

**Appendix A: Pilot Children and Young People’s Grant Fund
Summary of Outcomes Jan - May 2022**

The following applications were funded, totalling £77,920.33:

App Number	Applicant	Ref	Category	Amount awarded
1	Cambridge Fire & Rescue	PTHGWLFV	Anti Social Behaviour	7000.00
2	Orchard Park Community Council	QKKZLZMZ	Anti Social Behaviour	£8000
3	Creative Cooking (WAY)	MQQWGDLL	Diet	5722.00
4	Let’s Cook CIC	VVTLKRSH	Diet	7568.33
5	Orwell Eco Youth Council	SCFVDWGV	Environmental	4860.00
6	Cambridge Joint Play schemes	LWWNRQVS	Learning Disabilities	5000.00
7	Kite Trust	PCXGSCMC	LGBTQ Mental Health	6500.00
8	Blue Smile	NSXBJNJT	Mental Health	5422.00
9	Cambridge Acorn Jazz	BZWWRPP	Mental Health	5000.00
10	Histon & Impington M Health	XSMCPDPN	Mental Health	4190.00
11	Romsey Mill	VPTQWPXM	Mental health	4158.00
12	Unique Feet	FCGGIZBS	Mental Health	7500.00
13	SSYI Sawston	SQWLKHFF	Non-specific	7000.00

1. Cambridge Fire and Rescue Service – Firebreak Programme

Firebreak aims to promote a culture of safety, teamwork, reducing the risky choices made by young people and reduce Anti-Social Behaviour within communities. It aims to raise young people’s awareness of the consequences of actions, introducing

the concept of citizenship by teaching a range of vital life skills whilst undertaking the various disciplines of the Fire Service.

The Firebreak programme concentrates on three core skills - Communication, Problem solving and Transferable skills. It delivers a different message daily, and through the week aims to promote a change in mindset and behaviour. Firebreak promotes self-worth and actively encourages the students to look at their future and fulfil their potential.

Update

- CFRS are running a Firebreak week commencing 23 May, funded by SCDC grant. This was run from Cottenham Fire station with Impington Village College. An SCDC officer attended the passing out parade for this cohort and is looking into referral routes and follow up activities for some of those who attended.
- They are also looking to also run a course in Cambourne as there is some ASB happening currently within that area. Currently working with South Cambs to assess the best school/s to work with. This course will be part funded by the remainder of the grant and by the CFRS.
- Firebreak courses are run all over Cambridge and Peterborough but CFRS felt that money from South Cambs should be spent within the area.
- Outcomes will be assessed later in the year once the attendees have completed the courses.

2. Orchard Park Young Peoples Engagement Project

The aim of the project is to engage with the young people of Orchard Park, make them feel connected to their community and support them to make a difference.

- 1) Engage with young people at risk of entering the criminal justice system and those undertaking low level ASB in the community
- 2) To connect young people into the wider Orchard Park Community and develop positive social networks
- 3) To reduce feelings of isolation experienced by young people and improve overall mental health of the young people living in Orchard Park
- 4) To Motivate and empower Young People by providing a platform for them to collaborate with others in their community and give them a voice to shape their community.

Update

- Two youth workers from Romsey Mill, the Cambridgeshire charity experienced in working with and creating opportunities for young people in the area, have been carrying out detached work for a couple of months now with Orchard Park's harder-to-engage with young people.
- They have made connections and started to build relationships with around 10 young people to date. That work inevitably requires time for building trust/relationships.

- They are working towards finding activities that the young people might want to engage with.

Once such projects have been identified, work will begin, in tandem with the Community Council, to identify the right people/organisations to deliver those projects

3. Creative Cooking

The programme teaches young people how to be creative with ingredients that are left over or need using up. The aim is to teach young people to cook nutritious, cost-effective meals whilst reducing food waste and how to be confident and safe in the kitchen. It helps young people's mental health by teaching them new skills including self-sufficiency, allowing them to talk freely about anything that is bothering them whilst they are engaged in a relaxing activity.

Update

- They have increased the cooking sessions to two per week and have a member of staff supervising the sessions along with two volunteers from Student Community Action in Cambridge. An average of 5 members per session in the kitchen who provide the food and snacks for approx. 15 - 30 members per session
- They no longer purchase any tuck (sweets/drinks) for the members to buy as they are now responsible for cooking and preparing their healthy snacks. Veggie toasties, omelettes, curries, muffins, smoothies and juicing. The members are inventive in the kitchen coming up with new ideas and recipes to try out every week. One of the older members has been so brilliant at leading the others in the kitchen that they plan to put her on an apprenticeship after her GCSEs.
- Young people love cooking, which they already knew but they have been surprised at how creative and enthusiastic participants have been. Making use of purchased food but also the Fare Shares food from Tesco which would otherwise have been wasted.
- With food prices going up, they are seeing children eat more substantially at the youth club indicating they are not getting quite as much at home. They have invested in a new fridge freezer for additional food items from Fare Shares.

4. Let's Cook Project South Cambs

The aim is to promote the health and wellbeing benefits of cooking from scratch for Children, Young People and Families.

They use the train the trainer model to disseminate the tips, tricks and techniques needed to deliver practical and participatory cookery sessions. By upskilling representatives from a range of community facing organisations such as schools, youth clubs, scouts and guides etc. They ensure that the training is embedded into the organisations they work with and provide the foundation for long term initiatives beyond the initial funding period.

Update

- £3,500 allocated for grants to support 10 delivery partners. Balance of £4068.33 to support organisational costs: recruitment of settings, development of training days and webinars, delivery of training, ongoing support for settings and final evaluation / reports.
 - Recruitment has been challenging with schools proving harder to engage with than normal. They expect this is to do with increased demands on staff capacity due to COVID absenteeism.
 - Initial training day delivered 19 May with enthusiastic response from attendees.
 - £2100 of allocated SCDC grant funding at £350 per setting was released 20 May 2022.
 - Individual settings, delivery anticipated to take place across the autumn.
 - Plan being developed to work with attendees of South Cambs Children and Young People's Services as well as Meridian Primary Comberton.
 - As part of the promotion of the project / recruitment drive for participating settings Let's Cook 'sat in' for an hour on the BBC radio Cambridgeshire mid-morning show which was focusing on the importance of reducing food waste, making food go further and supporting families who may be experiencing challenges in accessing healthy food.
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5. Orwell Eco Youth Council - Create a youth council to support Parish Council's Environmental Group and build on interest for more environmental projects to participate in by existing members of Orwell Youth Club.

1. Provide a sessional worker to mentor and provide an opportunity for Young People in the skills to propose and deliver their environmental projects such as tree planting, creating eco-friendly products, eco-friendly youth club, contribute to parish debates and activities as part of Orwell Parish councils environmental group creating environmental strategies, run community consultations as part of parish environmental activities
2. Enable young people to continue creating community food bank and living food bank
3. Consult and develop environmental initiatives on plans for new recreation ground

Update

- They are entering a new phase, from set up to implementation, mainly due to finalising staffing arrangements after a period of difficulty with recruitment.
- The young people are keen, they have a group and now the ideas and plans are being put into a form for the Parish Council and village environment group.
- Hopeful to send an implementation phase report within the next three months.

6. Cambridge Joint Playschemes

Enabling children/young people aged 8-19 with moderate to severe learning disabilities to access community-based activities and holiday Playschemes. To support young people to access activities and resources with high levels of adult support and to provide fun activities and promote inclusion within the local community. Offering much needed respite facilities for parents and carers.

Update

- Dec 2021 - 10 children/ young people to the pantomime at the Cambridge Arts Theatre.
- 5 Mar 2022 - 6 children/young people bowling & lunch in Cambridge.
- 19 March 2022 - 6 children//young people to Indoor Crazy Golf and lunch at McDonalds in Stevenage, included transport costs.
- 5-8 April 2022 - 4-day holiday playscheme at the Granta School for 14 children/young people.
- Planning to provide Saturday activities in June and July and if required will employ agency staff support.
- 1-12 Aug 2022 Planned 10-day holiday playscheme
- Significant staffing challenges therefore unable to fulfil planned programme of Saturday Activity Clubs. Due to approximately 50% of staff team working as teaching assistants in special schools and as relief cover for many of their colleagues on sick leave. Staff exhausted and not available for Saturday Activity Clubs. Remainder of staff team study away at universities and are not in the Cambridge area during term time.
- Ongoing recruitment programme to resolve issue & to ensure they can provide the children and their families with a full programme in the near future.
- Noted by staff and from positive feedback from families that the children/young people supported are gaining in confidence in social situations.
- Increased new referrals from families and social work teams for places on Saturday Clubs and holiday playschemes therefore will grow and develop the service to more families in the future.
- Currently supporting over 30 families and 10 new referrals.
- Promoting services for interested parties through contact with all local 6th form colleges, schools and via website and other social media channels.

7. The Kite Trust

Aims to provide youth work support to 50 LGBTQ+ children and young people in South Cambs.

Through youth worker time and capacity dedicated to LGBTQ+ young people and their families they are supported to discuss and set personal goals and work towards these with 1:1 support, and to shape the programme and activities of group programmes taking place in the district - developing confidence and skills that they can use at school and in other community groups. These group activities will be

supported by volunteers who receive training and opportunities to develop their skills and knowledge that can be applied more widely in their communities.

Update

- Delayed spending the funding until the 1 April 2022 to align with financial year.
 - The money is paying for youth workers time to offer individual support and to contribute to creating groups spaces accessible to those from South Cambs.
 - Since the 1 April, they've supported 23 young people from South Cambs in total (this includes receiving support from youth workers via email or text) with 74 contacts and a total of 25 hours of direct support. This includes providing 3 initial meetings for individual support to new service users and 14 individual support sessions for ongoing service users.
 - South Cambs young people have also engaged with our groups:
 - 7 have attended a group in Cambridge
 - 1 has attended our online group for trans and non-binary young people
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8. Blue Smile

Aim is to improve the mental wellness of pupils at Histon and Impington Brook Primary School through the provision of a weekly 'Blue Smile Day'. Funding towards the cost of providing a term of Partner School support at Histon and Impington Brook Primary School enabling Blue Smile to address the mental health needs of around 20 children experiencing poor mental health. Early intervention with beneficiaries to provide 1:1 arts therapy for as long as it is needed, enabling the children to develop a trusting relationship with their therapist; effecting long-term change in the child's mental health; supporting improvement in their school attainment and their long-term life prospects.

Update

- Therapists delivering 1-2-1 arts therapy with each child for as long as it is needed to effect long term change, averaging 26 sessions.
- Current academic year 2021/2022, which SCDC grant has supported, Blue Smile has currently provided individual therapy for 16 children, providing 242 sessions in total over the two terms.
- 13 children will continue in the summer term and 2 additional referrals will be starting..
- 75% of the parents and 67% of the teachers said that the child's problems identified at referral had improved by midway check-in. Of the children who started in the clinically diagnosable range, teachers considered 100% to be to have made significant improvement (defined as more than 30%) on the difficulties identified in school.
- 19% of the referred children are eligible for Pupil Premium indicating socio-economic need and 19% are on Special Educational Needs register.

- According to teachers, 31% of children had an identified mental health problem in the 'clinically diagnosable range' and, according to the parents, 27% of children were in this range, i.e., severely affecting functioning and requiring treatment.
- 25% of cases were recorded as having more than one problem ("complex"). The most common problem reported was "family breakdown, parental separation, reconstituted family" with 31% of the referred children affected. The most common presenting symptoms were "low mood/depression/emotional problems" with 62% of the children affected, followed by "anxiety/panic attacks" and "anger/lack of self-regulation" both affecting 50% of the children.
- Annual cost of providing each Partner School with weekly 'Blue Smile Day' for the forthcoming academic year will be £29K, to which the school makes a contribution of £11K. The remaining £18K is funded through various charitable funding streams.

9. Let it Shine - Cambridge Acorn Project /Cambridge Modern Jazz

To create an opportunity for young people experiencing inequality to experience music making and improvisation through three music workshops. Workshops will engage with young people who are excluded from or unable to access mainstream activities, whether from social or financial exclusion.

Update

- Initial engagement has been made with North Cambridge Academy and Coleridge Academy, Cambridge. Both establishments are keen to progress with further discussion and both have students living in South Cambs. They are continuing their efforts to consolidate contacts in other South Cambs schools and village colleges.
- At the moment they are in the contact/initiation stages with prospective schools/village colleges as described. The workshops are targeted to start during school autumn term 2022.

10. Histon & Impington Young Peoples Mental Health Champions

The aim of the project is to help young people and their peers develop a healthier lifestyle and make their voice heard around wellbeing issues. By providing a team of trained young people within Impington Village College that will act, alongside a team of adults, as wellbeing champions.

This team will be recognised as individuals that students can approach with mental health matters, for themselves or if they are concerned about someone else.

The wellbeing champions will be visible to their peers at break and lunchtimes and will initiate conversations about mental wellbeing with their peers during these times.

The wellbeing champions will conduct wellbeing workshops (supported by an appropriate adult but led by the young person) to share information, tools and techniques as well as opening up conversations around mental wellbeing and breaking down stigma.

The wellbeing champions will also undertake 'outreach' work within local youth

groups, uniformed services as well as the local junior football club (with over 400 members) and other sports groups. They will advocate on behalf of their peers regarding what they feel is important to improve young peoples' mental wellbeing and they will be encouraged to make suggestions and supported in implementing initiatives.

Update

- Young Peoples Mental Health Champions Project launch and training at Impington Village College (IVC) – training is being provided by Rachel Ewan a specialist Mental Health professional and Sophie Howell is actively liaising with Rachel and school to progress
- Ongoing weekly project support – provided by Sophie Howell with IVC, Sophie has an existing working relationship with IVC where she is engaged by HI Friends to provide one to one counselling for 4 hours a week and a weekly mental wellbeing activity as part of curriculum enrichment
- Project funding was agreed in February and Sophie started project discussion implementation in March with the school. There has been an internal school project responsibility change which has caused a delay. Sophie advises that staff and students are very supportive of the project and excited to be involved.
- Sophie now has three main project phases:
- June / July 2022 – advertise and recruit mental health champions within the different school years, start training and encourage champions team building
- Autumn 22 – encourage the champions to start outreach to their peers and Sophie to support the champions individually and collectively
- Spring term 23- business as usual with Sophie fully trained to deliver training
- £100 spent to Easter on preparatory work
- Working with a school requires patience and flexibility
- It is the long-term objective of the project that Young Mental Health Champions becomes embedded at IVC and that Sophie Howell will run the project at the school funded by HI Friends

On news of the grant award there was coverage on HI HUB a weekly village online news and feature

11. Cambourne Youth Autism Programme (Aspire) - Romsey Mill

To support young people with autism, and their families, in Cambourne through weekly youth groups which provide life and social skills and promote mental and emotional well-being.

To increase young people with autism's sense of belonging, confidence and social skills by providing a social space where they can be themselves.

Provide practical support for some of the issues faced by young people with autism such as bullying, low self-esteem, independent living and developing friendships. And provide support for families of young people with autism by providing respite.

Update

- 2 x weekly youth clubs for autistic young people, attended by 26 young people in total.
- The groups provide an opportunity to meet others and build friendships over shared interests, in a safe autism-friendly setting, with the support of youth workers and trained volunteers
- Parent feedback ‘...This awesome service is a lifeline for families struggling to protect, encourage and nurture their extra-ordinary teenagers in a world they find hard to navigate.’
- They have learned that all kinds of different autistic young people can include each other and become friends. There are a number of very anxious young people that have begun to attend and all have commented how welcome they feel by the wider groups. Greater community feel in our Cambourne groups than in any other group.
- The younger sister of one of the older Aspire members has begun volunteering as part of her Duke of Edinburgh award. She loves the volunteering and has asked if she can continue after she completes her Duke of Edinburgh hours. She also organised a cake sale at school to raise money for the project.
- Ongoing costs of running the project: £18,408

12. Unique Feet - Cambridge Rare Disease Network

To build a supportive community for children and families affected by rare diseases to help reduce isolation, build resilience and help improve their physical and mental well-being.

The children, young people and their families involved in Unique Feet are the drivers and inspiration behind the development of the group's activities and initiatives.

Providing regular opportunities for them to share their feedback, ideas and wishes through accessible and age/ability appropriate Google Form surveys, through regular focus groups and with the support of student volunteers who will undertake detailed interviews with them on a twice-yearly basis.

Update

- So far grant used to fund the project co-ordinator role (5hrs/wk) and to pay for activities – You Can Bike Too sessions, Clip and Climb sessions, swimming pool hire and arts & crafts materials. In the summer the funds will be put towards horse-riding lessons and Grafham Water activity days. In the autumn towards dance studio hire and dance teacher costs.
- They have seen a reduction in isolation and anxiety felt by children and families who had previously not identified with a support group or community due to the rarity of their child's condition. Confidence in the group is building as children are able to try activities they may previously have felt excluded from. All the activities are adapted and accessible to all – whatever their physical, medical or learning differences. Friendships among the children are

blossoming and three new families join recently as word spreads that the group is welcoming, non-judgemental and inclusive. Parents are also building really positive relationships and are communicating with each other to offer support and share experiences via a WhatsApp group. Several of the parents are helping in activity leader roles, have offered to do some community fundraising in the future and many are putting forward ideas for activities for the group for the future.

- Families living with rare and undiagnosed diseases often feel isolated from the wider SEND community as they don't know where they fit in. When you bring them together in a community like Unique Feet where each child has a different rare condition, and may even be the only person in the world with that diagnosis, they quickly discover that they have a number of challenges in common. They are able to enjoy time locally with a community of others like you, people who 'get' what it's like, are very reassuring, reduces anxiety, helps build a sense of belonging and boosts confidence and self-esteem within the children and adults.
- They are also learning the huge impact that being a sibling of a child with a rare condition can have – endless trips to hospitals and clinics, maybe having to take second place to their siblings more pressing medical needs. These siblings are young carers and we are learning that they need support equally. The community group welcomes siblings to all activities too and they are really benefitting from having some opportunities to be with their sibling and do an activity together while also building friendships with other siblings like themselves who face similar challenges, they visibly relax and uncoil and are themselves, children, for a while.
- Ongoing costs of running the group around £1000/mth– covers staffing, co-ordination, insurance, printing, social media and newsletters. In the future, as the group grows these costs will increase as they may need to split the group, at least for some activities as numbers tip over what would be comfortable and manageable. Therefore, they anticipate costs doubling to £2000 if the group doubles in size.
- The project has been promoted via newsletter and social media.

13. SSYI Sawston

Expanding the work of the Shelford and Stapleford Youth Initiative amongst young people resident in Sawston. To provide a safe space for social interaction; with direct support to hard-to-reach vulnerable young people (11-18 yrs old) to build trust, confidence and overcome behavioural issues. Planning of specific activities is done jointly with the young people and they are empowered to express their preferences and take on tasks as appropriate. They have developed a cadre of young leaders who can take on more responsible roles with the support of the professional youth workers.

Update

- They are establishing and growing new activities in Sawston:
Weekly outdoor after school sports on the recreation ground (Mondays)

Weekly session with activities & food targeted at boys in Sawston Free Church (Wednesdays)

- Weekly informal open access evening. Indoor and outdoor (Thursdays) Over 100 young people, resident in Sawston, participate in these activities. This number is growing every week and has led to an increase in other SSYI activities as the Sawston young people want to get more involved. As well as more 1:1 sessions for those needing more in-depth support.
- SSYI's presence and word of mouth communication leads to more young people joining in giving a focus to them rather than less productive wandering around
- The Parish council are actively engaging with SSYI to plan investments and facilities for the young people at the recreation grounds

On track - The Children and Young People's Grant funded organisations are all meeting the requirements originally set out in the criteria of the award and will have more to report at the end of the funded period.