



Regenerate NPT: Project Closure Report

Project Organisation: Upper Afan Valley Fresh Start

Project Name: Positive Attitudes to Wellbeing

Project Start Date: w/c 15 November 2021 Project End Date: 31 January 2022

Date of Report: 7th February 2022

Attached Documents List: n/a

There is a mandatory requirement to complete this document at Project Closure. The purpose of the report is to provide a project level document evidencing how well the project has performed against the original Business Plan delivered by the Local Partnership and Local Action Group during the lifetime of the project, and how it has contributed to the aims and objectives of the Local Partnership's Local Development Strategy. Project performance against the planned/approved costs, delivery timescales and Key Performance indicators will also be detailed. **Please try and keep within the maximum word count.**

1. Background: (briefly detail the background to the Project – 250 max)

In an effort to support specific service users of Upper Afan Valley Fresh Start to deal with the effects of the Covid19 Pandemic and the devastating blow this had on their self-esteem and social activities, LEADER funding was sought to identify a beneficial training package to impart coping strategies and ways to help trainees improve their wellbeing and deal with their feelings of isolation and frustration.

The training, tailored to the specific needs, skills and abilities of each individual trainee, and taking place over 10 weeks, placed emphasis on raising self-esteem, building confidence and promoting a greater sense of emotional literacy (praise, encouragement and positive reinforcement) in order to maximise confidence and potential. This was achieved through:

- Addressing wellbeing and encouraging communication through a variety of strategies differentiated according to each individual's situation, level of understanding and ability to communicate.
- Empowering trainees with skills such as problem solving and encouraging positive engagement within the group which will help build resilience. A great deal of emphasis placed on the power of positive thinking, of creating a 'can-do' attitude, and encouraging a greater sense of confidence and independence.
- A variety of activities to encourage positive interaction (exercise, games and mimes) which supports teamwork as well as the value to an individual of making themselves understood.

After the first 6 weeks, the trainees were confident enough to face new challenges and went on to do a further 4 weeks training which covered basic nutrition and food handling skills.

The course was about encouraging individuals to work on recognising, understanding, expressing and controlling emotions and feelings. It was structured in a fun and engaging way but focused on empowering the trainees to go forward with a positive attitude in order to improve their wellbeing, happiness and future prospects.

2. Project Outcomes as per application	Was this achieved? What supporting evidence is there of achievement? If not achieved, why not?
Addressing wellbeing and encouraging communication with trainees	A positive can-do attitude was successfully created within the group – with individuals working together and participating in activities which promoted self-confidence and cooperation. Activities were tailored to each individual ability and their successes acknowledged and celebrated.
Empowering trainees with skills such as problem solving and encouraging positive engagement	Skills such as problem solving were addressed via a number of means-puzzles, team games, planning and discussing healthy eating foods. The participant worked well together as a group providing guidance and leading activities for others, which in turn helped to build their confidence.
A range of activities to encourage positive interaction (exercise, games and mimes) which supports teamwork	Relationships with the group were positive and always supportive. Interaction was productive and encouraging –and after the isolation experienced as a result of covid the relationships within the group were warm and supportive. Also the group took part in a number of fruit tasting session eiot fruits and fruits which they had never seen or tasted before
Learning basic nutrition and food handling which included: planning, preparing and making simple nutritious snacks.	Participant’s learned about different foods/ and what was classed as healthy and unhealthy. All members of the group made a number of nutritionally sound snacks and meals and engaged in food making activities. They also undertook basic kitchen skills- washing up and cleaning etc.
3. Strategic Achievements: (outline what the project has achieved in terms of alignment with LEADER Themes and Priorities and any contribution to national strategies - 300 max)	
Theme: 1 Priority: Accessible	
<ul style="list-style-type: none"> ✓ Encourage projects that link rural communities to existing support services. ✓ Build community capacity and skills to address gaps in provision. ✓ Enable communities to improve their physical and/or mental health and wellbeing. ✓ Support a localised community-based approach to COVID19 recovery. <p>This project has supported local residents with learning disabilities and autism to put strategies in place to adapt to and recover from COVID-19 which, in turn, improves their health and wellbeing. The training sessions were held locally, within their own community.</p>	
4. With regards to your comments at application stage, how have you managed this project in terms of sustainability? (What plans have been put in place to maintain the project once it is completed? 400 words max)	
<p>The training sessions were scheduled for a limited amount of time and although the training itself came to an end after 10 weeks, the trainees will obviously continue to benefit from what they have learned. Two Fresh Start Officers who were involved in the administration and setting up and training sessions, were also fully involved in the training sessions themselves and will now be able to reiterate and reinforce what has been taught long after they finish, so, in effect, they will also gain valuable experience and helpful guidelines to follow, which will, in turn, be an advantage for those individuals using Fresh Start’s services in future.</p>	

5. Project Beneficiaries:
7 individual services users, all with learning disabilities or autism, who learned valuable coping techniques that will help them deal with the ever changing situation we are finding ourselves in because of the Covid19 pandemic. 2 Fresh Start Officers who were heavily involved in the training sessions and have learned tips and strategies to help and understand the needs of their service users, specifically around issues since the pandemic and the uncertainties and fears this has brought up.
6. Cross Cutting Themes: If relevant, briefly describe how your project contributed to the following themes:
Equal Opportunities:
Every person who took part in the training was warmly welcomed, treated equally and not disadvantaged by prejudices or bias.
Sustainable Development including Economic, Environmental and Social
Two Fresh Start Officers who were heavily involved in the training sessions, will now be able to use this experience to reiterate and reinforce what has been taught, so, in effect, they too have learned strategies and helpful guidelines to follow, which will, in turn, benefit individuals using Fresh Start's services in future.
Tackling Poverty and Social Exclusion
The training sessions will be undertaken at Croeserw Community Centre and there will be no cost to the trainees involved. The sessions are aimed at empowering individuals with a learning disability or autism to be able to tackle and overcome social exclusion and isolation, help them increase their confidence, wellbeing and potential.
7. Conclusion Summary: Please provide a summary on the project's performance, identifying any key issues that need to be addressed:
a) Summary
The project has been successful. All parties involved has benefited from the session. It has been a positive, engaging and rewarding experience for all the participants who have looked forward to, and enjoyed every session. The outcomes have exceeded Expectations.
b) Key Issues
The key issue has very clearly been the importance of being able to take the individual needs of the participants into consideration. An important feature here is the role played by the staff supporting the service users who clearly know and understand each individual-but also the fact that the participants had met Joanne (the deliverer) prior to this project-that relationship enabled us to undertake the activities and led to an individualised, tailor made course which suited the individuals who attended.
c) What went well?
The participants responded positively and enthusiastically to all of the sessions – they looked forward to the activities, whatever they were. The earlier Wellbeing sessions were successful in building their confidence to take part in the basic nutrition course which came later. They worked well together, helped each other and had fun whilst being given opportunities to learn new skills.
d) What didn't go well?
Nothing
e) What could have been done differently?

At the outset, the deliverer had a structured plan of activities and resources – it became clear very early on that a more flexible approach was much more suitable as due to the complex nature of different to others. Being able to tailor these plans/resources was a real lesson and was adopted as the weeks went on.

8. TO BE COMPLETED BY LEAD BODY: Project Performance – Financial & Indicator Achievements: (detailed performance against approved timescales and budget expectation, including reasons for all variances)				
a) Performance indicator achievement against targets approved: Final position:				
PI Reference	Approved Target	Total Achieved	Justification for underachievement	How has achievement been evidenced
LD.CL.007	Number of stakeholders engaged			
	0	2	-	Timesheets / Photographs
LD.CL.008	Number of participants supported			
	7	7	-	Attendance Records / Photographs
NPT01	Number of communities engaged			
	1	1	-	Attendance Records / Photographs
NPT04	Number of women participating in the project			
	4	5	-	Attendance Records / Photographs
NPT06	Number of older people participating in the project			
	1	4	-	Attendance Records / Photographs
NPT07	Number of individuals with disabilities participating in the project			
	7	7	-	All trainees participating in the project were services users of Fresh Start with learning disabilities or autism.

b) Project Closure Financial Position against original approved: (following final claim)				
Timescales	Original Approved		Adjusted Approved	Final Closure Date
	From	To	w/c 13.12.21	31.1.22
	w/c 15.11.21	w/c 20.12.21		
c) Summary of Financial Performance				
		Original Approved	Adjusted Approved	Final Claim
Total Project Costs		2,437.50	10,437.50	10,437.50
RDP Funding		1,950	8,350	8,350
Levered Funding		487.50	2,087.50	2,087.50
Intervention Rates	% RDP	80%	80%	80%
	% Match	20%	20%	20%
		Cost Heading	Justification for under/overspend	
Under/overspend				

9. Handover contact details: For post project monitoring and evaluation activities, Welsh Government will require contact details of staff who may be able to provide assistance.	
Name: Christine Ham	Designation: Employment Works Opportunities Trainer
Email: c.ham@npt.gov.uk	Telephone: 07790975009
Website address:	
Facebook page:	
Document Retention Procedures: Documents (which includes all evidence relating to your project) must be retained in a suitable format for a period of 10 years following the end of the current LEADER programme – this means at least until 2031.	

Signed: C Ham

Date: 10/02/2022

(Project Lead)

Signed: *NABray*

Date: 10/02/2022

(RDP Manager – Lead Body)

Post Project Activities by the Local Partnerships and Local Action Group:

Define what activities need to be undertaken by the Lead Body after the project has been closed
include any post project follow up actions which may need to be undertaken following project closure:

Completed PCR to be forwarded to LAG & WRN