



## Eastbourne Community Network March 2018 meeting, St Wilfrid's Hospice

### “Growing Our Community.... One year on” – Outcomes Report, April 2018

The Eastbourne Community Network event held on **20<sup>th</sup> March 2018** was one of four quarterly meetings of the Network. **Eastbourne Community Network** is a meeting for voluntary and community groups, public sector partners, local private sector and anyone else working and volunteering in the local community. The Network meetings are organised in partnership by 3VA (Voluntary Action in Eastbourne, Lewes District and Wealden) and the Locality Link Worker for Eastbourne, Julie Tremlin.

The event focused on reflecting, revisiting and building on the assets in our community and making connections and links. The topic arose from evaluating the previous event where attendees were saying they are still struggling with grasping the asset based approach and fully understanding what our local assets are. We also spent some time thinking back over the year and work that had been completed, finding out how assets have been utilized over the past year.

participants valued hearing about St Wilfrid's Hospice and seeing how asset based work is taking place locally as part of the Intergenerational Project.

#### **SPEED NETWORKING**

This activity is built into each Community Network Meeting and from previous request was extended to double the time, which proved a popular decision. Feedback from previous sessions has determined that this is an incredibly useful and impactful component of the Network meetings. Speed networking allows for cross fertilisation of ideas and getting a feel for the assets that are available within Eastbourne. Importantly it provides an excellent ice-breaker allowing people to interact more readily. It will remain an important feature of all ECN meetings.

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## MINI TALKS

In order to demonstrate local assets in our community, mini-talks were given by representatives from two organisations / projects.

**David Scott-Ralphs, CEO of St. Wilfrid's Hospice** shared the work of St. Wilfrid's and welcomed all to connect and consider how they might work with staff or their newly built premises. St. Wilfrid's Hospice provides different opportunities for people and organisations to engage and is endeavouring to be a place that people from the community use e.g. through its café and art / craft sessions which are open to the general public. It also makes rooms, which feature state of the art technology, available for organisations to hire.



**Jo Wunsch** gave the second mini talk about Chances4Change project in Eastbourne. Its community assets based approach aims to work with local communities, existing organisations and networks to improve their local area. The aim is to support community-led initiatives and activities that enhance wellbeing and strive to improve connections, links and contacts within a given community.

Jo provided a summary of what asset based approach really means and focused on the recent intergenerational project facilitated by Chances4Change which brought interaction between a local primary school, West Rise, and Cranbrook House, an extra care housing scheme for elderly residents. Her talk highlighted how the asset and strengths based approach works and its impact on community. Information was shared about the project and a booklet, which includes tips about facilitating intergenerational projects, was made available. Booklets are available on request through 3VA.

## VIDEO ON STRENGTH BASED APPROACH

Part of a video, which focused on the Care Act and Adult Social Care and its strength based approach, provided some useful examples of how Adult Social Care are using this approach to enable adults to be more involved in determining how their care may look. It showed how the interests and skills of individuals are taken into consideration and how the community can respond via community organisations and interest or activity-based groups. The video can be watched at [https://www.youtube.com/watch?v=i\\_OZPJvIZyl&t=295s](https://www.youtube.com/watch?v=i_OZPJvIZyl&t=295s)



## GROWING OUR CONNECTIONS



Growing our connections was a practical exercise to concentrate discussions on not just what connections were taking place but how people were and could connect. Attendees already had connections with groups within the meeting and we wanted to capture these, and information on the groups which people have connections with who aren't in the room.

People completed slips detailing their connections with:

- Organisations / people on their table
- Organisations / people in the room

These were then posted on the sticky wall for all to see what connections already exist and the value of those connections.

Participants then identified those who they work with who were not at the meeting and added this to themes flip charts: Young People, Advice & Guidance, Disabled, Mental Health, Housing, Community Groups.

Finally, participants were asked to complete "Wish You Were Here" postcards to organisations they felt would benefit from attending future meetings and collaborating with organisations in the room.



### Just a few of the ideas that describe how people are connecting:

- Discussing funding and legal requirements
- Collaborating on running an intergenerational project
- Supporting organisations assisting clients to set up a bank account
- Considering volunteering opportunities within community groups
- Connecting churches and health
- Placement opportunities in various settings for Occupational Therapy students
- Awareness raising across groups / communities on community safety
- Better connections with groups to enable swift referrals into a range of beneficial programmes

## THE MAP

At each meeting of the Network the map is added to by participants so that, as a Network, we are more aware of what exists in our area and what the gaps may be.

After each network (with new, growing information) we will be taking a photograph of our map to continue forming a visual picture of the assets in the town. The map is already showing a wide range of local groups to potentially engage with, share information and practice.

Participants mapped organisations and assets that hadn't already been mapped and were invited to include organisations that were not at the meeting. The map was extensively added to as part of this process.

The map will be produced electronically to provide a visual journey of the mapping across Eastbourne of the assets within the community.



- Community café and cooking spaces/projects
- Outdoor activities
- Outdoor spaces
- Food growing projects/spaces
- Information sharing points
- Diversity hubs
- Creative Organisations
- Media / Promotional Organisations

## FEEDBACK AND EVALUATION

Evidence gathered from talking to participants and from formal feedback indicated that groups continue to strongly welcome the opportunity to come together, to make new connections, share good practice and to explore challenging subjects in a creative way. 21 people provided feedback, with 100% of participants who provided formal feedback found the event **‘Excellent’** or **‘Good/Very useful’**.

When asked **‘what has the meeting helped you with’**, the feedback showed that:

- 100% felt the session had helped to network with other voluntary groups and to learn and to share.
- 83% felt that they could understand better how to connect with other groups and people.
- 82% felt that they had a better understanding of what assets are in our community and how they can be used.
- 100% felt that they’d learned more about sharing resources with other organisations and had a better understanding of who else to go to for support within the community.
- No participants rated the meeting ‘disagree’ or ‘strongly disagree’.



*“I understand asset based approach finally!”*

*“I did not know of some of the groups or did not know what they offer and how relevant to my orgs they are”*

## CONCLUSIONS

At each event we evaluate and form a plan from the feedback and activities at the event. Actions will be taken forward by 3VA, LLW (Julie Tremlin) and the members of the community who attend and are members of the network. A few key things we will action from the March meeting are:

- We are looking at how we can best share the asset map
- We will capture the Action Sheet 'I'm Supporting my Community by ... and turning this into 'We asked' & 'Your Action is' to bring this to life.
- We are reviewing who is attending and will focus on those organisations/groups not in the room to bring them into the discussion
- We aim to better capture information about which organisations have made connections, with whom and the action from these

### Stay connected!

Based on the feedback from the last year of meetings we have created an on-line space for the Network. **Eastbourne Community Network Facebook** (<https://www.facebook.com/groups/1784506868266557/>) aim to provide a platform for people to stay in touch between our physical, quarterly meetings. People may have not been able to come to all the meetings but want to stay in touch with others. The closed Facebook group is a safe and easy to access space to have a conversation with others working in and involved with the local communities in our town. You can exchange info, but more importantly, discuss, seek help and support each other.

### Meet us in June

Our next quarterly meeting will be on **Wednesday 6<sup>th</sup> June between 9.30 am and 1.00 pm** at Archery Youth Centre, Archery Recreation Ground, Willoughby Crescent, Seaside Road Eastbourne BN22 7RR. It is a themed meeting and we expect large number of participants. The topic will be **'Working differently with Children & Young People around their Health and Wellbeing'**.

If you have any queries about this report or the Eastbourne Community Network please email or phone Miriam Wilkinson at 3VA on [Miriam.wilkinson@3va.org.uk](mailto:Miriam.wilkinson@3va.org.uk) or 01323 639 373 ext. 213.

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## Appendix 1: Eastbourne Community Network Event – Connections

Organisations connecting	How they are connecting
Soroptimist International Eastbourne with Safer East Sussex	Discussion with Safer East Sussex about trafficking, domestic violence, drugs, cuckooing. Planning for Safer East Sussex to visit our group and provide a talk to raise awareness.
SCDA with Seaside Community Hub	Talked about sharing volunteers across the projects
STEPS with Southern Water	Arranged to talk at each other's area meetings regarding each other's services, careers and court.
STEPS with Wellbeing Body & Mind (WB&M)	STEPS talking to WB&M about how they might benefit from their service
The Library service with Beat the Streets	Talking about how they map the areas they work within and accessibility to other services. The library services to promote the Beat the Streets Project and hold the registration cards for people to collect.
ESRA talking to 3VA, SCDA, Together in Sussex and Locality Link Worker	Discussing services offered by East Sussex Recovery Alliance and arranging further meetings.
The Salvation Army and Eastbourne Borough Council - Housing	Discussing the Homeless Hub with EBC attending this (monthly drop in) and how to deal with housing queries
SCDA Lets Get Working with chances 4 change, 3VA, Creative Force	Sharing information about the Let's Get Working Project
Eastbourne Access Group and South East Water	Southeast Water are going to attend one of the Eastbourne Access Groups meetings
S I Soroptimist and Best of Eastbourne	Best of Eastbourne website is going to promote Soroptimists
Together in Sussex and Soroptimists and Safer Eastbourne	Looking at sustainability in communities and people trafficking
SCDA and Eastbourne Blind Society	Eastbourne Blind Society looking at outreach work in Willingdon Trees Community

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East Sussex Credit Union and Salvation Army and EBC	Helping people to set up Bank Accounts
Together in Sussex and University of Brighton, East Sussex County Council	Social Action, community connect, looking at voluntary opportunities and connecting the church to health and community services
ESRA and University of Brighton	Potential for occupational therapy students to complete a placement with ESRA around emerging practice
Best of Eastbourne and Safer East Sussex	Looked at how the website can share community safety articles
SCDA Aspirations Service and One You, Seaside Community Hub, Let's Get working	Looking at how we can work together and referrals between services
SCDA Health Champions and PH Student	Discussed volunteering opportunities in the community after her course

## Appendix 2: Contact List for Eastbourne community Network Event 20.3.2018

This is the list of people who agreed to share their details with others attending. This list should not be shared outside the network.

Name	Organisation	Email
Caroline Comber	ESCC (OT Student)	c.comber1@uni.brighton.ac.uk
Catherine Lulham	Southdown	Catherine.lulham@southdown.org
Dan Tucker	SCDA	dan.tucker@sussexcommunity.org.uk
Deirdre Dean	Eastbourne Blind Society	deirdre.dean@eastbourneblindsociety.org.uk
Diane Watts	Together in Sussex	diane.watts@chichester.anglican.org
GwladysMabb	Eastbourne Access Group	Gwladys540@gmail.com
Helen Linscott	STEPS	helen.linscott@stepswest.co.uk
Helen McCabe	East Sussex Credit Union	Helen.mccabe@eastsussexcu.org.uk
Jacqui Richardson	E Sussex Library Information	Jacqui.richardson@eastsussex.gov.uk
Jay Kramer	SCDA	Jay.kramer@eastsussexcommunity.org.uk
Jean Obungu	Public Health Student on placement with TCV	vioncejb@gmail.com
Jo Wunsch	Chances 4 Change	Jo.winsch@3va.org.uk
John Soars	Eastbourne Christian Agencies Network	johnsoars@aol.com
Julie Abson	SCDA	Julie.abson@sussexcommunity.org.uk
Anne Marie Cox	Triple P Parenting	Annmarie.cox@eastsussec.gov.uk
Justine Munro	Beat the Streets	Justine.munro@intelligenthealth.co.uk
Katie Grant	SCDA	Katie.grant@sussexcommunity.org.uk
Lucy Mckean	SI Eastbourne District	lucymckean@aol.com
Nicole Hartley	Wellbeing Body & Mind Institute	Nicole.yogaonthemove@gmail.com
Pat Aisbitt	Soroptimist International	Pat.aisbitt@btinternet.com
Pauline Peagam-Phillips	Salvation Army	Pauline.peagam@salvationarmy.org.uk
Sam Harman	ESCC	Sam.harman@eastsussex.gov.uk
Rosie Powell	ESCC	Rosie.powell@eastsussex.gov.uk
Stephen Hughes	3VA	Stephen.hughes@3va.org.uk
Vikki Matthews	South East Water	vikkimathews@SEW.co.uk
Teri Sayers-Cooper	3VA /Creative Force	teri@creativeforce.org.uk
Julie Tremlin	ESCC Locality Link Worker	Julie.tremlin@eastsussex.gov.uk
Jen Wells	ESCC Locality Link Worker	Jen.wells@eastsussex.gov.uk
David Ruddle	Best of Eastbourne	eastbourne@thebestof.co.uk
Tayla Steckoll	One You East Sussex	Tayla.steckoll@oneyoueastsussex.org.uk

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Dave Toler	ESRA	davetolerchack@gmail.com
Nicky Taylor	SCDA	Nicky.taylor@sussexcommunity.org.uk
Emma Jordan	SCDA – Willingdon Trees	Emma.jordan@sussexcommunity.org.uk
Becky Jackson	EBC Housing	Rebecca.jackson@lewes-eastbourne.

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### **Appendix 3: I am supporting my network by...**

The Best of Eastbourne – David Ruddle

Running our #charityoftheday Campaign to raise awareness of charities in Eastbourne

Sussex Community Development Agency Aspirations Service – Katie Grant

Supporting those who see mental health as a barrier to progressing towards their goals. This includes:

- 1:1 support
- Community (getting people involved in their community)
- Voluntary – free

[Katie.grant@sussexcommunity.org.uk](mailto:Katie.grant@sussexcommunity.org.uk)

SCDA Lets Get Working – Julie Absom

Supporting people with long term health issues, disabilities, autism etc. to gain employment /get closer to employment.

- 1:1 support
- Connecting them to their community

## Appendix 4: Organisations who are not in the room (some we may be working with) – flip chart

### Community Groups

St Mary's church Willingdon  
Matthew 25  
Kings Church  
Eastbourne & Wealden YMCA

### Housing

STEPS (over 65's)  
Sanctuary Hyde – Mental Health Accommodation Provider  
Homeworks (under 65's)  
The Bridge – Matthew 25  
Kings Church (Accommodation Provider)  
Foyer / YMCA / Mother & Baby ESYMS (supported Accommodation Providers)  
Sebastian Barnes ASC  
SAILS Specialist Accommodation/MH Accommodation Providers  
Julie Hickling Neighbourhood First (EBC/Lewes DC)  
Citizens Advice Bureau

### Mental Health

Substance Misuse Service  
CAMHS  
Eastbourne & Wealden YMCA  
SCDA – Aspirations Service  
ASC MH Team  
Southdown – Brightview Wellbeing Centre  
Eastbourne Foodbank  
AIR  
Health in Mind  
Fulfilling Lives – Dual Diagnosis Worker  
Acute Care Services – DGH

### Disability

Eastbourne DIG – Devan Briggs  
Eastbourne Access Group

### Advice & Guidance

Health & Social Care Connect – HSCC  
South West Water  
STEPS  
Welbeing  
Reformed  
SAFFA  
Change Grow Live CGL  
Fulfilling Lives  
AIR  
Eastbourne Cultural Involvement Group ECIG  
Dementia Support Service (previously Dementia Guide Service/Alzheimers Services)  
Homeworks  
Sussex Oakleaf  
Southdown Mental Health

### Young People

Oakwood Academy  
Defiant Sports  
YMCA  
Supported Accommodation: YMCA/Foyer/Mother & Baby/ESYMS  
Targeted Youth Support  
CAMHS  
Sussex Cricket Foundation

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