

Local Community Fund 2019-23 Schemes

Inclusion, Health and Wellbeing

Inclusion, Health and Wellbeing

Scheme No 1A – Children, Young People and Families

Overview

The Tower Hamlets Plan 2019-23 sets out the borough's vision for inclusion, health and wellbeing:

We are committed to improving the health and wellbeing of our local population and the quality of the care services they receive. At the heart of this is ensuring our services are person-centred, empowering and that they make a tangible and positive difference to people's lives. We are committed to providing co-ordinated, joined-up services that enable people to have greater independence and more control over their care. Using information, advice, technology and support we will help people to manage their health conditions. We aim to give the people of Tower Hamlets one of the best systems of interconnected health and care in the country. We are delivering this through the Tower Hamlets Together (THT) partnership which brings together providers, commissioners, the community and voluntary and statutory sector, to improve the quality of life for our residents.

Through further close partnership working, prevention, early intervention and working with our communities, we will tackle health inequalities, improving the quality of life for our residents and managing demand for services. We know that achieving better health and wellbeing is much wider than improving our health and care services. It involves taking a holistic approach to everything that impacts on how we feel, from good quality housing to accessible parks and open spaces. We know we can achieve improved physical and mental health by providing spaces for people to be active and enjoy.

The VCS has a unique role in helping to achieve that vision through innovative community focussed services co-designed with local residents and service users. This theme sets out the priority areas where VCS organisations are well placed to make a significant impact.

Priorities

1. Increase access to Youth Services
In this priority we are looking in particular to increase the use of youth services by girls and young women
2. Provision of Early Help support to families
In this priority we are looking in particular to support activities which will improve Early Help Assessment outcomes
3. Support for young carers
In this priority we are looking in particular to support activities which the health and wellbeing of young carers in the borough

Outcomes

1. Children and young people, in particularly girls and young women:

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- a. *have more confidence in themselves;*
- b. *are more resilient, and*
- c. *are able to, and do, access a range of spaces, activities and social opportunities across Tower Hamlets.*

2. *Girls and young women feel included, are able to walk into any service, and are more likely to train to become youth leaders and/or develop their own initiatives.*
3. *Children and young people from a diverse range of backgrounds who are disabled, who are LGBTQ, who are carers can participate in a range of activities and experiences.*
4. *Children and young people are listened to and their input is considered and included in decision making.*
5. *Young carers are supported and included; their needs and concerns are understood and are taken into account at local and strategic levels.*
6. *Children under 5 grow up in positive family environments and are supported to thrive.*

Examples of activities

We can achieve these outcomes through a range of activities and services. These might include:

1. *Activities to increase engagement with youth services for girls and young women*
2. *Support for families who require specialist early help support*
3. *Support for young carers*
4. *Peer group support*

These examples provide a flavour of the types of activity we might support but it is not intended to be a full list.

Geographic Spread

Bids may be submitted for borough wide projects or for projects which are specific to a defined geographic area.

Consortia bids may be made for linked local services which provide a borough wide pattern of provision.

Levels of Funding

The budget allocated to this theme is £990,000 per annum. Each priority area within this theme has a notional budget but there may be some variation depending on the number and quality of bids received. The notional budget for this priority is £XX0,000 per annum.

There is no limit on the amount you may apply for but we intend to fund a number of projects within this priority so unless you are bidding as a consortium you should not bid for

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the whole of the budget. Also, please bear in mind the guidance about including full costs in your bid and that the Council will only be making offers different from the amount bid for in exceptional cases.

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Inclusion, Health and Wellbeing

Scheme No 1B – Older People

Overview

The Tower Hamlets Plan 2019-23 sets out the borough's vision for inclusion, health and wellbeing:

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Priorities

4. Ageing well and reducing social isolation

In this priority we are looking in particular to:

- a) Encourage people over 50 to feel a greater connection to their community and they are able to continue making a positive contribution to their communities;*
- b) Support Tower Hamlets becoming a recognised dementia-friendly community;*
- c) Increase the number of older people with dementia who 'live well' ;*
- d) Reduce the number of older people who feel lonely;*
- e) Encourage more older people to access services that provide support in their local neighbourhoods;*
- f) Increase engagement in meaningful relationships in care homes;*
- g) Increased meaningful intergenerational contact.*

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5. Provision of physical and health-promotion activities for older people

In this priority we are looking in particular to support activities which help older people to be healthier and more active.

Outcomes

7. *Older people are able to continue making a positive contribution to their communities;*
8. *Reduced isolation and loneliness among older isolated adults, particularly those who are housebound, and those facing additional challenges (e.g dementia, disability, limited English);*
9. *Older people feel more included and integrated in their communities and are able to mix with people of different ages and from different backgrounds to increase the sharing of skills, experience and knowledge both amongst older people, and between different generations;*
10. *People living with dementia are supported to participate as much as, and as long as possible. Carers of people living with dementia are supported.*

Examples of activities

We can achieve these outcomes through a range of activities and services. These might include:

1. *Intensive support to provide volunteering opportunities to older people;*
2. *Formation of a Tower Hamlets Dementia Action Alliance;*
3. *Befriending services for older people;*
4. *Older People's Peer Support Groups;*
5. *Older People's Lunch Club services;*
6. *Intergenerational programme for older adults and children;*
7. *Provision of events, programmes that support interaction and integration;*
8. *Cross generational projects targeted at services supporting people with dementia and those suffering from social isolation.*

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Geographic Spread

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Levels of Funding

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Scheme No 1C – Access, information and self-management

Overview

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Priority

Residents better informed/equipped to manage health conditions

In this priority we are looking in particular to;

- a) Improve personal management of conditions;*
- b) Improve knowledge, skills and confidence to manage personal health and care;*
- c) Improve physical functioning and ability to self-care;*
- d) Improve quality of life.*

Outcomes

- 11. Residents of all ages are better informed/equipped to manage health conditions*
- 12. Increased awareness of and access to local services, including crisis support*
- 13. Residents and their families are aware of the benefits of healthy eating and eat more healthily*

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Examples of activities

We can achieve these outcomes through a range of activities and services. These might include:

1. *Independent Holistic Care and Support planning/ Peer coaching focused on Multi-disciplinary teams;*
2. *Facilitated peer support;*
3. *One-to-one support to help residents live healthier lifestyles and change behaviours.*

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Geographic Spread

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Levels of Funding

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Scheme No 1D Healthy living and healthy choices/Increased engagement and participation

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Priorities

1. Residents better informed to make healthier choices

In this priority we are looking in particular to:

- a) *Increase engagement with community farms and community projects;*
- b) *Make a positive impact on health and wellbeing through sports, culture and leisure activity;*
- c) *Reduce social isolation through sports, culture and leisure activity*

2. Increased engagement in physical activity

In this priority we are looking in particular to:

- a) *Increase physical activity in the under-represented groups and improving health outcomes;*
- b) *Increase the proportion of children and young people that achieve the weekly minimum level of physical activity and develop an active lifestyle as a*

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habit;

- c) Improve the sport and physical activity sector delivery interventions that meet the needs of local residents;*
- d) Improve cohesion through participation in sport and physical activity;*
- e) Improve mental health and reduce social isolation through participation in sport and physical activity;*
- f) Improve the quality of the local physical activity and sport offer, offering opportunities for participation for the inactive and less active across a wide variety of disciplines.*

Outcomes

- 14. Increased participation in a wide range of culture, play, physical activity, leisure and sport that are inclusive of age, gender, disability, race and mobility*
- 15. More social opportunities for reducing isolation through participation in culture, play physical activity and sport.*
- 16. Increased participation from marginalised groups*
- 17. Creating opportunities for intergenerational relationships, shared experience through culture, play, physical activity, leisure and sport for all above*

Examples of activities

We can achieve these outcomes through a range of activities and services. These might include:

- 5. Promotion of healthy outdoor activity and interaction with animals and plants through supporting local urban farms and growing schemes*
- 6. Local groups self-organising to deliver physical activity to meet their own needs; and the VCS, residents, and the Council working together to design the borough's physical activity and sports offer*
- 7. Sport activities which encourage people from different groups to come together.*

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Scheme No 1E – Improved health outcomes for disabled people and people experiencing mental health issues

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Priorities

1. Improved health outcomes for disabled people

In this priority we are looking to support activities which will help adults with complex needs have better health outcomes and activities which will improve the life expectancy for people with learning disability.

2. People suffering with mental health issues are better supported

In this priority we are looking in particular to:

- a) Increase the number of residents suffering with mental health being supported by a peer;
- b) Increase self-referrals to relevant support services, and
- c) Better inform residents where to access help in a crisis.

Outcomes

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- 1. More mainstream services are culturally inclusive and accessible for people with disabilities, people with mental health issues, different ethnic backgrounds, LGBTQI***
- 2. Adults with complex needs have better health outcomes*
- 3. Disabled people and people with learning disabilities;*
 - are more independent*
 - are more aware of and more likely to participate in local services*
 - have a better quality of life*
- 4. People experiencing mental health issues have improved knowledge of where to access support, including peer support, social activities, and activities that build confidence and develop resilience*

Examples of activities

We can achieve these outcomes through a range of activities and services. These might include:

- 8. Improved support provision for people with learning disabilities;*
- 9. Specialist provision for residents with disabilities;*
- 10. Support recovery in the community and prevent relapse;*
- 11. Peer support for people with mental health diagnoses;*
- 12. Suicide prevention activities;*
- 13. Programmes that support mental wellbeing through arts and literature;*
- 14. Training for front-line VCS staff in mental health first aid and suicide prevention.*

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Geographic Spread

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