



WELLBEING REIMAGINED PILOT REPORT

APRIL 2022

Introduction to the Pilot Scheme

This project was a small grant scheme for smaller groups and projects across Powys which would otherwise lack the capacity to access Welsh Government and European funds. The groups were offered the support to do so in a manner commensurate with the size of the funding awarded.

The project operated under the theme of health & wellbeing and was linked to supporting organisations and projects that had developed or adapted services to support people during the Covid 19 pandemic, and which needed to adapt again to changing needs as the process of recovery was started.

The grant scheme sought to support projects that piloted new and innovative ways of delivering small scale health and wellbeing activities designed and delivered through local community actors.

PAVO was uniquely placed to both be able to disseminate information on the availability of small grants, and to discuss new ideas with local groups through its thirteen 'Community Connector Networks' in Powys. It also utilised a number of development officers skilled in facilitating the development of ideas and concepts, and undertaking due diligence to ensure groups were both working within their organisational remit and had good processes and policies in place, and had thought through all aspects of the delivery of their ideas.

The aims of the project were to:

- enable smaller organisations to access Welsh Government and European funding through animation and mentoring of formal and informal volunteering groups in Powys
- assist the bottom up development and piloting of micro initiatives in communities across Powys, combined with the adaptation of existing services delivering health and wellbeing benefits to local residents

- enhance the capacity of Third-sector organisations and local volunteers to plan and deliver projects in their communities
- identify projects that had the potential to be scaled up, and the dissemination of the learning of these projects through the Community Sector Response Group (CSRG) and the Powys Social Value Forum (SVF).

Grant Process and Eligibility

The scheme was widely advertised via PAVO's networks, social media and partners.

The fund was open to applications from constituted voluntary groups, third sector organisations and social enterprises with an annual income less than £100,000. Informal community groups/networks who wished to apply could do so by collaborating with a constituted group who could act as the lead applicant. PAVO Development support was available to assist informal groups with this.

The application had to clearly demonstrate how the activity would continue beyond 2021.

Applicants could apply for up to a maximum of £4,000. The fund was to support revenue costs. Capital spend was limited to a maximum of 10% of the total bid.

Match funding of at least 20% had to be contributed.

Match funding could be in the form of either cash or in kind contributions from the public, private or third sectors.

The grant scheme was originally intended to have one round.

Co-production and Community involvement was an important element of the Well Being Reimagined Fund and applicants were expected to clearly demonstrate how they had worked by involving the community and other organisations to deliver activities that improve the health and well-being in their community.

Due diligence checks were undertaken on all organisations applying to the fund.

The application asked 4 key questions:

- How will your activity or service improve health and well-being in the your community
- What evidence if need is there for your project activity
- What is unique about your activity
- How will you ensure that the project will continue

Grant Rounds and Assessment Process

The first round failed to secure sufficient applications to spend the full grant pot, so the Arwain Officer suggested we hold another round. 36 applications were received in total for the two rounds advertised in the summer of 2021 for a total of £113,715.77.

A panel was brought together and was made up of :

- PAVO Chair
- Powys Teaching Health Board Representative
- Powys County Council representative
- Third Sector Representative
- Arwain Animator

The panel was facilitated by PAVO development staff.

The scheme was live at a time when there were several other grant schemes open to the sector that were focussing on trying to support the third sector through the difficulties caused by the pandemic.

Unsuccessful Applications

A number of projects were turned because:

- They did not meet the eligibility criteria
- The activities were not suitable for the grant scheme
- The applications did not represent good value for money

- The application was poorly written and did not give enough information on one or more aspects of the application e.g. finance, match funding, evidence of need

Due to the fact that there were two rounds held, there was insufficient time with some organisations to develop their applications in order to re-apply. There was also insufficient time for groups to deliver.

Funded Groups and Projects

12 projects were funded around the county of Powys for a total of £35966.57.

Group	Project	Aims	Award
Royston Memorial Hall	Get up and do Bronllys	Provide well being activity in the village hall	£3150
Knighton Community Centre	Art and Well Being	Start an art group, support a weekly healthy eating, weight loss group	£3,960.57

Whitton Women's Institute	Community Coffee Mornings	Get together to create community cohesion/reduce isolation	£746
Mens Shed Newtown	Full Steam Ahead	Support young volunteers to deliver well being activity	£1500
Dolwen Recreation For all Project	Dolwen Field to Fork	Growing produce, food preparation, cookery classes to create community cohesion	£2470
Ysgol Feithrin Dyffryn Banw	Banw Valley Ti a Fi Group Leader	Community activity for families with preschool children	£1,441
Knighton Woodlands Tots CIC	Bringing Families Outdoors	Woodland/nature based activity for families with young children	£3,700
Carad Rhayader and District Arts	Nature talk and draw	Arts based activity in Rhayader	£3,082

Play Radnor	The hub	Well being activity for 11 – 16 year olds in Llandrindod	£4000
Talybont Cycling Club	Coaching sessions for members	Coaching sessions for members of Talybont Cycling Club	£3950
Ecodyfi - acting as grant recipient body for Eginiaid Cymru	Yn Bersonal	Weekly wellbeing session in Machynlleth	£3967
Arts Connection	FACT (Families Active and Creative Together)	Weekly well being and cookery sessions in Llanymynech	£4000

Groups were given a 6-month timeframe to deliver their project, and were provided with support to deliver and develop their projects. They were asked for an interim and end of project report, which focused on the story rather than the numerical data. Groups were asked:

- About the project activity that had occurred
- Was anyone better off as a result of the project
- What overall difference the project made
- About any challenges faced and how they were overcome
- About any other opportunities that had arisen as a result of the project
- How their project would continue

Project Feedback from End of Project Reports

Group	Project Activity	Who was better off	Overall difference	Challenges	Opportunities	Sustainability
Royston Memorial Hall	3 children's drama sessions Craft group Badminton club Boxercise club	Children, families, people attending sports groups, isolated people, village newcomers	The project has put Royston Hall on the map. Good support in the village and new clubs are opening.	Getting attendance at events was a challenge due to covid. Sanitisation due to covid regulations	Plans for a daytime indoor bowls club, gardening and cycling group to start (post covid regulations).	We have ambitious plans to continue and grow membership of the clubs dstated with the fund.

"I've never been in this hall before, it's really nice"

"I have really enjoyed coming to these classes. I didn't know what to expect"

"If you hadn't started the classes at Royston Hall he wouldn't be doing anything. He has even had a game of golf in the last couple of weeks! I am so pleased to see him take an interest in exercising and in badminton. But I am sure that wouldn't have happened without your initiative."

*"D**** really enjoyed the sessions with Lynn. She met new friends and Lynn has helped her grow her confidence. A lovely way to spend a Saturday morning."*



Group	Project Activity	Who was better off	Overall difference	Challenges	Opportunities	Sustainability
Knighton Community Centre	15 art classes 12 exercise classes International Day event by the Community Cohesion group	At least 5 attendees had improved health from attending the exercise and health classes Peer led art sessions being held with new members joining.	Participants have highly valued being able to be involved in classes for social and health reasons. Community Cohesion event had a good response and played an important part in improving community relationships	Adhering to covid regulations around social distancing, particularly with the health group.	Peer led art group has been set up. New friendships have been made. Planning a further community cohesion event in 2022.	Peer group is self sufficient. Health group attendees will be paying a fee and are happy to do so.

“Good range of exercises to seasonal music, excellent – let’s have more”

“Really appreciated the opportunity to come to free classes where I have met some really lovely people, been able to talk about my issues and learn how to use a paint brush!”

“My friend and I thoroughly enjoyed the meeting and the atmosphere of unity amongst all present was encouraging and uplifting. If you are planning to hold any other similar meetings, we would be most interested in attending.”

Group	Project Activity	Who was better off	Overall difference	Challenges	Opportunities	Sustainability
Whitton Women's Institute	Monthly coffee morning	Wide demographic in terms of age, gender and ability attending the coffee mornings.	Beneficiaries really valued the coffee mornings with numbers growing at each event, with original aims of the project being met.	Encouraging others to assist with the club has been a challenge. Want to encourage people outside of the WI to assist.	Have been offered free use of the hall for future events.	Fundraising will be undertaken and donations encouraged.

“Please keep going. It is a lifeline especially when you are alone.”

“I love the friendly, welcoming atmosphere and the chance to meet and chat with others.”

“It's inclusive and good to see the men happy to come too”.



A chance for everyone to get out of the house, leave things behind and enjoy coffee or tea and delicious homemade cake.

13th July 2021, then

Every Second Tuesday of the month

10.30 am to 12 noon

Whitton Community Hall, Old School, LD7 11QZ

Everyone welcome

regardless of age, gender, ability or postcode



If you are on your own please don't let this stop you coming along.

If you don't have transport - just give a ring and we can discuss what arrangements can be made. Tel: 01547 560350 Or 560327

Organised by Whitton WI for our community.

Group	Project Activity	Who was better off	Overall difference	Challenges	Opportunities	Sustainability
Men's Shed Newtown	Learning new skills by growing vegetables	Younger members are more focused in taking part and supporting the community and particularly the older members.	Planning to work with more community groups to volunteer more. Development experience and learn the skills needed to volunteer with community groups.	Weather!	Opportunity to work on the Italian Gardens and allotment has arisen for a further 18 months. Setting up a community food stop at the allotment.	Sale of products made from food grown has given a direction and focus on becoming self sustainable.



Group	Project Activity	Who was better off	Overall difference	Challenges	Opportunities	Sustainability
Dolwen Recreation For all Project	Gardening, food production and cooking project for the community.	Friendships formed, cooking ability improved.	Not as expected due to covid, as target beneficiaries were those in the vulnerable groups.	Operating in the covid environment, meant that potential beneficiary groups were restricted.	Working with Credu Volunteers having the opportunity to share skills Opportunity to plan for the future	Start up costs covering equipment mean that the group can continue on a stable basis. Charging a nominal fee will cover ingredients and hall hire.

One beneficiary stated *“I look forward to coming here every week”*. She also stated that she had been *“telling all her friends about it,”*.

Group	Project Activity	Who was better off	Overall difference	Challenges	Opportunities	Sustainability
Ysgol Feithrin Dyffryn Banw	Programme of activities developed, and promotional activities undertaken for Ti a Fi.	New parents, babies, children, extended family, childminders	Wellbeing orientation for all new members; safe community space as part of the solution to low level mental health challenges; supervised play ; signposting to other services.	Covid restrictions led to uncertainty and timetable delays.	Possibility to relocate due to the need for more flexible space for activities.	Applying for other grants and a fundraising strategy.



Group	Project Activity	Who was better off	Overall difference	Challenges	Opportunities	Sustainability
Knighton Woodlands Tots CIC	Family Forest School Sessions Social Media Presence Parents Zoom Sessions to develop parents' self belief and confidence in parenting skills	Parents; 20+ family units; social media followers and interactors	Benefited all children and adults involved in the project. Noticeable involvement from Dads with the project following the zoom sessions. Donations to the organisation increased.	Last minute cancellations due to Covid.	Combining green family therapy and Forest School time with other health professionals.	Zoom sessions will continue for families. Looking to secure further funding for activities.

"Thanks to Sarah and Verity. Love the idea of empowering, nurturing and supporting parents in order for us to all better support our little people. Well up for more of that!"



Group	Project Activity	Who was better off	Overall difference	Challenges	Opportunities	Sustainability
Carad Rhayader and District Arts	Nature themed arts based workshops, including video workshops to increase accessibility for those with barrier to access,	79% of anonymous feedback stated their level of happiness was a 10. Participants reporting about benefit to their wellbeing within the workshops.	Improved ability to regulate emotion, problem solve and develop confidence. Project gave a safe space to develop their appreciation of the natural world. New social links made between attendees.	Existing volunteers were apprehensive about face to face sessions due to covid, so new volunteers had to be recruited.	Working with Radnorshire Wildlife Trust to facilitate drawing sessions in the summer of 2022.	Applying for additional funding and charging for sessions.

Group	Project Activity	Who was better off	Overall difference	Challenges	Opportunities	Sustainability
Play Radnor	Weekly Youth group session with activities and play opportunities	Young people attending displaying growth in behaviour and confidence, and positive relationships with peers.	A safe space for 11-16 year olds where they can learn new skills, socialise and relax. Staff were able to signpost young people to other services for suitable support around mental health.	Encouraging young people to attend initially was a challenge. Void and time of year have deterred volunteers from being involved.	Strengthened relationships with other agencies that support the children attending the project.	Youth club members are keen to raise funds for the club to continue., as well as looking to access other grants. “my mums a great cook and I am, we could do like a bakesale in school or something’ -M

“It is lovely because your friends come and its fun and there a lot of things to do” – R (regular attender)

“It is fun and theres lots of stuff to do! And its friendly” – K (fairly new but regular attender)

“I enjoyed hanging out with friends and playing around with everyone 😊” – Li

“Youth Club is really fun cause I can hang around with my friends” -Mc

Group	Project Activity	Who was better off	Overall difference	Challenges	Opportunities	Sustainability
<p>Talybont Cycling Club</p>	<p>Coaching days for young club members</p>	<p>Young cycle club members</p>	<p>Coaching sessions enabling them to learn safe ways of performing jumps and drop offs. They are better equipped and with the skills needed to enjoy the local area by bike.</p>	<p>Covid 19 presented difficulties causing issues with coaches availability and members cancelling at short notice.</p>	<p>Opportunities to visit other cycle tracks and centres.</p>	<p>Membership will drive the way forward.</p>

Group	Project Activity	Who was better off	Overall difference	Challenges	Opportunities	Sustainability
Ecodyfi - acting as grant recipient body for Eginriad Cymru	Range of sessions to meet the needs of a variety of demographics in the community including yoga, dance fitness and therapeutic movement. Seom sessions were delivered bilingually.	Attendees reported improvements in mental health, physical health and emotional health. 100% of participants said they had learned something new and 100% also said they would attend similar sessions again.	Engaged with 350 participants overall. Supported the health of 5 people with chronic health conditions. Facilitators were enabled to test new community offerings which were well received. Strengthened the reputation of the organisation locally.	Technology used for blended learning did not work well. Rising rates of covid meant participants were less keen to attend face to face sessions.	Extending the work with younger people with both the primary and secondary campus of the local school.	Becoming a legal entity to enable them to apply for funding from other sources.

“Thanks for providing a welcoming, and warm in heart, safe space for beginners, as well as practising writers to come together, learn and support each other. Your teaching is excellent and delivered in a lovely gentle way. I’d love it if you were able to offer more workshops in the future.”

Group	Project Activity	Who was better off	Overall difference	Challenges	Opportunities	Sustainability
Arts Connection	10 sessions aimed at families to create a holistic approach and provide different activities that contributed to a healthy lifestyle	Attendees reported feeling more active and connected; willing to share their own skills; learning new skills and noting a positive impact on their health and wellbeing, making them feel more confident.	The project made a real difference to those who attended and those who attended really got something out of it and appreciated the offer given.	Initial low participation and short time frame for using funding had an impact. Covid also had an impact.	None reported	Will continue to deliver workshops in the area where we can, we asked for ideas of activities that families would like to take part in and will look to deliver those workshops in 2022.

"This project helped me get through a tough time. It helped me to be calm and reduced my grief and anxiety. The artists and other attendees helped myself and my son through conversation and activity. I will definitely attend these sessions again if they are available."

"These sessions are really worth a visit. My two grandsons aged 7 and 8 enjoyed the activities which involved crafts and baking, thank you everyone involved"

"We had a lovely morning at Carreghofa School this morning, thank you to everyone involved"

"Overall this experience was amazing"



General observations from the project evaluations:

Project Activity - A broad range of project activity was covered by the groups, focussing on health and general wellbeing. Activities were imaginative and new within the communities they were being tested in. Some activities were delivered online to help to increase accessibility for those who faced barriers to participation. Groups were keen to have face to face activities following long periods of lockdown.

Was anyone better off as a result of the project - A wide range of beneficiaries from young to old benefitted from the project from babes in arms to older people. Groups found new community members engaging with their activities, perhaps as a result of covid and the impact it has had.

Overall difference the project made - Health and wellbeing of all participants was improved by their involvement in the funded projects. Both mental health and physical health benefits were reported, as well as increased confidence and reduced isolation with new community connections being made. Another benefit is that local organisations linked together and connected, with signposting being regularly undertaken for beneficiaries to access services they needed. Local venues also experienced increased use of facilities and awareness of other activities they provide.

Challenges faced and how they were overcome - Delivering the projects on time during high levels of Covid infection, and a short timeframe was a major issue for all groups in several ways:

- Volunteer levels involved in projects - some volunteers were within the higher risk groups, and this led to their withdrawal of support, in order to minimise their risk of infection.
- Requirements of Covid regulations with regards to social distancing, sanitising of equipment and using buildings for activities
- Attendance at sessions - availability / recruitment of facilitators or activity leaders and levels of people not attending due to short notice cancellations

As a result of the above, activities were changed in order to attract participants

Opportunities as a result of the project

- Linking with other professionals, agencies and groups within the local area to strengthen relationships and services provided
- Finding opportunities for working together on further projects
- New activities being requested by beneficiaries
- Planning for the future

Sustainability - The majority of groups intend to further fund activities through charging for activities, looking for further grant funding and fundraising.

Conclusion

Despite the challenges posed during the delivery of the scheme, the groups successes reflect and illustrate the aims of the grant scheme, along with other benefits in that:

- The organisations were enabled to access European funding in a way that was commensurate to their size
- It assisted the bottom up development and piloting of micro initiatives in communities across Powys whilst combining with the adaptation of existing services to deliver health and wellbeing benefits to local residents
- It enhanced the capacity of Third-sector organisations and local volunteers to plan and deliver projects in their communities with high degrees of success
- It attracted different organisations to PAVO than those seen with other grant schemes previously
- It raised awareness of PAVO services that could be provided to support organisations achieve their aims and objectives

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