



Salford CVS
making a difference in Salford

Case Studies from the **Third Sector Fund** 2019-2021

Appendix II of the Evaluation of the Salford Third Sector Fund Grant Programme 2019-21



The Third Sector Fund is managed by Salford CVS and is made possible with the generous support of NHS Salford CCG (to June 2020) and NHS Salford ICP (from July 2020)



Case Studies from the

Third Sector Fund

2019-2021

Case studies featuring projects supported by the following sub-funds:

- Impact Fund
- Healthy Schools Fund
- Wellbeing Fund
- Youth Wellbeing Fund
- Salford4Good awards
- Neighbourhood Microgrants
(Wellbeing Matters)
- Covid-19 Salford Crisis Fund
- Covid-19 Recovery Fund
- Covid-19 BAME Response Fund
- Covid-19 Digital Response Fund
- Food Response Fund
- Live Well This Winter Fund

Impact Fund

The Ability Co-operative

In 2019, **Ability Co-operative** were awarded an **Impact Fund** grant to begin a new programme of **walking football, speech therapy and psychological support** for its regular service users. This was to meet the identified need of increasing physical activity levels of group members, the majority of whom were overweight. Speech therapy and psychological support were seen as a means to improve socialisation and communication skills with each other and garden centre shoppers, and **help address poor levels of mental health** which affects around 40% of attendees.



The combined sessions ran for a total of 22 weeks before lockdown at the end of March 2020. The football session started with around 12 service users taking part and grew in popularity to an **average of 20 attendees**, aged between 19 and 55. Around 5 individuals benefitted from the one-to-one speech therapy and psychological support each week.

The main impact of the walking sessions has been improved physical health. The football overcame lethargy in many, increased stamina and helped improve physical co-ordination. In addition, volunteers reported improved mental wellbeing. The people skills of participants were also seen to improve both between each other and with visitors to the garden centre; for example, offering to carry shoppers' purchases to their cars.

Wellbeing Fund

Albert Park Running Group

In October 2019 **APRG** secured a **Wellbeing Grant** from Salford CVS to embark on **'Couch to 5k' running programme**. These sessions are aimed at those with an interest in improving their physical fitness over a 9-10-week period of supported runs. The grant paid for run leader training to enable others to confidently share the role of leading the sessions, high-vis equipment and running kit as well as medals and certificates for those completing the 'Couch to 5k' course.

"I myself have lost weight, lowered my persistently high blood pressure and found a great support group in the people I run with, the amount of time and effort the run leader Tony puts into the group is amazing and without him and his support the group wouldn't be what it is - a great success."

Between November 2018 and March 2019, the group undertook five 'Couch to 5k' courses featuring local people of mixed running ability. Each course starts with a burst of enthusiasm with between **25 and 30 new members**. Whilst all ages are represented, the typical Albert Park Runner is in their 40s or 50s from the Broughton area. The group has organised runs every Monday and Wednesday operating throughout the year.



The main impact of the 'Couch to 5k' courses has been **improved physical health**. In addition, beneficiaries report improved mental wellbeing. The sense of community generated through participation is a strong driver for continued involvement. During organised runs, several social groups form naturally, and friendships have been established and strengthened. Some friendship groups also meet to run together outside of the planned sessions.

Impact Fund

Brain & Spinal Injury Centre (BASIC)

In 2019, **BASIC** set up training sessions for 30 Salford residents over the age of 18 years old at risk of falls following a neurological injury or illness. The project utilises **cutting edge technology that incorporates Augmented Reality and Virtual Reality to re-train the brain** to address balance and walking problems in a safe environment that can be applied to their lives outside of the therapeutic setting.

Twenty three clients were referred into the project of which **22 clients** engaged with the balance retraining project. The average age of clients was 65 years old.

173 sessions have been provided with clients engaging for 1 hour on a fortnightly basis. As part of this project each client receives 2 sessions with a neuro physiotherapist to complete an assessment to design their individual exercise plan. The plans are then used in ongoing sessions and enable collection of data to monitor progress. The exercise plan is led by the client with sessions being designed to challenge and progress their development. Each client is offered a minimum of 10 sessions with extensions for those assessed as progressing well.

Pausing due to COVID-19, BASIC maintained contact with all clients, and one to one support was offered virtually to maintain progress.

"My balance has improved and so has my concentration and confidence. My expectations were met because the virtual reality challenged my skills whilst being safe at the same time"



Impact Fund

Community Kitchen

Community Kitchen (Manchester) Ltd is a small organisation set up to fight the effects of poverty in the Orthodox Jewish community in Salford, Bury and North Manchester. Following requests from local schools and key people within the community, they launched a project called "**Fresh and Tasty**". Community Kitchen utilise a large volunteer team that cooks, prepares and sells, nutritious, hot kosher meals to individuals and families in need at a highly-subsidized price.

Initially this project was for families, but it has now expanded to include older people who are in crisis as word of mouth has resulted in identifying wider needs within the community. The **large volunteer network** has enabled the project to reach deeply within the community enabling community members to recognise and address the needs within their local community.

The wider impact of ensuring that these families have a regular nutritious meal are far reaching. One of the teachers who had referred a family into the project reflected on the impact this had had on their behaviour with school, noting that the **children were more engaged and able to concentrate** during the lessons.

"After my daughter went into remission, I felt suddenly quite traumatized and overwhelmed at all that had happened. ...I felt very isolated and alone and couldn't really share my story with anybody.

...the wonderful atmosphere with all the women cooking together, and all of us doing it for a good cause, has triggered of a new feeling of comradery that is unique and tangible . I start sharing and talking about my fears and received a warm understanding and empathy from all the other volunteers. I might be a volunteer for " fresh and tasty" . but they have given me much more back".

Volunteer at Fresh and Tasty

"I can't believe the difference a hot meal has made for my children, they are all so much happier and are doing really well at school"

Parent



Neighbourhood Microgrant Friends of Green Grosvenor Park

The **Friends of Green Grosvenor Park** was formed in 2013 by local residents who came together to help maintain and enhance the Council-owned park's play infrastructure and natural environment and encourage greater use of the park by local people.

The 'Summer Family Fun Day 2019' was the third event organised the Friends with a focus on providing **free entry and low-cost entertainment for local families and particularly children**. It also aimed to bring residents together and help create a sense of community, particularly for residents who had recently moved to the area. It was delivered in partnership with neighbouring Church of the Ascension who were marking their 150th anniversary. The event aimed to attract around **1,200 visitors**.

This project should be viewed as one of a series of events and activities organised by the Friends which are contributing towards these goals. The collective work of the group was recognised in February 2020 when they were presented with a Forever Manchester award under the 'Connecting Communities' category.



Youth Wellbeing Fund Health Action Team (HAT)

In July 2019, 3 young people put together an application to secure a grant from the Youth Wellbeing Fund to continue the running of the **Health Action Team Fareshare** shop and associated activities for an additional 12 months. This project included weekly, affordable food shop run at Salford Foyer for the residents, emergency food parcel provision for those who are experiencing hardship and provision of volunteer expenses to cover the cost of picking up the Fareshare food.

By setting up the Fareshare and running it themselves, the **young people are supported to feel empowered creating an environment where they can develop their skills** around cooking, meal planning and budgeting as well as “shop” for items to create meals they like.

The Health Action Team volunteers have a real sense of ownership over this project. In running the shop, the young people are able to broaden their knowledge. This includes educating them on how to store food, good hygiene practices, sharing recipes as well as memories of their past. Sharing food stories can be a powerful way to process the past which is particularly pertinent to these young people who for a range of reasons are living independently.



“Because of [Health Action Team’s project] I am eating proper meals otherwise I would just not eat or else eat rubbish.”

I have lost so much weight but now get food to make meals and come to the cooking class to get ideas, try new dishes and learn how to cook properly.”

Youth Wellbeing Fund

Rio Ferdinand Foundation

Securing a Youth Wellbeing Grant enabled 3 young people to run a 12 week football project called **5 Star Soccer** for young migrants in the Salford area. The grant funded all of the sessions with 2 coaches, one of whom spoke Arabic, as well as provision of kit and refreshments.

News of the project quickly spread and people travelled from across Salford to attend. **It was informal, fun and free.** The sessions were open to anyone who wanted to play and the numbers grew, with one week having 57 young people attending. By utilising a venue for the project that was near to a local park, RFF were able continue to meet beyond the 12 weeks. This has resulted in the young people and their families making more use of free, local amenities.

"I learned how to make new friends who also spoke different languages and how word of mouth is great to bring new people into my project."



With the help of the coaches, these **young people were able to build social networks and relationships.** The young people were meeting others from their local community, as language became less of a barrier. They engaged positively in physical activity often arranging to meet and play other games outside of the official project time.

For these young people, becoming more confident in their surroundings meant they became less passive within their lives. They reported that feeling connected to the park and developing friendships opened the world around them, thus **improving their life experience and mental health.**

Wellbeing Fund Salford City Singers

Salford City Singers began in April 2010 as a **Wellbeing Choir at START in Salford**. Nine years on, the choir welcomed people from all walks of life and champion the choir as an opportunity to come to sing for fun and health. Due to the pandemic, the choir moved online in April and have been running weekly Zoom sessions ever since. Just prior to lockdown, the Choir had moved to their new venue at Swinton Gateway and were really looking forward to meeting back up in person as soon as they were able to.

The inclusive choir met weekly, with a professional tutor from Simply Singing leading the sessions. Whilst remaining inclusive, the choir is actively promoted to people who could benefit from belonging to a community choir. The choir takes a gentle approach, no one has to read music or have experience of being in a choir previously, and the tutor focuses on **wellbeing which is achieved through singing**.

"I have been very down, but I go there and feel much better being together singing the songs I can't say enough words of how it has impacted my wellbeing." "Sometimes I feel so down I think I don't think Choir will do it for me today, but it always does."



The members have truly created **strong friendships** whilst talking about the choir. Members reflected on a member that has recently passed they reflect on how much he loved the choir and how they loved him. There is such a strong connection between the members providing opportunity to expand their social networks.

Salford4Good

Sovereign House

Sovereign House was established in August 2016 with the mission to help disadvantaged children to realise their full potential through **education, healthcare and community development**. Sovereign House is a UK based charity operating in Salford and Ghana.

Irene Lockett founded the organisation shortly after moving into Salford after being shocked to find that school age children not only lacked access to computers but also basic IT skills. Irene recognised that this would significantly impact on their ability to progress with their peers in the education system.

Irene conducted research at Salford Precinct to identify the key areas of need, and subsequently established the **Computer Learning Program (CLP)**. This project, based at Langworthy Cornerstone, aimed to teach children **basic computer programming languages and IT skills**, to empower them for their future jobs, whilst developing their social interactions amongst their peers. For some of the children, this provides an opportunity to build on their skill sets whilst gaining confidence, empowering them to develop a 'can-do' attitude, as well as **bridging the inequality gap**.

"The learning programme is young person led to ensure it is delivered at a pace that suits the group thus ensuring that no one is left behind or feels disenfranchised..."

"Developing a strong "can do attitude" for all students ensuring they are praised for achievements and encouraged in their natural interests."

In 2019 Sovereign House were awarded a Salford4Good grant to fund two IT tutors and the purchase of refreshments for attendees.

Fourty five children aged 7-14 engaged with the CLP. Eighty eight sessions took place in total, with **26 volunteers** supporting across 11 weeks.



Impact Fund

Salford Lads' Club

Established in 1903, **Salford Lads' Club** was part of the wider movement of clubs set up by local companies and philanthropists between 1886 and 1910 in many industrialised cities. The aim was to provide positive alternatives to the teenage street gangs of the time with sports, arts, cultural and educational activities. Salford Lads' Club was one of the few to include a work bureau, finding employment for lads aged 13 and upwards. Still thriving 117 years later, the club is based in the heart of the Ordsall estate and is now considered to be the **"Finest example of a pre First World War Club surviving and operating today."**

The club is now open to boys and girls, providing the opportunity to take part in **sports and arts activities**, as well as offering the opportunity to attend their infamous annual camping trip to Aberystwyth. The Club is also well known for its volunteer team many of whom are past members and remarkably their longest running volunteer has offered over 70 years of service to the club. Young people that attend the club today are given the same opportunity to graduate through the youth provision to become a volunteer supporting younger members and the day to day running of the club.



"Without [Salford Lads'] Club there would be a big hole in my life. A lot of the skills I now have in terms of confidence and communication have come from the volunteers and visitors I have met at the Club"

Over the funded period, Salford Lads' Club worked with **160 local young people**, including provision across 6 days a week, **over 80 sports sessions**, and a virtual 'campout' to engage the participants.

Healthy Schools Fund

Irlam Endowed Primary

Irlam Endowed Primary School are a very active school with fundraising and physical activity, and previously received a grant from the **Healthy Schools** fund to buy scooters and skateboards. This grant builds on their previous work.

Further funding supported the creation of a **Multi Use Games Area (MUGA), to increase physical activity for pupils, families, and the Irlam community.** The area has higher average obesity rate and the school takes this seriously looking to try and improve health challenges at the earliest opportunity. The school are connecting with surrounding schools and local sports clubs to increase the access to the pitch. They have the option to hire the space out at a very affordable rate for the community making it **an accessible community asset for Irlam.**

“The pitch is god send as we can still deliver P.E in a socially distant way outside, other schools haven’t been able to do this during this time ... at least our children are still able to do some physical activity during this time...”

PE Lead



The outdoor pitch has improved physical activity rates for the pupils in the school. Although the school was closed for most pupils there were still 40 pupils who were still attending and able to do physical activity.

Healthy Schools Fund

Light Oaks Junior School

Light Oaks Junior School received funding from Salford CVS' **Healthy Schools** Fund. They used this grant to purchase **five pieces of permanent gym equipment**. These included Tai Chi disks, that turn to help arm strength; a cross trainer, for overall body fitness; a horse rider, for muscles below the waist and a dual swing, for improved legs and arms muscles, and two spinning circles that help arm strength.

The equipment was used during break times on a rota basis, with each class having 1- 2 hours per week. PE staff also were able to include it in all 12 class sessions, creating interesting challenges and increasing confidence on apparatus. **The equipment was used by pupils who had ADHD, depression and anxiety to help with self-regulation.** Learning mentors were able to take the pupils out the class and set mini challenges to help with frustration and improve wellbeing.

After their mini challenge they felt calmer and were able to return to class. **Parents also used the equipment after and before school, setting each other challenges.**



"When class has become too overwhelming we take him outside to the gym... he likes the feel and effects of the disks... he can let his anger out on strength equipment and it calms him down... he is then more ready to go back to class."

Healthy Schools Fund

Moorside Primary School

This **Healthy Schools Grant** has enable **Moorside Primary School** to trial a range of different **fitness sessions for parents**, including yoga, fitness, meta fit and 'Couch to 5k'. The school used these sessions as an opportunity to understand what parents were interested in. This approach enabled them to alter plans and understand what was attractive to parents. There were two sessions per week, with the morning session being for parents only, to encourage movement and exercise at home.

Through this programme, Moorside Primary School were able to set up a **new food club**. This ran once a week after school and was for both parents and children. **There were six families per session which equated to 18 unique participants**. Each half term, a different cohort of families could take place. At the end of each cohorts' sessions, there was a party where pupils brought in food they had made at home.

""Mum lets me cook now!"

The breakfast club has helped with those pupils who **had separation anxiety**, as parents could come to the beginning of breakfast club and ease the child into the day. It also helped parents who might be anxious about dropping their children off, and gives them **safe space** to have a hot drink.



"The breakfast club has been beneficial for lots of pupils, for instance one pupil was often disruptive and couldn't concentrate at the beginning of the day but was fine the rest of the day ..."

Healthy Schools Fund

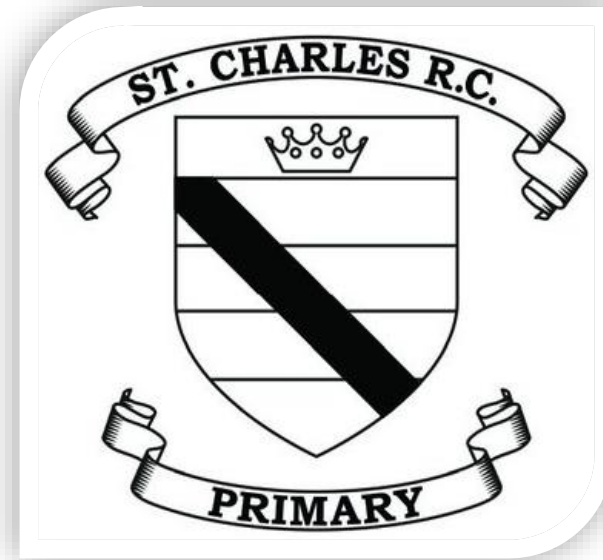
St Charles RC Primary

St Charles RC Primary School in Swinton created an art therapy space on their school site in 2014. This '**Art Room**' is dedicated space for art therapy sessions. Over the project, one to one **art therapy sessions have taken place with 23 children**. These sessions run for an hour and are tailored to the child's needs. Three of these sessions run per week.

Children from St Charles RC Primary School are referred to the therapist by class teachers or head teacher for a variety reasons, such as bereavement, special educational needs or students who have had illness in the family. The **one to one approach** allows children to have a space to really be themselves and express emotions in a **safe space**. Pupils may take part in these sessions on weekly basis, for as long as they need.

Art therapy really helped one student through bereavement of her mother:

".. [pupil] knowing she had somewhere to go to share all her feelings really helped and she is much happier now and getting on with things... she smiles and says hello to you which she didn't before."



Art therapy allows a **space for children to be themselves** and unpack any emotional distress. This is particularly helpful when pupils might feel guilty expressing this with family members as it might upset them.

Healthy Schools Fund

St Pauls CE Primary

St Paul's Primary School has developed three strands to their **Healthy Schools Grant**. This has funded a **refurbishment of their nurture room, forest school equipment and delivery of a healthy eating programme.**

They were able to split the money in the grant to really respond to needs within the school and develop school resource. The project helped to increase the **staff and parents' knowledge around nurture and healthy eating.** In St Paul's Primary School, 53% of children are in receipt of Pupil Premium, 93% of children are from low income families and approximately half of the children on the SEND register display social, emotional and mental health. St Paul's' grant enabled them to support these children in need.

Having a **dedicated space** away from the classroom meant that pupils could build confidence through one to one and groups sessions that suited their needs. The project helped children with sensory needs to feel calm, ready to learn, and **in a frame of mind to build their self-esteem and confidence.**



"These sessions led to one child who previously would not get up in assembly feeling confident to receive a certificate by the end of the year."

Covid-19 BAME Response Fund

The Paperweight Trust

paperweight

The Paperweight Trust were awarded a grant as part of the **CV-19 BAME Response Fund** in order to grow their offer of free legal and financial support in Salford. Qualified case workers supported members of the **Jewish community** who were in crisis for various different reasons including bereavement, dementia, divorce, low income, isolation, discrimination, injustice, and neglect.

Common issues they supported with are **benefit and welfare advice, domestic finance management, financial situations due to a bereavement, family & civil law, power of attorney.** Referrals to Paperweight are made over the phone and can be made by an individual themselves or by an organisation / support worker. Receptionists managing the help desk allocate clients to the most appropriate case worker, this is based on a client's problem, location, age, availability.

About a week after the referral, the caseworker will make contact via phone, Zoom or in person to learn more about the situation and explain how Paperweight are able to help.

During the pandemic, Paperweight adapted to virtual meetings and digital solutions. Before, this wasn't something Paperweight had considered and so adapted quickly.

Caseworkers started using **WhatsApp call and Zoom** for case meetings. Throughout this process, Paperweight discovered many of their older clients didn't have access to the relevant technology. Paperweight were able to support these clients through another grant, purchasing tablets and internet dongles for older clients.

Caseworkers were able to teach them how the equipment worked and offered video call meetings. These devices and skills also **reduced isolation** as clients had the tools to stay digitally connected with their friends and families through lockdown. Adapting their services this way has taught Paperweight how to be more versatile and has given them the confidence to push their boundaries in the future.

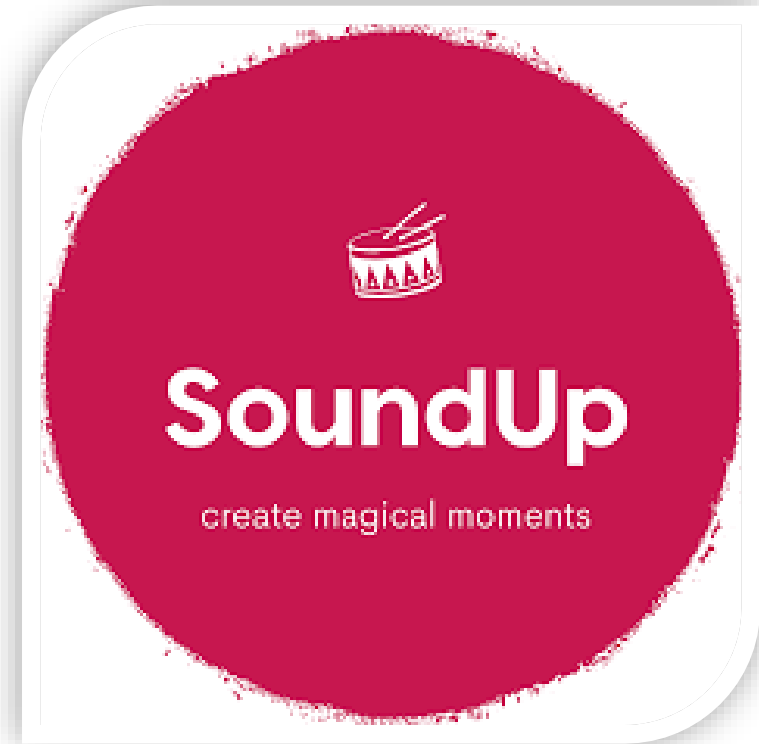
Wellbeing Fund

SoundUp Arts

During the third lockdown, a lot of people that SoundUp connect with felt very isolated. All of the activities people living with dementia and their carers used to benefit from had stopped during the lockdown. SoundUp Arts wanted to put something in place to fill the gap.

The **Wellbeing Fund** grant was used to deliver **10 music-based creative and cognitive stimulation sessions via Zoom, for a group of Salford community participants with dementia or caring for a loved one with dementia** (existing Age UK Salford service-users). Four SoundUp Artists were employed to perform live in two of the workshops across the series.

The project also recruited young musicians as volunteers from Salford University, Pendleton Sixth Form College, and the Royal Northern College of Music. One or two volunteers were invited to each session. These young musicians received mentorship across the 10-week series from the project lead and music for dementia specialists.



Youth Wellbeing Fund

42nd Street

In December 2020, **42nd Street** was funding through the **Youth Wellbeing Fund** - a unique fund that empowers young people to co-design and ideally co-deliver activities that will have a positive effect on their wellbeing.

In this case, the funding application and the project itself were driven primarily by two young people, Malky and Rochelle, who are passionate about **increasing mental health provision for their peers in the Orthodox Jewish Community**.

The project included a peer support group for girls and young women aged 13-21 in the Orthodox Jewish Community, and **free weekly sessions** that encourage attendees to have fun, make new friends, and share thoughts and feelings in a safe, relaxed environment.

This project created a space for the participants to meet other likeminded young women, which in turn has had a profound positive impact on their emotional health and wellbeing.



For the young women who attend the group, this project has been incredibly **empowering**. It has helped them to understand that other people are going through similar experiences and that by acknowledging and talking about their problems, they can play an active role in managing their own health and wellbeing.

Furthermore, the delivery team collect feedback from participants during and after every session, which has helped the participants realise that their opinions matter and they have a voice.

Youth Wellbeing Fund

The Flowhession Foundation



The **Flowhession Foundation** was established in 2017 by Founder and CEO, Abdul Hafeez Siddique. Its primary aim is to promote community cohesion, the rule of law, British values, individual liberty, and mutual respect. In 2021, The Flowhession Foundation were awarded a grant to deliver a **6-week holistic wellbeing programme for marginalised Pakistani young women living in Eccles**. Their project was designed to help participants build resilience and develop strategies for managing the low-level stress and anxiety brought about by the pandemic, through facilitated sessions and culturally sensitive resources.

The Flowhession Foundation delivered two blocks of 6 wellbeing sessions for **20 young Pakistani women aged 16-18** (12 sessions in total, with 10 participants enrolled in each block). Sessions took place weekly and lasted for 3 hours. Interactive sessions helped to give the participants ownership of the programme – e.g. asking young people which topics they wanted to cover, and giving them plenty of time to talk.

Young people are articulate about their feelings and experiences; they simply need an opportunity to open up explore what mental health means to them. Consultations with young people before the project helped make sure the sessions were **relevant and needed** by this cohort.

Many participants had recently migrated from European countries such as Norway, The Netherlands and Belgium. Their limited language skills meant they struggled to access mainstream wellbeing provision, and therefore arranging bilingual facilitators was important.

There is concern amongst some South Asian communities about engaging with mainstream wellbeing advice because it is seen as drawing upon Buddhism and related practices.

Utilising culturally and religiously sensitive resources and securing the buy-in of parents early on helped to overcome this challenge.

Covid-19 Digital Response Fund

Proud & Loud Arts

Proud & Loud Arts is a disability led arts & performance charity. They aim to increase opportunities for artists living with disabilities to create vibrant work in public spaces.. In December 2020, they were awarded a grant as part of the **CV-19 Digital Response Fund**.

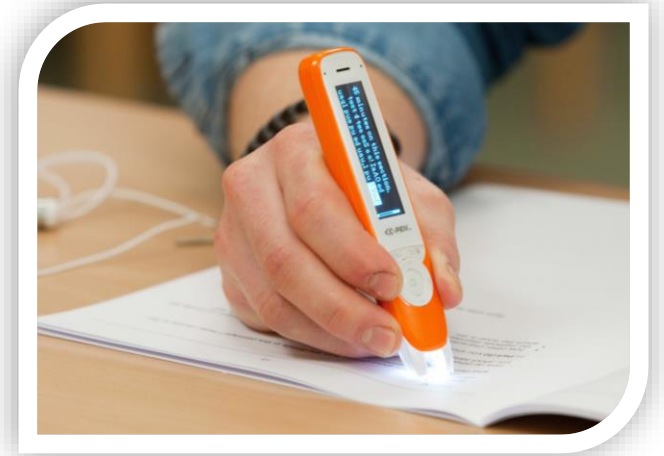
The aim of this grant was to make Proud & Loud's **new online environment accessible to** all their members through increasing their understanding and use of new adaptive and assistive technologies. The aim of this was to **reduce stress** when accessing online resources and improve members' independence when accessing online spaces.

Proud & Loud Arts were delivering online group activity sessions every day during lockdown to ensure members had the **space to connect** with their friends and social circles. Session activities varied from short dance classes, shared viewings of television programmes and just a general space to discuss member's artistic work.

“When drawing on a tablet I struggle to reach the whole screen, but the drawing pad helped with that ...and meant I could be more independent. “

Some of the barriers members were facing getting online were literacy skills and not being able to read, co-ordination issues, eyesight and dexterity. Specialist keyboards such as Helpikeys and Jumbo XL Hi-Visibility keyboard were purchased, along with a pressure sensitivity touch pad, C-pens' and a Skoog, a musical instrument anyone can play.

With the **C-pens** members can read their highlighted lines and practise like everyone else, helping them feel included, and also independent, as they can learn lines at home.



Covid-19 Disability Response Fund

DIY Theatre

DIY Theatre is a Salford based company of Learning Disabled performers. In November 2020, DIY Theatre were awarded a grant for their Inter-Connect project through the **Covid-19 Disability Response Fund** to help DIY members learn how to use digital equipment and engage in virtual sessions and other online services and activities. The fund enabled DIY to support participants to **gain digital skills, knowledge, motivation and confidence**, in turn leading to a reduction in digital exclusion and social isolation.

Attendees of DIY's "Let's get Digital" sessions created a 'map' of the journey they had taken with Zoom and skills they had learnt through the Inter-Connect project. After the sessions, members were able to turn their camera on and off, use reactions, use breakout rooms, knew how to save their names, how to use filters and backgrounds, the whiteboard and how to adapt drama games to work on Zoom.

The 1:1 support sessions allowed all members to improve their digital skills and **decreased digital exclusion**, this is especially the case for some of their older members as it was a much bigger leap for them than the younger members.



"It made me feel a bit nervous at first – I'd never done it before – never done Zoom before, but now I feel OK – I feel fine doing it feel fine – I'm not as much nervous anymore"

Covid-19 Recovery / Food Response Fund

Salford Food Bank

Salford Food Bank was facing an unprecedented demand for its services (up 300% compared to pre-pandemic) and additional fuel costs as they switched to a delivery rather than in-person collection service, while the supply of donated food plummeted. In April 2020, shortly after the first national lockdown, Salford CVS launched the **Food Response Fund** to support local organisations that were feeding some of the city's most vulnerable residents.

The funding was used to purchase food for **the food parcels and to cover the cost of the fuel costs** incurred by the delivery drivers.

This grant from Salford CVS allowed them to bolster their resilience at a difficult time and provide crisis support to people who were struggling, some of whom would have lost their job or been furloughed by their employer in response to the lockdown.

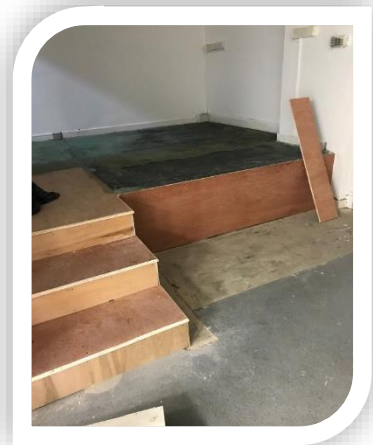
The restrictions at the time also meant Salford Food Bank's clients weren't able to collect their food parcels in-person as normal, so they had to be flexible and pivot to a delivery-based system. Many of Salford Food Bank's existing volunteers were vulnerable or worried about the impact of catching Covid and decided to take a step back, which meant they had to respond quickly to recruit a team of **around 20 volunteer drivers** to deliver food parcels **twice weekly** to clients' homes.



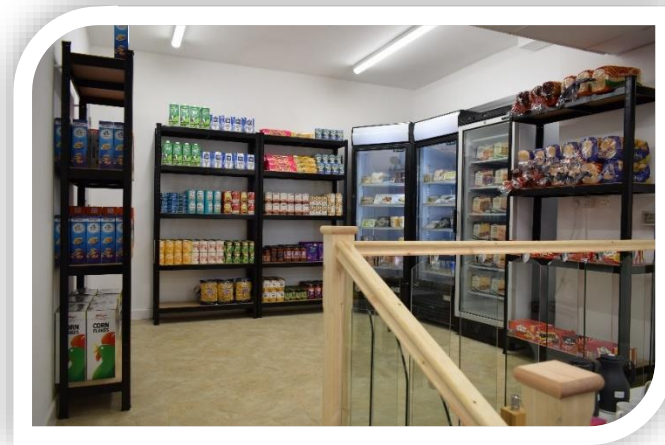
Covid-19 Recovery / Food Response Fund: Mustard Tree

Mustard Tree is a Greater Manchester-wide organisation that supports people to help themselves by providing practical support, friendship, connections into work, improvements to health and wellbeing, and new experiences to encourage aspiration.

In October 2020 Mustard Tree received £20,000 to invest in the **redevelopment of its Little Hulton site**, to make sure it was fit for purpose and able to meet the need of local people.



before



after

The majority of the funding (£16,000) went towards the re-development of the Little Hulton site. On the ground floor, **new storage rooms for the food club and community shop** were added, and the client-facing food and furniture area was re-designed to look like a normal shop. Upstairs, a new kitchenette, toilet suite, boiler system, breakout relaxation space, and a practical skills area were developed, **so Mustard Tree's diverse programme of support could be delivered once again for clients**. These include creativity and skills-based clubs and classes such as Job Club, Art Club, Computer Confidence, English for Speakers of Other Languages (ESOL), and Freedom (a life and transferable employment skills course).

Mustard Tree also invested in a new security system to help **staff, volunteers and clients feel safe** while on the premises; refurbished toilets; new lighting, flooring, windows and paintwork; and a new lift to increase the accessibility of the building for disabled clients. A smaller portion of the funding (£4,000) was used to promote an existing member of staff to manage the site at Little Hulton.

Covid-19 Recovery Fund

Salford Credit Union

Salford Credit Union is a co-operative that has been providing safe, competitive and fair financial services to people who live or work in Salford for over 30 years. It helps **local people to borrow and save**, rather than making a profit for shareholders.

In October 2020, Salford Credit Union was awarded £20,000 to bolster its financial resilience in the wake of the first national lockdown. It was experiencing a number of issues that affected its sustainability into the future, including reduced lending and lower investment returns, fewer new memberships, and more bad debts. With their grant, Salford Credit Union was able to **continue delivering its core services** with the support of this funding. Around 2000 of its 4000 members engage with these services monthly, so **approximately 2000 unique people benefitted from this project.**

"These loans are essential to myself as I am a single mum, and they help me to pay bills and get essentials. Thanks for helping other wise I do not like to think where I would be. My lifeline."

"This credit union is a life saver for me. It allows me to save up each week and then withdraw what I have saved up. I sometimes even forget I have credit union and it is brilliant when I'm really low on money and I remember I have this to fall back on."



Salford Credit Union had plans for how they wanted to support local people and develop their products after the pandemic hit, but to focus on these plans they needed to make sure they were financially resilient and would be able to sustain their services. **It was crucial that they were able to support borrowers at risk and underwrite some of those bad debts**, while maintaining enough capital to meet their targets.



Covid-19 Recovery Fund

Salford Foundation



Salford Foundation is a charity that has been supporting young people and adults to build better futures for over 30 years. They believe that by creating the **right mix of opportunities, resources and relationships** with people, everyone can reach their full potential.

In October 2020 Salford Foundation was awarded a **grant to expand their targeted youth intervention services to include domestic abuse services for children and young people**. The 6-month RISE programme supports young people aged 10-14 to develop an understanding of trauma and adverse childhood experiences (ACEs), empowering them to make more positive, safe and aspirational choices in the future. RISE aims to engage and mentor at risk young people using a positive, strengths-based approach. The programme content is based around four key themes: **My Identity, My Relationships, My Environment, and My Future**.

86% of young people saw an improvement in their mental and emotional health.

"It helped me to think positively about myself and think positively about other people."

93% of young people have improved coping strategies and resilience.

"RISE has helped me with my anger. Learning ways to help me calm down and take my mind off what has been making me angry."

Mentoring sessions were delivered by a Level 3 qualified youth worker, who adopted a person-centred, trauma informed approach.

Using a blend of face-to-face and virtual engagement, sessions were tailored to the needs, times, and circumstances of the young person.

15 unique beneficiaries took part, over 360 support sessions.



Healthy Schools Fund

Summerville Primary School

In July 2020, **Summerville Primary School** was awarded a grant through the Third Sector Fund to create a **sensory garden** that would provide a calm outdoor space for children to learn and connect with nature.

Summerville Primary School has 6 outdoor bay areas, each of which can be accessed by two classrooms. The bays have historically been underused due to a lack of funding to develop these into pleasant areas for the pupils to learn and play.

The sensory garden has been used to host science lessons – the children have been encouraged to explore the rocks and plants, and as part of **STEM** (Science, Technology, Engineering and Maths) Week, they made bat boxes to **contribute towards their protection and the conservation of the natural environment in Salford.**

As well as the increased understanding of their natural environment time outside also produced a range of other benefits for pupils, including **improved energy, concentration, emotional wellbeing and physical fitness.**



The garden also forms part of the school's **pastoral support package**, providing them with a space to relax and spend some time alone if they are experiencing issues at school.

The school plans to host formal **therapeutic interventions** in the space soon, including nurture groups for around 3-6 at risk pupils, who require additional pastoral support.

The children will be encouraged to take part in activities around a particular theme each week and **will learn positive behaviours** from the staff member leading the sessions.

Live Well This Winter Fund

Connect Youth & Community Centre

Connect Youth & Community Centre supports all individuals, but mostly those with learning difficulties and the elderly, in keeping connected through social prescribing around Salford.

This group used the funding to pay for a **music and wellbeing tutor for six weekly Zoom sessions** for their beneficiaries. The first part of the workshops involved relaxation time, where the tutor facilitated meditation and breathing exercises through which participants were able **to feel calm and enjoy the session**. This was followed by singing, musical quizzes and a check-in time for individuals to raise any concerns they had.

Outside of the group Zoom sessions, the tutor offered 1-1 support for individuals who wanted to learn a particular song and helped them to overcome their fears and build confidence.



*"The group has helped me to catch up with my friends from the group on zoom.
We have had lots of fun times together which wouldn't have been possible without this group.*

*It's helped us to interact with each other.
As we can see and hear each other on zoom
it's been the next best thing to meeting up in person."*



Live Well This Winter Fund

Everything Human Rights

In January 2021, **Everything Human Rights** was funded through the **Live Well This Winter Fund** to support families in their community by providing **food parcels and help with their utility bills**, creating the 'You & I Together' project.

The group selected **8 households with a total of 13 unique beneficiaries**, for whom they provided food parcels and support to pay their gas and electricity bills once every 2 weeks for 8 weeks in total. Food parcels were tailored where possible, containing **suitable foods** such as rice flour, indomie noodles and tanganda tea.

As well as this, Everything Human Rights contributed to each family's utility bills by awarding them **vouchers to keep warm and well nourished**. This enabled all families to stay well during the cold winter months. All food parcels and vouchers were prepared and delivered by volunteers who are continuously engaged in all activities and help around the community.

Families that were selected for this project **could not emphasize enough how grateful they were** for the food parcels and utility vouchers, which helped them to survive the coldest months of the year.



Everything Human Rights is a non-for profit organisation which promotes human rights in everyday life.

The organisation aims to support asylum seekers, refugees and communities experiencing racial inequalities. and operate from a lived experience point of view – with their volunteers and members being asylum seekers themselves.

Wellbeing Fund

The Rock Action

The Rock Action organised ten weekly COVID-safe **awareness sessions** for women of African background over the age of 40, with chronic health conditions such as diabetes, high blood pressure, and obesity.

The sessions addressed the eating habits among the African community and the high consumption of substances rich in fat and high-sodium spices widely used. The project raised awareness about direct impacts on health conditions and their relation with the risk factors of increasing the severe illness resulting from COVID-19. During the session, information about the services provided by the GPs and information leaflets were available. In addition, **the group hosted a chef who demonstrated healthy alternative recipes** that kept the community connected to their heritage while maintaining a healthy lifestyle.

The group also **worked to address the reduction in active time during lockdown by distributing a gym pass to the participants** to encourage them to stay active. During the lockdown, vulnerable people became increasingly reliant on home delivery to avoid any unnecessary exposure to the virus, which limited physical movement. Since the gyms closed during the implementation time, the organizers started a **walking group** to encourage women to stay active by organizing regular walking activities.

The project raised awareness on healthy eating habits and a healthy lifestyle. Some participants started to adopt the recommendations.

One woman mentioned in an interview *“that the level of her blood pressure stabilized after switching to a healthier diet.”*



Feedback on Salford CVS' processes

"I just want to say we're very happy with the support Salford CVS have given us. They have funded us for the last two years and have really helped us grow our footprint in Salford."

The Flowhesion Foundation

"[We are] are grateful to have been able to access funding to develop this previously unused space. The application process felt easy and proportional to the size of the fund."

Summerville Primary School

"[Salford CVS] has the option of direct communication and answering questions. That was something really good."

SoundUp Arts

"The group benefited from the wider support offered by Salford CVS. Firstly, the SCVS newsletter shares updates on new opportunities.

Secondly, the group had access to the development team's sessions, such as the management training that the group referred to was very good.

Also, the group benefitted from other services such as application proofreading and help in shaping the activities as well as sharing wider funding opportunities."

The Rock Action

