



**Community Connector – Ryde**



**First Quarter Report**

**15<sup>th</sup> October 2019**

**Steve Johnson**



## Introduction

The new Ryde Community Connector (Steve Johnson) took up the post on the 26th August 2019. A two week induction was put in place to enable an in-depth knowledge of Aspires policies, procedures and existing projects.

Having worked in the Ryde area previously there was an emphasis on reconnecting with previous organisations and partners within the community.

As part of the induction we put in place a 'meet and greet' event where key stakeholders were invited to help develop a picture of what was available in Ryde, what was positive about living in Ryde and where there were areas for development.

From this event a steering group was developed as per the conditions of the contract.

### Steering Group Members:

Jules Monaghan (Aspire)

Diana Conyers (CAB, Councillor)

Lee Merrett (Deputy Principle Ryde Academy)

Nancy Farrell (Councillor)

Jess Higgins (Aspire)

Samuel Warne (Ryde Police)

Heather Rowell (Community)

### To Be Invited:

Practice Manager Esplanade

Young Person (Network Ryde)

### Steering Group Preliminary Discussion

Initial meeting of the steering group was held on the 10th October 2019.

Terms of Reference were discuss and drafted. Final version will be signed off at the next steering group.

Some actions from the fist meeting were to engage with the Esplanade Surgery, Involve network Ryde to approach a young person to sit on the steering group.

Full list of action points and minutes will be ratified in the next week.



### Interactions

During the first four weeks of actively working in the role there have been over 150 light touch interactions with different individuals who live in the Ryde area. These Interactions have ranged from signposting, information sharing, meeting and greeting to general support.

28 other individuals have engaged in specific intensive pieces of work. (see page 9)

## Stakeholders and Relationship

- Police and Crime – Working in partnership with Local Police developing relationships with PCSO's, PC's and Sargent to work on projects to address violent crime in Ryde. Developing a project with the police to tackle youth offending, anti social behaviour and social exclusion through a 'Football for all programme' 'Cage Football' outreach to the most deprived areas of Ryde.
- Working with the 'Aspire Creative Hub' to offer targeted work with young people at risk of offending by developing media and music workshops.
- Sovereign Housing – Working together on projects to prevent social/domestic issues and social isolation connecting tenants to activities in the community. Jointly developing a community breakfast meet up club within St Johns Church
- Southern Housing – Working together to address isolation and prevent tenancy breakdowns. Meetings arranged to look at joint working
- Rob Hill Foundation (RHF) - Provides addiction recovery services to people most in need. Community Connector has enabled the RHF run a free weekly drop-in addiction workshop and support group in Ryde, We are now working together to enable them to give people one-to-one support most of the time without charge.
- Cat Protection League – Working together to facilitate sharing of ideas, volunteers and facilities.
- Military Preparation Collage – Worked with the students to offer sharing of resources and additional opportunities for the students.

*“Knowing what is available for service users in the local community is vital for connector services, Community Care 2018*

### Partners visited and given presentation on Community

#### Connector Role:

- **Adult Social Care—First Response**
- **CCG—Commissioning Team**
- **Integrated Locality Service**
- **Sovereign Housing & Foyer**
- **Ryde Police**
- **District Nurses**
- **Binstead Community Partnership**

## Stakeholders and Relationship cont.

- Tesco Community Worker (Jan) – Developed a great working relationship. Facilitated a Charity Fundraising Event with Jan to support several Ryde based Charity Organisations and enable them to raise funds.
- Ryde School—Working in partnership on a sustainable transport project. Funding acquired to purchase a ‘Cargo Bike’. There are many ideas of how this can benefit the people of Ryde.
- Binstead Community Centre—Developed a ‘Coffee morning’ and information point to enable Binstead residents to access Citizens Advice and support from the Community Connector as well as developing a social space.
- Spring Chicks (Alice) - Enabling and assisting Alice to develop an exercise class for men who are over 50. (Woolley Jumpers)
- Ryde Academy—Developing a ‘Football for All’ session as a free after school provision. Have in place an exclusion project to engage students who are finding it difficult to attend school.
- Job Centre—Developed relationships and assisted them in enabling individuals they see to access work experience
- St Catherine's School—Developed a Gardening Project to enable some students to build on their skills and opportunities

## Other Organisations

### Connected With:

Network Ryde

Phoenix Project

Ryde Brainy Bunch

Issoropia

Wight Youth – Bike Project

Ryde Rotary Club

Greater Ryde Benevolent  
Fund

Cinema—Newport

St Vincent's (Saffa)

Bernardo's

Ryde Society

Ryde Museum

Autism Hampshire

## Locations - Positive

1. Aspire Dover Street—Supported Soft play activities (ADHD, Autism, Home Education)
2. Aspire on the High Street—Development of a new Community Hub
3. High Park Tavern – Developed a Pub Club within High Park Tavern – Very successful, Open relaxed environment which is helping combat social isolation and improve
4. Binstead Community Centre – Information Point and Your Place Cafe
5. Grace Church Marlborough Road—The foodbank in Ryde is held here, Community Connector will be based here one morning per week.
6. Children’s Centre—Access to family support and easy access rooms
7. Issoropia—based in Newport but have access to buildings and activates
8. St Vincent’s Residential – Possible Gardening Project
9. Wight Link – Developing relationship to enable Football Cage tournament
10. Ryde Academy—Sharing of resources to enable more young people to access activities when not in use by school.
11. Ryde School—Use of all departments to assist with Community Projects

*“it is really positive having Steve facilitate ‘Pub Club’ it brings in people who wouldn’t normally come out and socialise.  
It also makes use of the Pub on a quieter afternoon during the week. Jo (Bar Staff)*



*“Researchers from the LSE have estimated that the UK’s “epidemic of loneliness” costs £6,000 per person..... in health costs and pressure on local services.*

*However, they also say that for every £1 spent on preventing loneliness, there’s the potential to save £3.” LSE Research Online*

*“I was in a really bad place, I am now getting out and meeting people every week. This is stating to make me feel better, I wouldn’t have done this without support from Steve.”  
Participant of Crafternoon sessions*

## Resource and Assets

### Digital Media

Development of Community Connector Ryde Facebook page. The page was published 11th September 2019 and details from a post on 25th September 2019 show it reached 4541 people and received 156 comments, reactions or shares. Of which 128 were likes, 17 were Loves, 7 people commented and 4 people shared this onwards.

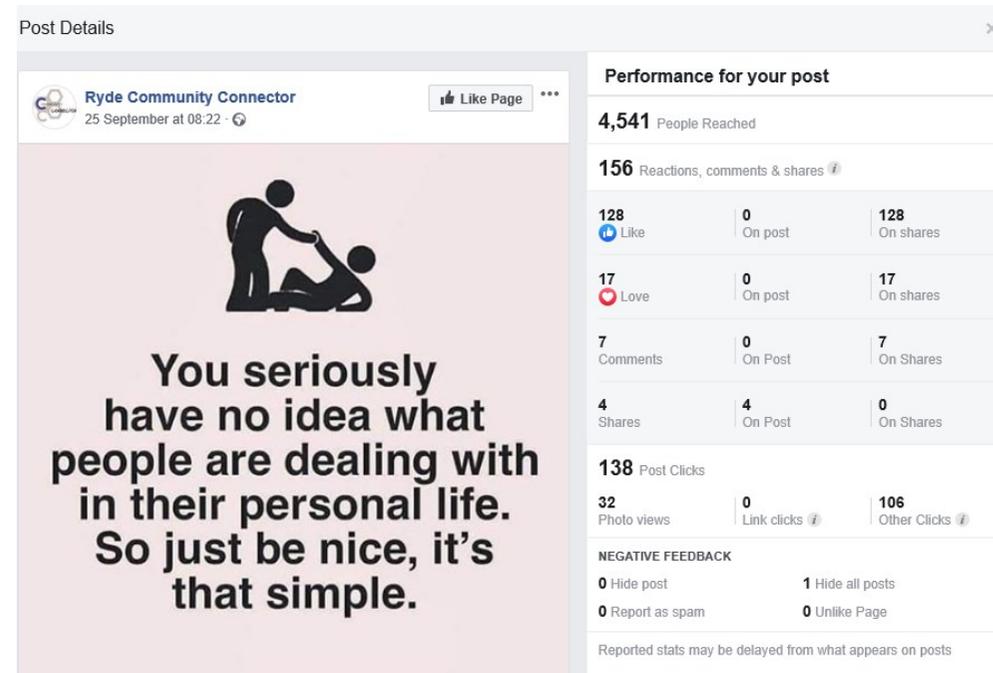
### Leaflets

Draft leaflets have been developed with information to public or volunteers to assist with Mental Health issues offering self support or information on how to access the right service.

Leaflets on 'What to do if you are homeless or at risk of eviction'

Leaflets on how to access help with addiction.

These information leaflets are currently in draft and being ratified by professionals within the services on the Island to ensure all information is correct prior to printing and distribution.



### Growing in Confidence training Diary

Developing a training programme of training options called 'Growing in Confidence' which will enable Aspire to deliver a range of training to its own and other volunteers on the Isle of Wight.

This will ensure all volunteers are receiving training to help them grow in confidence, ensure more knowledgeable and skilled delivery of voluntary services and support volunteers to move on as they require to employment or further education

## Current Activities, Clubs and Groups Developed

- \* Pub Club—Tackle Isolation and Loneliness
- \* Community Crafternoon— Tackle Loneliness and Isolation, builds skills and confidence, address Anxiety and Mental Health
- \* Football for All—Sport and Fitness, reduce social isolation in young people, help with mental health
- \* Information Points—Enable citizens of Ryde and Binstead to get the right support and signposting locally when required
- \* Gardening Project for the people with additional needs
- \* Soft Play for home schooled Children (Supporting Parents)
- \* Yoga for Health and Social Care Professionals (Free for Volunteers)
- \* Woolley Jumpers—Activity Group for Older men

**Tuesday Community Crafternoon**

Come and work on your own crafts, learn a new craft or have a go at our weekly craft project.

**Meeting at the Aspire on the High Street every Tuesday 1.00 until 3.00 pm**

Learn to sew, cross stitch, crochet, or undertake other crafts. This is a great place to learn a new skill, Colour yourself calm with mindfulness colouring or just hang out with other like minded people.

**PUB CLUB**

A GROUP FOR ANYONE WHO WANTS TO GET OUT MORE.  
MEETING IN A FRIENDLY LOCAL SOCIAL ENVIRONMENT.  
FACILITATED BY THE RYDE COMMUNITY CONNECTOR

**POOL** EVERY THURSDAY  
**DARTS** 1.00 Until 2.30  
**CARDS** HIGH PARK TAVERN  
**DOMINOS** 84 Marlborough Road  
**BOARDGAMES** Ryde  
P033 1AF

Community Connector ASPIRE RYDE

## Development of Community Connector Marketing and Branding

- ◆ Community Connector Logo developed by a community member
- ◆ Business cards designed by a group of Ryde Citizens to ensure full community inclusion
- ◆ Information Leaflet produced and ratified by fellow staff and volunteers at Aspire
- ◆ Social Media Page launched
- ◆ Press release was ratified and published on the 11th October 2019. Positive feedback online.

## Evaluation Tool

### Introduction: mental wellbeing and WEMWBS

#### 1.1 Background

Improved mental wellbeing is a key national outcome and a fundamental part of being a healthy and resilient individual. WEMWBS is one of the measures used for the 'self-reported wellbeing' indicator in the English Public Health Outcomes Framework.

In order to achieve a consistent and comparable approach and to understand and improve best practice I am utilising WEMWBS where appropriate, to measure improvements in mental wellbeing.

#### 1.2 What is mental wellbeing?

Mental wellbeing is about functioning well, for example having control and influence, a sense of meaning and purpose in life, a sense of belonging and connection and the capability to manage problems and grow learn and develop. It is also about feeling good. Mental wellbeing is therefore central to parenting, educational attainment, employment & work productivity, community participation and cohesion, crime and safety.

Mental wellbeing is also a key outcome for and a determinant of physical health, through for example:

- Effectively managing long term conditions
- Reducing obesity, heart disease and other illness
- Making healthy life choices
- Recovery from illness

#### 1.3 What is WEMWBS?

The Warwick-Edinburgh Mental Well-being Scale (WEMWBS) is a validated measure of mental wellbeing that has been used nationally, regionally and locally. It is a 14-item questionnaire that produces a single score. It is self-completed by people aged 13+ to record 'statements about thoughts and feelings over the past two weeks'.

#### 1.4 Why use WEMWBS?

The findings can be used to establish whether a specific population or group of people has low, average or high mental wellbeing and thus where to target investment for groups most in need. It can be used to measure changes over time and is therefore good for evaluation of the effect of an intervention project or programme.

STATEMENTS	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been feeling interested in other people	1	2	3	4	5
I've had energy to spare	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling good about myself	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been feeling confident	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5
I've been feeling loved	1	2	3	4	5
I've been interested in new things	1	2	3	4	5
I've been feeling cheerful	1	2	3	4	5

### One to One Work

28 individuals have been seen on an a one to one basis to undertake specific pieces of work due to the complexity of their needs.

These 28 individuals have been offered 73 appointments where confidential notes and data has been collected.

There have already been several positive outcomes for these Individuals with one person being enabled to attend their assessment with the DWP.

Another positive outcome was funding was acquired for an individual to enable him to access work experience placement

The individual would have been unable continue his placement without the funding. Now he can continue his placement this may lead on to further volunteering opportunities and possible paid work.

**Please Note, it is too early in the project to record any statistical outcomes for individuals.**

**Initial Data has been collected and will be followed up 6 weeks after initial intervention**

*Data Collected by British Household Panel Survey (BHPS) and the Institute of Social and Economic Research (ISER) highlighted savings of **£8700** per person per year in non-benefit related savings for the system when an individual moves from Unemployment to Employment.*

## Community Connector Information Leaflet

Your Ryde Community  
Connector is  
**Steve Johnson**



01983 716020

07397 217882



steve@aspireryde.org.uk



Ryde Community Connector



www.aspireryde.org.uk

*Your Community  
Connector will:*

*Offer time limited one to  
one interventions ensuring  
you are able to access the  
right support at the  
right time.*

*Help you work towards  
your goals, dreams and  
aspirations.*

*Support you to become  
more connected and in  
control of your own life.*

*Work with the community  
to develop more  
opportunities to make  
Ryde and Binstead more  
resilient places.*

*Hold a wealth of  
knowledge and information  
(or seek it out) about the  
local community enabling  
connections to be made.*

# COMMUNITY CONNECTOR RYDE



Your Ryde and Binstead Community Connector works with people of all ages and abilities to help them build their idea of a good life.

They help support activities, projects and programs that are already in place as well as setting up new ones where required.

Your Community Connector will collect and share information about what's on and find the right connection for you.

If you live in Ryde or Binstead your community connector can offer free help, signposting, support and advice.

All you need to do is call 07397 217882.

