



Education **Futures Trust**

Second quarterly report for Big Local Northeast Hastings

1. Key achievements

Courses

Community Communication Awareness (CoCoA) course

A successful community event for the CoCoA course, run during the previous quarter, was held at Asda on Fri 9th January 2015. The event was used by participants to promote the subsequent CoCoA course and the work of the Big Local.

During this quarter an additional CoCoA course was held and completed. The focus was on encouraging participants to learn skills that would enable them to become active in their community.

The course ran for 5 weeks from 22nd January until 26th February 2015 at Ore Community Centre. Each session lasted for two hours and the final session a community event involving a leaflet drop through doors from the Bridge to Ore Community Centre, including local shops in Ore Village.

The course taught the learners new skills and gave them the confidence to become involved in their community by:

- improving communication skills
- developing self-sufficiency
- sharing experiences with other participants
- identifying barriers and appropriate solutions
- organising and running the community event.

'...this course is fantastic; more people need to know about it. I was made to feel really welcome.' *BH*

Additionally, Tanya Vice from Building Stronger Bridges, came along to the course on week 2 to speak to participants about her project.

Our children. Our families. Our community.

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Patron: Baroness Stedman Scott OBE

At the end of the course, participants were encouraged to follow progression route of their own choice, with support from the Coach. Outcomes for participants included:

- attending an interview at the Children's Centre to join a volunteer's course. Also, through working with the coach, additional learning opportunities were identified including Paediatric First Aid and an EFT confidence building course
- volunteering at a school local to where she lives
- managing health conditions better, by accessing appropriate support, which enable the participant to lead a more normal life
- 2 participants volunteered with the EFT, one who wished to work with young people in the longer term and one who helped with future recruitment to the next Cocoa course
- 2 participants signed up to volunteer with Building Stronger Bridges, helping neighbours in the Big Local area
- 3 participants continued to work with their Progress coaches at the same time.

The third CoCoA course started on 19th March 2015 with seven participants at Ore Community Centre. Retention was good at the time of the report.

Holiday learning cookery course

The 'Let's Cook Together' course held at Broomgrove Community Centre on 19th February 2015 involved 9 family members who learned how to cook together and eat more healthily.

The learners, some of whom had individual needs, were given the opportunity to develop basic cookery skills through hands on experience, which included correct and safe use of knives. Parents were encouraged to let the children do as much of the work as possible with as few interventions as possible. As a result, the participants made good progress and all gained in confidence.

Some of the food cooked was new to the participants so they were a little reluctant at first, but once they had cooked the dishes were keen to taste the results of their labour.

The promotion of healthy eating was successful, as was the opportunity for parents and children to work together, with the highlight of the course being the engagement from the children with the practical side of the course.

Parenting courses

Primarily funded through the charitable funding of the Education Futures Trust, the newly designed 'Think Well' course ran at The Bridge for Big Local residents. Starting on February 25th 2015, the innovative course ran through until March 24th 2015 and covered 8 areas:

- Examining where we are now
- Enneagrams
- Driver Behaviours
- Cognitive Behaviour Therapy for communication
- Ego States
- Control, Influence, Accept
- Resentment & Forgiveness
- Putting it all Together

Family Festival

Planning is underway to hold the EFT Family Festival at Sacred Heart School, which will provide the opportunity for Big Local residents to attend. This is funded by the EFT from its charitable funds, but stronger links have been made with the community as a result of the Big Local.

Feedback

Service user feedback gathered through the evaluation forms has been extremely positive.

'I have found this course so interesting and can't wait to start volunteering. The EFT coach has really helped me to improve my confidence.' DW

2. Partnership working

During this period, the Big Local project Coach has undertaken a range of networking and has focused on becoming involved in partnerships in the area.

In order to promote the projects and to ensure close working with opportunities already on offer in the area, the coach:

1. has liaised closely with Jan Papworth, Community Development Worker for the Big Local, East Hastings, to plan possible summer activities
2. worked with Louise South from Team Well Fit
3. distributed the poster for the CoCoA courses throughout Ore Village in places such as Tesco Express, Co-op, Ore library, schools and academies

4. sent out posters to Amicus Horizons, Orbit Housing, Hastings Voluntary Action, Children's Centres, Hastings Works, Hastings Library and distributed to Job Centre staff
5. attended network meetings with Chances 4 Change
6. Joined the Local Advisory Group for the Children's Centres. As a result, the need for a parent's healthy eating course emerged. This course will be delivered by Education Futures Trust in the summer working in conjunction with East Hastings Children's Centre.
7. attended well-being event at Horntye Park to participants to the CoCoA course
8. volunteered to help at the Big Local Easter Family fun day

3. Conclusion

The direction of the work has become clearer as a result of the networking and links with local residents undertaken this quarter. The Coach allocated to this work concluded her role in leading this project for the Big Local at the end of March 2015, but she was successful in establishing a range of courses that were requested by residents. These will run across the next quarter and into the summer period.

Additionally, the role has channelled some of the Education Futures Trust resource into the area, which has brought additional value. This funding has levered in far more funding than had originally been anticipated. The additionality included in the original bid was delivered, but in addition to this there were further:

- parenting courses
- family festivals
- targeted community learning.

Venues

Much better use has been made this quarter East Hastings, Big Local venues. Using the community centres has ensured that the courses are more accessible to residents, and thanks go to Big Local for enabling this change of venues.

Courses

A number of Big Local funded courses have been planned for the remaining period including:

1. Let's Cook Together

A holiday learning cookery course at Broomgrove Community Centre on Wednesday 26th May 2015

2. Rhythm4Life

A course for adults who are looking to get fit, have fun, lose weight and learn new cookery skills, running from 13th April -18th May (10.00 -12.00) at Broomgrove Community Centre.

3. Zest4Life

Exploring how to eat more healthily and increase activity levels. Participants will discover how to improve well-being and access health support. Dates and times to be confirmed.

4. Buy Well, Eat Well

A parent's healthy eating course to be delivered at East Hastings Community Centre.

5. Buy Well, Eat Well

A parent's healthy eating course to be delivered at Ore Village Primary Academy during June 2015.

6. CoCoA course

Final course to be run, with dates and times to be confirmed.

Additionally, using external funding, we will also offer:

1. Reducing Challenging Behaviour

Understanding why challenging behaviour happens and what strategies can be used to promote positive behaviour, running on 20th April, 1st and 15th May at Sacred Heart School.

2. Family Festival

A day of fun and creative activities on 27th May 10.00-14.30, at Sacred Heart Primary School.

The final report, which is due at the end of June, will summarise the achievements and demonstrate how the original aims of the funding have been achieved, including total figures and feedback from participants.

Carole Dixon
Chief Executive
Education Future Trust
April 2015.