Health and Wellbeing Board

Community Empowerment Programme; Community Builders
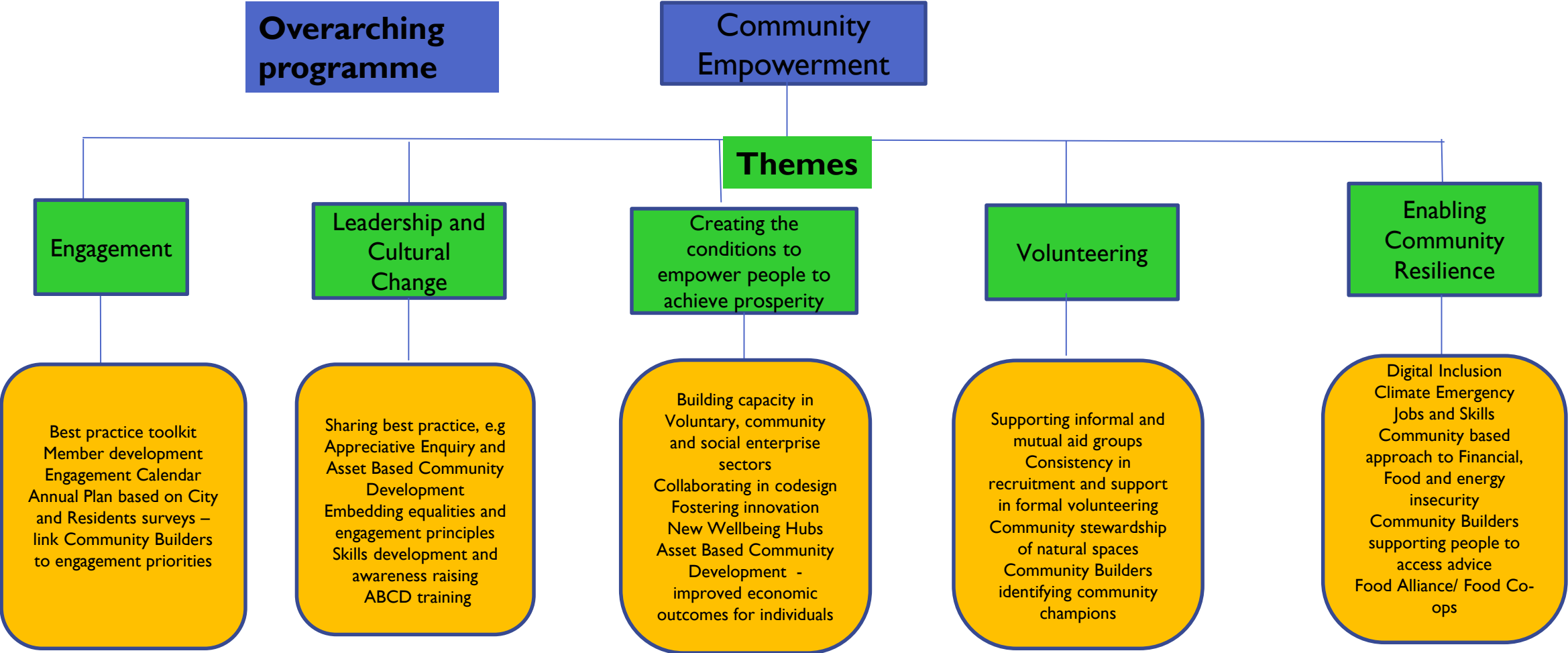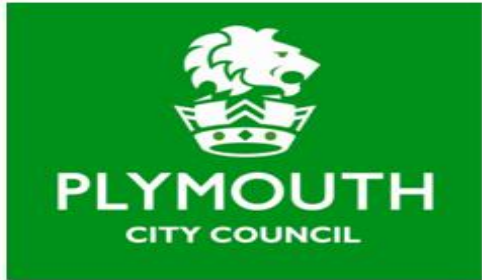
June 2023

Building out of COVID

Community empowerment is the process of enabling communities to increase control over their lives and to make their voices heard in shaping the services they use and the places they live.

- As a Council we want to work together for a fairer, greener and healthier city in which everyone does their bit

- Builds on the Council operating model & Plymouth Plan principles - the Plymouth Plan aims to promote the sharing and devolving of power to enable action to happen, making use of democratic processes already in place and enabling local communities to influence decisions or make decisions in fair and transparent ways

- Important in reducing inequality

- COVID-19 has proven that when we work together we can transform our city

- 800+ volunteers; 70+ neighbourhood groups; 2,500 xmas meals in a box; Caring for Plymouth; Plymouth Good Neighbours; RESURGAM

OFFICIAL

Programme and Themes

Overarching programme

Community Empowerment

Themes

Engagement

Leadership and Cultural Change

Creating the conditions to empower people to achieve prosperity

Volunteering

Enabling Community Resilience

Best practice toolkit
Member development
Engagement Calendar
Annual Plan based on City and Residents surveys – link Community Builders to engagement priorities

Sharing best practice, e.g Appreciative Enquiry and Asset Based Community Development
Embedding equalities and engagement principles
Skills development and awareness raising
ABCD training

Building capacity in Voluntary, community and social enterprise sectors
Collaborating in codesign
Fostering innovation
New Wellbeing Hubs
Asset Based Community Development - improved economic outcomes for individuals

Supporting informal and mutual aid groups
Consistency in recruitment and support in formal volunteering
Community stewardship of natural spaces
Community Builders identifying community champions

Digital Inclusion
Climate Emergency
Jobs and Skills
Community based approach to Financial, Food and energy insecurity
Community Builders supporting people to access advice
Food Alliance/ Food Co-ops

Community Builders – 3 month reflection

- Background and scope

- Resilience programme

- Team – who/where

- Links and resources

  - come and hang out with the team

- Data from first 3 months

Background: Fair Shares Scope Statement

The Fair Shares Programme is a £800,000 annual investment into Wellbeing Hubs, link workers (social prescribers) in Hubs, Community Builders, and a range of wellbeing activity that link workers can 'prescribe' into. The programme aims to address population-level risk factors associated with mental and physical ill health including deprivation, individual and community resilience, developing community and social capital, physical activity, and use of outdoor spaces. It also supports the implementation of the Community Mental Health Framework, and increase capacity of existing Wellbeing Hubs as well as roll out further Wellbeing Hubs. In all, the programme aims to reduce health inequalities and pressure on primary and social care. The initial phase of investment is focused on three areas:

- **Citizen Connection and Community Building**
- **Ecosystem of VCSE Wellbeing and Support**
- **Individual Resilience**

Background: Fair Shares Programme Structure
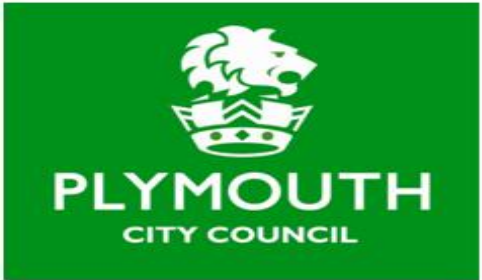
Citizen Connections and Community Building

Wellbeing Hubs

Community Builders

Ecosystem of VCSE Wellbeing and Support

Belong in Plymouth

Community of Practice

Mappers Network

Capacity Building

Neighbourhood Networks

Sparks Funding

Individual Resilience

Food Plymouth

Food Coops

Citizens Advice

Food is Fun

Community Builders

Individual Resilience

A programme of support is available for individuals to tackle financial insecurity as follows:

1. Income Maximisation Advice provided by Citizens Advice through community venues including Childrens' Centres
2. Food growing on a budget sessions
3. Shopping and Cooking on a budget sessions
4. Food co-ops – trialling 3 co-operative models: small-scale residential food buying; food clubs; and larger social supermarkets
5. Plymouth Energy Community Energy Champions

The Community Builders Team

- 13 members of the team working within the following 15 communities or areas of interest:

- LGBTQ+
- Ethnically Diverse communities
- Disabled people
- Young people
- Men
- Community Mental Health
- Food co-ops

- Barne Barton
- Devonport
- Honicknowle
- Stonehouse
- East End
- Efford
- Estover
- Southway

The Team: Geographical Locations
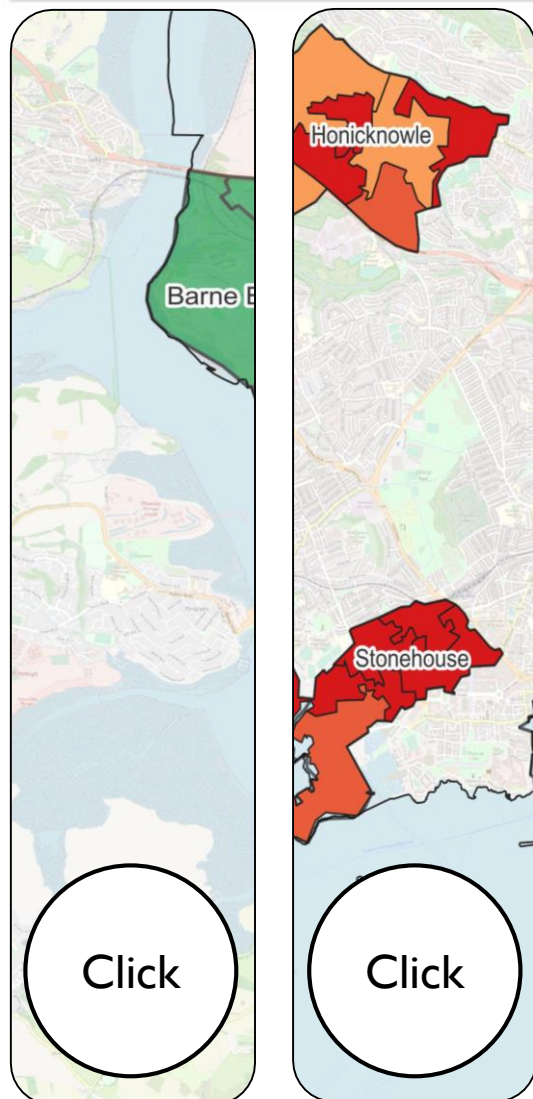
Why those locations?

- Based on the IMD the most deprived neighbourhoods are: Stonehouse, Devonport, Barne Barton, Whitleigh, Ernesettle, East End and North Prospect

- Based on City Survey (2020) indicators of belonging, influencing decisions, pride and involvement in local areas, the worse performing wards are: Devonport, Honicknowle, Ham, St Budeaux and Drake

Therefore, combining these two factors, considering community builder best-practice and existing community builder/development support resulted in selection of the current neighbourhoods

- *Devonport and Morice Town combined under one community builder
- *Estover and Efford split between one community builder.

Click

Click

The Team: Geographical Locations
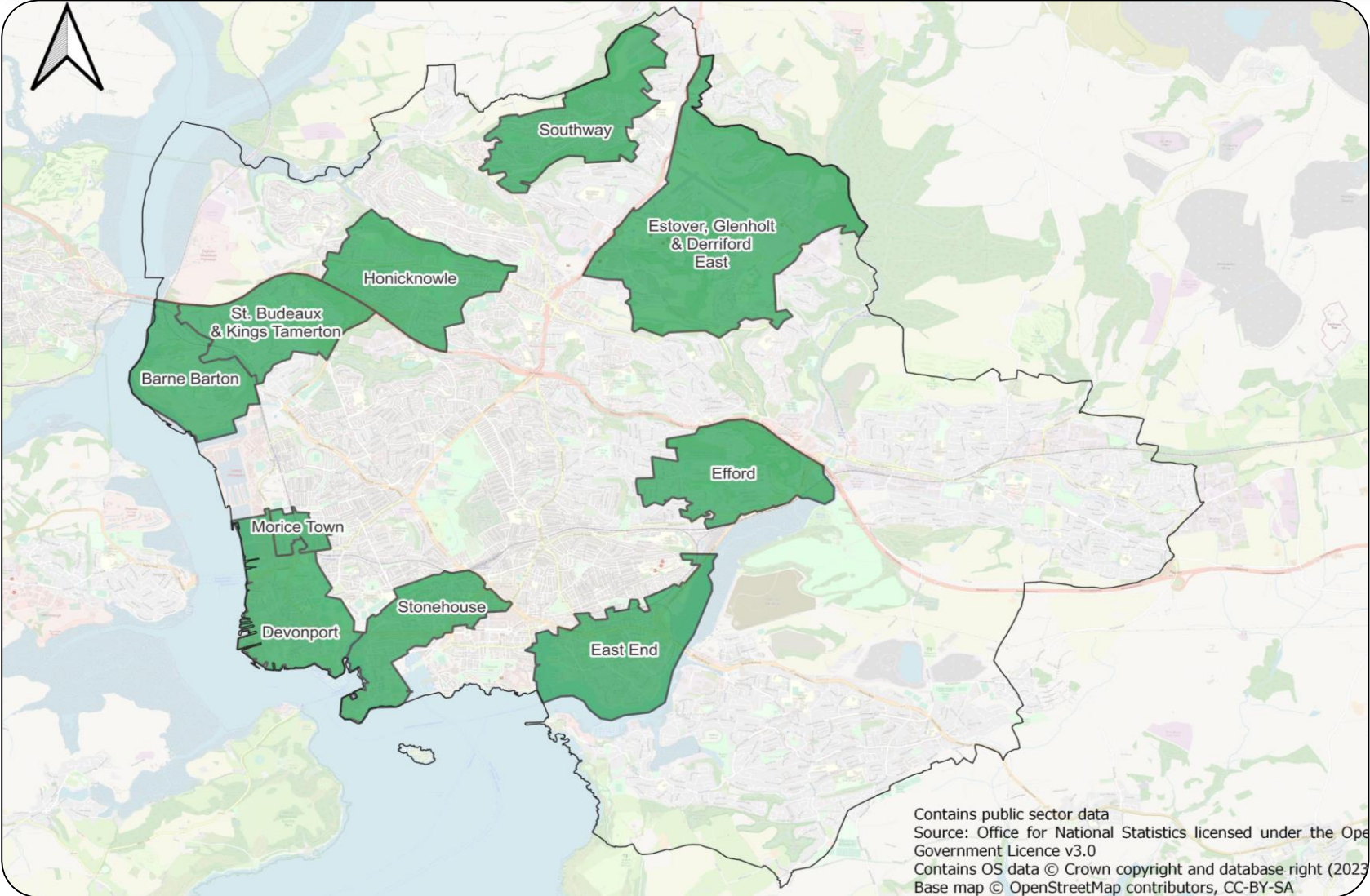
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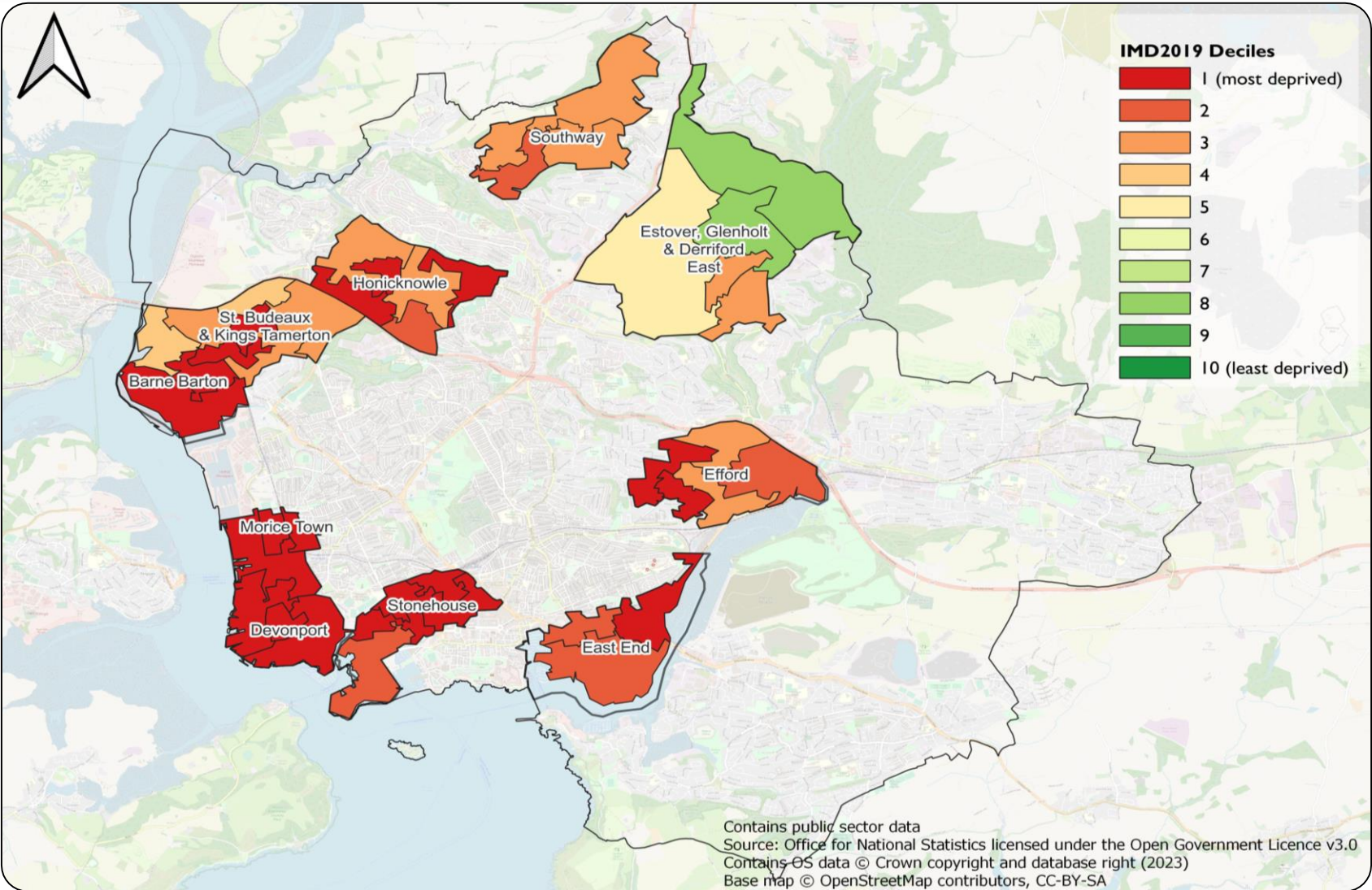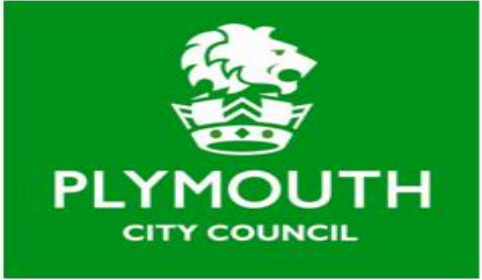
The Team: City Survey 2020 Results
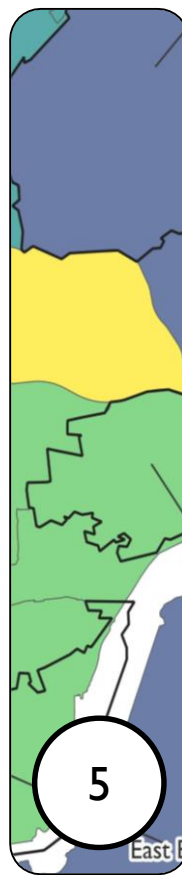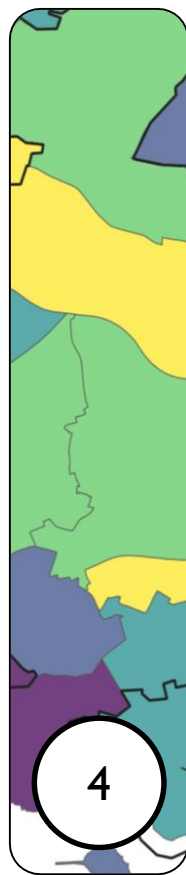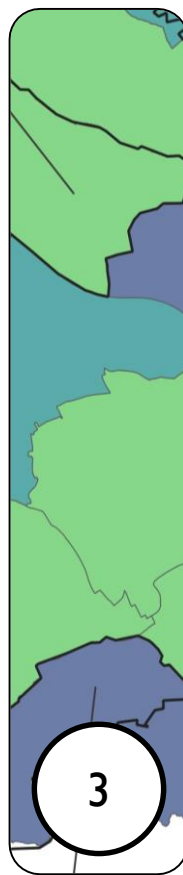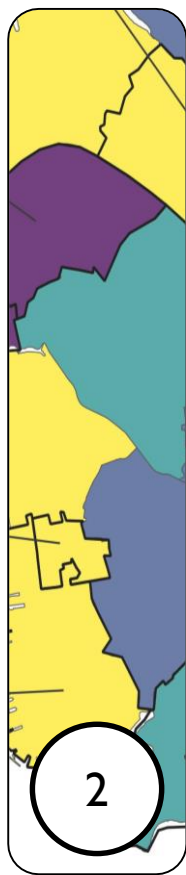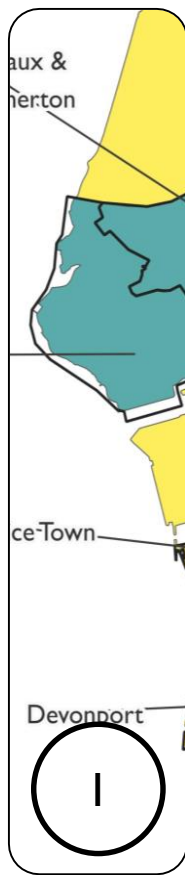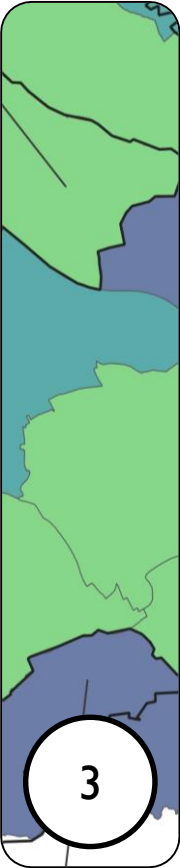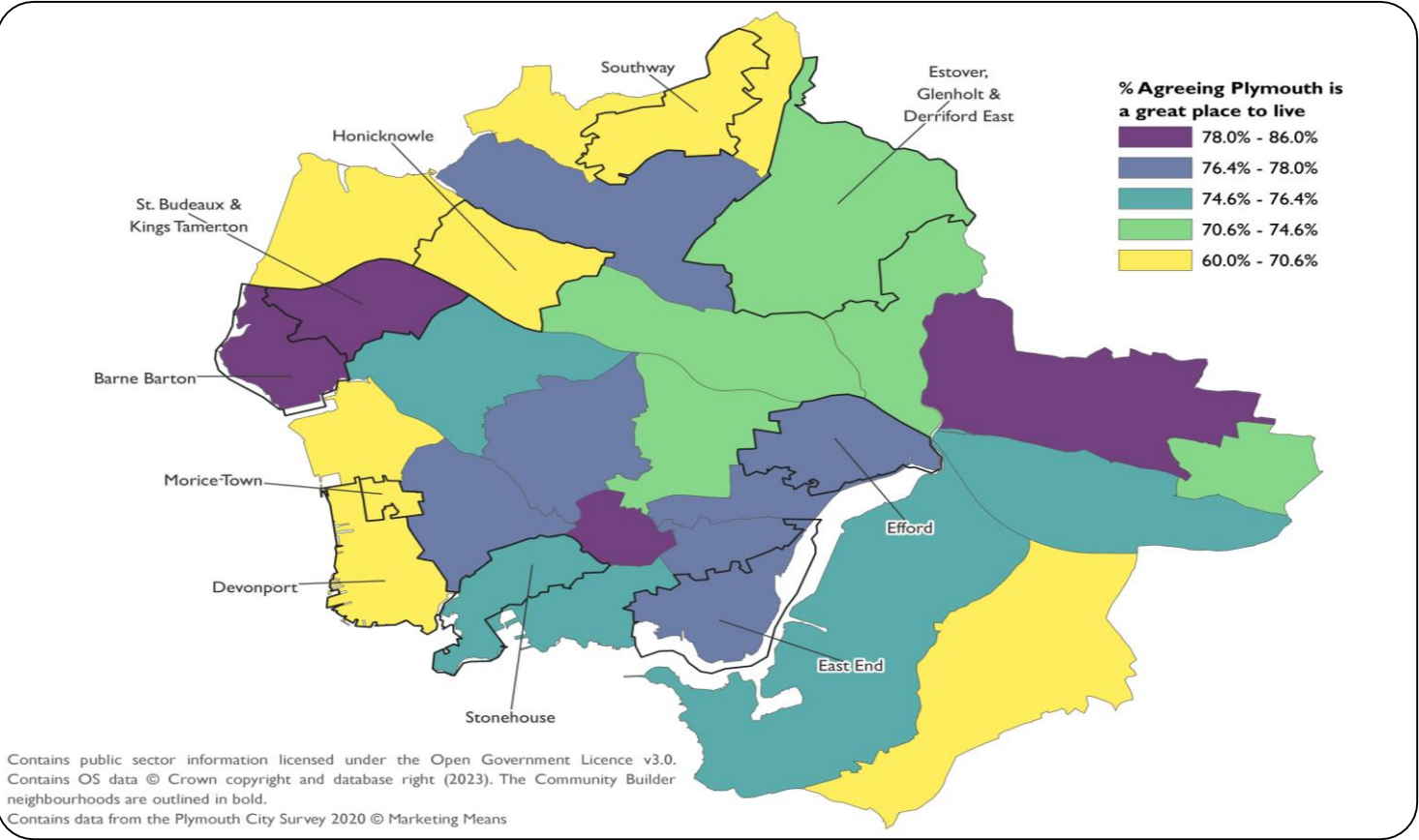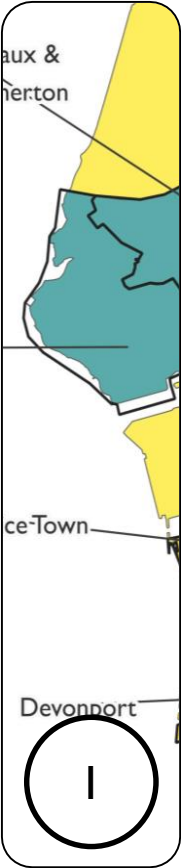
1: % agreeing that they have pride in their local area

2: % agreeing that Plymouth is a great place to live

3: % agreeing that they belong to their local area

4: % agreeing that their local area is a place where people from different backgrounds get on well together

5: % agreeing that they know how to get involved in decisions that affect their local area

6: agreeing that they are involved in community groups/activities in their local area

The Team: City Survey 2020 Results
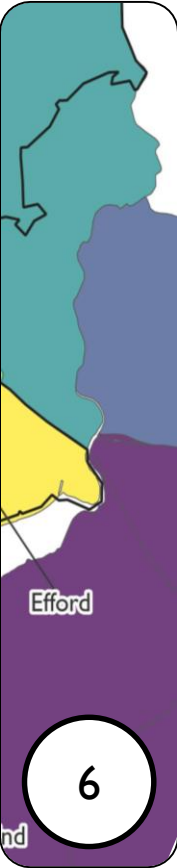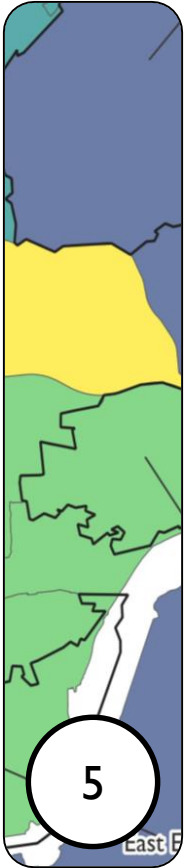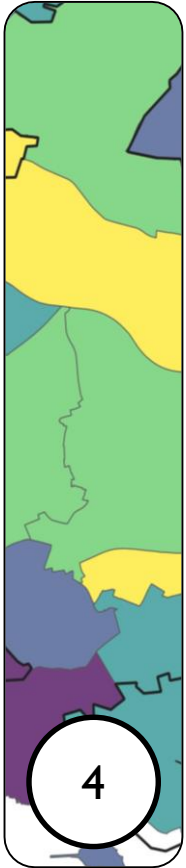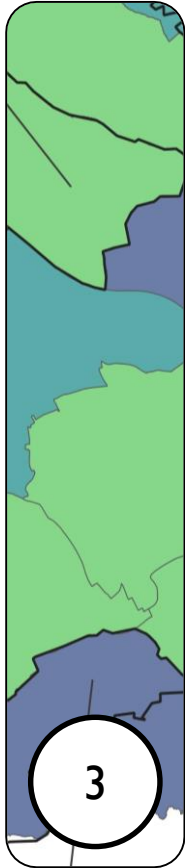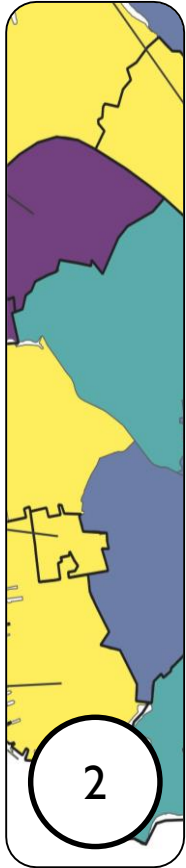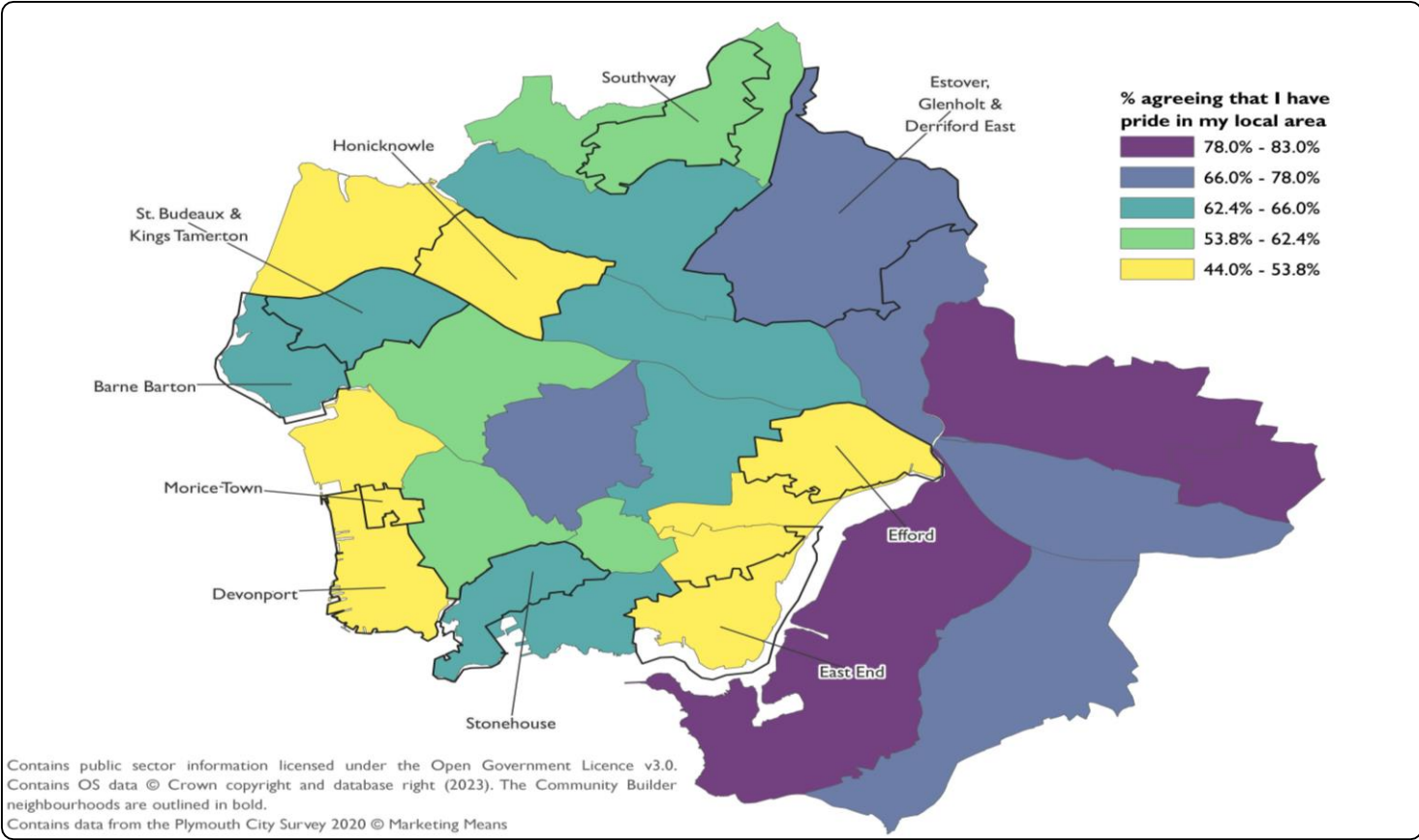
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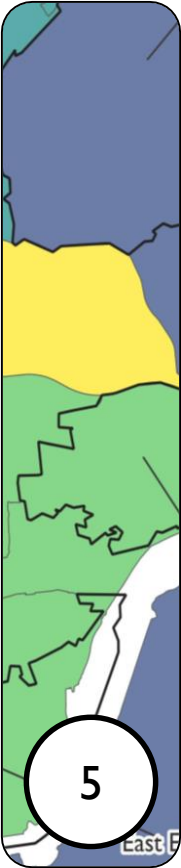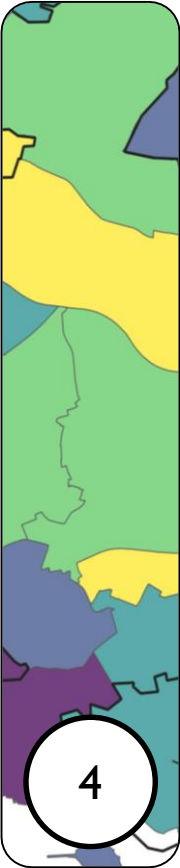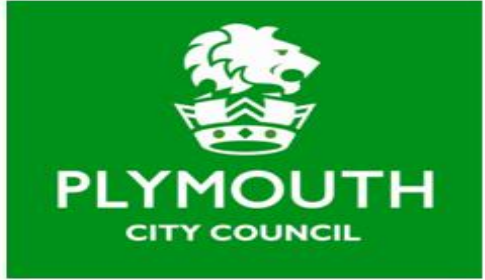
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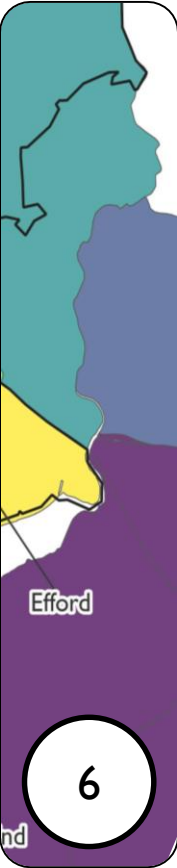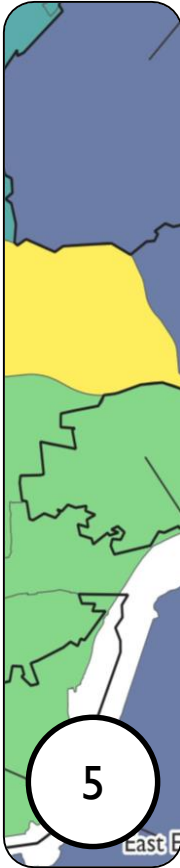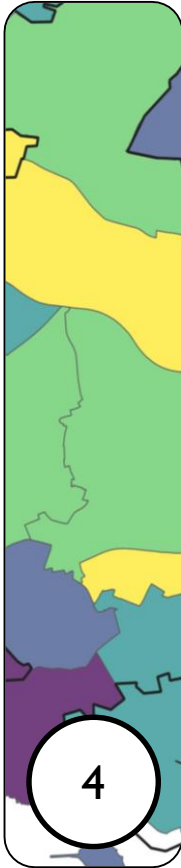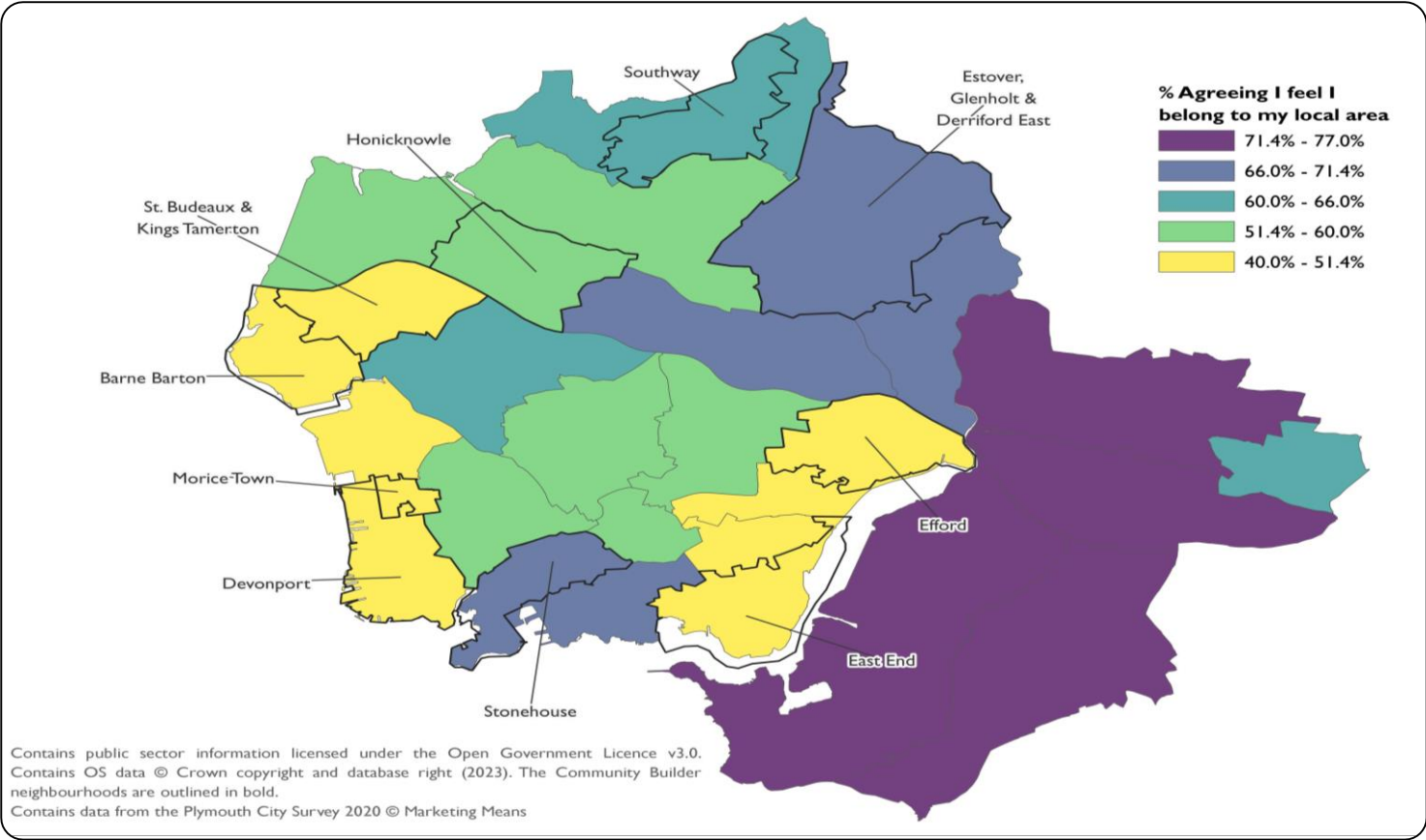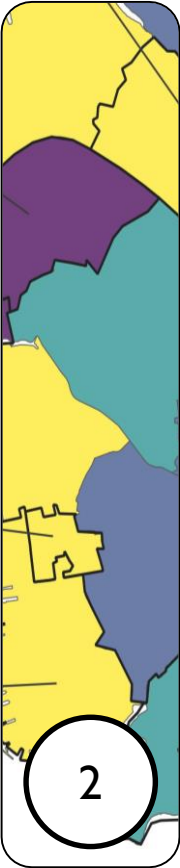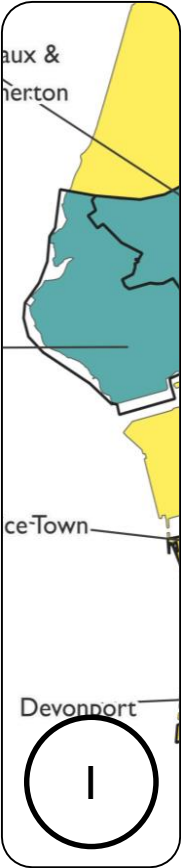
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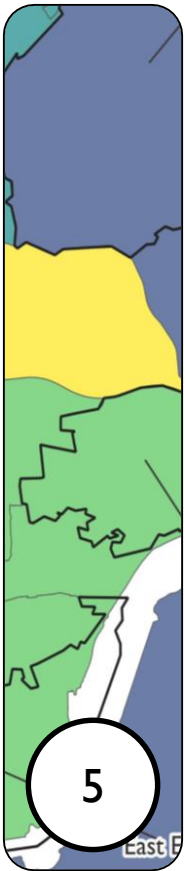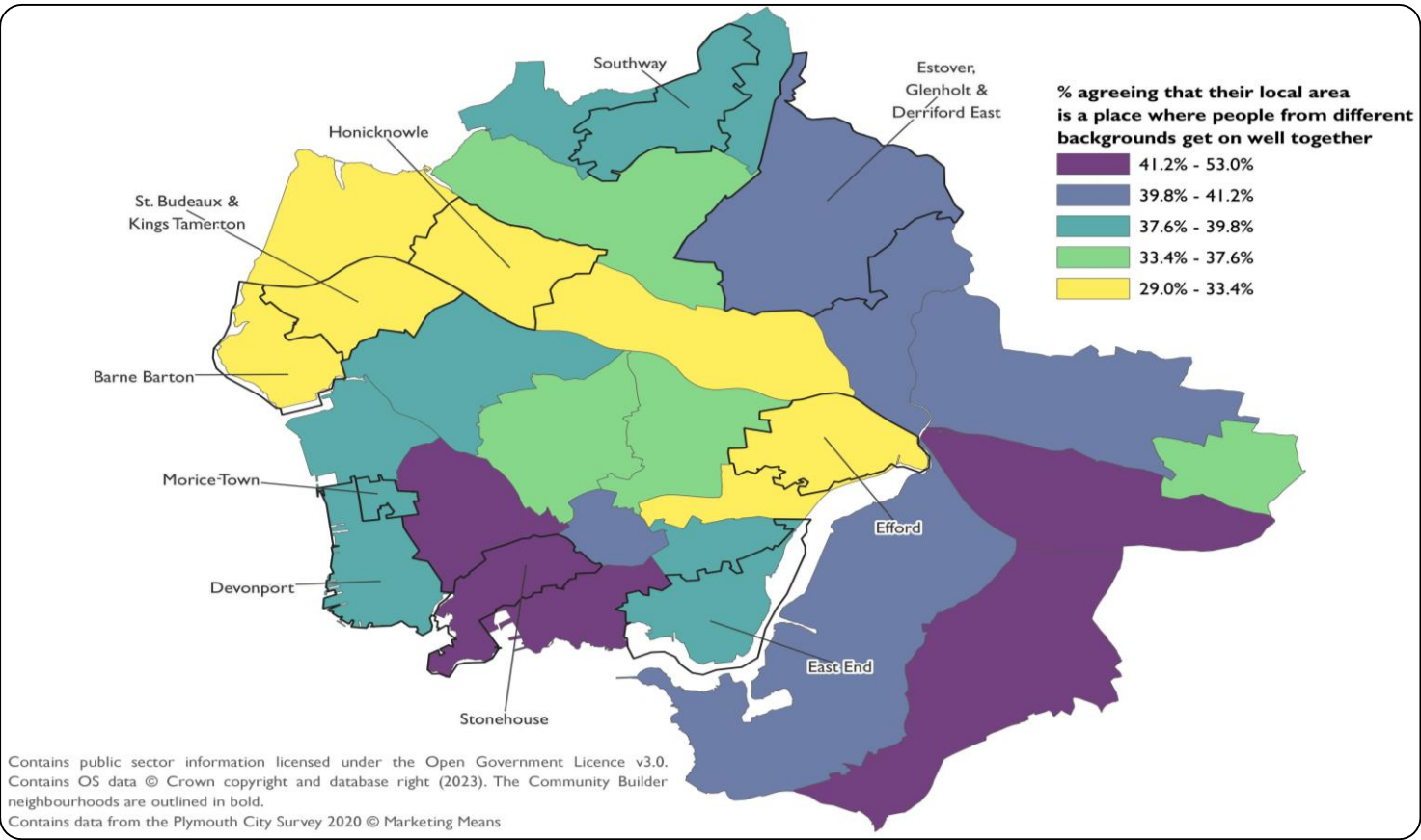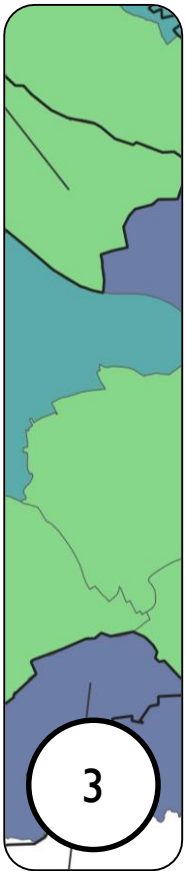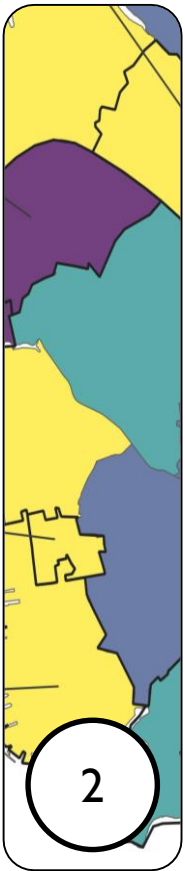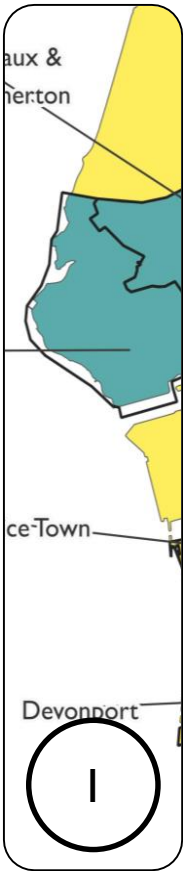
4: % agreeing that their local area is a place where people from different backgrounds get on well together

The Team: City Survey 2020 Results
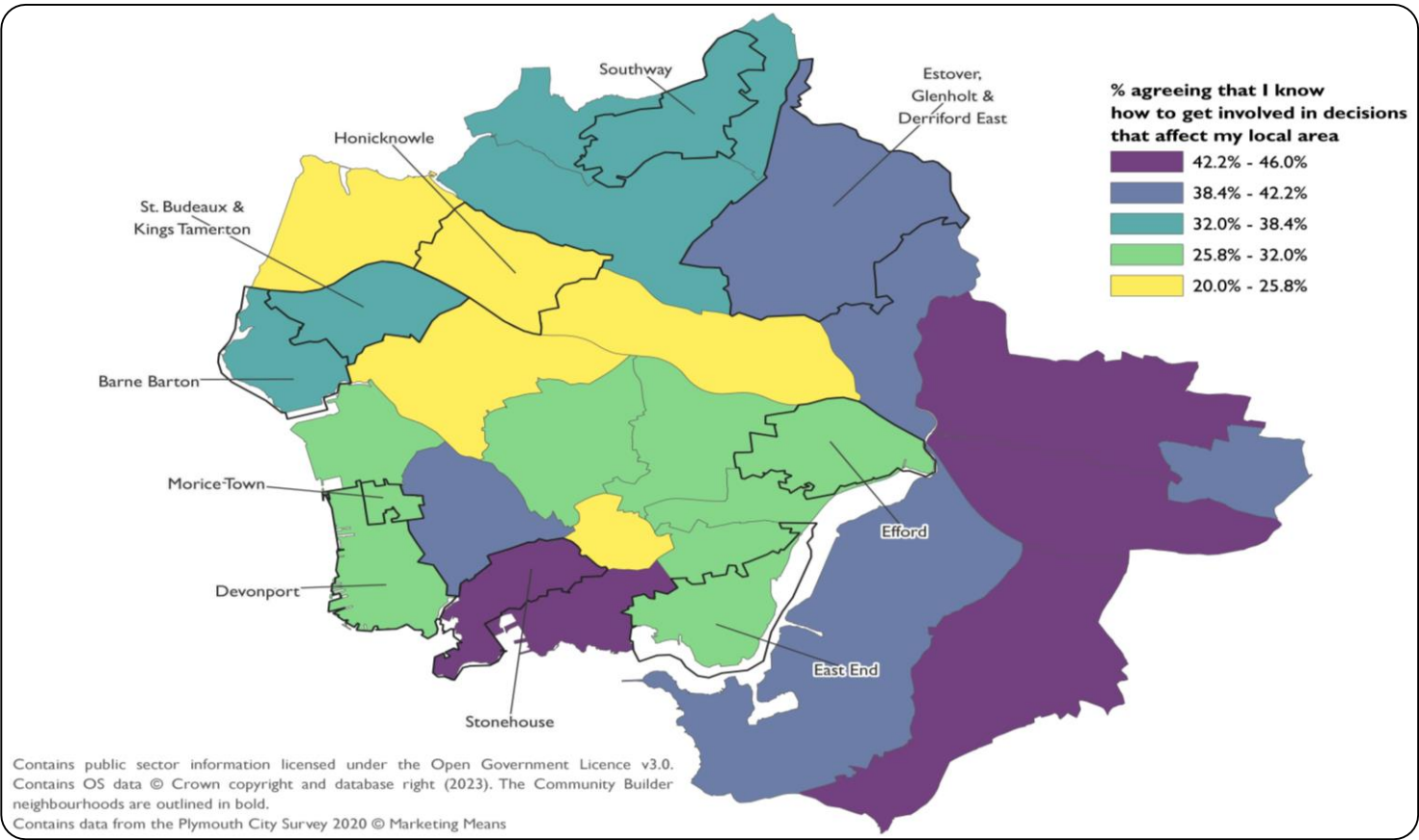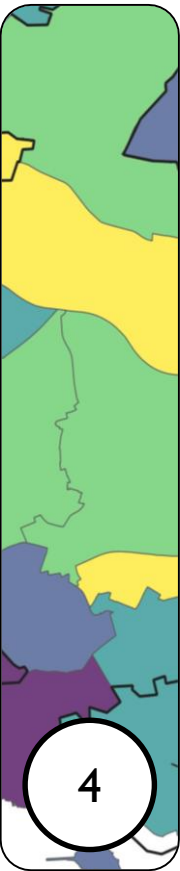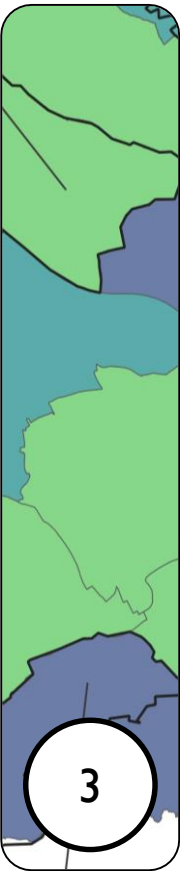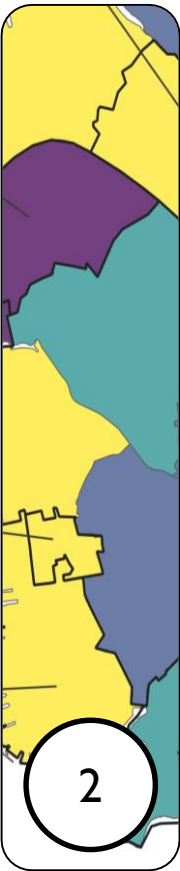
5: % agreeing that they know how to get involved in decisions that affect their local area

The Team: City Survey 2020 Results
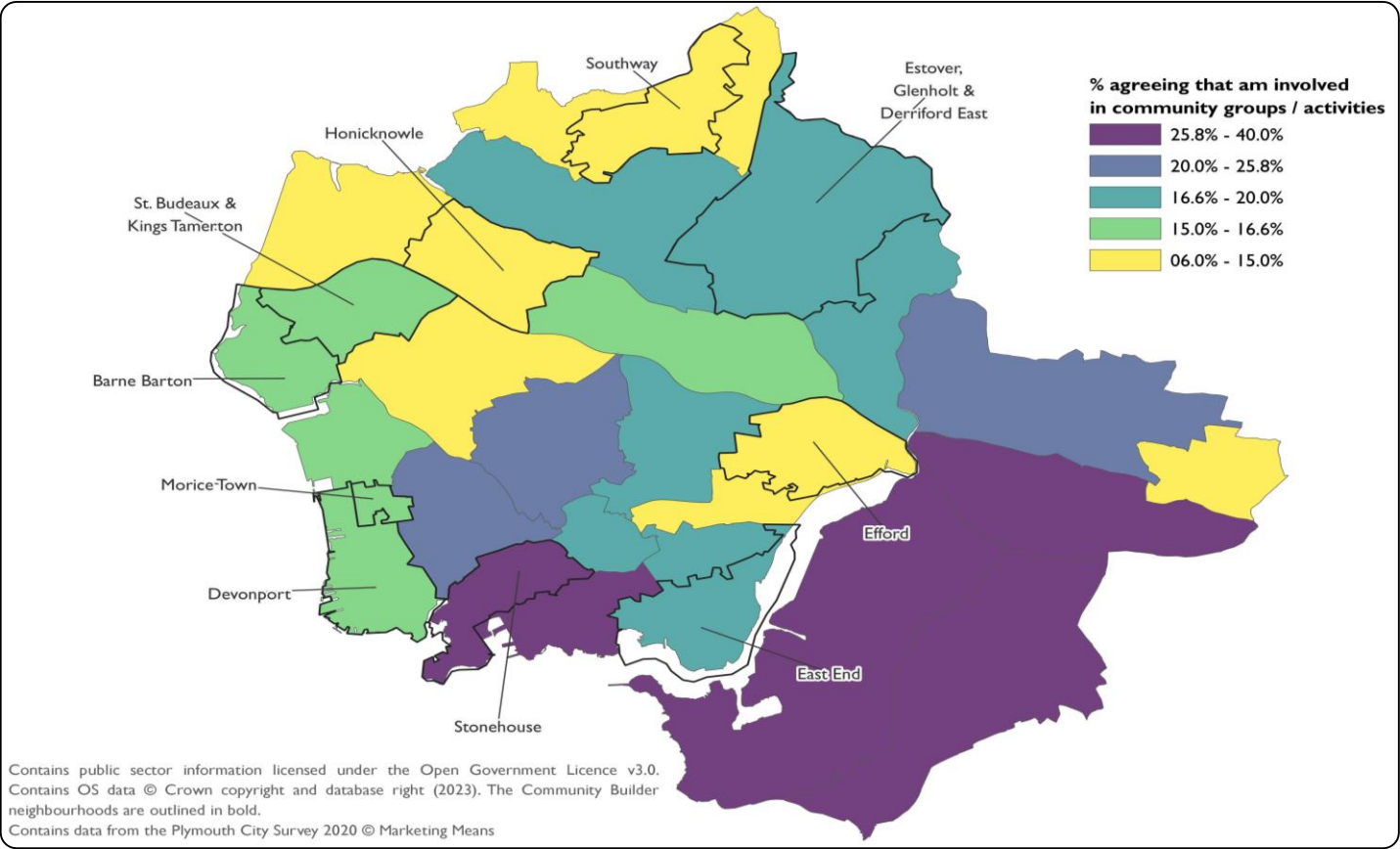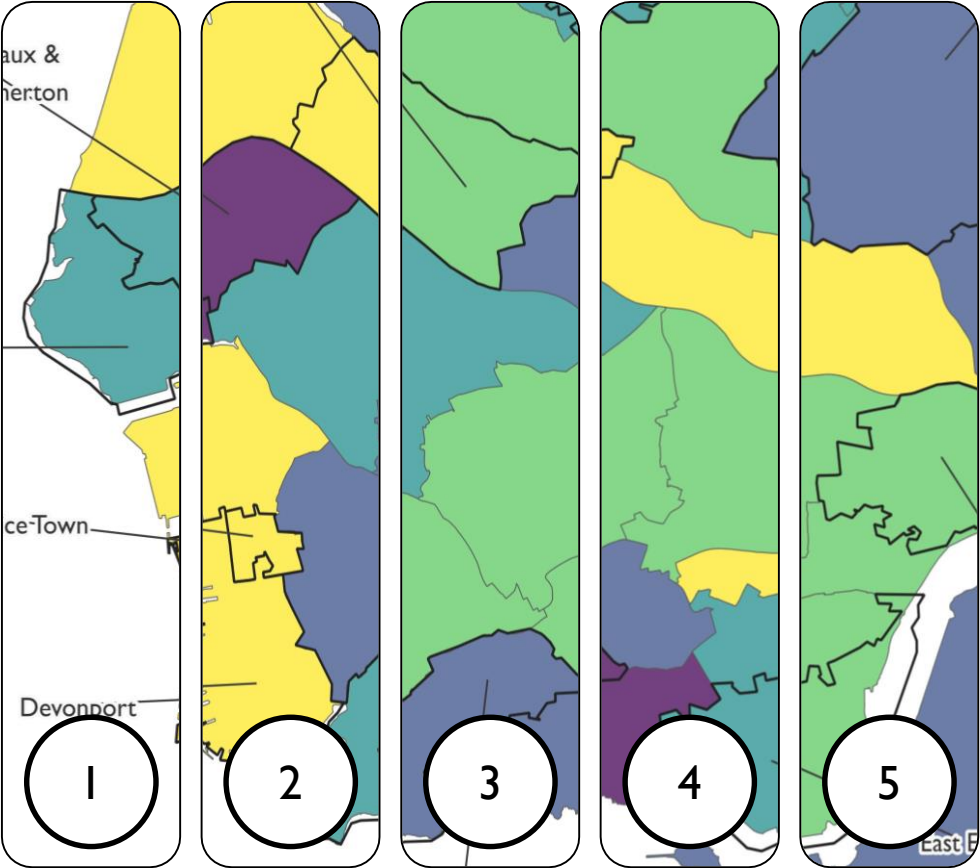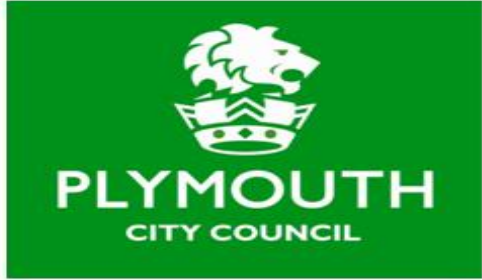
6: agreeing that they are involved in community groups/activities in their local area

First 3 months: team activity

- Building the team

- Getting to know communities

- Locating and building relationships with local Community Connectors

- Attending and supporting community events e.g. IWD, Hello Stonehouse, Southway Showcase

- Starting Appreciative Inquiries conversations and 'story' collecting

- Building partnership connections

- Lots of training – e.g. Dementia Awareness, Asset Based Community Development, Wellbeing Champions, Appreciative Inquiry, Modern Day Slavery and more to come e.g. Trauma Informed practice and Climate Literacy

First 3 months: data monitoring

- Logic model for the Fair Shares Programme established previously (with UoP) (appendix I)

- Mapped and aligned logic model outcomes to community builder objectives to form a set of nine indicators for monitoring progress (appendix II)

- Focus has initially been on quantitative data with metrics. Co-designing with the Community Builders including metric definitions

- Currently working with UoP on qualitative evaluation which may potentially draw through other strands of the Fair Shares Programme

- Establishing data monitoring strategy for the wider programme with specific section on the Community Builder Programme

- Setting up and training the builders on 'Upshot' software (FGCT)

First 3 months: the data – Geographical CBs

40 people/organisations involved in developing new community led activity

48 community connectors engaged with

81 partnership connections
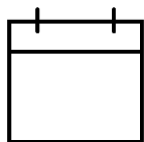
18 new community led activities

21 community events (where listening conversations have taken place)

22 volunteers supported to be involved with community-led activities
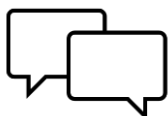
97 conversations (that have led to further action/further engagement) taken place

First 3 months: the data - Cross Cutting CBs
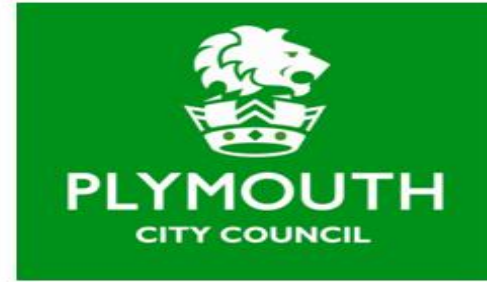
25 people/organisations involved in developing new community led activity
94 community connectors engaged with
200 partnership connections
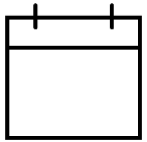
5 new community led activities
17 community events (where listening conversations have taken place)
13 volunteers supported to be involved with community-led activities
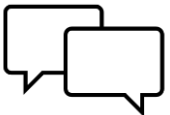
95 conversations (that have led to further action/further engagement) taken place

First 3 months: stories from the builders

Organising a community litter pick and storytelling activity to engage families over the Easter holiday in West Park

Engaging with an older group of residents at Bingo at Brake Farm and Chaucer Way through the Blue Bus

Facilitating a garden space project with local groups in Honicknowle

Supporting church in Efford to start up coffee morning again to support older people in the community

Holding a 'meet your community builder' drop-in in East End and Efford

Eight new community asset maps uploaded to digital map

Supporting person from the LGBTQA+ community to set up a Pride 'pop-up' group in Southway who attended a community event: that saw 300 people attend

Group of women from diverse backgrounds ran an International Womens Day even that saw approx. 200 women and their children celebrate together

Mapping Mens groups and activities in the city – and bringing together the first Men's Network

Co-produced Devon Mental Health Alliance listening project

Re-launching Mental Health network (collective)

Examples of Cross Cutting Orgs and Agencies partnership working

- First 3 months 25+ local organisations have teamed up with the Community Builders team to improve links within communities – for the Builders to be aware of their offers, to work closely together and for the Team to influence their services to bring about more effective support at grassroots level. E.g.....

NHS initiatives reaching into communities, e.g. suicide prevention, lung cancer screening, frequent users team, community pharmacies

Safer Communities Team e.g. ASB/HATE

Eldertree over 50s activities

PCH

Social prescribing team

Skills Launchpad and On Course SW

Shelter

Active Devon

National Marine Park – Fishing Association

CAB

Digital inclusion network

McMillian Cancer Champions

National Trust Coastal Path

Supported Living

Family Hubs

Appreciative Inquiries

- Two training sessions delivered in December and January

- A learning circle of Plymouth practitioners has been coordinated by Public Health across different agencies who are using AI/collecting stories and lived experiences so that the conversations and themes can be collated and influence system change

- Consenting process being finalised for sharing of stories

- Conversations being noted and themes being extracted (first session 12th April)

- AI training on offer across Plymouth system

Asset Maps

- [In your community | PLYMOUTH.GOV.UK](https://www.plymouth.gov.uk)
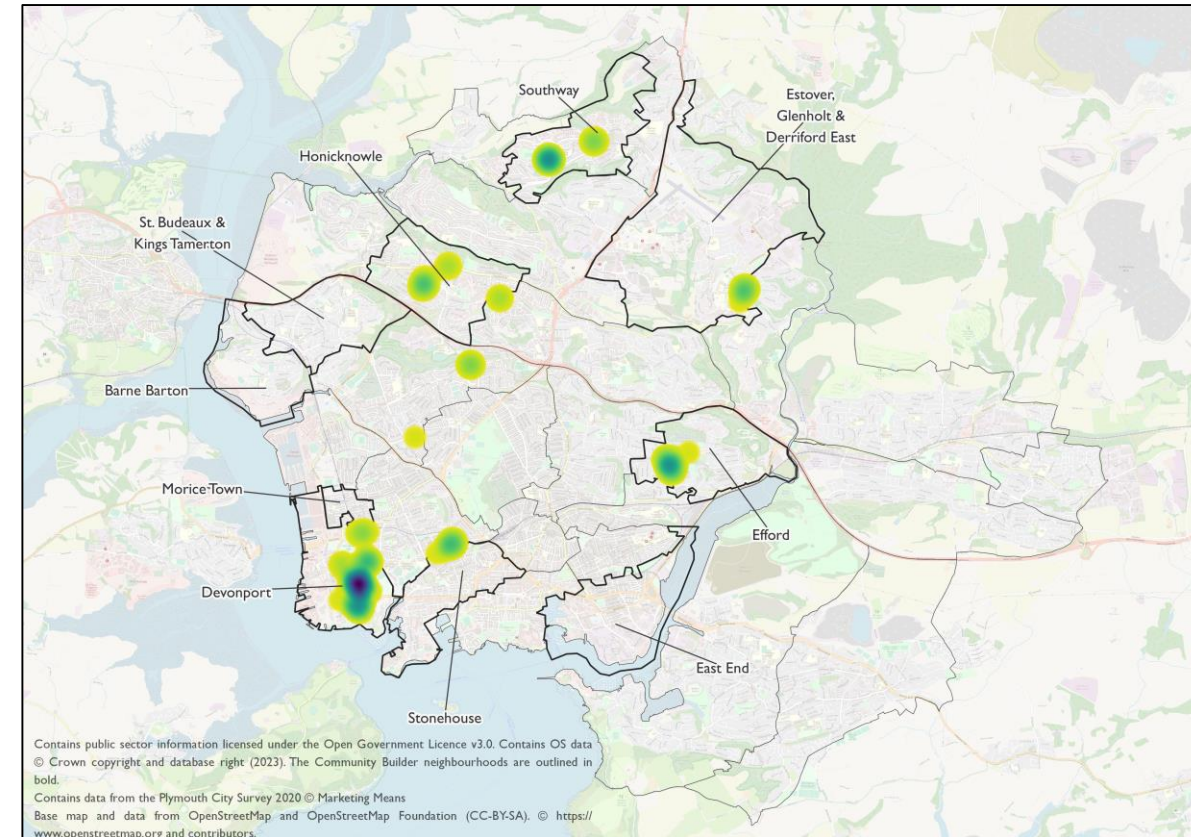
Links and resources

- Asset maps to be found at:

In your community | PLYMOUTH.GOV.UK

- Community Empowerment PCC web platform:

Get involved in your community | PLYMOUTH.GOV.UK

- Community Builders page on Four Greens Community Trust webpage

About Us | Four Greens Community Trust CIC

- Email us at communityempowerment@plymouth.gov.uk
- Leaflets and other promotional material is available on request
- **OR you would be very welcome to come and meet the Team**

Appendix I: Fair Shares Logic Model

Targets	Resources	Activities	Outputs	Proximal outcomes	Distal outcomes
People experiencing isolation, loneliness, or poor mental health associated with poverty	People: • Community builders • Community connectors • Volunteers Physical spaces: • Well-being hubs • Natural resources/ blue and green spaces • Sports complexes Organisations: • Plymouth City Council • VCSE • Cooperatives	Capacity building: • Asset-based community development • Community-led initiatives and interest groups • Skills sharing/ development • Small sparks funding Asset mapping Community building: • Time banking • Peer support • Mutual aid Support to access resources for specific areas of need: • Employment support • Food • Housing • Mental healthcare • Social prescribing	Infrastructure improvements Applications for sparks funding • Interest groups formed • Celebration events Volunteers • Per organisation • New recruits Asset map	People feel: • More willing to share skills and knowledge • More willing to volunteer/serve community • They belong in the community • They have made friends in the community Awareness of community resources Diversity of engagement reflects population (ethnicity, identity, etc.)	Improved sense of community pride and resilience
			Word of mouth referrals to community services First-time users (per service/ resource) Repeat contacts (per service/ resource) Social prescriptions offered	People feel: • They got the right support for an acute problem • Less isolated/ more connected to community • More active • More confident in their skills	Improved mental health and well-being for individuals

Overarching purpose:
"To improve wellbeing and reduce inequalities"

The quantitative KPIs outlined in the next few slides should contribute to the logic model and provide a mechanism to measure the impact of the Fair Shares Programme

Appendix II: Outcomes Distillation

Community Builders: Objectives Model

Distal Outcome	Proximal Outcome	Community Builder Outcome	Community Spirit Characteristic	Indicators	Primary data/evidence	Secondary data/evidence
Improved sense of community pride and resilience	Awareness of community resources	Connecting people to activities	Collective or Social Action	Number of people (Community Connectors, local organisations, residents, etc.) involved in developing **new** community led activity	Quarterly reporting / Community Builder log/diary / WEMWBS survey	City Survey / Community Life Survey
	Peple feel less isolated / more connected to community		Sense of Belonging	Number of **new** community led activities	Asset map / community development plan / quarterly reporting / Community Builder log/diary / Sparks funds	
				Number of community connectors engaged with	Quarterly reporting / Community Builder log/diary	
				Number of community events (where listening conversations have taken place) and conversations (that have led to action / further engagement) taking place	Quarterly reporting / Community Builder log/diary / Appreciative Inquiries	
				Number of volunteers supported to be involved with community led activities	Quarterly reporting / Community Builder log/diary / City Survey (proportion volunteering)	City Survey / Community Life Survey
				Number of partnership connections	Quarterly reporting / Community Builder log/diary	
	People feel more willing to share skills and knowledge	Feelings of belonging in one's neighbourhood	Collective or Social Action	Increased diversity of participation	Quarterly reporting / Community Builder log/diary / WEMWBS survey	City Survey
	People feel more confident in their skills		Sense of Belonging	Number of **new** community led activites	Asset map / community development plan / quarterly reporting / Community Builder log/diary	
	People feel more willing to volunteer / serve the community		Quality of Relationships	Number of community events (where listening conversations have taken place) and conversations (that have led to action / further engagement) taking place	Appreciative Inquiries / Community Builder log/diary	
	People feel they belong in the community		Cohesion	Number of volunteers supported to be involved with community led activities	Quarterly reporting / Community Builder log/diary / City Survey (proportion volunteering)	City Survey / Community Life Survey
	People feel they have made friends in the community					
	Diversity of engagement reflects population					
Improved mental health and wellbeing for individuals	People feel they got the right support for an acute problem	Improved wellbeing of volunteering / being involved and participating	Sense of Belonging	Number of community members who have received 'Ambassador' or Awareness-Raising resilience training / support	Quarterly reporting / Community Builder log/diary / WEMWBS survey / organisation reporting	
	Peple feel less isolated / more connected to community		Quality of Relationships			
	People feel more active		Cohesion			
	People feel more confident in their skills					