shared one of our photos! This gave SMILE a whole new audience that would otherwise not have been achievable. Mums have mentioned that they noticed the difference in how they felt by drinking more water, and now feel lost when they forget to take a bottle out with them.

Case study

On our retreat 15 families were able to spend time together and build relationships. 3 of these mums have physical issues that restrict them from walking far. One of these mums reported back to me that she was proud of the distance she walked on our forest walk, as she didnt know she could go that far, and for too long has been using her condition as an excuse. She is determined to get out and about more with her three children now.

8) SturYouth Club (Sturminster Newton)

The funding achieved from Wessex Water went towards specific items of hire and purchase to support the main activities of the whole event including the generator, PA system, hard board for dancing, marquee for first aid station and sun shelter, A3 boards for graffiti workshops, fliers, posters and banners.

The feedback from the members of the local community about the event was extremely positive. As a result of the event the youth club now has active links with North Dorset Home Start and more people in the local community are now aware of the role of the youth club; and we have been included in more community consultations as a result. Since the event I have visited the Rixon Skate Bowl & Park on a number of occasion as part of my Youth Worker Role in the community. The relationship between the different age groups has improved and is something that we strive to achieve at all times, encouraging the older skaters/boarders/BMX'ers to support and mentor the younger ones in skate park etiquette and safety. General inquiries about the youth club increased and as a result of interest from families with younger children, the youth club has since started a junior club session for children 8 - 11 years. This is supported by senior member volunteers, age 14. Local families are also more aware of local services due to the event supporters including Sturminster Newton Town Council, the Rotary group, Wessex Water Roadshow (provided advice and information on water conservation), North Dorset Home Start, the Safer Schools Team, the Family Partnership Zone (early years workers), and Sovereign Housing (housing and benefit advice and information).

Case study

During the event a young person in care attended but did not participate in any of the events. He was encouraged to 'help out' during the signing in sessions, gave out water and accompanied me as I went between activities, service providers etc. Since the event he has regularly attended the youth club and although he does not actively mix with many of the other young people he will help out behind the snack bar. We are now looking at supporting him through the senior member programme so that he can come and support our junior members.

9) The Bus Shelter Dorset Weymouth)

(Note – underspend of £700 – grant extension to enable the project to continue for another year)

We have provided a weekly laundry service for our guests which previously staff/volunteers were taking home. This has enabled us to provide a positive activity and develop guests routines and life skills through encouraging and supporting them to take responsibility for their laundry. It took a little bit of organising and adapting with our guests to start the laundry project and this has all been done through consultation with them when we have our regular guest meetings. It has given some the confidence to go themselves after having support while with us and the importance of having clean clothes to feel better about themselves is vital. In going to the launderette each week we have met a number of people who we have started chatting to and explained about The Bus Shelter. In meeting people who are actually guests there at the time, and able to represent us, has enabled us to raise awareness and support for the charity which has been great. We have extended this funding for a further year as we have underspent, thanks to powder and detergent being donated.

Case study

We had a guest with us for over a year and at the beginning of his stay with us he did not recognise the importance of showering or changing and cleaning his clothes. He had been in care as a child and those everyday tasks were not embedded in his daily routine. Whilst with us we have encouraged positive self care and cleanliness and he is now able to take full responsibility for this himself and takes great pleasure in putting on clean clothes and feeling good in doing so.

10) The Living Tree (Bridport)

The grant was used to part-fund the cost of the two Exercise and Cancer Rehabilitation Specialists delivery of the 46 weekly introductory referral classes.

Testimonials from people who have participated in Stepping Out include the following outcomes:

- Improved balance, muscle strength, stamina, core strength, flexibility, co-ordination and physical activity levels
- Decreased levels of fatigue and associated increase in the ability to continue to work
- Reduced anxiety and improved mental wellbeing
- Improved social interaction by participating in group classes
- Increased self-confidence to undertake a regular physical activity regime on a regular basis
- New skills and enjoyment in activities never experienced before and the willingness to continue with these on an ongoing basis
- Improved management of body weight and muscle tone
- General improvement in the quality of life and integration back into family and social networks and back into the work environment.

The benefit delivered by Stepping Out extends much wider to participants' families, carers and other support workers. With one in two of the population being touched in some way by cancer, Stepping Out delivers benefit to the wider community as a whole. Cancer recognises no social, gender or economic boundaries and therefore the people who take part come from all areas of the community. Age is also no barrier with participants ranging from their 30's to their late 80's.

Case study

"Stepping Out has been a life saver for me at a time when I had lost a lot of faith in my health and when I was very unfit following months of cancer treatment. It helps me to feel like I am doing something to help myself stay as fit and healthy as possible and more able to face the future."

11) The Training and Learning Company (Bournemouth)

The funds supported the delivery of 12 Internationally themed lunches for between 25 and 45 local residents of Bournemouth, Poole and Boscombe produced and served by immigrants from 8 different countries. The funding supported the operation to develop more robust accounting, more profitable menus and more cost-effective systems with the volunteers, leading to a sustainable profitable enterprise which had previously operated at a loss since inception 3 years ago. We were also able to take part in a number of 'one off' events promoting cultural diversity and co-operation between local residents and ethnic groups.

The training has raised the self-confidence and integration of multi-cultural volunteers as they worked towards a common goal. The volunteers are from various ethnic minorities and have become more confident mixing with the wider local community especially Front of House where they now mixed easily with local people from all backgrounds and cultures. The wider beneficiaries, the guests have enjoyed the experience of a wide range of dishes from many cultures with explanations, background stories and related music and dance. Many barriers are being broken down and the different cultures are losing many preconceptions.

Cast study

S came to the UK with very little English language ability, joining the project as a volunteer. Shy and reluctant to get involved at first, usually relying on others to translate and speak for her, she now runs the kitchen on alternate months with support from the kitchen manager, serves at tables, and is eager to suggest and cook dishes from her own background. She is coming to the end of an English language course Bournemouth University, something she would never have contemplated 12 months ago. One unexpected result is a healthier diet which embraces a wider range of ingredients and it was interesting that most of the culturally diverse group embraced the British staple dishes readily. As the Bournemouth International Cafe project is now sustainable without further funding, we are looking for funds to work with another group of immigrants to develop a similar albeit smaller-scale project in North Dorset using volunteers from Bournemouth to support the new immigrants.

12) Volunteer Centre Dorset

By creating a fresh food allotment, the project enables volunteers from many disadvantaged groups to deliver fresh food on a regular basis to local foodbanks. The lead volunteer encounters challenging mental health issues, ex-offenders, young people and those with physical disabilities. Creating a sense of worth and involvement, they encouraged others to take part. With the help of the funding we were able to in some small way help over 35 families accessing food banks, adding fresh food to the non-perishables normally supplied. The food they grew, nurtured, and harvested was really appreciated by the families in receipt of food. The Dorchester Community Church who manage the food supply to local families expressed this to the volunteers involved. Added to this the Food Workshops enhanced volunteers' ability to make best use of low cost nutritious food and make their ingredients last longer. We hope with further training for families we can continue with such allotments schemes as families struggle through poverty locally.

Case study

Simon who runs the project, suffers from poor mental health but is a passionate, knowledgeable and highly informed gardener. Whilst Simon wants to concentrate on the gardening management he needs help with the financing, fundraising and reporting, which he finds overwhelming. We are able to relieve this burden of him. He often expresses his concerns and puts huge demand on himself to deliver. From initially not wanting to allow anyone to help, with careful intervention and input, we have seen Simon flourish, become more sociable and more communicative. He is truly inspiring and his proactive nature is his coping mechanism which is a motivator for others. The 'KWAN YIN' allotment is a testament to his passion for helping others and has given him a true focus. The change in one individual has affected a beneficial change to many others.

13) Weymouth Skatepark Association

The grant went towards the rebuilding of our 7ft ramp, this was taken out and rebuilt new. Our ramps are outdoors and need rebuilding in rotation as they get damaged, we have approx thirty different sized ramps here that need rebuilding at different times. This ramp was built for the confident riders to challenge their riding skills and improve them. We have had more than 300 people attend sessions with this ramp open since it has been built and we have had very good verbal feedback on how good the ramp is to ride. We have held competitions on it and have held demonstrations by international scooter riders.

As a skatepark in general we make a huge difference to the wider community. We have up to 100 riders attend on weekends during good weather and we also open up to different youth and ability groups during the day and to schools, colleges and scout groups. These groups may not have thought of trying to ride in a skatepark environment before.

Photos

Ideas to Action - Poole Town 'Win on Waste' launch



SMILE Connect



Volunteer Centre Dorset – lead volunteer Simon and the Allotment



Stur Youth Club – Rixon Park Family Event, Urban Arts Festival & Sk8 Jam, 27th July 2019

