

BIDS TO THE HEALTH & WELLBEING BUDGET 2016/17

1. Recognising the increased responsibilities that have been devolved to all area boards regarding support and care for the elderly and vulnerable people in the community area, a revenue budget of £6,700 has been allocated to each board in 2016/17.
2. If all bids to this budget are agreed, there will be £1,040 remaining for the rest of the financial year.

DANCE SIX-0 Taster Workshops

Local community group – “DANCE SIX-0” in partnership with Fiver Rivers Health and Wellbeing Centre will offer two dance taster workshops for people aged over 65 and specifically for people living with dementia as part of Dementia Awareness Week on 15th - 21 May 2016. The workshops will take place on the 19th May, one at 1.30pm and one at 3pm. Each class is a free 1 hour session which will include gentle movement, creativity, props and music with the aim to increase wellbeing through dance.

There are two classes to suit different levels of ability:

- Chair based Class - a gentle session where participants will spend most of the class seated, but may stand and dance assisted at certain points, if they wish to.
- Active Class – a more dynamic session moving around the space unassisted.

Led by experienced dance artist Rebecca Seymour with a support teacher, each class will be facilitated in a professional manner and with maximum consideration for the needs of the participants. Carers are encouraged to join in as well.

Cost: £260

DANCE SIX-0 Wellbeing Class

As above, and subsequent to the taster workshops, Dance SIX-0 would like to run a Wellbeing Class at Five Rivers Health & Wellbeing Centre during the summer and autumn terms of 2016.

Cost: £2,500

Keeping yourself safe – event

The new group that has emerged from the Salisbury Safe Places steering group, are planning an event in the Autumn to highlight the importance of keeping safe in Salisbury and how best to do so. The initial costings of the event look to total £1k, and the board is asked to contribute £500, SW Mencap will contribute the other 50% of the cost. The board is asked to agree in principle subject to further details of the event.

Email from applicant:

"We would like to ask the Board if it will make a match fund contribution of £500 to the mounting of a Safer and Supportive event in the autumn of 2016 which would draw together all the key people across the community, including vulnerable people themselves, to consider the many initiatives and ideas, often small in themselves, that together build a City which is safe and supportive for everyone. These include the well established Purple Flag scheme, street pastors and Safe Places, the current development towards a Dementia Friendly City as well as Autism Awareness, work to stop Hate Crime and Cyberbullying. Salisbury has led the way in Wiltshire on the Safe places scheme and this event will strengthen relationships and understanding across all parts of the community.

A one day event centrally in Salisbury in October will bring together vulnerable people and the voluntary sector groups supporting them with business, transport, statutory services and arts organisations to celebrate what is happening already and explore new ways of making Salisbury safe for everyone. Information stalls, workshops, activities and talks will all encourage the whole community to make the small changes in their everyday practice that really make a difference, like the Wiltshire ICE card funded by the Police Commissioner.

There is already a contribution of £500 from South Wilts Mencap on the table to contribute towards the estimated £1200 costs of the day. Supporting organisations in Salisbury include Alzheimer's, Age UK, Swan Advocacy Network, Salisbury BID, the Police, local Mencap, Victim Support, Crimestoppers and others.

The Salisbury Community Area Board is asked to consider making a contribution of £500 towards the cost of the event. It is just one part of the Health and well being focus of Wiltshire Council's agenda."

£500

Exercise classes for older and disabled people in sheltered housing

Wiltshire Council have residents in 21 sheltered housing schemes throughout the county. There are 6 schemes in the immediate vicinity of the city and 3 more within reasonable reach of the city centre. That is a total of 283 people over the age of 60 years who may want to have some assistance to stay as fit as possible. We are in

the lucky position of having several exercise training providers who are qualified to work with elderly and disabled people. Most exercises can be chair based, that is to say achievable whilst sitting.

The principle advantage of running classes in the housing schemes themselves is that residents are more likely to take advantage of this offer. They do not have to travel to another place nor work out with people they haven't met before. However classes could well encourage older people from the local community to join in as this would, it is hoped, assist in linking up the older residents in a particular area. To help make this happen we are currently recruiting volunteers to act as community representatives who can spread the word. We also will produce and circulate flyers and posters for each local session. We will place adverts in parish and voluntary sector magazines as well as online.

Our exercise classes would be held at least once per week in at least 5 Salisbury schemes and it would be expected to continue them for a minimum of 3 months for free or at minimal cost to residents. The trainer would charge about £40 per class which would amount to £2400 for the 60 classes in total. The venues will be free as we will use the communal lounges in each sheltered scheme.

Following on from the initial pilot of this project we will be able to clearly identify both to residents and possible future funders, the value of such classes. We will ask the Council's Health Trainers to aid in measuring improvement so that any definite gain can be measured. We will ensure from the outset that participants know it is only free for the specified timescale and that if they wish to continue we will establish a charge though will try to keep it as low as possible. This may also encourage higher numbers to participate as more taking part will help lower the overall cost per head. Initially we expect about 30 or more people to participate and would hope to grow to about 45 as a regular practice.

Management of the funding will either be directly through the Area Board paying a monthly invoice from the exercise trainer or will be held for payments managed by a Salisbury voluntary sector charity such as Age UK. As Wiltshire Council works in partnership with several organisations locally, we feel it is best to choose to work alongside a sympathetic voluntary sector group who support this area of work.

Cost £2,400

Oral History Project - Sheltered Housing Schemes in Wiltshire

Wiltshire Council Housing Team has been working with several local agencies to enable the recording of a pilot history documentary. The recording of some individual histories of residents in the councils sheltered housing schemes will be of benefit to the residents themselves as well as their families and also as an historical portrait of Wiltshire.

The proposal is to ask residents volunteering for this project to be interviewed very briefly about memories of childhood and growing up in Wiltshire or where they lived as a child. The questioning is simply to prompt best recollection of how life was lived

in an earlier time and place. For the residents volunteering, the purpose of the recording is to enable them to have an article of personal value that they can add to their memoirs and hand on to their families. From the councils perspective, this will not only create a valuable historical artefact but be useful as an educational aid for the younger generation. We will also partner Wiltshire College and Learning Curve in training their students to undertake the interviews. The opportunity to have people from very different age groups listening and talking to each other will also be added value to the overall aim of the work.

As the facilitating agency Wiltshire Council has provided time and expertise in putting together the proposal and in bringing together the most appropriate people to make the project a success. We will timetable appointments and provide access to the housing schemes as needed. Wiltshire College will offer students from the Health and Social Studies 2nd and 3rd year course to be interviewers. Learning Curve in association with the Duke of Edinburgh Award scheme will also offer students the chance to likewise participate. We are dependent on Wiltshire & Swindon Museum Services for running the technical training and equipment necessary to filming and voice recording for the project. Our aim is to ensure the success of this small pilot study in the main Salisbury central area before we seek to open the scope up to include other more Wiltshire wide participants.

From preliminary discussions with them we know there is a great deal of interest from many of our older generation residents. We have an estimate of around 100 people to be interviewed for the pilot and perhaps three times that number for the larger project.

Costs of a pilot scheme

Expenses incurred will include travel costs to and from interviews and some purchase of equipment to record on e.g. memory sticks or DvD's . These will be supplied to all participants as a personal record of their own interview. We may need to engage a local company to do some small video recording of our group sessions and perhaps to edit and compile a film from the many video clips we hope to do ourselves. For this we may need to hire or purchase a video camera and stand.

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| Travel expenses | £300 |
| DVDs/MP3s | £ 200 |
| Camcorder/editing | £1,200 |

Total estimates **£1,700 (£500 from Youth budget, and £1,200 capital contribution from community area grants budget)**

Wiltshire council and its partner organisations (College, Museum Service and Learning Curve) will not have control of any funds but will be supported in this project by Age UK Salisbury. Age UK will act as treasurer and accountants in administering any invoices for payment and keeping a record of spending.

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