

**Making Life Better through COVID 19  
Short Term Funding Programme  
Community Networks in the Northern Area 2020-21  
Outcomes and Outputs Report**

On behalf of the Public Health Agency (PHA), the Community Networks in the Northern area administered in-year funding of up to £5,000 for Community and Voluntary sector organisations.

Projects encouraged healthy lifestyle choices and supported a range of themes and priorities relating to 'Making Life Better', e.g. Giving Every Child the Best Start, Equipped Throughout Life, Empowering Healthy Living, Creating the Conditions, Empowering Communities, Developing Collaboration and the 'Take 5' Steps to Wellbeing (Connect, Be Active, Keep Learning, and Give and Take Notice). The 2020-21 programme was to allow groups to apply for a wider range of programmes to achieve better health and wellbeing as a result of the impact of Covid-19. However, due to the latest Covid restrictions, two groups have extended their programmes and these will be completed by 31 May 2021 (these figures have been included).

**NORTHERN LOCALITY:**

<b>Northern Community Networks:</b>	<b>Areas covered</b>
<b>Coordination of grants</b>	
<b>CWSAN</b>	<b>Cookstown and Magherafelt</b>
<b>NACN</b>	<b>Moyle, Ballymoney, Ballymena, Larne</b>
<b>CRUN</b>	<b>Coleraine</b>
<b>IMPACT NETWORK NI</b>	<b>Antrim, Newtownabbey, Carrickfergus</b>

**OUTPUTS from 2020-21:**

<b>Funding for Northern area Small Grants =</b>	<b>£230,446.91</b>
<b>Total amount of programmes/projects funded Northern wide =</b>	<b>138</b>
<b>Total amount of participants Northern wide =</b>	<b>10,285</b>
<b>Volunteer hours recorded =</b>	<b>16,970</b>

How much did we do? Project numbers	How well did we do it? Beneficiaries	Summary of risk factors addressed
138 (105 level 1; 33 level 2)	10285	<ul style="list-style-type: none"> <li>• Physical health problems</li> <li>• Covid-19</li> <li>• Social and rural isolation</li> <li>• No access to amenities</li> <li>• Mental health issues</li> <li>• Lack of physical activity</li> <li>• Lack of motivation to get out after lockdown</li> <li>• Diet and mental health</li> <li>• Drugs</li> <li>• Alcohol</li> <li>• ASD</li> <li>• Loss of membership and further loss of contact with girls, their families and volunteers</li> <li>• To tackle mental health issues, reduce social isolation and provide a safe environment for individuals to come together.</li> <li>• Low self-esteem</li> <li>• Stress</li> <li>• Improved activity</li> <li>• Improved learning</li> <li>• Improved connectivity and sharing of ideas</li> <li>• Back to school anxiety</li> <li>• Worry</li> <li>• Motivation</li> <li>• Depression</li> </ul>

**Is anyone better off?**

**LEVEL 1: For those not using Psychometric Tools**

Summary of projects funded	How well did you do it - summary	Summary of qualitative feedback - How has your project made life better for people living in your community? Please provide any qualitative feedback you gained during your project
<p>105 projects funded</p> <p>(Level 1)</p> <p>A wide range of initiatives to address isolation, loneliness, emotional wellbeing and physical wellbeing, plus nutrition.</p> <p>Horticulture programmes</p> <p>To provide self-care packs and relaxation workshops</p> <p>To provide opportunities for resilience to preSchool children</p> <p>To encourage outdoor activities to those who have been shielding and in isolation including wildlife photography and outdoor yoga</p> <p>To provide carers of those with disabilities resources to assist them and connect with each other and partake in a Take 5 awareness workshop</p> <p>To improve women’s mental health and wellbeing through building resilience, tackling stress and ensuring good techniques to combat anxiety through crafts, cooking, yoga and selfcare</p>	<p><i>local services.</i></p> <p><i>We organised a successful distribution of plants and tea boxes to our community and distributed directories of support services.</i></p> <ul style="list-style-type: none"> <li>• Projects delivered</li> <li>• Significant uptake</li> <li>• This programme succeeded with limited numbers where there was 100% attendance throughout the whole 8 weeks.</li> <li>• Polytunnel rejuvenated with two raised beds and 10 ground level plots</li> <li>• Community Garden Project noticeboard installed-opportunity to share ideas/photos/experiences</li> <li>• Tools displayed on hooks in polytunnel</li> <li>• Project delivered and excellent feedback from participants</li> <li>• The project was delivered with 95% attendance over the five weeks</li> <li>• We were able to connect our clients onto other organisations for support.</li> <li>• Project fully delivered online and in person</li> <li>• 100% attendance local services.</li> </ul>	<ul style="list-style-type: none"> <li>• Small money = big impact</li> <li>• People accessing volunteering</li> <li>• People accessing education or training</li> <li>• People participating in local community activities</li> <li>• People supported to begin accessing mainstream sports, exercise, arts, cultural or other social leisure groups or facilities</li> <li>• People supported to take up a new or develop an existing/dormant leisure pursuit</li> <li>• Community groups supported to offer more welcoming access to people with mental health problems</li> <li>• People supported to develop positive new relationships/friendships</li> <li>• People supported to maintain parenting and caring roles through a crisis period</li> <li>• People supported to begin accessing peer support or self help groups</li> <li>• People supported to strengthen existing relationships with family or friends</li> <li>• People supported to make changes leading to enhanced confidence and self-esteem</li> <li>• People supported to develop and begin using new coping strategies/problem solving techniques</li> </ul> <p><i>Being able to see someone, even if it was only calling at my door.</i></p> <p><i>knowing that people care and they took time to help me.</i></p> <p><i>Realising I need to look after myself and it isn't selfish to do so.</i></p>

<p>To provide one parenting programme to a child with ADHD</p> <p>Older People</p> <p>Women focused</p> <p>Children/young people</p> <p>Men &amp; Women</p> <p>Carers</p> <p>Men focused</p> <p>Ethnic Minority community</p>	<p>We organised a successful distribution of plants and tea boxes to our community and distributed directories of support services.</p> <ul style="list-style-type: none"> <li>• Projects delivered</li> <li>• Significant uptake</li> <li>• This programme succeeded with limited numbers where there was 100% attendance throughout the whole 8 weeks.</li> <li>• Polytunnel rejuvenated with two raised beds and 10 ground level plots</li> <li>• Community Garden Project noticeboard installed-opportunity to share ideas/photos/experiences</li> <li>• Tools displayed on hooks in polytunnel</li> <li>• Project delivered and excellent feedback from participants</li> <li>• The project was delivered with 95% attendance over the five weeks</li> <li>• We were able to connect our clients onto other organisations for support.</li> <li>• Project fully delivered online and in person</li> <li>• 100% attendance</li> </ul>	<p><i>Learning the Take 5 steps to better health.</i></p> <p><i>The importance of connecting with others.</i></p> <p>I absolutely loved the floral art classes with Elaine where we made clay pots and candle holders – it was a little messy and loads of fun and the end result was our lovely unique pots.</p> <p>Such a surprise when my pack was delivered this evening with ingredients for an apple tart. Thank you so much, honestly, I'm astounded. Thank you for all you do for the community &amp; I hope things may return to some sort of normality soon. I'll send you a picture of my apple tart! The wellbeing programme encouraged me to look at wellbeing in a different light. self-care is a whole perspective and much needed, I used to see it just as treats but now I realise it's making time for me.</p> <p>I really enjoyed Joanna's cookery class. I previously thought fresh cookery would be more time consuming. Joanna gave us lots of tips and tricks. I will try this again. Participants stated they were so grateful for the art classes, especially this year due to restrictions with Covid-19. They found great support being able to meet up with social distance in place.</p> <p>There was a greater awareness of the effects on mental health due social isolation many of the participants had been experiencing. Sadly, we were unable to have an actual exhibition this year, however we are organising to have our pictures displayed virtually online. Residents in our community's lives were made better as we showed them support was there if they required</p>
---	---	---

		<p>it. We received many warm comments and have gained new friends that would not normally have felt engaged with our group.</p> <p>Helped us to connect to our current members of all ages and were run on our private Facebook page. Activities and presentations were great, well done to everyone who organised today and to all those who took part.</p> <p>Feedback was all positive, Individuals stated that they were glad to be able to mix with others whilst in such a difficult situation with Covid19. Although social distancing was maintained, it was good for individuals to be able to have someone to talk to whilst participating in gardening activities.</p> <p>Individuals who participated in this programme wished that it lasted for longer as they really enjoyed it and recognised the benefits for their mental health and wellbeing.</p> <p>New friends from local area.</p> <p>More confident as limited knowledge previously. Excited for my future plot.</p> <p>One participant disclosed verbally that she suffers from depression and was hoping getting a plot would perhaps help her.</p> <p>A plot holder asked if her sister who has dementia could come to the polytunnel and sit whilst she was working her plot.</p> <p>There was a noticeable difference to the concentration and focus of pupils involved, this transferred back to the class, an excellent programme.</p> <p>Our project made a difference to the clients that attended our sessions because they were able to communicate with other people helping</p>
--	--	--

		to ease their depression and mood swings. It helped them forget their anxiety.
--	--	--

**LEVEL 2: Groups used a variety of psychometric tools to measure the change:**

<b>Psychometric tool</b>	<b>Total number of participants who completed pre &amp; post</b>	<b>Number of participants with positive change</b>	<b>% of participants who showed positive increase</b>
Warwick Edinburgh Mental Wellbeing Scale (WEMWBS)	10	8	80%
Brief Resilience Scale	10	10	100%
Take 5 Evaluation	26 (28 completed pre and 26 of those then completed post evaluations)	26	100%
ADD-NI Parent Child Interactions Questionnaire	Pre 18 Post 15	15	83.3%
Strengths and Difficulties Questionnaire	Pre 18 Post 15	15	83.4%
Warwick Wellbeing Scale	14	12	86%
Simplified Warwick Wellbeing Scale	32	32	100%
Warwick Edinburgh	40	40	100%
<b>Psychometric tool</b>	<b>Total number of participants who completed pre &amp; post</b>	<b>Number of participants with positive change</b>	<b>% of participants who showed positive increase</b>
Take 5 Toolkit Questions	15	15	100%

Online survey Baseline Questionnaire Exit Questionnaire	100	92	92%
Warwick Edinburgh	371	371	100 %
Take 5	405	405	100 %
Wellbeing Assessment	8	7 (1 participant didn't engage with post assessment)	95 %
Warwick Edinburgh Mental Wellbeing Scale (WEMWBS)	350	280	80%
Likert Scale	210	179	85%
GHQ12	70	55	79%
De Jong Loneliness	150	125	83%
PHQ 9	34	34	100%
<b>TOTAL</b>	<b>1905</b>	<b>1745</b>	<b>91.9%</b>

<b>Psychometric Tool</b>	<b>Number of times used</b>	<b>Average positive change</b>
<b>Warwick Edinburgh Mental Wellbeing Scale (WEMWBS)</b>	<b>6</b>	<b>91%</b>
<b>Brief Resilience Scale</b>	<b>1</b>	<b>100%</b>
<b>ADD-NI Parent Child Interactions Questionnaire</b>	<b>1</b>	<b>83.3%</b>
<b>Strengths and Difficulties Questionnaire</b>	<b>1</b>	<b>83.4%</b>
<b>Likert Scale</b>	<b>1</b>	<b>85%</b>
<b>Psychometric Tool</b>	<b>Number of times used</b>	<b>Average positive change</b>

<b>GHQ12</b>	<b>1</b>	<b>79%</b>
<b>De Jong Loneliness</b>	<b>1</b>	<b>83%</b>
<b>Take 5</b>	<b>4</b>	<b>98%</b>
<b>PHQ 9</b>	<b>1</b>	<b>100%</b>
<b>Online Survey</b>	<b>1</b>	<b>92%</b>
<b>Total</b>	<b>19</b>	<b>91.45%</b>