

Action Plan 2010-11 – Final Report

Young People Afloat



Lead Organisation	Young People Afloat
Name of Project	Sailing Opportunities - Young People Afloat
WSLSP Funding	£11,644 capital
Key Outcomes	<ul style="list-style-type: none">• Increased sailing opportunities for young people in West Suffolk• The young people have new skills, knowledge and experience• Improved confidence of the young people

The project is based at Lackford Lakes and since April 2010 has helped to increase the number of young people who learn to sail safely. The WSLSP funding was used towards the purchase of two new boats and to help twelve young people to study a beginners' qualification with the Royal Yachting Association. Ten of the original twelve beginners joined the intermediate group in April 2011. As well as the qualification and the safety benefits from learning to sail in a safe environment the young people have also benefitted from improved confidence and team working generated by the new skills they have gained.

AFC Sudbury

Lead Organisation	AFC Sudbury
Name of Project	AFC Sudbury
WSLSP Funding	£50,000 capital (including £8,300 from Babergh East)
Key Outcomes	<ul style="list-style-type: none">• A thriving football club and community facility• Continued and growing links between the Ryes School, Resource Centre, and Bridge Project, helping to provide and enhance opportunities for children and adults with special needs to fully participate in community activities, including football.• Wide range of community facilities available and extensively used by the wider community.• Extensive work with local junior and middle schools has provided a good foundation for the club's Grassroots expansion next year when it hopes to make use of the schools' sports facilities.

The project received £50,000 capital funding (£8,300 from Babergh East), towards the provision of community facilities at the club which was extensively rebuilding on its site. The WSLSP funding helped to attract a further £850,000 funding and the building works were completed ahead of schedule and within budget. The new facilities have attracted increased numbers of young people signing up, including two girls teams. A new programme has been introduced to help coach in local schools as well as targeting more girls to play football. Free coaching sessions are also being provided for 25-30 young people on Saturday mornings in addition to regular sessions for people who are disabled or have special needs. To fill the gap between youth and reserve level the club has also introduced a Sudbury A Team to encourage young people who may not reach a higher standard to continue playing football. The club has been working with local junior and middle schools to provide girls' coaching courses which culminated in a festival of football for all local schools held at Sudbury Upper School at the end of March.

Use by the wider community has also been extensive and other providers are making use of the facility to work with the local community. For example, AFC Sudbury now provides accommodation for a local Karate Club and a Salsa dancing club. West Suffolk Referees are running regular sessions either as an addition to the football or as an alternative. The club is working also working with West Suffolk College to provide art and yoga classes and have a joint venture with Suffolk Leisure to provide health classes in term-time Building on last year's August music festival, this year the club will be giving up to 50 passes amongst its community partners including Activities unlimited, Bridge Project, the Resource Centre And the Ryes School.

A Vice Presidents club has been established to keep elders and former volunteers involved at the club and to help support other groups using the facility. The club has

also invested in a more user-friendly website to promote the full range of activities and facilities available.

The SOS Bus



Lead Organisation	Newmarket Community Partnership
Name of Project	SOS Bus
WSLSP Funding	£50,000 revenue
Key Outcomes	<ul style="list-style-type: none"> • Made a positive contribution to the night-time economy by providing a place of refuge, support and information for vulnerable young people • Developed positive partnership arrangements with local businesses for the provision of “in kind” support • Contributed to a increased perception of safety in the Town on a Saturday night • Improved self-confidence of young people acting as volunteers • Reduced demand on health and ambulance services owing to SOS Bus medical assistance and treatment.

The project provides a place of refuge and support for people in need of *assistance* on a Saturday night out in Newmarket High Street. It was awarded £50,000 of revenue funding to help meet running costs and to enable the partnership to try to establish longer term funding arrangements. It was launched in autumn 2009 with the intention that it should be piloted for six months in Newmarket with a view to

extending it to Bury St Edmunds at a future date where a need had also been identified.

The bus is run by the Newmarket Community Partnership and staffed primarily by volunteers, 45 of whom have been recruited to date. By providing support and assistance to people in need (predominantly those aged 18-24), sign-posting users to other facilities, it has proved itself to be a very valuable and integral part of the night-time economy in Newmarket. As well as being a place of safety the bus also provides a broad range of opportunities for volunteers and drivers, the Town Pastors and St Johns Ambulance are also involved. To the end of March 2011, there were nearly 700 people registered as having used the facilities provided on the bus, of whom 160 needed medical help. Since October 2010 the volunteers have used 'people counters' to record the number of people they have spoken with both inside and outside the bus. The figure recorded to the end of March was 1000 people. A short survey was carried out over two Saturday evenings in February to establish whether the presence of the SOS Bus and the range of help and support it provides makes people feel safer. The results showed that of 41 of the 43 people interviewed felt the SOS Bus made them feel safer. Comments included "good to know there is somewhere safe to go if I need it"; "as young people, we need to have somewhere that we can get help".

Six local and national businesses have been engaged with the project, in most cases providing "in-kind" support.

The final evaluation of the project shows there has been a decrease in the levels of night-time economy related issues within Newmarket during the 15 months the SOS Bus has been in operation. The two biggest decreases were in offences of most serious violence against the person and public disorder and harassment. Although a causal relationship between these figures and deployment of the SOS Bus cannot be established, but they do help to demonstrate the real impact the SOS Bus has had in Newmarket, not least in providing much needed medical assistance to people.

The SOS Bus will begin operating in Bury St Edmunds on Friday 20th May and continue in Newmarket on a Saturday.

Mobile drug detection device

Lead Organisation	Suffolk Constabulary
Name of Project	Mobile drug detection device
WSLSP Funding	£10,000
Key Outcomes	<ul style="list-style-type: none"> • Increased detection of offences • Increased awareness by members of the public carrying/using drugs within the night time economy of an increased risk of detection and therefore a deterrent effect, resulting in a safer night out.

£10,000 was provided to help equip the police in the west of the county with a mobile tracking device to help detect drugs and reduce the use of them.

The mobile Trace has been used in Multi Agency operations e.g. a positive trace for cannabis led to more cannabis being located. The equipment has been used fourteen times since last autumn including twice in the last quarter to test for drugs found on suspects who have been arrested.

Whilst there is no direct evidence that the Ion Tracker contributes to increased confidence, as part of overall policing the latest BCS Crime survey shows Suffolk has the lowest perception of people dealing or using drugs in the country. Police data for confidence are as follows:

Babergh – 92.3%

Forest Heath – 90.3%

Mid Suffolk – 95.3%

St Eds – 92.4%

Suffolk 92.3%

The evaluation report shows that in terms of the crime statistics, the Ion Tracker has had an impact on the detection of crime involving the use of drugs over the period of its deployment. However, its impact as a preventative tool has been more difficult to quantify, in particular

Young Carers

Lead Organisation	Suffolk Young Carers
Name of Project	Suffolk Carers
WLSLP Funding	£27,807 revenue funding
Key Outcomes	<ul style="list-style-type: none"> • Increased support for young carers of people affected by the misuse of alcohol • Improved educational experience and outcomes for young carers resulting from the project's targeted intervention in schools • Increased confidence of young carers through involvement in the Forum • Young carers feel better equipped to undertake their caring role and to take care of themselves • Served as a catalyst for a bigger, countywide project for which Big Lottery funding is being sought



This project received £27,807 to help support young people who care for families with alcohol issues. By the end of March 2011 over 200 young carers affected by someone's misuse of alcohol had been identified and supported by Suffolk Young Carers (1:1 sessions, attendance at social clubs and respite breaks) or signposted to other relevant organisations. The work has now formed part of the organisation's bid to the Big Lottery to continue the work in West Suffolk and expand provision to the rest of the county.

127 young carers have been provided with 3-day, 2-night residential breaks. Two workshops for young carers were provided in Haverhill and Brandon which were attended by 14 young carers. Feedback from the young carers following a BOOST residential session shows that they feel better equipped to take care of themselves. The number of 1:1 sessions that young carers need drops significantly after they have attended a BOOST session, although as one issue is resolved it can lead to others being raised.

In addition to working with the young people the project has also provided awareness training to over 100 professionals so they can work more effectively with young people who have this type of caring role. The project's targeted intervention in schools has shown that there are positive outcomes for the young carers when schools have a better understanding of young carers' circumstances. A West Suffolk Young Carers Forum has been established and meets regularly to look at the direction of the Young Carers service; respite breaks and activities as well as reviewing the service and social clubs in the West Suffolk area. The Forums are all well attended and now lead on fundraising and production of a Young Carers Newsletter. A presentation by the young carers now forms a regular part of the Trustees' Meetings, both full board and development days.

Accident and Emergency monitoring

Lead Organisation	West Suffolk Hospital
Name of Project	Accident & Emergency Monitoring
WSLSP Funding	£20,000 revenue funding
Key Outcomes	<ul style="list-style-type: none"> • Demonstrated that significant numbers of A&E patients are affected by alcohol. • Changed culture within A&E - increased skills, knowledge and confidence of staff to support and signpost patients affected by alcohol • Resources being sought to continue and expand alcohol screening in A&E and extend to other clinical areas.

This project was led by West Suffolk Hospital and operated between November 2009 and December 2010. Its purpose was to screen those presenting at A&E to establish how many patients had been affected by alcohol and to then provide patients and their families with further support and guidance. Screening was based on the Paddington Alcohol Test (PAT) which is a clinical and therapeutic tool for screening hospital patients for alcohol problems such as hazardous drinking and dependency.

The project significantly exceeded the targets set in terms of staff training and the number of people screened. 100 nursing staff, 30 doctors and all the staff at one GP's practice have been trained in screening (against a target of 53 healthcare professional to be trained). 3893 patients were tested, of whom 796 had a PAT positive score and were provided with support and guidance including referral to agencies such as AA, their GP and Focus 12.

The four-hour A&E timeframe proved a challenging one within which to establish patient feedback mechanisms on the services provided. However, West Suffolk Hospital did trial a telephone call back initiative with patients who registered a PAT positive score but it proved difficult in terms of patients' recall of events, etc.

West Suffolk Hospital continues to screen patients in A&E but not to the same level as during the project. They are currently in discussion with partners to expand the service and extend to other clinical areas. The final report also recommends further scoping to consider commissioning, in partnership with the Primary Care Trust, intervention clinics and follow up following A&E attendance.

Pathways to Progression

Lead Organisation	Bury Volunteer Centre
Name of Project	Pathways to Progression
WSLSP Funding	£46,600 revenue funding
Key Outcomes	

	<ul style="list-style-type: none"> • Increased understanding of the training and skills needs of hard to reach young people and adults • Enhanced training and employment opportunities through the provision of 33 courses to 211 individuals • Increased knowledge, skills and confidence of participants • On-line service directory targeted at four main groups: those at risk of losing their job; those returning to work; international community; retired people. • Enhanced operational efficiency and effectiveness through staff development and capacity building.
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Pathways to Progression is one of three projects run by the Bury Volunteer Centre. The Centre received £46,600 to identify and contact hard to reach groups and help them to develop their skills with a view to increasing their confidence and progressing to work. Following a training/skills analysis to identify needs and gaps in provision, a programme of courses was developed in partnership with West Suffolk College. A total of 33 courses were delivered during the course of the project to a total of 211 learners. Courses have included First Aid, Excel, Counselling, Presenting Yourself, Mail Merge, Sign Language, Impaired hearing, Impaired Vision and Time Management. An online service directory of training, qualifications and services has been produced for distribution to voluntary and statutory agencies across West Suffolk so these bodies can help direct those from hard to reach groups to appropriate sources of help or training. To make the project sustainable in the longer term three members of staff at the Centre have undertaken accredited trustee training to enhance operational efficiency and effectiveness.

Lead Organisation	Bury Volunteer Centre
Name of Project	Integrating Community Engagement
WSLSP Funding	45,593 revenue funding
Key Outcomes	<ul style="list-style-type: none"> • Increased provision of befriending services in West Suffolk offering a range of befriending options • Establishment of an International Women's Group in Haverhill and Forest Heath and development of the IWG in Bury St Edmunds • Reduced isolation of and increased engagement of hard to reach groups in the local community.

Integrating Community Engagement



This Bury St Edmunds Volunteer centre project was awarded £45,593 to support work with hard to reach groups to promote their engagement in the local community through the use of befriending. Forty people have received befriending training and 60 befriendees have been recruited and registered. The project is also supporting the extension of International Women's Groups across West Suffolk. There is already a group in Bury St Edmunds which provides help and support to those new to the country (the photo above is of the Tastes of International Culture festival run by the group). Members of the Bury St Edmunds group have also put a lot of effort into helping to develop new groups in Forest Heath and Haverhill.

Flexibus

Lead Organisation	Bury Volunteer Centre
Name of Project	Flexibus
WSLSP Funding	£28,500 capital funding
Key Outcomes	<ul style="list-style-type: none"> • Increased accessibility and reduced social isolation for elderly and disabled passengers across West Suffolk and East Babergh • Enhanced transport provision for community groups through hiring the vehicle • Increased skills and capacity of volunteer drivers, passenger assistants and wheelchair pushers



This is the final Bury St Edmunds Volunteer Centre project which received £28,500 capital funding to purchase a new bus with wheelchair lift for the community transport service run by the Centre. 750 passengers have taken excursions on the bus, some of them using it more than once which has helped them benefit from greater social integration and tackle isolation. The bus has also been hired out 120 times to different community groups to help support their activities. In addition, 12 people have received training from drivers to passenger assistants and wheelchair pushers providing those people with a number of volunteering opportunities.