

Corton Hill Fund

Round 2 – grants distributed in April 2021



Summary of funded projects

£65,675 was used to support 10 groups addressing fundholder priority themes, and 5 applicants to the Lord Lieutenant’s Fund for Young & Talented, administered by Dorset Community Foundation. **The grants have collectively benefitted the lives of 1032 local residents, utilising 102 local volunteers.**

A summary of all groups supported is provided below, followed by End of Grant reports including individual stories of change.

Grant recipient	Amount	Area of benefit	Primary beneficiary	Funded activities	No of direct beneficiaries	No of volunteers involved
Age UK North, South and West Dorset	8000	DT1 1PW	Older People	Supporting core costs of key charity supporting older people in North Dorset, with a focus on loneliness, isolation, health & wellbeing	154	6
Citizens Advice Central	30000	DT1 1JW	Local residents	Grant to support ongoing work to address financial issues for residents of North Dorset	578	59
Countrymen UK	1000	DT9 5PS	Older People	Supporting core costs of charity supporting older men and carers by offering farming and outdoor activities	24	8
Future Roots	5000	DT9 5PS	Children and Young People	Supporting core costs of organisation supporting young people's mental health, education and personal development including farming therapy and activities	109	10
Home-Start North Dorset	3000	DT10 1FH	Children and Young People	Supporting core costs of charity supporting families with young children who find themselves in crisis and need support to cope and address challenges	10	9
Mindful	1500	SP7 8AY	Older People	Supporting the re-launch of face to face cafes for people living with memory loss and dementia and their carers, following a period of remote support	20	8
MOSAIC (Dorset Wide Support For Bereaved Children and their Families)	2000		Children and Young People	Individual counselling for bereaved children and their families in the North Dorset area	6	0

Prout Bridge Project	1000	DT8 3AY	Children and Young People	Supporting young people with mental health difficulties - one to one service provided by youth workers, referrals made by local schools	18	0
Weldmar Hospicecare	5000	DT1 2SL	People in care or suffering serious illness	Local hospice for people affected by life limiting disease – grant to support Weldmar Connect app	59	0
Youth Resource Services (The Rendezvous, Sherborne) Ltd	5000	DT9 3BJ	Children and Young People	Supporting the Discovery project, providing ongoing support in a group setting for young people with mental health issues, following a period of 1 to 1 support with the charity	49	2
Adam Booth (Lord Lieutenant's Fund for Young & Talented)	1000	Verwood	Children and Young People	Athletics - see case study	1	0
Isabelle Fletcher (Lord Lieutenant's Fund for Young & Talented)	1000	Dorchester	Children and Young People	Bowler – see case study	1	0
Jamie Whitcher (Lord Lieutenant's Fund for Young & Talented)	1000	Bournemouth	Children and Young People	Cyclist – see case study	1	0
Olivia Taylor (Lord Lieutenant's Fund for Young & Talented)	1000	Poole	Children and Young People	Rugby player – see case study	1	0
Honor Johnson (Lord Lieutenant's Fund for Young & Talented)	125	Sturminster Marshall	Children and Young People	Golfer – see case study	1	0
	£65,625				1032	102

Individual reports follow

Age UK North, South & West Dorset

“The funding has allowed Trustees to develop initial plans for greater presence and service in North Dorset.”

Funded activities

'Reach Out' staff members time to cover the North Dorset area was increased, allowing great publicity of our service. This enabled and facilitated additional services and support across the area. Links have been made with GP practices, in particular the Blackmore Vale surgery, who run a dedicated fortnightly clinic for vulnerable patients, which we attend. Referrals have also been taken from other health and social care teams from home visits, befriending and advice and Information being provided to service users. The additional time made available due to the grant enabled more services to be delivered than would have been possible without your support.

Impact and outcomes

The increased capacity this grant provided enabled us to work with 154 people who did not know of the support we can provide and would most likely not have been supported. Our comprehensive Independent Living approach will ensure that each one of those older people receives a tailored level of support based on their wishes and needs to ensure they stay independent for as long as is possible. It will also ensure they enjoy life a little more.

Some were provided with information to enable them to make informed choices regarding their future care and support needs. 36 were introduced to other local community activities, which helped maintain social contact (this was limited due to the ongoing Covid restrictions during the year). 22 people were provided with befriending services - mostly over the telephone, but some face to face. Approximately 60 people were identified as needing additional financial support and were helped to obtain Attendance Allowance amounting to approximately £187,000 over the course of the year.

The link with the Blackmore Vale GP surgery has proved beneficial as one of the doctors leads on a county wide group looking at early intervention work. This created a partnership that could not have been anticipated and whilst still in its early stages, may prove very beneficial going forward.

Challenges and future plans

Finding a suitable physical venue for people to interact with us became more important as Covid restrictions were lifted. We met with the local Citizens Advice office and agreed to use their reception area one afternoon per week when they were closed. We also identified that this area of North Dorset has many tiny, isolated hamlets and that there is a greater need to get service to these remote areas.

This funding allowed expansion of services specifically in North Dorset. The charity will continue to look for grants to support this work and build the service into the annual budget to ensure sustainability. The Trustees of Age UK consider this service of such value that they have agreed to spend reserves to cover some of the costs. The charity's other activities such as retail and Home Support are designed specifically to raise money for this purpose.

Citizens Advice Central Dorset

“We are grateful for the funding which formed a contribution to our core costs in 2021-22. In particular, we are grateful for the flexibility of the grant which has enabled us to respond to the external environment without being restricted by the terms of the Fund. The application and end of grant reporting process was, as always, straightforward and relatively simple to complete.”

Funded activities

We used this valuable grant to help us to maintain and deliver our advice service in Sherborne and North Dorset in 2021-22. We used this funding to:

- provide more flexible and closer communication with our volunteers who continued mainly to work from home and needed the support and accessibility of a supervisor to both ensure the quality of their work and to maintain a connection with the office in order to safeguard their own mental wellbeing.
- make improvements in our IT, specifically recabling and networking in the Gillingham office resulting in a more efficient service
- respond to the challenges of COVID-19 particularly by being flexible in adapting our service model and responsive to the changing legislation

The grant has also helped us to:

- maintain our ongoing training programme for existing staff and to recruit and train 12 new advisers
- demonstrate our value and in turn generate £27,000 new funding through town and parish councils
- develop and improve relationships with Citizens Advice South Somerset, which has resulted in smoother referrals of clients across the county border
- develop a closer working relationship with local foodbanks leading to a paid caseworker role embedded in the Gillingham foodbank

Impact and outcomes

£30,000 represents 20% of our core costs for Sherborne and North Dorset. The number of people accessing support as a result of this funding is therefore 20% of the total number of clients = 578. This funding has helped us to continue to deliver advice to families and individuals in need of our help during difficult times. We know that many local people were struggling financially as a result of the restrictions imposed because of COVID-19. However, the rise in the cost of living, particularly impacting energy and fuel prices with a knock-on effect on the price of food and other essentials, have placed many residents on the breadline with stark choices to make about heating their homes or feeding their families. Through this grant, we have helped people to maximise their income, through securing their employment or applying for benefits to which they are entitled, and also to manage their debts and financial outgoings. This has had an enormous impact on individuals both financially and on their physical and mental wellbeing, reducing anxiety and depression.

Challenges and future plans

During the year, the COVID-19 pandemic continued to bring challenges, including the temporary closure of the Sherborne office, a reduction in the number of staff and volunteers who could be in an office at any one time and use of protective equipment and processes. Fortnightly Management Team meetings on Zoom have enabled us to respond flexibly in order to remain accessible to clients. Our Dorset Council core advice funding is a 3 year contract to September 2025. We add to this funding through a mix of Town/Parish council grants and charitable funds, of which the Corton Hill Fund is a value and much appreciated part.

Story of change

‘Tom’ and his wife were living in rented accommodation with their dependent children. They were struggling with debt and unable to keep up with their rent. They came to see us to ask for help when their housing association started eviction proceedings. We reviewed the couple’s debts and gave them each advice on available and suitable options for managing the debts. Tom and his wife each choose individually to apply for Debt Relief orders – as a result over £45,000 of their debt was written off. Tom and his wife were able to pay their rent arrears and stay in their home.

Countrymen UK

“Core funding like this is a real help, as it allows us to invest in a service we know works and we know is meeting a need.”

Funded activities

We have used this grant to support 24 men and their carers, who are most often their wives. They all have deteriorating health, most commonly dementia, and are mostly 60+. We have a small number of men with early onset dementia as well. We have been providing an alternative farm-based 'day service' to these men, focused on being outdoors in the countryside.

Impact and outcomes

We continue to record general improvements in mental health and overall wellbeing, although this is of course in the context of conditions such as dementia. Respite for carers is a key factor, with sessions structured to maximise this. Many reported feeling very isolated during the pandemic, with few opportunities for respite so this is something we have prioritised. We've tried to illustrate these differences in the stories of change below.

We have had some good TV coverage including Countryfile (3 April 2022). This focused on the health risks of pesticide usage, specifically the possible link between their usage and the above average incidence of Parkinson's Disease in the farming community. The clip features a number of staff, volunteers and countrymen and can be viewed on the link below: <https://www.bbc.co.uk/iplayer/episode/m00164d3/countryfile-pembrokeshire> (from 08:40)

Challenges and future plans

A combination of client fees and grants allows us to continue this service. This year we received grants from the Prince's Countryside Fund and Battens Solicitors. We have recently written to the Alice Ellen Cooper Dean Charitable Trust, the Valentine Charitable Trust and the Dagny Raymond Charitable Trust.

At the time of writing, we are preparing a tender to join the council's new 'Dorset Care, Support, Housing and Community Safety Framework', which in theory should provide the opportunity for us to bid for day service funding, as well as funding to support carers and provide support around Individual Service Funds (ISF). It was always our intention with Countrymen UK to create a commissioned service. We hope this will prove possible this year!

Stories of change

M started a few months ago. He has no sight as the result of a motorbike accident 10 years ago and also limited mobility due to leg injuries. He is in his 60's. He now (with guidance) rides a buggy around the farm to have contact with the animals and he also does some basic carpentry tasks. He has a volunteer with him on a one-to-one basis and they have built a strong bond of friendship.

G started attending the farm a couple of months ago. He was referred to us because he was very lonely and depressed and was becoming increasingly anxious. When he leaves the farm he thanks all of us every time for a wonderful afternoon and his family reports that he sings all the way home!

A started recently. His family were very concerned about leaving him, now he tells us he absolutely loves his time on the farm and can't wait to come back. He says it is such a welcoming and friendly place.

Future Roots

“We're very thankful for the support of the Corton Hill Trust and Dorset Community Foundation. Offering grants for core funding, and trusting us to use this towards supporting our beneficiaries is extremely valuable. In effect, this money is worth more to us than a restricted 'project' grant. As always, the process is straightforward and proportionate to the amount of money available”

Funded activities

We used the grant towards the delivery of our core alternative education services. In the academic year to date (Sept 2021 to Mar 2022) we have supported 109 children and young people across Dorset, the majority 12 – 14 years old, 70% male, 30% female. This includes 8 young people 16+ taking part in a work readiness programme. 38 have special educational needs and disabilities (SEND) and have an Education and Health Care Plan (EHCP), while 7 are Looked After Children. Our view is that significant number have SEND, but do not have an EHCP. 19 safeguarding concerns have been logged for these clients, with 15 referred on to salutatory services at the time of writing. Active referral partners include 9 mainstream schools, 4 pupil referral units, 2 special schools, 2 independent schools & the local authority.



Impact and outcomes

78% of clients are currently reporting significant improvements in their emotional wellbeing and outlook for the future. We work with quite complex individuals, whose awareness of their own wellbeing is very low when they come to us. This has the interesting effect of seeing these scores drop during the initial intervention, before improving as their resilience grows. On a case-by-case basis, we continue to provide the support structures needed for young people to progress through their schooling and on to post-16 education, employment or training. Approximately half of our clients gain an accredited vocational qualification with us, while the other half are focused on therapeutic activities.

For the young people we support, who were already very marginalised before the pandemic, life continues to be a struggle. Many have complex family lives, and we are concerned about the cost of living crisis and the mental and physical health of people in these households. We are fortunate to be able to provide some meals and we foresee needing to continue this going forward.

Challenges and future plans

We view the year as one of transition back to some form of normality after the pandemic. Restrictions have now of course been relaxed and we are back to our previous capacity, although our financial position has suffered when compared to the year before the pandemic. We have already filled all of our places for the start of the September 2022 academic year, with referrers identifying early those who will need extra support to stay in school. This is very encouraging, although inflation is squeezing our margins and we will need to secure some additional grant funding if we are to continue to offer the quality of experience that we believe these young people need.

We are increasingly getting requests to support primary age children, some of whom have been excluded from their schools, but it is difficult for us to respond to this without creating a dedicated 'primary base'. This is something we have considered, but do not have the funding to pursue at this time.



Stories of change

Jenny aged 14 years was initially referred by her school as lacking motivation and extremely anxious and reserved around others. Her friendship group was non-existent, and it was reported that she had a difficult relationship with her parents due to her lack of motivation and meaningful interactions within the home. Jenny rarely went out to socialise. Using a nurturing small group approach Jenny was encouraged to engage with animal care and welfare tasks. Working within a small group Jenny became more confident in caring for and handling the small animals. Using a therapeutic approach to talk about relationship issues and relating this to how animals might feel enabled Jenny to open up about her feelings of isolation. The socialisation with others in the group had a friendship and confidence building effect on Jenny, and she became less withdrawn and visibly happier. Offering Jenny hope and belonging through using the resilience model, has certainly given her more direction and purpose when completing every-day tasks. This has come from her improved motivation and work on the farm and having an established routine. Added responsibility has really shown how far Jenny has become more confident both with the animals and other members of the Future Roots family. She has had a difficult relationship with her parents in the past, but recent, productive sessions have led to a resurgence in her character at home. With a parent quoting *"I finally have my daughter back. She now wakes up early for breakfast with me, and we have a lot more fun and laughter when we are together."* Now Jenny is better integrated at school, attending regularly and enjoying her learning.

Alex aged 16 was living at home with his parents before the pandemic. He had some difficult experiences at school over the years and was currently attending a local learning center for two days a week and coming to Future Roots to enhance his learning in an outdoor environment and to help him manage his emotions. Although still struggling at school and in the community, Alex was attending Future Roots regularly and was well engaged in his learning and work experience programme. This was important for Alex as it offered him the opportunity to continue to gain work experience on the farm, enhance his employability skills and gain relevant qualifications. At the time the Covid Pandemic got hold it was difficult to attend sessions at Future Roots and Alex and his family began to struggle with the lockdown, emotionally, physically, and financially. Alex was unable to continue to attend his Learning Centre and his access to online learning was extremely limited. Alex also began to experience difficulties in his community, usually around other young people who were not making positive life choices. Alex found himself having to move to Poole and stay with his sister as circumstances around his difficulties in the community made it impossible for him remain in the local area. Throughout this time Future Roots maintained contact with Alex to enable continuity and to ensure he was feeling safe. Working together with the local authority Future Roots lobbied hard for Alex to come back to the farm and carry on with his program. He was keen to do this and given his circumstances, being able to see Alex at least once a week, maintain contact with his family and continue to offer him life skills and mentoring was clearly a positive influence.

Over the Christmas and New Year period despite the distance, Future Roots supported Alex to travel to and from the Farm and enabled him to have contact with his family and maintained his place on the farm, also benefited from being able to share his worries and receive advice from the learning mentors about his lifestyle. Again working together with the local authority, it was identified that Alex would benefit from more stable living arrangements and Alex was able to move into a supported housing arrangement. Future roots were able to assist Alex to understand the implications and benefits of this. Another positive step was that we were able to secure an agreement to formalise his continued attendance at the farm and the Future Roots program under a supported internship arrangement. Alex is now making good progress; his living arrangements are stable he is motivated to learn. Almost without fail Alex arrives ready for his day and eager to engage with his mentor and tutor. He is expressing ambition and tells us *"If it wasn't for if it wasn't for Rylands and Future Roots I wouldn't be able to be learning and I wouldn't be on such a positive path"*.

Home-Start North Dorset

"We are so grateful that you have continued to support our cause. This grant has allowed us to keep funding the vital support that we offer to families in North Dorset, an area that lacks a lot of other services."

Funded activities

The grant was used as a contribution towards our core services and especially a group supporting mothers with young children. As a result of an increase in referrals we also put some of the funds towards training 7 new volunteers.

Impact and outcomes

The grant has enabled mothers to attend a group whereby they can meet and talk to other mums experiencing the same issues as them. This group has reduced isolation for the mothers that attend and facilitated them creating links in their community.

Challenges and future plans

Initially there had been limits due to Covid, however restrictions had shortly been lifted and we were able to resume our full support to families. Our core service will continue to support families within in the home and we will source funding through local sources and national grants. We will also continue our Mothers in Mind group and look to apply for specific funding into perinatal health for this.

Story of change

Family in DT11 referred by Health Visitor. Lone mum living in small isolated village with no family close by. Recently separated from partner. Two year old daughter with additional needs, won't wear different clothes, very particular about food and extremely attached to her mum, literally holding on to her constantly, and would not engage with other adults, as well as being essentially nonverbal. Mum was keen to help her daughter attend a local nursery but her daughter cried and become very upset even leaving the house. Following referral by Health Visitor our volunteer was placed to provide adult company, signposting and accompanying to local pre-school settings, and helping her daughter become less anxious with other adults. The volunteer has a professional background in working with children with additional needs. She built a good relationship with mum and her daughter over three months.

On the second visit daughter 'took' to the volunteer, showing her bedroom and favorite toys and in the following weeks she became confident and happy around her, playing with her and beginning to speak a little more. Strategies and activities were introduced to help her dress and try different clothes, and to promote her speech and communication. The volunteer identified three pre-school settings locally and accompanied the mum to see them and discuss with the staff. Mum identified the most appropriate setting and after a few months with a very gradual introduction mum was able to leave her daughter at the nursery for 20-30 minutes, and this time was increased slowly. At End Visit mum reported improved emotional well being, being more confident with managing her daughter's behavior and a greater understanding of her daughter's additional needs We had a mutually agreed closure after just over three months. Mum said *"We would still be stuck where we were without Home-Start. There is a way to go but I feel we can do it now"*

Mindful

“Very good Fund to access and our charity and those we support have benefitted from our involvement with Dorset Community Foundation”

Funded activities

New activities would not have been possible without the grant and have included Tai Chi, drumming, a visit by Alpacas, Singing and creative sound with Paula Flemming (including dancing for some!), Memory Lane Minstrels with CG Pearson, Drumming workshop with Paula Flemming, craft activities and a late Summer Lunch. This lunch was enjoyed by our Mindful members and volunteers, enjoying eating a healthy cooked meal together in a communal setting at a local garden centre. People were also able to enjoy browsing around the gardens after their meal. We have secured additional funding of £1000 in Feb 2022 from DCF – Neighborhood Fund.



Impact and outcomes

The Grant funding has been used on activities at our Mindful cafes in Gillingham and Stalbridge to provide an exciting and stimulating session for the participants. The activities are varied and have reduced participants loneliness and give them something to look forward to.

Almost everyone attending our Mindful activities have actively participated in the activity on offer. They have been supported and at times assisted to take part by our volunteers, as some of our participants have both mental and physical disabilities and would not be able to participate without support. A number people have reported enjoying the activities provided my Mindful and have also told us that they have appreciated the support and stimulation. People have also told us that they like trying new things, which we have been able to do because of the grant.

Challenges and future plans

Frustrating that some of the activities that had been booked had to be cancelled due to Covid, and rescheduled to a later date. We also had to ensure that the cafes were Covid compliant, i.e. testing, social distancing, ventilated etc

Story of change

Mr & Mrs A attended all of our Mindful activities over the past year. Mr A was a carer for his wife who was living with dementia. They both enjoyed and benefitted from the support of our charity and always enthusiastically participated in the organized activities at our cafes. Mrs A particularly enjoyed playing skittles and singing along at our musical activities. Sadly Mrs A died in February 2022, but Mr A has continued to attend our Mindful cafes following her death and tells us that he has benefitted greatly from the support of our charity and our caring volunteers. Very generously, they nominated our charity as the beneficiary of donations made at Mrs A's funeral in March 2022 and as a result Mindful benefitted from a total of £835 in donations to enable us to continue our work supporting people living with memory loss and dementia and their carers.

MOSAIC (Dorset Wide Support For Bereaved Children and their Families)

“Our work with DCF is always positive and recommendations for funding always appropriate.”

Funded activities

Individual counselling support for 6 children living in the North Dorset area. As Covid-19 restrictions have lifted during the year, we have been able to offer face-to-face work again, which has taken place in schools. We are also now able to hold our residential weekends and activity days which are an integral part of the work we do and give young people the opportunity to meet others, share their experience and have fun. This alongside the individual work reduces isolation, builds confidence and resilience for future life events.

Impact and outcomes

The young people we have supported are able to express their feelings surrounding the death and talk openly about their special person. Families have started to talk together about their memories and communication between family members has improved.

Challenges and future plans

Covid-19 restrictions continued to affect the children during the year and we have only been able to return to face-to-face support over recent months. Some young people have found returning to school difficult and only now are we starting to see the long term effects and mental health issues. These, we believe will continue for many months and years to come. We continue to apply to charitable trusts and grant funders. Our own fundraising and that of the community and businesses also goes towards our running costs. We currently have Children in Need funding and a Lottery grant which runs out later this year.

Story of change

This 11 year old boy's father died in 2014, when he was just under 5 years old. The family worked with Mosaic at the time for some support, which had been helpful, but they were still in shock and the young boy being at a different developmental stage now, was more ready to engage with help to process his grief. Mum had been concerned that her son struggled with any uncertainty and got anxious around plans/Mum's absence, and this was evident in the first assessment meeting in when he was getting very emotional around talking about this. Both he and his older brother did not attend Dad's funeral and had not been able to watch the video of it.

He engaged really well with the sessions, his sense of fun, sensitivity and openness allowed a space for him to talk about Dad, tell his story, share memories of the things they did together and how much fun they had. We also spent time looking at some of the difficult grief emotions of anger and anxiety, both prevalent for him and what strategies to release and regulate these in a safe way for him. We were also able to address questions he had over the cause of Dad's death, what Leukaemia is and better understand what happened.

He really enjoyed making creative memory items and was so enthusiastic to relate them to special memories of his Dad. During this period, he voiced that he was ready to watch the funeral video and did this with Mum. He was very proud of himself for having done that and an important milestone in processing his grief. Mum shared that he is now less anxious about plans and is able to voice to her when he is sad about Dad or having a bad day. She is able to meet his needs, rather than previously he would act out and by the time he was able to let out his underlying feelings, they were both frustrated and upset.



Prout Bridge Project

“I am just very grateful for the grant that you provided so that we could provide vital mental health support to young people”

Funded activities

Provided groupwork sessions for young people who have been referred to our service by the local secondary school. This enables young people to deal with mental health issues in small groups to openly and safely talk about any subjects that they would like to for example anxiety. In this way they get support from qualified workers and their peers.

Impact and outcomes

This grant has helped young people with their mental health and recognise ways they can help themselves or to be referred to other agencies that may be able to help with. They helped them understand that other people suffer similar issues to themselves.

“They taught me how to control anxiety”

“They made me less nervous”

“They taught me how to respect myself”

“They helped teach me coping ways and showing us that anxiety is common”

Challenges and future plans

We constantly apply for funding to enable our 1:1 and groupwork sessions to continue This is an ongoing process and we cannot continue the work without it.

Story of change

A young person was unable to communicate how hard it was for them at home, which was affecting their attendance and work in school. Through our sessions they were able to open up and safely talk about the issues they were coping with. By trusting our youth workers they allowed us to talk to the school and get them the help they needed. They are now happier and getting they are getting help within their family and at school.

Weldmar Hospicecare

“Weldmar Hospicecare are extremely grateful to The Corton Hill Fund for their continued financial support for our work caring in the Community where 83% of this care is provided in the Community, and patients own homes”

Funded activities

We paid £4,500 for the Video Conferencing facility. The remaining £500 was used to train staff and compile a staff guide on usinh the Conferencing Facility.

Weldmar Hospicecare were extremely pleased when the Video Conferencing on the Weldmar Connect App went live on 07.02.2022. We had been frustrated as the initial order was placed in early May 2021 with In Healthcare. Most of the delay to the project was their lack of development staff and the fact that they were busy developing apps for the NHS during Covid - which took priority in the circumstances.

From our Director of Clinical Services:

“Weldmar Connect allows patients the opportunity to feel engaged and involved in the assessment of their situation as much as they wish to. This can feel therapeutic and good for self esteem at a time when often people feel they have no control over their lives. The app enables them to record how they are feeling each day and reduces the necessity of them remembering this when the specialist nurse next comes to visit, as the info has already there recorded. For the nursing staff it offers them the option of reviewing how patients are doing prior to giving them a call. This can save time and ensures that the appropriate focus is placed on the issues that are causing most distress to the patient.”

From the Lead Community Nurse in North Dorset:

“Video conferencing is set up so that it can be between Weldmar Community Nurse and patient but can also invite additional attendees if needed, such as family members or a hospice doctors (e.g. a patient who was unable to attend an out patient appointment). I feel the video conferencing will help greatly as caseloads are growing. Having video calls as part of Weldmar Connect means I can still have face to face contact with patients without visiting and often for patients seeing someone is all the reassurance they need. It will also mean assessments of patients can be more thorough as you can only pick up so much over the phone but with a video call you can pick up on nonverbal cues. Adding additional attendees will also help address relatives anxieties and concerns, especially if they are a distance away but want to be part of their loved ones care and speak with healthcare professionals. I also feel video conferencing will be an important feature for staff covering our 24 hour advice line. If they have a distressed patient or relative they could set up a video call, which again may help to reassure patients/ relatives who especially at weekends, can feel there is less support.”

Impact and outcomes

From an Assistant Practitioner: *“The difference this grant has made is that patients are able to maintain regular contact outside of visits, calls, etc. and are able to self monitor their symptoms and manage these alongside being able to continue with their normal day to day life, with minimum impact.”*

Weldmar Connect is a tool for healthcare professionals to use to support patients and is a tool in the toolkit as well as calls and visits. Weldmar Connect gives some autonomy to patients to keep an online diary of symptoms that both they and the clinician can refer too. Patients often struggle to remember all that has happened in between calls and visits and will always remember the bad days but may not remember the good days. Weldmar Connect is a record of how they have been and is a tool that can be used to show patients they may have had a few bad days but then an intervention may have happened like change of medication and then symptoms improved. By having the graph element this a very visual tool that can be used by clinicians when seeing or talking with patients. Patients also like being able to write in free text box any non-urgent messages or updates, which they know a healthcare professional will see.

Challenges and future plans

The delay in the development of this project was major but the nursing teams used Teams/Zoom meetings with patients instead during the Covid pandemic until the new Conferencing Video system was introduced. This specific development meant that communication was safer and NHS related. Further funding has been provided by the Weldmar Hospicecare Annual Budget 2022/2023 as agreed by the Trustees.

Story of change

One particular situation was a patient who had high anxieties and was struggling with changes in his diagnosis and the effect it had on his life and that of his family. He found using this service provided him with “a purpose” and also security in knowing that his symptoms were being monitored closely. He felt reassured by the ability to see if there were patterns/triggers to some symptoms as well as being able to share this with his family.

Youth Resource Services (The Rendezvous, Sherborne)

“It was incredibly helpful in having the funding to deliver a programme which we had been keen to do for a while and it gave us the chance to do so. The response from partners to us delivering this work has been very positive and we are due to meet the Discovery Project Team to discuss the possibility of more collaborative work with them.”

Funded activities

Phase 1: Discovery Group targeting young people struggling with high levels of anxiety. The group was by invitation-only to ensure the dynamics were right and participants were identified through either our 1:1 mental health support or learning sessions. During the sessions they explored the nature of anxiety, the body’s chemistry and response to triggers etc, learnt to open up and begin to talk to others and recognise that they are not alone and techniques and strategies to help them control and manage their anxiety rather than the other way round. Two groups of 4 young people were then moved into phase 2 after making a podcast about anxiety with Dorset Mental Forum.

When it came to starting the third group, the young people we wanted to work with are not yet ready to take part in group work. We therefore used the time to do local outreach sessions in Sherborne on Thursdays. This proved extremely valuable. We engaged some extremely vulnerable young people and were able to target invitations for them. Through outreach we identified mental health issues, neglect and abuse which has been safeguarded and have currently built up a relationship with a group of Year 8 year old boys who are causing mayhem and running out of control in Sherborne. They are of concern to their family, the community, the town council, the school, police and social care. We are liaising with the other agencies and hope to set up a bridging project whereby we can do some initial work and then through relationships of trust we can support them into other provision. Others were invited to join our Friday cooking session which is again invitation-only.

Phase 2: Discovery Social group - regular social group, Anxious to Awesome, building on the gains made in phase 1. In a safe space, the young people began to take the next steps towards living ‘normal’ lives, taking part in activities, having fun and even laughing. They are encouraged to take ownership of the sessions and have set the rules for engagement, suggest activities and as the staff team begin to step back, are increasingly delivering and sharing knowledge and skills with each other. Activities include simple communal cooking, arts and crafts during which time the team engage the group in targeted conversations to generate discussion and build confidence about being in social groups. The group are being encouraged to think about fundraising to support the funding of the group and will produce items that they will then go on to sell at a Rendezvous community fundraising event to take place in May.

- 38 Discovery sessions with 14 young people
(4 in need of additional individual support: 38 hours of additional support provided)
- 35 Outreach sessions with approx. 35 young people in total
- 7 Discovery social group sessions (11 outstanding) with 9 young people



Impact and outcomes

Discovery group and Discovery Social group participant. Twelve months ago this person would not talk to anyone other than her tutor. She would often stand on the threshold of the center and be so overwhelmed by anxiety she would cry. That she now talks of laughing and having fun is a tremendously positive sign.

"I started at the Tuesday group. I enjoy coming here because we do fun activities like cooking, colouring and playing board games. It's great to be able to talk with people my age and we always laugh together. This group has helped me to be more confident when talking with people and given me the opportunity to meet new people."

Young people engaged through outreach sessions have accessed knowledgeable adults who have been able to offer support and in one case bring in specialist support to deal with considerable mental health issues. The Group 3 boys we are working with display anxiety, concern and anger through behaviour. It is too early to say what difference we will make. They have all had turbulent lives and we are currently trying to ensure they know that whilst we will not condone nor put up with poor behaviour and attitudes, we will not give up on nor desert them. If we are able to make progress with them then the whole community will be able to breathe a sigh of relief. Such is the level of their behaviour (intimidating older people and vandalism of multiple cars) that the local PCSO on learning of the project and that they would be with us one night a week, told us 'great, that means I can have a night off!' We will continue to do what we can and are planning to work with the new youth team at the youth club to see if we can create bridging projects for them.

Challenges and future plans

Covid caused delays and interruptions in delivery particularly with the start date for the social group project, which was pushed back on several occasions before eventually starting in January 22. Since then there have been yet more Covid interruptions causing necessitate the cancellation of more sessions because of Covid within the target group and more recently with the staff or because of caring responsibilities for children testing positive (sessions cannot run with one member of staff only). The social group is continuing to run and we expect to have the grant spent in full by May half term at which point it will be covered by Children in Need.

Story of change

X (18) is now about to pass her final L2 English module. She didn't think she would. She joined us having been out of school and at home for nearly 2 years. In that time she'd lost touch with her friends and rarely left the house. She came to us for learning and for four months was accompanied by her mother. She spoke to no one other than her tutor (quietly) and Julie Bartle (Learning Lead) when she had to. As she began to settle and achieve in her learning her confidence rose and she was invited onto the Discovery Project where she started to find her voice. Her mother stopped accompanying her to the group. She now says she has friends because of the group: *"I've met new people and feel able to chat and laugh with them."* Her mother wrote to us to thank us, telling us how thankful she was when X actually left the house and went to a coffee shop and had coffee with her family. We helped her think about her future and what she needed to move on. We supported her to write a CV and she was able to attend an interview at a local charity shop where she volunteered for six weeks. She didn't enjoy it – but she did it and she understands that she is able to do far more than she thought. She has applied to college and is hopeful – though nervous - that she will be able to go in September. She is continuing to come to group and because the social group is not time limited she will be able to do so until she feels she no longer needs it. She stills gets anxious but is better able to manage it and her 1:1 support sessions are less frequent. We expect that she will soon be leaving us and moving on to get on with her life on her own.

~~From starting at the~~

I have started at the Tuesday group as I was ~~have~~ having the one to one and thought that this would help me in my self confidence and trying new experiences.

At the start I was very nervous coming, it helped that I had a few people going as well and they knew everyone there. It didn't take long the first time I went that I felt safe being myself around them all. They always make you feel welcome. I really enjoyed making the key rings as I could draw my own designs. and we have ~~des~~ discussed making the key rings for a fundraising. It is nice that this group also goes through the holidays as it keeps something going so when everything else starts back up, I feel more confident going back speaking to people as it isn't all of a sudden as I am talking to everyone at the group. Sam and Hellen who run the group • have always made everyone feel welcome. Sometimes I don't feel like coming but ~~add~~ they encourage me to say as long as I want but also take me back to my car if I'm having a really bad day. They also always ask if I want to talk about it but never pressure me into talking.

Lord Lieutenant's Fund for Young & Talented

Adam Booth lives in Verwood with his parents and younger brother and attends University in Cardiff, studying Archaeology. Adam competes in Athletics and has been awarded two previous awards from the Fund in 2019 and 2021. Adam attended an interview before the panel meeting. He explained that during lockdown his coach suggested a change in focus from decathlon to 400 metre hurdles and he has dedicated himself to this, resulting in representing Great Britain and ranking number 1 in the UK under 20. Adam explained the challenges of balancing his university degree in Archaeology with training 6 days per week and the logistics of competing. Despite both parents working, household income is relatively low and Adam describes how challenging it is to finance his progression in athletics. He uses his student loan to contribute towards ongoing costs associated with competitions and training.

Adam has provided two letters of support from British Athletics and Dorset County Athletics Association.

“Last season in 2021, I represented Great Britain three times, with the highlight being coming 4th at the European Junior championships (Tallinn, Estonia) in the 400m hurdles. I also ran a pb of 51.38 in the semi finals which ranked me number 1 in the UK as an under 20 and 18th on the UK all time list. I also competed for Great Britain at the Manchester international and Loughborough International where I placed 3rd in both. I also ran in the England 4x400 relay team at the Manchester International where we won the gold medal. I also became England Athletics under 20 national champion, South of England Champion and won the Bryggen Sports Manchester competition, setting a championship record of 51.56s. I came 5th at the British Senior Champs/Olympic trials where I was the youngest in the field by 3 years at just 18.”

“It has been a long term goal but I hope to make the commonwealth games team for Birmingham 2022. This is a very tall order being just 19 but I feel with my progress, I am coming into form at the right time. My long term ambitions are to become a Great Britain senior athlete and compete at the Olympics, World Champs and bring home a medal. This has been my goal since I started athletics aged 8.”

“Now that I am a Great Britian athlete (international level) there is a certain level of competition that I must compete at, in order for performances to be recognised. These are either national champs, held in areas such as Bedford/Manchester/Loughborough, or European competitions, meaning travelling abroad. Also, with the advancements in shoe technology, I stand a better chance of achieving my goals by having the best spikes and training - so I get my best out of every training session and competition. Training in Dorset has limited facilities for athletics in comparison to areas such as London, Birmingham or Manchester, which puts me at a slight disadvantage compared to my competitors. Being a university student means that I don't have the money to always buy the best equipment. There is the opportunity to travel to EIS locations (where all my competitors train) for the day so I can have access to things such as sports technology - biomechanics - so I know what areas of my training can be improved. Similarly, looking at a recovery side, it would be very helpful to get sports massages so I stay injury free during the season.”

The panel were enthused by Adam's ability to both study architecture at university and train/compete in atheltics. All enthused to continue supporting Adam for a third time and he was awarded £1000, which will help Adam with purchasing equipment including competition spikes, training spikes, running trainers, Dryrobe (to keep warm when the weather is bad and between rounds in a competition) and mini massage gun (to use during competitions and training sessions).



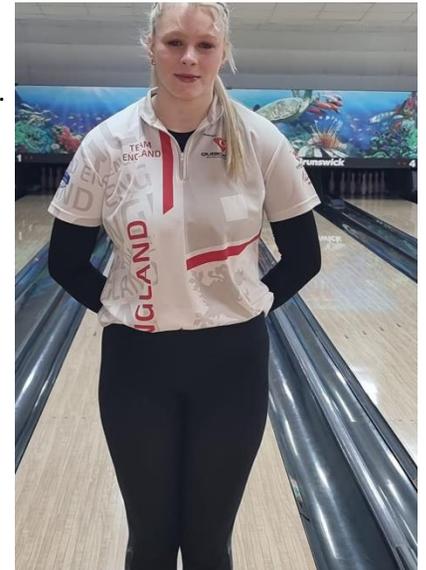
Isabelle Fletcher is 17 and lives with her Dad in Piddletrenthide (near Cerne Abbas). She attends sixth form college where she is studying law and double business A levels. She competes nationally and internationally in ten pin bowling, representing England. The household income is very low and costs associated with the sport are a significant financial burden on her father.

Isabelle provided two letters of support from Secretary of Dorset Tenpin Bowling Association and the British Tenpin Bowling Association (BTBA). The letters give insight into her dedication to the sport, enthusiasm, and skill. Isabelle has self-funded new balling balls following a win of £1000 for bowling 300. The ongoing cost of the sport sets Isabelle at a disadvantage in her sport and she says she will struggle to be the best she can without the support of the Fund.

“I compete at ten pin bowling - I have played for the county on multiple occasions since I was 10 for juniors. I have just been selected to represent England at the European youth championships in September in France. I am currently ranked 2nd in England in under 18s. I have recently thrown a 300 on string pins which is the maximum score you can get and I am the first and only female to ever do it in the UK. I was 2nd place in Stroud junior elimination (November 2021) and highest youth Female bowler at English open (September 2021), and have numerous top 5s for every competition this year junior wise.”

“My long term ambition is to get a scholarship to an American university for bowling. I would like to go to Mckendree or Nebraska but wouldn't mind if I got into a different one. I then would like to go on and become a professional bowler and compete on the PWBA tour which is the professional woman's bowling association in America. What is stopping me achieving my ambitions is the cost of everything. I travel all around England and been to Europe a few times, petrol prices and hotels costs along with the cost of the bowling balls training etc, mean I can't train as much as I would like to. I am approaching you because I think this is a wonderful opportunity to help take some stress of my dad as he is a single parent trying to fund his daughters very expensive dreams.”

The panel were very supportive of Isabelle's application, noting that it is rare for women participate at a high level in bowling. All agreed due to very low household income, support from the fund was a high priority and Isabelle was awarded £1000 towards ongoing travel costs for coaching and tournaments.



Jamie Witcher is a cyclist. He lives with his Mum in Bournemouth and attends 6th form college where he is studying the advanced level 3 BTEC in Sports. Household income is low. Jamie is a previous recipient of awards in 2019 and 2021, which enabled him to purchase race wheelset and contributed towards expenses such as travel and competition costs. He attended an interview before the panel meeting, which illustrated his tenacious nature, dedication to his rigorous training regime and his ambitions to eventually use his career in cycling for good causes.

It is evident from two letters of support (Poole Wheelers and private coach) that as Jamie is competing at a high level both nationally and internationally, the costs associated with the sport are high. One letter noted that without this grant and support Jamie will not be able to compete at the level he currently is. Jamie uses his paid work (alongside Sixth Form and training) as well as his winnings from his previous competitions to fund his upcoming competitions.



"I'm a second year Junior racing Road and Time Trials, I race for Bournemouth Cycleworks in the UK and Cannibal Team when abroad. My focus this year as well as achieving international results with Cannibal Team is to gain selection for the Europeans and World championships Junior Time Trial and represent Team GB."

"Due to Covid restrictions there weren't any road racing opportunities in 2020 and only a short season for 2021. Despite a short season in 2021 I was really pleased with the results I achieved: Primavera National B, 5th (65 riders); Nations' Cup Hungary, 15th in the Prologue - Junior World Cup Series (119 riders); RTTC Junior National 10 mile Time Trial, 1st (30 riders); Keizer der Juniores UCI 2.1 Belgium, 1st Stage 1 Time Trial, Winner of the Young Rider Jersey and 5th overall on general classification (142 riders)"

"My ambitions are to become a full time professional Cyclist on a world tour team. The experiences and results I achieve this year will help me to get a place on a U23 Continental/world team and become a full time athlete. The more international races I can do will not only gain me experience but will also give me the opportunity to be seen by the U23 teams for selection. The more results and experience I can gain will play a big part in the sort of team I can get onto for next year but unfortunately the flights, travel cost and accommodations are the main reason I can't attend as many as I need to."

"I just live with my Mum so we don't have a big family income and my mum is only able to help support me a small amount. I do also have an after school job which I use all my wages towards my cycling costs, but due to the hours of school and training I'm not able to work as many hours as I'd like."

The panel found Jamie's training ethic inspiring and noted the challenges that will be facing this single-parent household given the current increase in living costs. All in favour to continue supporting Jamie with a third award of £1000. The award will help Jamie with the purchase of new tyres and Ultegra 11 speed cassette, and contribute to travel and accommodation costs for upcoming races including Gipuzkoa Klasika in April, SPIE International in Holland in May, and National Time Trial Championships and National Road Championships in Yorkshire in May.

Olivia Taylor is 18 and lives in Poole with a family friend and her (the guardian's) 2 children. She has two part time jobs and attends Sixth Form, studying A Levels in Psychology, Biology and PE. Olivia's Head of Sixth Form has informed DCF that due to extremely sensitive and challenging circumstances at home, Olivia resides with family friends under a special guardianship arrangement and does not receive any financial support from her family.

Olivia plays Rugby 7's for Bath Rugby and has represented Dorset & Wiltshire at county levels and England internationally. Letters of support have been received from Oakmeadians Rugby FC and Bath Rugby, which highlight Olivia's dedication to the sport and her skill. In her academic career she also thrives and is predicted A's and A*s in her A Levels and has been accepted into university in September 2022.

"I captained my club team (Oakmeadians RFC) at both U15' and U18's level for 4 years. I played for Dorset and Wiltshire county at both U15 and U18 level spending 2 years in both squads and now had the opportunity to captain the side throughout the current 2022/23 season. I am currently playing for the national sevens academy. Most recently I have trialed and been successful in selection for Bath Ladies 7's team where I will have the amazing opportunity to play in the Super Sevens Circuit hosted all across various venues in the UK. I also have an up and coming trial for the Wooden Spoon Marauders invitational 7's team where, if successful, I will be playing alongside international level female athletes as well as being in the presence of coaching staff who were part of the coaching team who led the England Women's rugby side to World Cup victory in 2014."

"I am hopeful to earn a university level degree in Sport and Exercise Science alongside pursuing my dream of being able to represent my country in rugby for both the 7 and 15 a-side disciplines. With ambitions of completing my study at Exeter University, I believe that this is the best set up for me in terms of education and a direct player pathway from the current university side into the Exeter Chiefs premiership team."

"I am currently working 2 part time jobs alongside my A level studies as well as trying to balance being able to play high level rugby to the best of my ability in order to access the best possible opportunities. As I have no stable financial security and will be classed as 'financially independent' as of June, the fear of potentially being unable to pay tuition fees has become a daunting factor. On several occasions I have missed important training sessions and matches as I have prioritised earning a wage in order to support myself over something I love and take so much enjoyment out of. The potential opportunity to carshare with teammates has also not been accessible to me when playing for higher level sides as the team is greatly dispersed across the country and living down in the South Coast has meant a lot of additional travel in comparison to those living more centrally in England. Having to pay for 4 different sets of team kit is proving challenging for me meaning that I often only purchase the 'bare minimum' kit required for the team, still leaving things such as my boots (for all pitches such as soft ground, hard ground and AGP/astro), gumshield and base layers very little scope for purchase."

In terms of long term fears, I have concerns that getting older will cause me to face more financial hardships which I will have to overcome alone such as affording rent, gas, electricity etc. Despite this being an issue for the majority of young adults, being financially independent means I am solely reliant on my income and will have no support system around me to assist me in any payments which I may fall behind on. Unfortunately, this is likely to affect my rugby participation as again, I may have to miss out on certain trials, training and matches causing me to possibly be dropped from squads. The costs of university are daunting when considering I will be self funded and wholly reliant on the maintenance loan I will be allocated via student finance. I am therefore applying for this fund to ensure I can continue on my sporting trajectory to achieve my potential alongside my academics."

The panel discussed at length the considerable challenges Olivia faces despite achieving significantly both in her sport and academically. Olivia receives little financial support from the family friend she lives with, following incredibly difficult breakdown at home. The panel awarded Olivia a grant of £1000, which will help with travel costs including Oakmeadians club fixtures, Dorset and Wilts county fixtures and Bath training sessions, and essential equipment including rugby boots, gumshields, sports bras, team training kits and match kits (4 teams), and training clothing.

Honor Johnson is 14 and lives in Sturminster Marshall with her Mum and Dad. She plays golf at a high level and household income is relatively low, which makes competing a financial challenge at around £400 - £500 of costs per competition. This is likely to have a significant impact on the household's finances, particularly taking into consideration the anticipated rise in household bills.

Honor has provided two references from Broadstone Golf Club and County Junior Organiser Dorset & EG SW Manager, which compliment her skill and ability for her age, and also mention the considerable financial implications the sport.

“Honor currently plays for the U18 England SW Regional team. She is the youngest ever to be accepted by the SW Squad, and trains in Bath, for a weekend, every month. She is also a member of the Dorset U18 girls squad (since the age of 11 years old). Honor is striving to represent the England squad later this summer. National coaches/selectors follow Honor throughout every National competition, and have made it known that she is definitely on their radar. Honor plays in numerous National/International Competitions throughout the summer and is also competing in numerous Ladies Championships (one day events). There is a lot of time on the road, and most national competitions consist of 5 day tournament. Obviously, this has significant costs including travel, accommodation, food etc. She also has weekly lessons with Adrian Harris, the head professional at Broadstone GC. Honor helps coach golf to the children at Broadstone, for two hours every Saturday morning (alongside lead coach). This is a voluntary position, and goes towards her Silver DofE award.”

Honor already has numerous American Universities approaching her regarding scholarships in 2026. Honor will try to get a top 3 position in ALL national competitions this year, and gain her first international cap against Switzerland later in the summer. However, financial restraints restrict progress. Honor currently doesn't have the best quality golfing equipment, and is at a natural disadvantage compared to her fellow golfers.”

The panel were delighted to see a female golfer at such a young age. They were taken aback by the significant costs associated with the sport and wholly supported funding Honor. A grant of £1000 was awarded, which will help towards costs of attending various championships including Midland U16 Open Championship at Hawkstone Golf Club (April), R&A U16 Girls Open Championship at Enville Golf Club (April), Sir Henry Cooper Junior Golf Championship at Nizel Golf Club (June), England Girls U16 Amateur Championship at Formby Golf Club (July), and Faldo Series England South Girls Championship (Aug).

(see hand written note from Honor below)



PERSONAL GOALS

Within the next few years my main goals are to win the England U16 and U18 Open Championships and also R&A. This is what I am aiming for as to me these are the biggest competitions and would be my first major achievements within golf. Also, another goal is to represent the England U16/U18/ladies team.

In the future, my highest aspiration is to become a major champion winner and play on the LPGA tour. This is my dream and the reason I practise as often as I can so that I can play to the best standard and make my name known by others, to inspire and live my best life through golf.

Although of course if this didn't work out, my back up options would be to work in the golf industry through Titleist or Taylormade marketing. Or become a head professional at an exclusive golf club.

Also, fitness is a major part of my life as I understand the benefits it has to our health and bodies and how vital it is in golf nowadays as the further you can hit the ball does make a significant difference. This can only be changed if you do golf specific training and push your body to its limits this is when your true strength will come through and you'll notice a change in speed therefore distance. So another option if my main golf route didn't plan out I could become a golf specific personal trainer.