

| Half Year Report for South Cambridgeshire District Council | | 01/11/2019 |
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| Overall Mission | To support communities to involve local people to support each other both individually and through groups and activities. | |
| Key Deliverables | Support for local community initiatives and groups | |
| Specific Measures | <p>Community Transport</p> <p>Deliver a community car schemes sustainability project via community-based participatory research activity</p> <p>Earlier this year, we commenced a research project across the whole of Cambridgeshire to identify sustainability threats and support needs to community car schemes to gather comprehensive learnings and ensure people can continue to access this transport service in the coming years. A questionnaire went out to all Community Car Scheme groups on Survey Monkey at the beginning of May and we were delighted to have a response rate of over 85%. We then held two Focus groups with representatives of community car schemes covering South & East Cambs and Hunts & Fens to delve deeper into the findings of the questionnaire. Car Scheme Coordinators from Fulbourn, Cambourne and Cottenham kindly volunteered their time and shared their knowledge. The conversations have been transcribed and are undergoing analysis. The results of the research will be available early 2020.</p> <p>Develop an area-based initiative and collaborative approach to community transport via Care Network Transport membership scheme</p> <p>This work is underway through our Care Network Membership Scheme and details have been circulated to all the Community Car Schemes in South Cambridgeshire. The findings of the community car scheme research project will assist the development of the Membership Scheme.</p> <p>Provide Open Arms training to all community car schemes in South Cambridgeshire to enable them to identify and signpost lonely service users to Care Network</p> <p>Our Open Arms training includes information on:</p> <ul style="list-style-type: none"> • Raising awareness of increased health risks of social isolation and loneliness • The risk factors which can trigger loneliness • Signs to look out for in your neighbours and members of your community. • Offering ideas and ways to make contact and small acts of kindness a neighbour might be able to carry out • Open Arms postcards to be dropped in to a neighbour as an introduction when wanting to make a connection; | |

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| | <ul style="list-style-type: none"> • Informal and more formal volunteering opportunities. <p>The Community Car Schemes listed below have taken up our offer so far -</p> <ul style="list-style-type: none"> • Heron Group CCS – covering Litlington, Steeple Morden, Guilden Morden, Basingbourn, • OWLS • Bourn • Cottenham • Fulbourn <p>Care Network Cambridgeshire provides leaflets, details of information and services and a point of contact for the drivers regarding loneliness, and any other issues which might be raised by the passenger.</p> <p>Understandably, some drivers see their role as providing transport to a local person and are wary of any further involvement. Others are very happy to give more support. Our training aims to make loneliness and social isolation an issue that drivers are easily able to address.</p> |
| | <p>Use social network theory to increase awareness of community car schemes</p> <p>The Care Network Facebook and Twitter pages regularly schedule posts to raise awareness of local Community Car Schemes and any requests for volunteer drivers and co-ordinators. The dates of forthcoming CCS Get-Togethers are posted on Care Network's Facebook and Twitter pages, as well as being circulated by email. Our Community Development coordinators are members of the local South Cambridgeshire village pages on Facebook to enable 'sharing and liking' of relevant information.</p> <p>We work closely with our colleagues in Community Navigators and Help at Home and our team of Senior Coordinators to share knowledge of the provision each Community Car Scheme can offer and suggest alternative forms of transport if a passenger has particular needs or lives in an area with a car scheme. All our Navigator and Help at Home volunteers have knowledge of the community car schemes and copies of the South Cambridgeshire Community Transport directory to give to people they contact, if necessary.</p> |
| | <p>Redesign the annual community car schemes survey</p> <p>The learnings and evidence of issues raised in the CCS Get Togethers over the year, and the outcomes and further learnings from the car scheme research project will assist in the design of the forth-coming survey, to identify trends, challenges, training needs. Care Network Cambridgeshire's annual CCS survey is sent to all the schemes throughout Cambridgeshire in mid-March.</p> |
| | <p>Provide 1-1 support for community car schemes as required</p> <p>In the first half of this year we have:</p> <ul style="list-style-type: none"> • Attended six car scheme meetings as invited. • Responded to enquiries raised and made over 165 contacts with car schemes. In addition, we have |

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| | <ul style="list-style-type: none"> Sent out 15 group emails to all the Community car Schemes in South Cambridgeshire. <p>Concerns raised include –</p> <p>Wheelchair accessible vehicles – each CCS is an independent organisation, as such, each decides whether they have the capacity to transport passengers with wheelchairs. It might be dependent on the ability of the driver, many are elderly, or whether there is a driver with a suitable car.</p> <p>A more challenging problem is the transportation of motorised wheelchairs as the passenger is unable to transfer. Coordinators are usually directed to Royston & District Community Transport, who have adapted vehicles, or Panther Taxis, if enough notice is given as availability is limited.</p> <p>Both options incur greater costs for the passenger and journeys required at short notice may not be fulfilled.</p> <p>Royal Papworth Hospital – the move of the hospital to the Addenbrooke's site in May 2019, caused concerns for all the community car schemes across Cambridgeshire. Along with Gavin Moulton of Cambridgeshire County Council, we were in consultation with a named contact at the new hospital site in order to make access by CCS drivers as straightforward as possible. We arranged a site visit so we were equipped to answer any questions from the coordinators and drivers. A month before the hospital was due to open, we sent details of parking arrangements and a map to the car schemes along with a contact number in case of difficulties. As far as the schemes drivers are concerned, the move has been uneventful, although we continue to monitor and raise any difficulties with the Access Office.</p> | | | | | | | | |
| | <p>Provide 6 networking and training events /year for community car schemes</p> <table> <tr> <td>Fulbourn</td><td>23/04/2019 – 15 attended</td></tr> <tr> <td>Hardwick</td><td>04/06/2019 – 4 attended</td></tr> <tr> <td>Hardwick</td><td>25/07/2019 – 8 attended</td></tr> <tr> <td>Barton</td><td>25/09/2019 - 8 attended</td></tr> </table> <p>Participants from the following schemes have attended –</p> <ul style="list-style-type: none"> Haslingfield and Harlton CCS Cottenham Care Car Heron Group Barton CCS Orwell Granchester CAN Cambourne CCS Bourn CCS Toft CCS Fulbourn CCS | Fulbourn | 23/04/2019 – 15 attended | Hardwick | 04/06/2019 – 4 attended | Hardwick | 25/07/2019 – 8 attended | Barton | 25/09/2019 - 8 attended |
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| | <ul style="list-style-type: none"> • Barton CCS • Histon, Impington and Girton CCS • Hardwick, Caldecote and Dry Drayton CCS <p>Gavin Moulton from Cambridgeshire County Council attended the meetings at Fulbourn, the July meeting in Hardwick and Barton. His attendance is useful as queries can be answered directly for example, the insurance provided by Cambridgeshire County Council and reminding the coordinators to notify CCC when a volunteer driver reaches eighty years old as this impacts on insurance cover.</p> <p>Common issues which continue to be raised include the increase in requests for hospital and medical journeys, transporting passengers with mobility issues, requests for transport to visit relatives in care homes, insurance and recruiting new drivers.</p> <p>The Cambridgeshire and Peterborough Against Scams Partnership speaker attended the event on the 25th July. They were keen to raise awareness with the CCS drivers about the impact on SCAMS across the county and gave information to pass onto car scheme users if concerned that they might be a victim of a scam.</p> <p>At the June Get-Together we were able to show the car schemes passenger assistance equipment supplied by the NRS Safe and Well Demonstrations team including – Handy Bar Car Caddie Rotary Transfer Cushion</p> |
| | Independent Living |
| | <p>Trial Open Arms training on co-ordinators of 10 community groups before official launch of the project. Amend training based on feedback</p> <p>The Open Arms team developed and trialled the information session across Cambridgeshire early in 2019. This included delivering the information to groups and having pop up stalls in Cambridge. We found that the group coordinators were reticent to engage with the concept of pledging an engagement. Consequently, we have amended our 'training' to 'information sessions' which are more of a discussion about loneliness and social isolation, including individual's experiences of being lonely and actions they have taken.</p> |
| | <p>Offer Open Arms to current community groups as supported by Care Network as well as community groups new to Care Network, and in so doing, provide information and support to 100 South Cambridgeshire residents/year on how to increase their community involvement.</p> <p>In July, an Open Arms pack was sent to the 29 groups and mobile warden schemes in South Cambridgeshire. The pack contains an overview of the project, the health risks of loneliness, signs to look out for, how to make contact, ideas for volunteering and our contact details, however, as there has been very little response to this first</p> |

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| | <p>approach, we plan to arrange to visit the groups throughout the life of the project. We believe discussions about loneliness and social isolation are more productive if carried out in person.</p> <p>We attended the Cottenham Mobile Warden Scheme AGM where I presented information about the Open Arms project to the committee, mobile wardens and attendees from the village. Left a further 10 packs for distribution</p> <p>We sent out Open Arms information pack to all Parish Councils in South Cambridgeshire and will be attending the Local Council Conference organised by Cambridgeshire Acre in November 2019. It is a great opportunity to engage with Parish Councillors from across Cambridgeshire, raise awareness of loneliness and community actions to help build connections, and we hope this will help us to garner interest to go out to more interested groups in communities.</p> |
| | <p>Present information to community groups regarding wellbeing to stimulate interest to set up peer support groups for carers and cared-for of those with depression and mild to moderate dementia</p> <p>At Care Network, we use asset-based community development to identify Community Connectors, local skills, talents, groups and organisations. Currently, we are looking at what is already available so that we can identify the areas of least support in South Cambridgeshire, and are testing interest.</p> <p>We can use our findings to present information to groups in areas where community interest has been shown, to enable the seed of community involvement to grow. Depending on the locality, ideas for support might include a social group or via telephone.</p> <p>We continue to support the Farming Memories group at Wimpole Hall Home Farm, which is for people with a farming connection who have mild to moderate dementia and their carers. Our learning from this group has furthered our knowledge about the needs of both carers and cared-for.</p> <p>We intend to trial the idea of using poetry in aiding memory following the findings of a recent study by Cambridge University. It appears that reading and memorising poems assist speaking and literacy skills in young people, whilst older people can still recite poetry learnt in early life, even when experiencing memory loss.</p> <p>At the first Cottenham Connected Sunday Social, our community development coordinator was engaged in a discussion about setting up a group for people living with dementia and their carers. We plan to take this forward, find out what ideas they have and make it happen.</p> |
| | <p>Set up 6 intergenerational befriending and good neighbour projects, (2 formally structured and 4 informally structured)/year</p> <p>Cambourne 50s Tea Party was collaboration between Cambourne Village College School Council and Care Network to hold an event for the older people in the village. We supported the young people in event planning, deciding the theme, designing invitations and posters, publicity and menu planning and purchase.</p> |

The School Council members decided on the 50s theme and invited residents of Darwin Manor and Cavendish Court. Twenty – six residents accepted the invitation and transport was arranged if requested with the help of Cambourne CCS and Cambourne Time Bank. Musical entertainment was provided by the school jazz band and a very talented young pianist. School Council members served tea to the older people and spent time talking to their guests. The feedback was very positive with some suggestions to make future events even better. The next event is planned towards Christmas and in the future, these events will be part of the School Council's responsibilities every year.

Cottenham Connected Sunday Socials was an idea which came out of the work we have done with the Connections Bus Project 'Generation Game' a ten week course, where young people learn to interact with older people. It seemed that the next step was missing where the young people could continue to make connections in their own village and put their learnings into actions.

Ideas had been shared then at a tentative meeting between a Cottenham Parish Councillor, who was involved with Sustainable Cottenham, the facilitator of the Generation Game and Care Network senior coordinator, a plan began to form for Cottenham Connected Sunday Socials. We know that Sundays can be very lonely days of the week, so plans for a monthly event on a Sunday afternoon for everyone in the village who wanted to come, began.

Organisations in the village were contacted; flyers and posters were designed free by a local designer and distributed by willing volunteers. Participants were asked to bring something to share for tea and there was a donation box if people wanted or were able to give money towards costs. Lifts were offered and arranged for those people who wanted to come but were unable to get there.

The first Sunday Social was held in September in the British Legion Hall, attended by twenty-eight people with six young volunteers and four older helpers. Each person signed in giving a contact phone number, was encouraged to make and decorate their own name badge which are handed back at the end of the session. If someone is missing, a friend or neighbour can call them to check if all is well.

The young helpers showed each person to a seat, served tea and engaged in conversation starters which were typed on to coloured paper strips and placed in a container on each table.

The hall was buzzing with conversations, craft activities, shared life stories. Skillshare cards, where you can offer to share a skill or hobby with others and also request to learn a new skill, were completed by some. It seemed that a few people wanted to learn to crochet and helpfully, one person was willing to teach others, so this craft will be available at the next event.

When we think about sustainability, we forget that it is not just being eco-friendly, it is also being community –friendly, sustaining connections in the place where we live.

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| | <p>The Colour Wheel in Hardwick is an informal, mindful colouring group; the participants have a fun and relaxing time colouring in beautiful patterns and pictures. No experience or artistic ability is needed, all ages are welcome. The group leader contacted us for guidance when she had the idea of setting up the group. The venue is provided free of charge and the suggested donation of £2 per person, per session covers materials, so funding was not required. We provided information about insurance and helped with publicity. The Colour Wheel runs for two hours alternate Wednesdays and has 10-20 people at each session enjoying mindful colouring.</p> |
| | <p>Support for Parishes and Communities</p> <p>Offer Open Arms training and general support regarding social isolation and loneliness to all parish councils within South Cambridgeshire</p> <p>In June, we contacted all the South Cambs Community Groups and Mobile Warden Schemes to share information regarding -</p> <p>SCAMS Talk / Presentation from Sarah Freeman, Community Protection Officer with the Strengthening Communities Service part of Trading Standards. She is happy to come out to community groups or schemes in South Cambridgeshire to raise awareness of ongoing SCAMS.</p> <p>We trialled a 'Bring and Share' lunch for groups at our office in Hardwick in September. The idea is to network local groups and schemes, unfortunately, there was little interest, so we are looking at holding more local showcases for groups, car schemes and parish councils, to raise awareness of loneliness and social isolation.</p> <p>We also raised awareness of possible sources of funding including SCDC Community Chest, Cambridgeshire Community Foundation and music related grants https://www.makingmusic.org.uk/resources/find-a-funding-opportunity</p> <p>We introduced Open Arms-</p> <p>Open Arms Project. Care Network is working on a new countywide project. I've attached a leaflet and the web link below. Please do let Sarah or Mirella know in South Cambridgeshire if we can help with further information or for us to deliver a short information session to your group. My colleagues Liz and Adam are covering the rest of the county if they can be of help regarding the project. The areas they are covering are Cambridge City, East Cambridgeshire, Huntingdon, Fenland and Peterborough. Please see more details below. https://care-network.org.uk/the-open-arms-project</p> |
| | <p>Develop a profile of informal group activity across South Cambridgeshire</p> <p>Working in collaboration with Care Network Cambridgeshire's Community Navigators, we share information about any informal social groups we hear about in the area, for example, when visiting Sawston Senior Citizens group, our community</p> |

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| | <p>development coordinator received an invitation to go to the next Soup and Sandwiches lunch in the village. Whilst there, she was told about the knitting group who met up following the lunch.</p> <p>Information about groups and contacts are recorded on Charity Log and this will aid us in developing this work.</p> |
| | <p>Support communities with a consistent presence for community development activity across the district</p> <p>Care Network has an office in Hardwick where coordinators from community development, navigators, help at home, wellbeing service and Open Arms are based. Staff share information to provide a seamless service to members of the community accessing support and information.</p> <p>The meeting room in Hardwick is made available to groups accessing networking and training opportunities whilst assistance in producing publicity materials is available to all car schemes and community groups.</p> |