

## Improving Wellbeing in Tamworth Commissioning Prospectus Awards – Year 1

### Lot 1

Organisation	Project	Outcomes Purchased	Referral Routes:
Communities Together CIC	Cooking healthy with a budget	192 Participants will take part in a 6 week Cooking Healthy Within a budget Course. 12 public pop up Healthy Cooking Demonstrations to community groups and at Community Events across Tamworth and sign up 1,000 people to a healthier eating pledge as well as being offered the opportunity to complete a financial well-being assessment and access individual money management support through CAB Advisors who will be on hand at the pop up demonstrations.	Steve Hodgetts - 07921 003 519 The Office - 01827 59646 Email - <a href="mailto:sh.communitytogethercic@gmail.com">sh.communitytogethercic@gmail.com</a>
Staffordshire Care Farming	WELLIES Grow it cook it eat it	2 x 8 week (One day per week) Grow It -Cook It -Eat It Projects. This programme will include cooking and growing activities and give participants the skills to cook and grow food at home. It will also encourage exercise through gardening and countryside walks. Client group involves BRF, Families First, Community Mental Health Team referrals.	Referral rote is by email or telephone: Julie@ <a href="mailto:growingruralexterprise.co.uk">growingruralexterprise.co.uk</a> 07971 666474  Participants need to like being outdoors and wear clothing they don't mind getting dirty. It is on a farm and sometimes uneven underfoot.
Tamworth Borough Council	Active Tamworth	Community Health Champions - to signpost members of the community to wellbeing related local services, champion Healthy Tamworth and Active Tamworth initiatives.  Exercise for All - provide physical activity options for every individual aged 16+ in the Borough including 8 weeks free use of Cornerpost Gym. 15 new users each month.  Walk for Health - will allow any individual in Tamworth to access to free guided walks. Community Health Champions will train as volunteer walk leaders, with short walking routes in local areas being mapped and guided each week. 2 walks per week in each of the 4 locality working areas with at least 5 people per walk.  Sport @ ur door - This is aimed at children & young people to increase their levels of physical activity by providing them with a catalogue of sport and physical activity options in the Multi-use Games Areas & open space in their local communities. One session per week in each of the 4 locality working areas with at least 10 people per session.	The referral process for the wellbeing project will be by external partnerships or self referral. Flyers will be produced for each project with session days/times on which partners can hand out and they will be able to just turn up and join in. The only exception to this is the gym based activity where they will need to phone to book an induction and complete medical information. The phone number for this is 07972637981.  Further information on the project will be available on the Active Tamworth website, <a href="http://www.activetamworth.co.uk">www.activetamworth.co.uk</a>  or you can contact Karen Moss on 01827 709316 or James Hazlehurst on 01827 709387.
YOMP	Physical Activity App	YOMP aims to get more people active, more often. Especially those sedentary or 'high risk'. This through community engagement and behavioural change techniques applied through technology (online platform and app). Aim to get	N/A

CRUSE	Bereavement Service	between 2000 and 4000 residents signed up to the app. Delivery of free high quality bereavement support to those requesting it. Volunteer run. In 2013, Cruse supported 63 people in Tamworth through 284 one-one support sessions, 57 telephone sessions and 4 via group sessions. Continue to offer training in schools of how they can support bereaved children.	Website - <a href="http://www.crusesouthstaffordshire.co.uk">www.crusesouthstaffordshire.co.uk</a> where clients can obtain telephone number and also use the contact page.  email- <a href="mailto:southstaffordshire@cruse.org.uk">southstaffordshire@cruse.org.uk</a>  Telephone - 01543 433479  By Post - c/o CVS Offices 22 Bore Street Lichfield Staffordshire WS13 6LL
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### Lot 3

Organisation	Project	Outcomes Purchased	
Support Staffordshire/Tamworth CVS	Volunteering for All	Volunteering for All (V4A) is a supported volunteering service that works with people who face such barriers, and has a strong track record in delivering the above outcomes for participants and addressing local needs.V4A employs a Volunteering Support Worker who works one-to-one with participants to understand their needs and issues, and agree a package of support tailored to their needs to enable them to engage in, sustain and benefit from volunteering. This will support 150 existing service users and recruit 25 new participants	To enquire about the Volunteering for All project Telephone – 01827 709657  Clients will be asked to provide their Name, Contact Number and Post Code and be offered a 1: 1 Interview where they can have a chat and can bring along a support person to the Interview if they wish to.
Staffordshire Care Farming	WELLIES 4 Work	Two 8-week WELLIES 4 Work programmes which encourage participants to get closer to being able to work. This would include one to one mentoring sessions to support aspiration. A four week WELLIES Volunteers Programme to give people the confidence and skills to go on to volunteering.	Referral rote is by email or telephone: Julie@ <a href="mailto:growingruralenterprise.co.uk">growingruralenterprise.co.uk</a> 07971 666474  Participants need to like being outdoors and wear clothing they don't mind getting dirty. It is on a farm and sometimes uneven underfoot.
Communities Together CIC	Positive Steps for Change	'Positive Steps for Change' project is engaging with local people to make improvements to their lives. 160 individuals will be taken through a whole life assessment looking at their health, social life, work life etc and they will then put together an action plan to make positive changes to their lives. They are supported via volunteer Life Buddies who will sign post to appropriate services and give ongoing encouragement.	Steve Hodgetts - 07921 003 519 The Office - 01827 59646  Email - <a href="mailto:sh.communitytogethercic@gmail.com">sh.communitytogethercic@gmail.com</a>

**Lot 4**

<b>Organisation</b>	<b>Project</b>	<b>Outcomes Purchased</b>	
Brighter Futures	Safe and Well	The Safe and Well Service will support people with complex needs living in Tamworth who are; living alone or as a couple, at risk of losing their home, finding tasks around the home difficult to manage, struggling to make or attend appointments with GP's, Dentists or the Hospital or overly reliant on emergency type services, need help to sort out bills and debts and what benefits they may be entitled to, feeling lonely, depressed or isolated. The project will employ a full time support worker.	To be confirmed  Telephone: 01782 40 60 03
Alzheimer's Society	Dementia Support Service	The Dementia Support Service provides one-to-one support to people with dementia, carers and family members. The project will employ a Dementia Support Worker for 10 hours per week to work with 47 cases per year.	contact number for self referrals 01543 255955  There is a referral form to be used by external agencies. This can be emailed to <a href="mailto:emma.english@alzheimers.org.uk">emma.english@alzheimers.org.uk</a> .
Home-Start	Home Visit Project	Home visit support for post natal depression, relationship breakdowns, isolation, disability in parent or child, domestic violence, parenting, behaviour problems, poverty, multiple births, teenage parents. 20 trained, DBS checked volunteers available to support families days, evenings and weekends, from a wide range of social, economic and educational backgrounds. Family must have at least one child under five. 8 volunteers into employment or training.	To be confirmed  Telephone: 01827 62400

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