



# YNYSSOWEN DRIVING CHANGE PLAN

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## 1. Introduction and the story so far

In May 2016, the community of Aberfan, Merthyr Vale and Mount Pleasant (Ynysowen) accepted the invitation offered to them by Building Communities Trust to take part in the Invest Local programme.

Invest Local has £1 million to spend in Ynysowen over 10 years, with the community deciding on what that money should be spent on.

Between then and now a number of things have happened.

The Invest Local Ynysowen Community Steering Group has been set up, made up of interested community residents and representatives from local community groups.

The Steering Group is there to make sure that as many people as possible find out about Invest Local and have the chance to be involved.

Our group has been meeting regularly to talk about how to find out what is important to the community (the priorities) and deciding on what activities and events should take place to let people know about Invest Local.

£20,000 of the £1 million has been made available to help run different activities and events to listen to people about their priorities and to help raise the profile of Invest Local. This is known as the 'Getting Going' fund.

So far we have

- Set up a small grants scheme
- Run a number of events including two engagement days
- Supported the Carnival
- Appointed Trinity Childcare and Family Centre as our Fundholder
- Produced several newsletters
- Created a Facebook page
- Set up a sewing group
- Funding consultants to carry out community consultations
- Set up an independent Funding Panel to help decide our projects for this plan

We have also used some more of our £1 million to support the purchase of Zion Chapel for use as a Scout Hut, the running of Trinity Childcare and Family Centre and to help establish Taff Rocks community workshops.

This is our first Driving Change Plan which we have spent a lot of time putting together over a number of months. We welcome your comments and any suggestions you might have for future projects.

## 2. Ynysowen Community Profile

Aberfan, Merthyr Vale and Mount Pleasant form the ward Merthyr Vale and are located to the south of Merthyr Tydfil with a population of approximately 3800. 19% are aged under 16, 65% 16-64 and 16% 65 and over. 9.8% of the population state that they can speak Welsh.

There are two primary schools within the area Ynysowen Primary School and Ysgol Rhyd-y-Grug. There are 3 Churches and Chapels (St Mary's Church in Wales, St Benedict's Catholic Church and Baptist Church).

Other buildings of significance include:

- Aberfan Social Club
- Ex-servicemen's Club
- St John Ambulance building
- Trinity Childcare and Family Centre
- Aberfan and Merthyr Vale Community Centre including the Library, sports groups and local businesses
- The Old Library (care of Ynysowen Choir)
- Scout Hut (in the former Zion Chapel)
- Smyrna Chapel (now vacant)

There is also the allotments on Cotterall Street, a number of different play areas, Merthyr Vale train station, The Grove Fields, Potters Recycling site and a number of shops, pubs and businesses

Running out of these buildings and elsewhere in the area are a broad range of social and community groups which includes:

Darby and Joan Club  
Aberfan Wives  
The Lighthouse Programme  
Aberfan and Merthyr Vale Youth and Community Project  
Cylch Meithrin  
St John Ambulance  
Ynysowen Rugby Club  
Aberfan Football Club  
Aberfan and Merthyr Vale Scouts  
Old People's Welfare  
Ysgol Rhyd-y-Grug PTA  
Ynysowen Primary School PTA  
At the Community Centre:  
*Library – jobs club, parent and toddlers, computer club*  
*Canoe Club*  
*Splash Club*  
*Swimming Club*

*GP referral*  
*Badminton Club*  
*Dance classes*  
*Beauty Salon, Photography*  
*Inclusive Play Sessions*  
At the Old Library:  
*Ynysowen Choir*  
*Art Class*  
Taff Rocks  
Trinity Childcare and Family Centre  
Sewing Club

## 2.1 Key Facts about Ynysowen\*

- Local house prices are lower than the Welsh average for all type of housing (£74,453 compared to £176, 827)
- 68% of people live in terraced housing compared to 28% Welsh average. Houses are also more likely to have been built before 1900 (60% of housing)
- The overall crime rate in Ynysowen is lower (83 per 1000 population) compared to the Welsh average (102 per 1000 population) although violent crime is slightly higher (23 per 1000 population in Ynysowen compared to 20 per 100 population)
- 10% of people (390) claim Disability Living Allowance (given to people under the age of 65 who have a disability) compared to the Welsh average of 7%
- 24% of people who are working age claim benefits from DWP (this includes people in work). This is compared to the Welsh average of 15%.
- 22% of people claim housing benefits compared to the Welsh average of 17%
- 35% of children are classed as living in poverty by DWP/HMRC compared to the Welsh average of 22%
- 38% of all families with children that depend on them are lone parent families (260 families in total). This is compared to the Welsh average of 27%.
- 32% of people (1216) living in Ynysowen are classed as living in one of the top 20% most deprived areas in Wales
- 63% of (private) pensioner households have no car or van
- People in rented accommodation (social and private) are much less likely to have a vehicle than the rest of Wales
- Healthy life expectancy is 9 years less than the Welsh average
- 25% of people aged 16-64 have a limiting long-term illness in Ynysowen compared with 17% across Wales
- 39% of people have no qualifications in Ynysowen compared the Welsh average of 26%
- 83% of 18-19 year olds are not in higher education compared to 67% Welsh average
- The top three most popular types of employed work that people in Ynysowen do are in retail, manufacturing and health and social work
- 73% of people live in a flood risk area compared to the Welsh average of 42

- Key facts are taken from Insight produced by Coalfields Regeneration Trust

### 3. Deciding our Vision and Priorities

#### **What do the people in Ynysowen think?**

Over the past two years a number of consultation events have taken place in Ynysowen to make sure that as many people as possible have had their chance to put their views across.

A number of consultations have taken place including:

- a questionnaire hand delivered to people's houses
- a community engagement event
- questionnaires collected from Trinity Carnival
- a piece of work commissioned by the steering group and carried out by Promocymru
- door-to-door surveys in Mount Pleasant
- asked Dynamix to run an interactive session at a community day in Aberfan Community Centre to check that our vision and priorities were the right ones focus on

#### Results from the Questionnaires

##### **What's good about living in Ynysowen**

- **Community spirit** (51 out of 95 responses)
- **The natural environment** (32 out of 95 responses)
- **Schools and community facilities** (20 out of 95 responses).

##### **What is not so good about living in Ynysowen**

- **Lack of facilities and activities for children** (50 out of 95 responses)
- **Untidy and unclean environment** (27 out of 95 responses)
- **Transport and road safety issues** such as speeding, parking, lack of transport (15 out of 95 responses).

##### **What is important to the you and the community you live in:**

**Community spirit and social activities** (29 responses out of 95

**A clean and tidy environment** (13 out of 95 responses) and

**Good transport and road safety** (8 out of 95 responses).

When asked "what was important to you?", the top answers were **activities to bring people together** (18 out of 95 responses) and **safety** (10 out of 95 responses).

#### From Promocymru's consultations

What's good about Ynysowen:

- Schools, nurseries, childcare facilities (63%, 62 responses)
- Community spirit (62%, 61 responses)

- Parks, trails and open spaces (47%, 46 responses)

What would make Ynysowen a better place to live in:

- Activities for young people (60%, 61 responses)
- Cleaner, tidier environment (54%, 53 responses)
- More local job opportunities (49%, 48 responses)
- Community activities (42%, 41 responses)

**28%** (18 out of 64 responses) felt **cultivating a sense of community spirit** was important. (Answers include: bringing people together, together we can make things happen for the future, rebuilding community spirit, community involvement making sure their voice is heard and involved with projects etc).

- **20%** (13 out of 64 responses) felt **a sense of safety within the community** was important. (Answers include: everyone to be involved in neighbourhood watch, more policing or PCSO, it is important to keep the community a safer place etc).

- **17%** (11 out of 64 responses) felt **activities for children and young people** were important. (Answers include: things for teenagers to do, more children's clubs, more opportunities for disabled children, help with childcare cost, classes for children of all ages etc).

- **12%** (8 out of 64 responses) felt **a clean and tidy community** was important (Answers include: stop destroying the older buildings within the village of Merthyr Vale, look after community gardens or green spaces, general cleanliness of the village, keep community clean with more bins around etc).

#### 4. [Our Vision for Ynysowen and how we're going to get there](#)

##### i. [Our Vision for Ynysowen in 2025](#)

- We will help to make Ynysowen a thriving place where a range of organisations and community groups work together to benefit the community.
- We will help people from within and around Ynysowen to appreciate, enjoy and look after our green spaces whilst making use of our existing buildings as much as possible, alongside new developments.
- We will value our children, young people, older people and the wider community by creating opportunities for their wellbeing and development.
- We will ensure that as many people as possible in our community can get to where they need to go via affordable, regular transport.

##### ii. [Our Priorities](#)

- Provide more active and inter-generational opportunities for children, young people and older people in our community
- Enable better transport options for a wide range of community members
- Improve communication and engagement across the community

- Better utilise existing buildings and facilities in the community
- Establish opportunities to sustain a safer, cleaner and greener community environment

## 5. The main projects or activities that will help us to meet our priorities

### Priority A: Provide more active and inter-generational opportunities for children, young people and older people in our community

From all of our conversations with people, the importance of community spirit came across really strongly. We found that people value and would like to see more activities that bring people together. We have looked at the statistics for the area and know that creating opportunities for people, particularly our children and young people is especially important particularly with all of the ongoing cuts to local government.

We have thought of a number of different projects that could start to create these opportunities and increase community spirit which we are going to fund in this plan.

We are going to employ an **Early Years Engagement Officer** through Trinity Childcare and Family Centre that brings **children and families together** to learn through language and play.

We are going to fund activities within our community that help **tackle social isolation and loneliness** through a new officer based at Voluntary Action Merthyr Tydfil.

We will explore **opportunities for our young people** using our **events, communications and small grants budget** which we hope will turn into a large-scale youth project in our next plan. We particularly want to look at working with **other youth organisations** who could bring their services into our community to run youth clubs and youth projects alongside us.

We will continue to support **Taff Rocks** to run monthly **community art workshops** that bring people together across our community.

### Priority B: Enable better transport options for a wide range of community members

Whilst we know this is a **priority for the community** we are going to explore other projects first and will develop this further in a **future plan**.

### Priority C: Improve communication and engagement across the community

Our vision states that we wish to make Ynysowen a thriving place where everyone works together to benefit the community.



We know that it is important that people can have a voice locally and can get involved in projects and activities within their own area as evidenced by our consultations and our own local knowledge.

In this plan we will make communications funding available to **continue promoting the work** of the Invest Local programme through **community newsletters, an increased social media presence and recruiting more volunteers.**

We can see the benefit of having separate funding to pay for **events** such as community fun days, Christmas fayres, and carnivals so we will have an **events budget** available to make sure these activities happen.

All of our funded projects will be encouraged to promote the local community through their activities and have actively committed to have improved communications and engagement as one of their priorities.

#### **Priority D: Better utilise existing buildings and facilities in the community**

We are lucky enough to have a number of buildings within our community that we wish to continue to use or to bring back into use.

Already mentioned are **Tackling Loneliness Project, Taff Rocks Art Project and Family Engagement Project**, all of which will operate out of existing buildings like St John Hall, Trinity Childcare and Family Centre and the Old Library.

What we will also be funding is a **feasibility study for a community building in Mount Pleasant**, a part of our community that has felt the loss of the local school, pub and shop most keenly.

**Afon Gwreiddiau** our flagship environmental project will look to utilise the outdoor spaces in three areas around our community with the potential for more areas as the project progresses.

#### **Priority E: Establish opportunities to sustain a safer, cleaner and greener community environment**

The importance of the physical environment came through strongly in our consultations and conversations with people in our community. We will use this first plan to run two specific environmental projects.

The first of these is **Afon Gwreiddiau**, a project that will work across three sites initially to encourage people to get involved in **community food growing, gardening and community clean-ups.**

The second project **Taff Rocks** will encourage people to come together in **community workshops** to create visual rock art that will then be placed in and around our local community.

## 6. Links between our vision, priorities and projects

1. We will help to make Ynysowen a thriving place where a range of organisations and community groups work together to benefit the community.
2. We will help people from within and around Ynysowen to appreciate, enjoy and look after our green spaces whilst making use of our existing buildings as much as possible, alongside new developments.
3. We will value our children, young people, older people and the wider community by creating opportunities for their wellbeing and development.
4. We will ensure that as many people as possible in our community can get to where they need to go via affordable, regular transport

	Priorities	Linked to which part of the vision	What are we going to do?
A	Provide more active and inter-generational opportunities for children, young people and older people in our community	1,2	<ul style="list-style-type: none"> <li>• Tackling Social Isolation and Loneliness</li> <li>• Taff Rocks</li> <li>• Afon Gwreiddiau</li> <li>• Family Engagement</li> <li>• Events and Small Grants scheme</li> </ul>
B	Enable better transport options for a wide range of community members	2,4	Still under discussion
C	Improve communication and engagement across the community	1,2,3	All projects
D	Better utilise existing buildings and facilities in the community	1,2,3	<ul style="list-style-type: none"> <li>• Taff Rocks</li> <li>• Afon Gwreiddiau</li> <li>• Mount Pleasant Community Hub</li> <li>• Tackling Social Isolation and Loneliness</li> </ul>
E	Establish opportunities to sustain a safer, cleaner and greener community environment	1,2,3,4	<ul style="list-style-type: none"> <li>• Afon Gwreiddiau</li> <li>• Taff Rocks</li> <li>• Events and Small Grants Scheme</li> </ul>

## 7. How will we know if we are being successful?

The table below outlines what we're planning on measuring for each project. We as a Steering Group are also going to meet with each project at the very early stages of the plan to make sure what is being captured is correct and to make changes where necessary.

	<b>What could be measured?</b>	<b>How will we measure it?</b>
<b>Taff Rocks</b>	<ul style="list-style-type: none"> <li>• Number of workshops held</li> <li>• Number and profile of people attending</li> <li>• Improvements in wellbeing of those attending</li> <li>• Amount of additional funding raised</li> </ul>	<ul style="list-style-type: none"> <li>• Record of sessions held</li> <li>• Register of those attending</li> <li>• Record stories, record comments of those attending</li> <li>• Financial records</li> </ul>
<b>Afon Gwreiddiau</b>	<ul style="list-style-type: none"> <li>• Number and profile of people attending events</li> <li>• Number and profile of new volunteers recruited</li> <li>• Number of projects still running at the end of the 2 years</li> <li>• Number of environmental spaces created or improved</li> </ul>	<ul style="list-style-type: none"> <li>• Records of sessions held</li> <li>• Record of events held</li> <li>• Register of people attending events</li> <li>• Feedback forms from volunteers</li> </ul>
<b>Tackling Loneliness and Isolation</b>	<ul style="list-style-type: none"> <li>• Number of people engaged/consulted in Ynysowen</li> <li>• Number of participants/volunteers that engage in events and activities</li> <li>• Number of new and local initiatives that are started as a result of this project</li> <li>• Number of referrals to supporting agencies and services</li> </ul>	<ul style="list-style-type: none"> <li>• Register</li> <li>• Feedback and evaluation from sessions delivered</li> <li>• Case studies from participants and staff</li> </ul>
<b>Family Engagement</b>	<ul style="list-style-type: none"> <li>• Number of families engaged</li> <li>• Number of participants that successfully complete the sessions</li> <li>• Number of children influenced by the sessions</li> <li>• Number of referrals to supporting agencies and services</li> </ul>	<ul style="list-style-type: none"> <li>• Register of attendance</li> <li>• Records of comments and stories of those involved</li> <li>• Feedback and evaluation from sessions delivered</li> <li>• Lessons learned for dissemination to key partners and to the community</li> </ul>

<b>Community Hub Feasibility Study</b>	<ul style="list-style-type: none"> <li>• Feasibility study carried out</li> <li>• Number of volunteers recruited to the Friends of Mount Pleasant group</li> <li>• Number of events held to involve the community in the feasibility study</li> </ul>	<ul style="list-style-type: none"> <li>• Record of tender and company appointed</li> <li>• Friends of Mount Pleasant records</li> </ul>
<b>Communication and Events</b>	<ul style="list-style-type: none"> <li>• Number of newsletters produced</li> <li>• Number of newsletters delivered</li> <li>• Increased awareness of Invest Local</li> </ul>	<ul style="list-style-type: none"> <li>• Record and evidence of newsletters</li> <li>• Record of delivery</li> <li>• Increased members of social media groups</li> </ul>
<b>Small Grants</b>	<ul style="list-style-type: none"> <li>• Number of applications received</li> <li>• Number of grants awarded</li> <li>• New groups set up</li> </ul>	<ul style="list-style-type: none"> <li>• Record of grant applications</li> <li>• Record of grant awards</li> <li>• Reports received from groups receiving grants</li> </ul>

## 8. [How long is this plan for and when will we review progress against it?](#)

This first plan is for two years. We will use this year to focus on communications and building our community. We recognise that we have not engaged everyone in our community yet but we will continue to talk to people and using the findings to create our next plan.

We will review our plan towards the end to two years to make sure the priorities are still relevant and the activities to be included in the next plan are the right ones.

## 9. [Who else are we working with to help deliver parts of this plan?](#)

We will work with a number of partners to help us deliver our projects, we've tried to name as many as possible below but are sure there will be more as the plan develops

- Voluntary Action Merthyr Tydfil
- Merthyr Leisure Trust
- Merthyr Council
- Ysgol Rhyd-y-Grug
- Ynysowen Primary School
- Afon Taf High School
- Keep Wales Tidy
- Natural Resources Wales
- Coalfields Regeneration Trust
- Cwm Taf Health Board
- Merthyr Valleys Homes
- Merthyr Housing
- Scouts Cymru
- St John Cymru
- Project Skyline
- Wales and West Housing

## 10. Our Budget

Project	Budget	Year 1	Year 2
Taff Rocks community art workshops	£2,500	£2,500	
Afon Gwreiddiau community food growing and gardening	£53,300	£26,650	£26,650
Tackling Social Isolation and Loneliness*	£10,000	£5,000	£5,000
Family Engagement Learning and Playing*	£53,971	£27,088	£26,883
Mount Pleasant Community Hub Feasibility Study	£15,000	£15,000	
Improving Communication	£10,000	£5,000	£5,000
Events (including £5000 to send two young people on a Driving Change Forward leadership course)	£15,000	£7,500	£7,500
Small Grants	£5,000	£2,500	£2,500
Youth (ring-fenced for youth, no project agreed as yet)	£60,000	£60,000	£0
Community Champions	No budget allocated at the moment whilst we explore ideas, however we may come back with a request during the period of this plan. For now we will use the communications, events and small grants budget to start activities		
ILY steering group meeting room costs	£3000	£1500	£1500
Project total	£227,771	£152,738	£75,033
Fundholder fee (5% of project costs*)	£8,190	£6,032.50	£2,157.50
<b>TOTAL</b>	<b>£235,961</b>	<b>£158,771</b>	<b>£77,191</b>

\*5% of total project costs **EXCEPT** those where Trinity Childcare and Family Centre are the lead

## APPENDIX Individual Project details

### **PROJECT: TAFF ROCKS**

#### **Please provide a brief outline of the project**

Taff Rocks is a new organisation. Our Mission is: to enhance people's lives and community cohesion through fun, inspiration, creativity and self-expression. By providing workshop experiences, we can establish meaningful connections between generations, art therapy and share love and smiles, one rock at a time.

Providing 12 multi-generational rock painting community-based workshops, this includes young people (youth) working with older people to build and install painted rock trading stations (woodcraft).

Encouraging members and participants to foster a love for their environment with our Rock Wombling\* work.

Taff Rocks is a constituted, not-for-profit new organisation run by volunteers who do not financially benefit from their voluntary work.

#### **How does it fit within the vision?**

- We will help to make Ynysowen a thriving place where a range of organisations and community groups work together to benefit the community.
- We will help people from within and around Ynysowen to appreciate, enjoy and look after our green spaces whilst making use of our existing buildings as much as possible, alongside new developments.
- We will value our children, young people, older people and the wider community by creating opportunities for their wellbeing and development.

#### **Which priorities does it contribute to?**

- Provide more active and inter-generational opportunities for children, young and older people in our community. By doing this, two or more generations of people will start interacting with one another during workshops. We hope this will 'spill' out into the community and these two generations will interact outside a workshop environment, either a general conversation on the street (hopefully with friends) and enable them to break down any barriers and build on a friendship

- Improve communication and engagement across the community. By carrying out workshops in the community, “strangers” will interact with each other and build on this interaction to build a friendship, even if it is only at a workshop to begin with.
- Better utilise existing buildings and facilities in the community. We are currently looking into the buildings in the community that we can use. They are, however, very limited. One building we wished to use is currently ‘not ready for use’, another is too large, we are looking at a third option once the building manager’s details are confirmed and there is one, central building, we currently wish to use regularly.
- Establish opportunities to sustain a safer, cleaner and greener community environment by encouraging workshop attendees to use the Keep Wales Tidy guidelines and pick up trash when out rock hunting and also encourage participation in community litter picks

### **Has there been community involvement?**

We have already held community workshops and a community painted rock exhibition, with dates already planned for more. There have been a total of 70+ hands-on beneficiaries of various ages at workshops carried out using only the start-up £500 grant (42 beneficiaries were as a direct result of working with other organisations)

The newly installed community based ‘rock garden and trading post’ is slowly becoming popular, even at this early stage (Installed in late June 2019). Evidence of its use can already been seen on the Facebook rock sharing group. Photographic evidence of the trading post rocks have been taken then photographic evidence of its share and re-hide can be found on the closed Facebook group.

The Beeline Exhibition in June required as much interested community involvement as possible. Over 300 Bumble Bee inspired works were created by many members of the community. These were displayed for the public to see and highlight to plight of pollinators and raise the profile of Taff Rocks and how we would like to bring the community together.

### **How will you know it’s been successful?**

We have started using online and paper Participant Satisfaction questionnaires. We have started to monitor who takes part by age (and gender at a later date – this is because our current monitoring form does not allow for gender monitoring and, to keep our costs to a minimum, we will need to use the current monitoring forms and prevent waste). We have currently carried out one workshop in our own right, other workshops were with other organisations.

We will also monitor:

An increase in participation.

Whether we are working within IL guidelines (working with Fundholder)

The degree to which Taff Rocks becomes sustainable and not reliant of grant aid

**Who is delivering the project? (Please break down if more than one delivery person/organisation).**

Taff Rocks Committee Members

Taff Rocks has already worked with, supported or have been supported by the following organisations with our workshop delivery and other activities:

- Keep Wales Tidy
- Egg Seeds
- H Factor
- The Skyline Project
- Bloody Bikes Wales (for rock relays, at their request)

It is also Taff Rocks's intention to work with other organisations and bring together members of the community to create decoration for community gardens, parks, walks etc

**How does the project show good value for money?**

The project provides all the materials required for a fun workshop experience. Taff Rocks also seals the rocks, so they last longer.

Once more established, other canvasses will be used for artistic creations (we are currently looking into wood 'cookies' (disks), other diverse and small canvasses as well as larger rocks and canvasses for community decoration.

We have, and will continue to carry out fundraising activities to ensure that we keep the costs to participants down to a minimum.

We are providing more workshops than we are applying for funding for as well as an annual exhibition.



- The community will benefit from our environmental objective with increased involvement in our 'Rock Wombling' initiative. This initiative, on which we have received guidance and assistance from Keep Wales Tidy, intends to encourage Taff Rocks members to participate in picking up identifiable trash, using the guidelines / fact sheet created for us by Keep Wales Tidy.

Building meaningful connections and pride in the local community.

**How long is the project for?**

We are a new initiative in the community and currently wish to ensure sustainability to continue beyond the grant-aided years

**How will the project lead to long term/sustainable benefits?**

Meaningful connections would be made between different generations in the villages. The young people, including primary school aged children will come to realise the benefits of caring for their community as well as working with and involving the older generations in some of their activities.

By continuing our workshops, we aim to provide a space where meaningful social interaction can take place with a common topic and objective.

As the children grow, we hope they maintain this ethos and it will become second nature then shared with the next generation.

**Does the project require permission to proceed from an outside body (e.g. planning permission, building regs, agreement from your landlord)?**

No.

**Any other comments you think are relevant**

Taff Rocks Committee members are constitutionally not permitted to benefit financially from any grant funding or unrestricted funding from our own activities.

We have a separate spray booth so we can seal the rocks away from workshop users, so they last longer. A safety audit has been carried out and a Risk Assessment prepared for this.

\* Rock Wombling – Wombling up the trash: *An initiative, by Taff Rocks, that encourages sharers to share their rocks responsibly. Also encouraging finders and hidens to take pride in their community by collecting identifiable trash and disposing of it or recycling it when out and about.*

**What is the budget for the project? (please provide a cost breakdown).**

<b>Item/expense</b>	<b>Cost</b>
Hall hire (12 x 4hr workshops @ £17.50 / hr) Includes 1hr setting up and clearing up – 5hrs total	<b>£1050.00</b>
Public Liability Insurance	<b>£150.00</b>
DBS checks (x 6)	<b>£300.00</b>
Advertising	<b>£150.00</b>
Volunteers expenses (non-committee members only)	<b>£100.00</b>
Printing costs (participant satisfaction surveys and safety leaflets)	<b>£100.00</b>
Paint Pens	<b>£200.00</b>
Paints (including specialty paints)	<b>£120.00</b>
Rocks	<b>£250.00</b>
Brushes	<b>£20.00</b>
Pots and trays	<b>£20.00</b>
Paper towels	<b>£10.00</b>
Table Cloths	<b>£30.00</b>
Additional tables x2	<b>£60.00</b>
PPI – 30 reusable aprons @£5ea, biodegradable gloves etc	<b>£190.00</b>
Chairs x12	<b>£100.00</b>
Replacement spray tent	<b>£20.00</b>
Replacement extractors and tubing	<b>£15.00</b>
Lacquer	<b>£60.00</b>
Posca Black fine x12	<b>£44.00</b>
Posca White fine x12	<b>£48.00</b>
Storage unit	<b>£750.00</b>

Storage boxes	£50.00
Shelving	£140.00
<b>Total</b>	<b>£3997.00</b>

**How much of the total amount is being requested from Invest Local Ynysowen?**

£2500.00

**If you are not requesting the total amount from Invest Local Ynysowen where are you intending to get the rest of the funding from?**

Own fundraising activities, donations, contributions and income generated from workshops

£3 per artist is currently being 'charged' at workshops, we are aware that this will require re-evaluation before the end of 2019

## **PROJECT: AFON-GWREIDDIAU (River Roots)**

### **Please provide a brief outline of the project**

- Community Growing Initiative: develop a group for community members to undertake the management of land and communal buildings as a community asset, and mutually benefit from the physical and mental wellbeing from gardening and growing activities and the financial benefits from land management.
- To create green spaces for the community whilst promoting intergenerational activities and increasing community engagement.
- To adopt a “reuse and recycle” method to develop the green spaces along with low impact, ethical, horticultural and agricultural processes
- To encourage and engage with other local groups and initiatives to collaborate with projects for further intergenerational integration, community engagement and participation, such as school workshops, youth holiday clubs, art projects, cookery, etc.
- The project aims to also provide a revenue from the grown produce to sustain the project long term.

### **How does it fit within the vision?**

- We aim to make Ynysowen a thriving place where a range of organisations and community groups work together to benefit the community
- We will help people from within and around Ynysowen to appreciate, enjoy and look after our green spaces whilst making use of our existing buildings as much as possible, alongside new developments
- We will value our children, young people, older people and the wider community by creating opportunities for their wellbeing and development

### **Which priorities does it contribute to?**

- To provide inter-generational opportunities for all members of the community and help combat isolation
- To establish opportunities to sustain a safer, cleaner and greener community environment
- To improve communication and engagement across the community
- To make better use of the buildings and facilities across the community

### **Has there been community involvement?**

- Yes, a litter pick in partnership with Keep Wales Tidy in Nixonville
- The wider community have shown an interest and are keen to be involved within a growing capacity

**How will you know it's been successful?**

- Continued and increased engagement from the local community
- Self-sustainability and longevity of the initiative and projects within

**Who is delivering the project? (Please break down if more than one delivery person / organisation).**

- Afon-Gwreiddiau
- Partner agencies:
  - Keep Wales Tidy
  - Egg Seeds
  - Renew Wales
  - Cynon Valley Organic Adventures

**How does the project show good value for money?**

- We aim to develop skills in the community that would better enable employment opportunities
- The development of local land would increase the land value throughout the community
- An increase in locally sourced produce will benefit the community health and wellbeing
- The revenue gained from the sale of produce and products will benefit the whole community economy

**How long is the project for?**

- We do not envisage an end date.
- This project will continue long after Invest Local Ynysowen has completed their work

**How will the project lead to long term/sustainable benefits?**

- We aim to promote the financial, physical and emotional benefits of community ownership, of assets and the management of those assets, to produce locally grown produce, products, employment and skills

**Does the project require permission to proceed from an outside body (e.g. planning permission, building regs, agreement from your landlord)?**

- Yes, the group aims to take on the management rights to vacant land / community assets from local authority / government agencies / private owners

**Any other comments you think are relevant**

- This organisation was set up to meet the environmental priorities highlighted by the Invest Local Ynysowen steering group
- We are building community resilience by sharing intergenerational skills that will enable us to tackle both food and fuel poverty in a manner that makes our community members self-sufficient rather than state and charity dependent

**What is the budget for the project? (please provide a cost breakdown).**

<b>Item/expense</b>	<b>Cost</b>
Total Project Cost Year 1	£26,650
Total Project Cost Year 2	£26,650

**Total: £53,300**

**If you are not requesting the total amount from Invest Local Ynysowen where are you intending to get the rest of the funding from?**

- Fundraising Activities
- Co-op Grant
- Awards for All

## **PROJECT: CONNECTING PEOPLE – TACKLING LONELINESS AND ISOLATION**

### **Please provide a brief outline of the project**

This pilot project will be supported by Trinity Childcare & Family Centre who will work with the Project Officer: Tackling Loneliness and Isolation that will be employed for 18 months (Oct 2019 to April 2021) by Voluntary Action Merthyr Tydfil (VAMT) to oversee partnership working across ten communities within Merthyr Tydfil and RCT. One of these communities is Ynysowen, thereby ensuring that working with Trinity as a localised partner enables shared best practice to be utilised address the challenge of loneliness and isolation within our community. This project will determine the extent of that challenge in Ynysowen, initiate activities to help address this and make recommendations for longer term funding and support to alleviate loneliness and isolation in the community.

Trinity Childcare & Family Centre staff, trustees, charity members and resources will support this project as part of the 'Family Centre' and wellbeing remit, including the deployment of staff to support wellbeing sessions and inter-generational shared learning experiences.

Developmental activities to address loneliness and isolation may include:

- Development of activities to connect older people to benefit their overall wellbeing including low impact physical activity e.g. walking football, yoga, pilates, etc.
- Development of inter-generational activities where children and younger people can interact with older people to the benefit of both
- Development of activities to provide support networks that enable target groups to interact with each other such as men's sheds, knit and natter, book/film clubs, gaming clubs, coffee clubs, befriending, etc.
- Events to raise awareness of the problems caused/effected by loneliness and isolation including risks to families from the use and abuse of modern technologies, dementia awareness, poor physical and mental health.

The exact nature of these developmental activities is yet to be determined, however this will be derived from shared learning across the (up to) ten communities. We recognise that not every activity will work everywhere, therefore our approach will be to make the most of an 'Activity Fund' that can be used to purchase equipment, buy in staff support time and run support sessions to get a number of feasible and ultimately sustainable initiatives off the ground.

Trinity Childcare & Family Centre will work in partnership with Voluntary Action Merthyr Tydfil, the library service, community centre and other agencies in terms of supporting activities and awareness raising. There are various complementary agencies / stakeholders including Families First, St. Johns Ambulance, social workers, education providers such as schools - Ynysowen Community Primary School and Ysgol Rhyd-y-Grug Welsh Community School, the MTCBC Trust and other Invest Local Ynysowen projects. This project aligns strongly with the inter-generational activity and community engagement themes identified by Invest Local Ynysowen research, but has related implications such as provision of community transport, running community activities in partnership with others utilising available facilities, publicising events and opportunities for people to interact with others..

### **How does it fit within the vision?**

Our Vision for Ynysowen in 2025:

The project delivers activities and opportunities in line with the following vision ...

‘We will value our children, young people, older people and the wider community by creating opportunities for their engagement and development.’

### **Which priorities does it contribute to?**

This proposal is being submitted under the ‘Connecting People: Tackling Loneliness and Isolation’ project title as identified in the Action Planning workshops as a priority project.

- Provide more active and inter-generational opportunities for children, young people and older people in our community
- Improve communication and engagement across the community
- Better utilise existing buildings and facilities in the community



### **Has there been community involvement?**

Significant research has been undertaken by ILY into the Ynysowen community's priority needs and challenges, including direct local engagement with the community through independent research commissioned via Promo-Cymru to help understand the community's key development priorities.

These are articulated as:

- Provide more active and inter-generational opportunities for children, young people and older people in our community
- Enable better transport options for a wide range of community members
- Improve communication and engagement across the community
- Better utilise buildings and facilities in the community

### **The Evidence for Ynysowen:-**

There is evidence to illustrate that loneliness and isolation are a problem in our society, and indeed, The Campaign to End Loneliness and the UK's Loneliness Commissioner are in place to help find solutions to the challenges and problems faced by millions of people. Within the Ynysowen community, it is likely that we will have many people that are disconnected and not fully engaged with the rest of the community (and we have already identified that engagement is a problem from the Getting Started phase of the ILY programme). However, we are mindful not to rush to solutions that make a very limited discernible difference, waste resources that could be better deployed on other projects, creating further challenges from people running activities through poor preparation or a limited understanding of the actual problems.

This builds on work already undertaken by VAMT for the Cwm Taf Public Service Board.

Research tells us that;

- There is considerable evidence to suggest that loneliness and isolation can have a significant impact on physical and mental health.
- Loneliness takes different forms
  - emotional loneliness is the absence of a significant other
  - social loneliness is the lack of a wider social network

- transient loneliness can be temporary, linked to life events
- chronic tends to be more long term loneliness
- Some people are physically or geographically isolated and alone – this doesn't necessarily mean that they feel lonely or socially isolated
- Similarly, some people may have a large and varied circle of friends, family and neighbours but may still experience feelings of loneliness
- Transition points in life can increase the chances of feeling of lonely or isolated e.g. bereavement, retirement, school change
- Loneliness is just as likely to be experienced by young people as older people
- Lifestyle patterns can contribute to loneliness, as well as ethnic group
- Those at greatest need of intervention are rarely those who are able to, or choose to take part in schemes or groups

What helps?

- Things that bring people together.
- Hobbies and activities
- Peer support and mentoring
- Having places to go
- Having someone to talk to
- Knowing where to ask for help and information

#### **How will you know it's been successful?**

Project reports will be presented on a monthly basis to the Trinity Childcare & Family Centre Board of Trustees (and copied to Voluntary Action Merthyr Tydfil), acting as the project steering group. There will be a formal project plan that will define the critical success factors for the development of this pilot project, and will utilise the key performance indicators against which progress can be monitored.

- Number of people engaged/consulted in Ynysowen
- Number of participants/volunteers that engage in events and activities
- Number of new and local initiatives that are started as a result of this project
- Number of referrals to supporting agencies and services
- Feedback and evaluation from sessions delivered
- Significant risks, issues and decisions that need reporting to the Board
- Lessons learned for dissemination to key partners and to the community (as well as shared with other communities that have similar challenges)
- Value for money in terms of project spend for resource acquisition
- Recommendations for follow-on work and additional funding

Case studies may be carried out as part of awareness raising.

The Senior Management Team will discuss any resource / scheduling implications on a weekly and / or daily basis, including in team meetings when Trinity Childcare and Family Centre staff are supporting sessions or raising issues and problems that need to be resolved, working in close collaboration with Voluntary Action Merthyr Tydfil.

The Project Officer: Tackling Loneliness and Isolation will be responsible for collating the required information and reporting on the project progress specific to Ynysowen, as well as contributing to wider engagement and community development activities through partners and other agencies working in Ynysowen and other communities. The Project Officer is funded by the Integrated Care Fund and is subject to rigorous quarterly reporting to the Cwm Taf Morgannwg Regional Partnership Board using a Results Based Accountability framework. As a charity, Trinity will be able to offer support and obtain resources from staff, trustees and its charity members – this may be staff ‘buy out’ time or volunteer time depending on the nature of the activity.

**Who is delivering the project? (Please break down if more than one delivery person/organisation).**

Trinity Childcare & Family Centre is an award-winning and inclusive childcare setting based in Aberfan utilising a purpose-built nursery school.

We continue to develop our services and ensure a quality service is available within the Aberfan and Merthyr Vale Ward and surrounding areas - making us the 'hub' of the Community. In February 2011 the centre registered as a Community Interest Company, however it did not start

trading as Trinity Child and Family Centre until April 1st 2013. On December 21st 2016, the Centre changed its name to 'Trinity Childcare & Family Centre Ltd' and became a 'registered charity' as of January 13th 2017.

Currently employing 32 members of staff (including full-time and part-time positions - many of whom live within the Community itself) it is registered with the Care Inspectorate for Wales (CIW) to provide childcare for up to 52 children from the age of 7 weeks to 12 years. It delivers a range of services which include Flying Start, full-time and part-time daycare (through the medium of Welsh and English) preschool and wraparound provision, Breakfast Club, After School Club, Holiday Club, Open Access Play Scheme, school runs and flexible 'Outreach Crèche' facilities as well as supporting parenting programmes and enabling parents to access training. Family wellbeing and support is a growing and significant part of the charitable activities that Trinity will be supporting as part of its business plan.

As an additional element to the childcare provision we include a range of activities to engage the children both on and off site including links to the environment, culture, heritage, children's rights, inter-generational learning, healthy eating and encourage active participation in the planning and feedback from the these activities.

We have led on the following Community services:-

- Organisation of the annual Trinity Community Carnival;
- Co-ordination of child and family centred activities around key holidays e.g. Easter, Christmas and Halloween

Although community engagement can be quite a challenge, our experience, presence and proactive approach gives us an advantage. We are central to services, activities and events that go on within the community and use this to inform children, families and other stakeholders including support agencies.

Voluntary Action Merthyr Tydfil (VAMT) is the County Voluntary Council (CVC) for the area and has been in existence since 1997. VAMT's main role is the support, development and representation of third sector organisations and the promotion of volunteering. As part of its involvement in the Cwm Taf Public Service Board, the Chief Officer of VAMT is the lead officer for the "tackling loneliness and isolation" objective in the Cwm Taf Wellbeing Plan.

The Project Officers role will be to;

- Work with community groups, hubs and other third sector services to develop initiatives
- Develop new initiatives in communities co-productively with citizens

- Connect commissioned befriending services and their clients to other initiatives across Cwm Taf that address loneliness and isolation

### **How does the project show good value for money?**

Trinity Childcare & Family Centre is an established childcare setting with an excellent track record of delivering a quality service with outcomes and targets achieved, in addition to recognising the 'softer outcomes' achieved by those participating. Trinity will adhere to its 'Value for Money' Policy both in resources and service delivery.

As an existing organisation with qualified and experienced staff, resources, policies, procedures and delivery plans, Trinity has a great deal already in place. We are committed to achieving value for project spend as part of our strategy. While we have an explicit responsibility to achieve value for money from our use of funding grants, this principle extends to all our activities. The responsibility for pursuing value for money is implicit for all, not just those with financial responsibilities. To ensure we meet this responsibility, sound controls, reviews, authorisation and control over use of resources has been established.

This will be achieved through a mix of:

- Adopting recognised good practice where appropriate.
- Undertake or commission 'Value for Money' studies into areas of activity identified as worthy of review.
- Respond to opportunities to enhance the economy, efficiency and effectiveness of the centre's activities.
- Actively demonstrate to both internal and external observers that the achievement of cost effectiveness is sought in all activities undertaken.

### **How long is the project for?**

This project will run for two years, with outputs anticipated throughout the period that 'Activity Funding' is available. Any unused project funding will be returned to ILY.

### **How will the project lead to long term / sustainable benefits?**

Trinity Childcare & Family Centre is committed to supporting wellbeing and promoting financial, social and environmental issues.

We aim to:

- Improve education and skills training for the employability of parents and young people thereby improving their job prospects.
- Improve life chances of children and young people, enabling them to have a flying start in life by accessing a range of educational and play opportunities.
- To support families to develop confidence and self-help.
- To ensure that families and children have an opportunity to access a comprehensive range of health and wellbeing advice / services as well as a range of activities to improve their fitness and wellbeing.

**Does the project require permission to proceed from an outside body (e.g. planning permission, building regs, agreement from your landlord)?**

We do not require any additional permission to deliver the project.

**Any other comments you think are relevant – we feel the project will provide ‘value added’ to our families.**

- Offer those families and individuals that are deemed ‘hard to reach’ and ‘disengaged’ with opportunities to access fun activities with/without their children as well as adult led sessions that are either not available to them or they find difficulty in accessing. It is fully recognised that loneliness is not only experienced by people that are on their own.
- Parents and families report that the knowledge and opportunities gained through attending sessions have continued to be of value. Parents have the knowledge of supporting their child’s health and wellbeing through making appropriate choices.
- Friendships have been made within groups – encouraging further attendance in other group activities.
- Parents have begun to leave their child for short periods of time with childcare staff – gaining confidence in separation, childcare. This can also enable adult carers, who are often older people, to engage in social activities.
- Family readiness to engage with other services / agencies.
- Promoted inclusion of children and adults with ALN.

**What is the budget for the project? (please provide a cost breakdown).**

The estimated annual ‘Activity Fund’ budget is as follows:

- Materials, equipment, consumables and resources - £2000
- Venue hire, communications, marketing and awareness raising - £2000

- Staff support costs, reporting and volunteer management - £1000

**How much of the total amount is being requested from Invest Local Ynysowen?**

We have submitted costings for two years with the understanding that future funding will be sought elsewhere from the third year. This will be documented in the End of Project report.

Year 1 - £5,000

Year 2 - £5,000

Total request for 2 years - £10,000

**If you are not requesting the total amount from Invest Local Ynysowen where are you intending to get the rest of the funding from?**

The Project Officer: Tackling Loneliness and Isolation will be funded by Voluntary Action Merthyr Tydfil (VAMT) at a total cost of £78,000.

Time dedicated to Ynysowen would be equal to about 10% over the lifetime of the project but more so initially as Ynysowen is the first community that has been identified to work with.

## **PROJECT: FAMILY ENGAGEMENT –LEARNING AND PLAYING TOGETHER**

### **Please provide a brief outline of the project**

The project will be managed by Trinity Childcare & Family Centre who will need to employ an EARLY YEARS ENGAGEMENT OFFICER (part-time contract, 20 hours per week) to oversee project planning and delivery including communication, coordination and control of the project sessions, activities and services. There are elements of the project that would require integral childcare provision to enable parents / families to participate, as well as support from staff at the Centre.

We will utilise Trinity Childcare & Family Centre staff and resources to engage and work with families in a range of ways which will include delivering a series of activity-driven play sessions for children, as well as family development sessions throughout term time and during school holidays. These will promote health and wellbeing and provide a set of enjoyable yet developmental shared learning experiences.

This will be achieved through the delivery of a series of sessions which will include:-

- Developmental sessions for parents / carers / families would include:-
- Paediatric First Aid and dealing with childhood illnesses
- Playing on a budget
- Healthy eating on a budget
- Terrible Tantrums
- Rhymes and stories together - developing language and communication
- Starting school together - developing cognitive learning
- Breastfeeding and weaning

During these developmental sessions the adult participants will receive leaflets and free resources as well as an activity bag for parent/families and children to promote wellbeing, sustainable engagement and learning opportunities.

Our child led sessions will include:-

- Mother's Day – Family Values



- Rhyme Time – Speech and Language
- Teddy Bears Picnic – Healthy Snacks / ‘Eat Well’ Plate – Healthy Eating
- Making Music - Sensory Development
- Tiny Treasures – Cause and Effect

We aim to support and encourage positive relationships between children and their parents/carers including family learning throughout the early years, health and wellbeing through the provision of family and parenting support, early language development, transitional support from nursery to school, and child development through inter-generational approaches to play.

In so doing it aims to:

- Ensure that parents feel better able to cope with the demands of parenting.
- Raise parental self-esteem, improve emotional wellbeing and to aim for a more positive lifestyle.
- Support parents / carers to actively engage in their child’s learning and development.
- Raise awareness of early years support and in particular the need for families to have as much information, support and involvement in the process as possible.
- Create links between the parents and supporting agencies ensuring that support is available to remove the barriers that impact on child development and achievement.
- Prepare families, and in particular children for the transition from home to preschool and preschool to nursery and provide a link to statutory education to enable a smooth transition and improved outcomes for children.
- Ensure that children have the opportunity to gain the right foundations to allow them to engage in learning and therefore to reach their full potential, Early Language Development.
- Promote general health & wellbeing and provide enjoyable shared learning experiences.
- Promotion of key Public Health messages to parents.

Trinity Childcare & Family Centre will work in partnership with Merthyr Tydfil Leisure Trust and library service, delivering the language and play theme ‘Learning Together, Playing Together’. This will be delivered jointly and will promote language development and opportunities for play along with arts and crafts, rhymes, songs, healthy eating and sensory opportunities.

To deliver the project, we will work in partnership with a number of complementary agencies / stakeholders including Flying Start, Families First, St Johns Ambulance, health visitors, education providers such as nursery classes / schools, Ynysowen Community Primary School and Ysgol Rhyd-y-Grug Welsh Community School, the MTCBC Trust and Invest Local Ynysowen.

The project aligns with the inter-generational activity and community engagement themes identified by Invest Local Ynysowen research, but also follows on from the earlier identification of need and gaps in service through consultation meetings with Communities First and members of the community. This was supported by user groups and professionals in the field of health and education such as Flying Start, health visitors, nursery class teachers, Primary headteachers, CAB and the 'parenting team'. Subsequent consultations took place whilst the Communities First programme was running (this ended in Spring 2018) involving a similar mix of community, voluntary and statutory groups as part of the programme review/ benefits planning process.

We have seen an increase in the request from families wishing to attend such activities, particularly as they were delivered within their own community, thus reducing the need for transport or to attend activities further afield.

### **How does it fit within the vision?**

Our Vision for Ynysowen in 2025:

The project itself delivers activities and opportunities in line with the following vision.....

'We will value our children, young people, older people and the wider community by creating opportunities for their engagement and development.'

### **Which priorities does it contribute to?**

This proposal is being submitted under the 'Accessible Play and Parenting Activities' project title as identified in the Action Planning workshops as a priority project.

- Provide more active and inter-generational opportunities for children and young people in our community
- Improve communication and engagement across the community
- Better utilise existing buildings and facilities in the community

### **Has there been community involvement?**

Significant research has been undertaken by ILY into the Ynysowen community's priority needs and challenges, including direct local engagement with the community through independent research commissioned via Promo-Cymru to help understand the community's key development priorities.

These are articulated as:

- Provide more active and inter-generational opportunities for children and young people in our community
- Enable better transport options for a wide range of community members
- Improve communication and engagement across the community

- Better utilise buildings and facilities in the community
- Establish opportunities to sustain a safer, cleaner and greener environment

#### **The Evidence for Ynysowen:-**

- There is evidence to illustrate the positive effects on children who are prepared well for primary school by meeting their developmental milestones, as well as the positive impact on families through inter-generational transfer of skills by engaging with parents with poor literacy, language and numeracy skills that would otherwise be detrimental to the development of their children (Merthyr Tydfil Families First Action Plan, 2014/15).
- Children's educational attainment is a key indicator as poor attainment levels will have long term impacts on poverty in the area. A local analysis of early years developmental milestones in primary schools at the age of 3 shows that three educational institutions within the southern cluster (including one in Ynysowen) are below the Merthyr average of 68.2 (Analysis of Reception Baseline Assessments 2011, Local Education Authority).
- There is a significant demand for speech and language support and currently there are long waiting lists for treatment of approximately a year. As a result, therapy subsequent to these waits can become lengthier and therefore more expensive to run. Cwm Taf has amongst the lowest staffing ratio for Speech and Language therapists by population.
- Other research has pointed to the "faucet theory", which suggests that come the summer holidays, resources for poorer children become scarce, whereas middle-class and better-off parents have play resources on tap to help their children learn while being entertained. Within the cluster there are high levels of deprivation therefore need in this area is significant (Merthyr Tydfil Families First Action Plan - 2012/13-2016/17).

#### **Strategic Evidence:-**

High-quality early education and childcare makes a positive difference to a child's life chances. It has been shown to be one of the most effective early intervention strategies to enhance a child's developmental outcomes, in particular language and cognitive development in line with the Welsh Government's Early Years & Childcare Plan.

Children from poorer backgrounds lag behind at all stages of education (see findings of the Child Poverty Action Group, <http://cpag.org.uk/content/impact-poverty>).

Children from poorer backgrounds are much less likely to experience a rich home learning experience than children from better off backgrounds. Parental aspirations and attitudes to education vary strongly by socio-economic background with 81% of the richest mothers saying they hope their 9 year old will go to University compared with only 37% of poorest mothers (Joseph Rowntree Foundation: Poor Children's Educational Attainment, March 2010).

By the age of three, poorer children are estimated to be, on average, nine months behind children from more wealthy backgrounds (see Child Poverty Action Group, <http://cpag.org.uk/content/impact-poverty>).

Opportunities for children and young people to play together contribute to mitigating the negative effects of poverty on children's lives and helps to build their resilience and overall wellbeing (Welsh Government- Child Poverty Strategy for Wales).

The Welsh Government's Parenting Action Plan (2005) recognises and acknowledges negative parenting styles have a strong association with emotional and behavioural difficulties in children and young people, while positive and nurturing relationships between children and parents/carers are a crucial foundation for well-adjusted child development.

Evidence shows that early intervention is far more effective than trying to compensate later on in a child's development. The objective will be to build up early relationships between the parents/family and professionals where support and involvement means positive outcomes are more likely to be achieved (Welsh Government Parenting Action Plan, 2005).

The attachment that develops during the early years with parents/families is linked to a child's mental and physical health, behaviour, self-worth, social skills, resilience and educational attainment. Family members who talk with their children, value learning and encourage their children to read can significantly influence their child's language and literacy skills and support them to become better prepared for school (Welsh Government - Early Years and Childcare Plan).

### **How will you know it's been successful?**

Project reports will be presented on a monthly basis to the Trinity Childcare & Family Centre Board of Trustees, acting as project steering group. There will be a formal project plan that will define the critical success factors for the project, and identify the key performance indicators against which progress can be monitored.

- Number of families engaged
- Number of participants that successfully complete the sessions
- Number of children influenced by the sessions
- Number of referrals to supporting agencies and services
- Feedback and evaluation from sessions delivered
- Significant risks, issues and decisions that need reporting to the Board
- Lessons learned for dissemination to key partners and to the community
- Project finances and resource scheduling implications
- Benefits realisation aspects for post-project evaluation

Case studies will be carried out.

The Senior Management Team will discuss any resource / scheduling implications on a weekly and / or daily basis, including in team meetings when Trinity Childcare % Family Centre staff are preparing to deliver the sessions or raising issues and problems that need to be resolved.

The Early Years Engagement Officer will be responsible for collating the required information and reporting on project progress, as well as contributing to wider engagement and community development activities through partners and other agencies working in the community.

Project management skills and appropriate experience would be a key part of the criteria for recruitment and selection to this role

**Who is delivering the project? (Please break down if more than one delivery person/organisation).**

Trinity Childcare & Family Centre is an award-winning and inclusive childcare setting based in Aberfan utilising a purpose-built nursery school.

We continue to develop our services and ensure a quality service is available within the Aberfan and Merthyr Vale Ward and surrounding areas - making us the 'hub' of the Community. In February 2011 the centre registered as a Community Interest Company, however it did not start trading as Trinity Child and Family Centre until April 1st 2013. On December 21st 2016, the Centre changed its name to 'Trinity Childcare & Family Centre Ltd' and became a 'registered charity' as of January 13th 2017.

Currently employing 32 members of staff, including full-time and part-time positions - many of whom live within the Community itself is registered with the Care Inspectorate for Wales (CIW) to provide childcare for up to 52 children from the age of 7 weeks to 12 years. Delivering a range of services which include Flying Start, full-time and part-time daycare (through the medium of Welsh and English) preschool and wraparound provision, Breakfast Club, After School Club, Holiday Club, Open Access Play Scheme, school runs and flexible 'Outreach Crèche' facilities as well as supporting parenting programmes and enabling parents to access training.

As an additional element to the childcare provision we include a range of activities to engage the children both on and off site including links to the environment, culture, heritage, children's rights, healthy eating and encourage active participation in the planning and feedback from these activities.

We lead on the following Community services:-

- Organisation of annual community carnival;
- Co-ordination of child and family centred activities around key holidays e.g. Easter, Christmas and Halloween

Although engagement can be quite a challenge within the Community, our experience, presence and pro-active approach gives us the advantage. We are central to services, activities and events that go on within the community and use this to inform children and families.

**How does the project show good value for money?**

We adhere to our 'Value for Money' Policy both in resources and service delivery.

Trinity Childcare & Family Centre is an established childcare setting with an excellent track record of delivering a quality service with outcomes and targets achieved, in addition recognising the 'softer outcomes' achieved by those participating.

The budget is based on previous spend of similar projects where we have delivered as 'pilots' and therefore reviewed, evaluated and adapted the delivery to ensure cost effectiveness, value for money as well as ensuring participants receive a quality service.

As an existing organisation with qualified and experienced staff as well as resources, policies, procedures and delivery plans we have a great deal already in place. We are committed to achieving value for money as part of our strategy. While we have an explicit responsibility to achieve value for money from our use of funding grants, this principle extends to all our activities. The responsibility for pursuing value for money is implicit for all, not just those with financial responsibilities. To ensure we meet this responsibility, sound controls, reviews, authorisation and control of use of resources have been established.

This will be achieved through a mix of:-

- Adopting recognised good practice where appropriate
- Undertake or commission 'Value for Money' studies into areas of activity identified as worthy of review.
- Respond to opportunities to enhance the economy, efficiency and effectiveness of the centres activities.
- Actively demonstrate to both internal and external observers that the achievement of cost effectiveness is sought in all activities undertaken.

### **How long is the project for?**

Previously we have run similar projects funding by Communities First, however these were directly linked to funding and were not sustainable and ran for limited times. Funding is requested for 2 years, however our aim is to integrate this service into the development and delivery of Trinity as a business.

### **How will the project lead to long term/sustainable benefits?**

Trinity Childcare & Family Centre is committed to supporting and promoting financial, social and environmental issues. Due to the nature of the project where activities require the participation and engagement of families, families who often are experiencing financial difficulties, it will be difficult to generate income directly from the project. However, we will continue to identify additional funding, fund raising and ways to generate an income. Parents will be encourage to develop fundraising activities to cover some additional activities.

Financial benefits directly towards Trinity Childcare & Family Centre will be the result of the staff engaging with families at an early age / stage, promoting Trinity and its services, building positive relationships with parents. In return parents express an interest in our services with a possibility of accessing fee paying childcare.

Environmental sustainability – we continue to identify environmental sustainability opportunities. Our aim is to continually develop cost-effective methods of working that will promote best practicable environmental solutions in any given circumstance, with the minimum standard being environmentally neutral. We continue to engagement with local people to advance communal commitment to sustainable environmental practices, and to encourage partnership working with local communities and their representatives. We monitoring and evaluate our services both managerial and operational ensures environmentally friendly or, minimally, environmentally neutral.

Social issues – the development of a social enterprise based around the Child and Family Centre will promote and encourage children, young people, parents, carers, community groups to have an influence over the services they receive and over services that are designed for them.

We aim to:-

- Improve education and skills training for employability of parents and young people improving their job prospects
- Improve life chances of children and young people, enabling them to have a flying start in life by accessing a range of educational and play I opportunities
- To support families to develop confidence and self help
- To ensure that families and children have the opportunity to access a comprehensive range of health and wellbeing advice / services as well as a range of activities to improve their fitness and wellbeing

**Does the project require permission to proceed from an outside body (e.g. planning permission, building regs, agreement from your landlord)?**

We do not require any additional permission to deliver the project.

**Any other comments you think are relevant**

- Offer those families that are deemed 'hard to reach', 'disengaged' opportunities to access fun activities with their children as well as adult led sessions that are either not available to them or they find difficulty in accessing.
- Trinity - increased attendance at Parent and Toddler Group – Trinity Child and Family Centre
- Parents continue to access 'healthy options' and choices' at snacks and other activities involving food. We promote cost effective buying as well as nutritional.
- Parents report that the knowledge and opportunities gained through attending sessions have continued to be of value. Parents have the knowledge of supporting their child's health and wellbeing through making appropriate choices.
- Friendships have been made within groups – encouraging further attendance in other group activities.

- Parents have begun to leave their child for short periods of time with childcare staff – gaining confidence in separation, childcare
- Parents identifying appropriate childcare to enable them to return to work
- Parents readiness to engage with other services / agencies
- Promoted inclusion of children with ALN

**What is the budget for the project? (Please provide a cost breakdown).**

<b>Revenue</b>	<b>Year 1</b>	<b>Year 2</b>
Start up costs	£0	
Salaries, NI and pensions	£13,075	£13,410
Freelance fees	£0	£0
Recruitment	£0	£0
Training	£400	£200
Travel and other expenses	£400	£400
Accommodation and utilities	£4,590	£4,750
Marketing and communications	£500	£300
Monitoring and evaluation	£538	£548
Professional and legal fees	£50	£0
Snack/Consumables	£5,100	£5,250
Redundancy costs	£0	£0
<b>Revenue total</b>	<b>£24,653</b>	<b>£24,858</b>
<b>Overheads</b>		
Staff	£168	£178
Accommodation	£35	£36
Utilities	£386	£398
Professional and legal fees	£320	£331
Management Fee	£1,056	£1,082



Overheads total	£1,965	£2,025
<b>Capital</b>		
Start up costs	£0	£0
Equipment	£470	£0
Land or building purchase	£0	£0
Construction or refurbishment	£0	£0
Professional and legal fees	£0	£0
Other- please specify	£0	£0
Other- please specify	£0	£0
Capital total	£470	£0
<b>Totals</b>	<b>£27,088</b>	<b>£26,883</b>

**How much of the total amount is being requested from Invest Local Ynysowen?**

We have submitted costings for two years with the understanding that possible funding be sought elsewhere for the third year.

Year 1 - £27,088

Year 2 - £26,883

Total request for 2 years - £53,971.00

**If you are not requesting the total amount from Invest Local Ynysowen where are you intending to get the rest of the funding from?**

Throughout the period of project we will pursue additional funding / resources that will enhance the delivery of the project.

## **Project: Mount Pleasant Community Hub Feasibility Study**

### **Please provide a brief outline of the project**

The community of Mount Pleasant doesn't have a building that can be used as a focal point for residents to get together and organise group activities. The site chosen sits adjacent to the football field, which used to but no longer has community changing or restroom facilities.

The project proposes to commission a feasibility study to explore the potential options available to the community and from that to develop a community hub

### **How does it fit within the vision?**

The Friends of Mount Pleasant are representing the community streets of Mount Pleasant, and the estates of Darren Las and Mount View.

The community hub will help to make Mount Pleasant a thriving place where a range of local organisations and community groups can meet and work together to benefit the community as a whole. Mount Pleasant value their children, young people, older people and the wider community. The activities they provide will give opportunities to improve their wellbeing and personal development. All activities run from the Hub will be for a range of ages so the whole community can get involved.

### **Which priorities does it contribute ?**

The community hub of Mount Pleasant will provide more active and inter-generational opportunities between children, young and older people in our community

The community hub will provide a location to improve communication and engagement across the whole of the community. It will also provide drop-in facilities, opportunities for young and old to meet, chat and hang-out.

No facilities are currently available to the community. The community has no shops, pub, café, post office and no school, these were all something we once had and were all very successful. Previously the community was thriving, and it had football and darts teams and the changing rooms were well used, the community has now established a football team again and the team will use the hub for food and drinks, spectators will also use the hub to buy coffee, cake, sweets etc.... The community are in desperate need of a facility that can hold events and help re-establish their community spirit.

### **Has there been community involvement?**

There has been community involvement, with support pledged from the councillors who recognise that the Mount Pleasant has absolutely no facilities. Families have endured additional hardships when the local school closed. Transport links are poor and responsibility of getting their children to school now lies with the families. This common goal has united the families of the community in a establishing the hub as a drop off point for parents who would use this as a base to arrange collective transport if it were available. There could be a breakfast club so children would be fed before the journey to school.

The community are behind the Friends of Mount Pleasant and are willing to support and help where needed to get this established. Our recent event has caught the interest of all of the community, and we will get to see the older generation joining the youngest of the generation for stories and catch up's. Most residents within Mount Pleasant and Darren las feel this is what this community is lacking.

### **How will you know it's been successful?**

Initially it will be having a completed feasibility study however in the long-term it will be:

- Mount Pleasant has a community hub
- The hub is used by a wide variety of individuals and groups with an increase engagement from the local community.
- Sporting team groups are encouraged and re-established which ultimately improves well-being, community engagement and health.
- The hub is self-sustainable through group activities and fundraising.

### **Who is delivering the project? (Please break down if more than one delivery person/organisation).**

Friends of MP will co-ordinate the commissioning of a feasibility study with support from the ILYnysowen Steering Group.

### **How does the project show good value for money?**

By commissioning a feasibility study, we will determine the best possible option for a new community hub, with a clear breakdown of costs both for the build and for its ongoing management.

### **How long is the project for?**

One year initially

**How will the project lead to long term/sustainable benefits?**

We aim to promote a community approach where all members of the community work together as a team and this in turn will promote the financial, physical and emotional needs of all in the community.

By providing a community hub, residents can organise events close to where they live that will in turn, benefit the community. Income will also be generated through regular seasonal activities such as youth clubs, film nights for the older and younger generation, coffee mornings, playscheme, gardening club, women's cork club, Christmas fayres, disco, private children's parties, private and community bar-b-ques etc.

**Does the project require permission to proceed from an outside body (e.g. planning permission, building regs, agreement from your landlord)?**

The feasibility study does not however the community hub will and we will ask whoever we commission to include this in the study.

**What is the budget for the project? (please provide a cost breakdown).**

We would like to request £15,000 initially to commission a feasibility study which will then give us an indication of costs for a new building.

**How much of the total amount is being requested from Invest Local Ynysowen?**

100% for the feasibility study, we will come back and discuss the finding of this study with the steering group to decide where to go next to fund the Community Hub (it's expected some of this will come from the Invest Local funding).

## **PROJECT: Invest Local Ynysowen Steering Group Communication, Events and Small Grants Scheme**

### **Please provide a brief outline of the project**

We will raise the profile of Invest Local within our community by a variety of communication materials. We will do this by producing community newsletters and installing information boards at various points throughout the community. We will also look to increase our social media presence and have allocated a small budget to do so. We will continue to run our successful small grants scheme. We will also look to fund events within the community that bring people together.

### **How does it fit within the vision?**

This project will aim to deliver all elements of the vision particularly:

- We will help to make Ynysowen a thriving place where a range of organisations and community groups work together to benefit the community.
- We will value our children, young people, older people and the wider community by creating opportunities for their wellbeing and development.

### **Which priorities does it contribute?**

- Provide more active and inter-generational opportunities for children, young people and older people in our community
- Enable better transport options for a wide range of community members
- Improve communication and engagement across the community
- Better utilise existing buildings and facilities in the community
- Establish opportunities to sustain a safer, cleaner and greener community environment

### **Has there been community involvement?**

All of these activities have been carried out during the Getting Going stage and have provided a valuable mechanism for engaging local people. The small grants scheme has been responsible for new people joining the steering group as well as new projects coming forward.

**How will you know it's been successful?**

We would hope that it would result in more people talking about Invest Local, more people taking part in Invest Local activities and more people being aware of Invest Local.

**Who is delivering the project? (Please break down if more than one delivery person/organisation).**

ILYnysowen Steering Group

**How does the project show good value for money?**

The steering group will oversee this project and as such will look to utilise local suppliers and obtain at least three quotes where appropriate. We will use the small grants form from our Getting Going stage to run this second phase of small grants.

**How long is the project for?**

The duration of the plan

**How will the project lead to long term/sustainable benefits?**

More people will know about Invest Local and will understand what the programme is all about. We also hope it will help the Steering Group to recruit new members and will contribute to the development of the next plan if we use it to ask people what they think both about our first plan and about future projects.

**Does the project require permission to proceed from an outside body (e.g. planning permission, building regs, agreement from your landlord)?**

None required at the moment, if any permissions are required in the long-term the ILYnysowen Steering Group will oversee this

**What is the budget for the project? (please provide a cost breakdown).**

- £10,000 to be spent on promoting the programme using different forms of media
- £10,000 to be spent on events within the community that bring the community together

- £5,000 to be spent on a follow-up small grants scheme after the success of the original pilot in the Getting Going phase (10 grants, £500 per grant)
- £5,000 to send two young people on a Driving Change forward leadership road trip
- £3000 to cover meeting hire costs for all our steering group meetings (this will enable us to support local organisations)

**How much of the total amount is being requested from Invest Local Ynysowen?**

100%