

# Community funding – successful projects

Earlier this year, North Somerset Council made funding available. Organisations and groups could apply for a [social prescribing community grant](#) and/or a [community food grant](#), as the council continued its commitment to making North Somerset a healthier and fairer place to live. Here are the organisations which have received funding.

In total £75,666 has been awarded in funding. This is made up of £34,622.12 from North Somerset Council and £21,686 from Bristol, North Somerset and South Gloucestershire Green Social Prescribing which match funded social prescribing projects with a nature element.

## North Somerset Council Social Prescribing Community Grants

Grants have been awarded to nine different projects which tackle social isolation and support wellbeing in North Somerset. this funding will impact just over 1,300 people of all ages through a variety of thoughtfully designed, high-quality interventions.

The table shows the list of projects and how many people they plan to engage. A summary of each project is below the table. In total £56,308 was awarded - £34,622 from the council and £21,686 match funding by Bristol, North Somerset and South Gloucestershire Green Social Prescribing.

<b>Organisation</b>	<b>Approximate number of people they plan to engage</b>
<a href="#">Banwell Youth Club</a>	115
<a href="#">Friends Together</a>	80
<a href="#">Friends of Grove Park</a>	100
<a href="#">North Somerset Carers</a>	64
<a href="#">Osprey Outdoors</a>	450
<a href="#">OTR</a>	64
<a href="#">Portishead Youth Centre</a>	55
<a href="#">Theatre Orchard: Grow Feral 2.0</a>	100
<a href="#">Uncle Paul’s Chilli Farm</a>	300

### **Banwell Parish Council: Banwell Summer Holidays Youth Club**

Banwell Youth Club plan to deliver a summer holidays package of positive experiences for local young people. They will invite 15 young people on a residential weekend with an itinerary shaped by the youth club members themselves. Additionally, activities will be hosted every Monday throughout the summer holidays, including beach trips, bowling, a mystery walk around Portishead and a trip to Blaise Castle. It is hoped that this will provide opportunities for young people who have become isolated during covid to build resilience and reconnect with peers in a safe environment, whilst learning new skills.

### **F.r.l.e.n.D.s Together: Craft, tea, Coffee and Gardening**

F.r.l.e.n.D.s Together supports people with invisible disabilities and other health conditions through a community of mutual care and understanding. They will be re-starting their gardening programme, comprising of a series of inclusive creative workshops around growing, as well as a group walk and talk. They currently operate in Nailsea and Weston-super-Mare, but plan to expand into Portishead in the near future.

### **Friends of Grove Park: Wellbeing and Community Cohesion**

Friends of Grove Park will be using their grant funding to employ an outreach worker to target people suffering from isolation, mental health issues, recovering from addiction and people with learning difficulties. The outreach worker will involve people in volunteering projects such as veg beds, edibles beds, fruit orchards, community events and other opportunities in the park. Friends of Grove Park hope to help people connect to nature, connect with themselves and with their communities to help with wellbeing and community cohesion

### **North Somerset Carers: Wellbeing Activities**

North Somerset Carers are planning a programme of wellbeing activities for carers which will include a wellbeing choir, a monthly arts and craft session, and a journaling workshop. These activities will offer carers the opportunity to meet and engage with peers over a meaningful activity. Arts and crafts sessions and the choir will be based in Weston, whereas the journaling workshops will take place four times over the course of the year, in different locations around North Somerset.

Contact email: [carersupport@alliancehomes.org.uk](mailto:carersupport@alliancehomes.org.uk)

### **Osprey Outdoors: Isolation Recovery Project**

Osprey Outdoors provides all inclusive, safe environments for adults of all ages to access outdoor activities, helping to overcome mental health barriers to individual progression. They are planning a series of engagement activity days and short courses, for members of the community who have become increasingly isolated over lockdown. They invite people who are long term

unemployed due to illness, mental health issues, drug and alcohol rehabilitation or learning disabilities; and include retired, semi-retired and part time workers in their activities. These days will gently introduce participants to Osprey Outdoors' larger, regular projects, encouraging integration at a comfortable pace. Activities will include: horticulture, nature connections, walking, bushcraft, healthy outdoor cooking, cycling and other outdoor activities.

Contact email: [ospreyoutdoors@gmail.com](mailto:ospreyoutdoors@gmail.com)

### **OTR: NatureWell**

OTR will invite young people to participate in a range of nature-based activities while receiving quality, informal and engaging mental health and wellbeing support. OTR has partnered with Outdoor College, based in Tickenham, who will co-deliver activities with specific pathways and objectives relating to personal, social and environmental experience. They will also be guided by the needs and interests of young people in the community.

### **Portishead Youth Centre: Senior Citizen Support and Activity Sessions**

Portishead Youth Centre will deliver a range of support and socialisation activities to support senior citizens out of isolation post-Covid, providing structure and the opportunity to meet new people. This will include themed discussions over coffee and cake, lunch sessions with activities such as armchair exercises, crafts, quizzes and games, and monthly trips out. The activity sessions will be supported by local Sixth Form students, bringing an inter-generational aspect to the project.

### **Theatre Orchard: Grow Feral 2.0**

Grow Feral is a call to action to creatively connect with nature, reimagine our shared land, improve environmental literacy and foster a greener way of living. Grow Feral launched in Weston over summer 2021, and it's second phase will engage people in creative green activities throughout the 2022 growing season who otherwise may not have the opportunity to do so. This will include designing horticultural artwork installations, creating new edible micro gardens in Weston town centre, as well as a variety of art and craft activities.

### **Uncle Paul's Chilli Farm: Wellbeing Days**

Uncle Paul's Chilli Farm are planning to deliver a series of wellbeing days that are personalised to each individual and group depending on their needs and interests, with options such as: forest school projects; beekeeping; horse care; animal care; chilli growing; nature walks. Following the activity days, participants will be encouraged to continue to attend the farm as volunteers and become part of its development.

## North Somerset Council's Grant for Community Food Projects 2022/2023

During this round of funding, grants were awarded to four different community food projects in North Somerset. The projects will directly work with around 150 people, including children, young people, and adults. They will focus on improving knowledge, skills, and access to healthier and affordable food.

The table shows the list of projects and the approximate number of people they expect to engage. Summaries of each project are below the table. In total £19,358 was awarded.

<i>Organisation</i>	<i>Number of people they plan to engage</i>
<a href="#">Banwell Youth Club</a>	16
<a href="#">Boombox Youth Cookery</a>	24
<a href="#">Pill Youth Club</a>	75
<a href="#">Weston Foodbank</a>	30

### **Banwell Parish Council Youth Club: Banwell Youth Cookery**

Location: Banwell Youth & Community Centre

Banwell Youth Club will be offering face-to-face cooking sessions for young people which focus on skills that act as building blocks for a variety of meals and recipes. At the end of the course, the participants will cook for a social occasion, highlighting the important social aspects of eating with others and its benefits for reducing isolation. The aim is that this will provide a start to a healthier and more positive relationship with food, for young people attending this course.

Initially, this project will directly benefit 16 young people, but with the purchase of the new equipment, the intention is that the project can continue to grow and benefit many more. The sessions will be run by a trained food technician and youth club volunteers and the hope is to equip these volunteers to deliver sessions in the future.

Places are limited, so get in touch to reserve a spot [clerk@banwellparishcouncil.org.uk](mailto:clerk@banwellparishcouncil.org.uk) More information is available on their [Facebook page](#).

### **Boomsatsuma Creative CIC: Boombox Cookery Club**

Location: Oldmixon Family Centre.

The Boombox Youth Project will be running a cookery club for young people, aged 11 to 18 years, living on the Bournville, Coronation, and Oldmixon estates. They will run six blocks of five sessions over 30 weeks, covering a range of cooking and food skills. The overall aim will be to encourage young people to learn how to cook nutritious food within a budget. The course content will be designed based on input from the participants about their starting level. 24 young people will participate and will be encouraged to share their learning with family members and friends to extend the benefit of their learning. The course aims to provide a high-quality experience with four participants per session to give as much opportunity as possible for learning and having hands on experience.

Recruiting now, contact [elaine@boomsatsuma.com](mailto:elaine@boomsatsuma.com) or [through their Facebook page](#)

### **Pill Youth Club – Eat Well, Live Well Project**

Location: Pill Community Centre

Pill Youth Club will be delivering weekly sessions using both indoor (cooking) and outdoor (gardening) spaces at Pill Community Centre. The age group attending the Youth Club ranges from eight to 18 years, with the main delivery for this project aimed at Secondary School age. The project aims to show the lifecycle of healthy food, from planting, tending, growing, harvesting, cooking, and storing whilst providing young people with independent life skills, enhancing their personal and social development. Whilst produce is growing, free food from the local Community Fridge will be utilised (alongside bought items) as a way of demonstrating how surplus ingredients can provide a valuable resource. Sessions will focus on how to cook healthy, tasty, affordable meals along with safe storage and freezing to maximise batch cooking and reduce costs. The consistent message will be that it is possible to eat unprocessed, fresh healthy food whilst staying within a tight budget and ensuring all nutritional needs are met.

### **Weston Foodbank: Self-Help Cookery Course**

Location: Weston Foodbank's main distribution centre (North Street) and Milton Baptist Church.

Weston Foodbank, in partnership with Amy Nancollis, Professional Chef, plans to institute 'Self-Help Cookery Classes', of five sessions per course. The purpose of the courses is to assist individuals and families in food poverty to achieve greater independence by providing them with food preparation skills. This is in line with the Foodbank's 'Together for Change' policy of assisting people to become more independent and confident in the fields of cookery, nutrition, and budgeting. The projects will directly provide catering skills for thirty people. However, given that most participants would be representing families and based on their previous courses, they estimate that over one hundred people (e.g., families of participants) would benefit from learning to provide healthy and affordable, home-made meals. Whilst the emphasis will be on developing independence, the issues of economic and healthy eating will be at the forefront. The courses will be the first step for some participants and 'higher level'

courses will be considered once the initial courses have been established. In addition, the classes will provide (and, in the past have successfully provided) necessary confidence-builders for people often lacking confidence who seek to develop social and practical skills relating to future employment. The hope is to continue with these courses after next year, with a long-term plan to develop food provision and training with the North Somerset area, and to stay in close collaboration with Weston Foodbank.

If you are keen to join the five-week cookery course on May 3, 10, 17, 24 and 31 please contact Amy at [cooking@wsmfoodbank.org.uk](mailto:cooking@wsmfoodbank.org.uk).