



REGENERATION AND ENVIRONMENT SCRUTINY COMMITTEE – FOR INFORMATION

SUBJECT: COMMUNITIES FIRST PROJECT DELIVERY 2015-16 AND BUDGET ALLOCATION 2016/17

REPORT BY: CORPORATE DIRECTOR COMMUNITIES

1. PURPOSE OF REPORT

- 1.1 To provide Members with an overview of the Communities First (CF) projects delivered in each cluster in the financial year 2015-16, their aims, and anticipated outcomes in relation to deprivation.
- 1.2 To provide Members with a breakdown of the Communities First budget allocation for the financial year 2016-17.

2. SUMMARY

- 2.1.1 The report provides an update on the renewed Communities First programme; it's overall aim, associated delivery outcomes, performance indicators and monitoring framework set by the Welsh Government (WG). Additionally the report sets out an overview of Caerphilly's delivery for the 2015-16 year of implementation in line with Welsh Government expectations. The programme as a whole drew down £2,902,016 from the Welsh Government for salaries, projects and engagement.
- 2.2 The report also provides the rationale for the 2016-17 Communities First delivery plan submissions and breakdown of the budget allocation for the delivery period 2016-2017. The budget and associated budget headings are allocated by Welsh Government.

3. LINKS TO STRATEGY

3.1 Welsh Government

- Building Resilient Communities – Taking Forward the Tackling Poverty Action Plan (2012-16).

3.2 Caerphilly CBC

- Communities First Projects contribute towards the CCBC Corporate Priorities (2013-17), namely:

CP2 - Children and Adults are safeguarded from abuse.

CP3 - Improve Standards across all year groups, particularly Key Stage 2 & 3.

CP4 - Identify vulnerable groups of learners and develop interventions.

CP5 - Reduce the gap in attainment between pupils in advantage and dis-advantaged communities.

CP6 - Promote the benefits of an active and healthy lifestyle.

CP7 - Invest in our council homes and their communities.

- In addition to Improvement Objectives (2015-16)

IO1 - To help people make the best use of their household income and manage their debts.

IO2 - Rise the standards of education attainment identified in vulnerable groups.

IO3 - Close the gap in life expectancy for residents between the most and least deprived areas in the borough.

4 THE REPORT

4.1 From 1st April 2012 Communities First has been renewed as a Community Focused Tackling Poverty Programme.

4.2 The programme continues to have a geographical focus, concentrating on the most deprived communities in Wales, but there is now increased focus on ensuring the most vulnerable individuals, families and groups in those communities are supported. There is a clear expectation by Welsh Government that the programme's resources will be devoted primarily to those most in need. In some cases this will include people living outside CF boundaries who can properly benefit from specific projects or activities supported by the programme.

The programme is based on 52 Clusters (groups of Lower Super Output Areas) across Wales, identified through the Welsh Index of Multiple Deprivation. Within Caerphilly there are four Clusters: (Map of Cluster Areas is shown in Appendix 1)

- Caerphilly Basin
- Mid Valleys East
- Mid Valleys West
- Upper Rhymney Valley

4.3 Whilst there is some flexibility locally to determine delivery, on the whole the Welsh Government is relatively prescriptive in how and what is delivered, with a number of strategic priorities and projects allocated nationally. Each Cluster must establish and deliver a local Delivery Plan, identified by key priorities in terms of tackling poverty; this delivery is supported by a Delivery Team led by a Cluster Manager. As stipulated by Welsh Government, the role of the Cluster Delivery Team is to:

- Manage the overall programme within the Cluster area and ensure effective implementation of the Delivery Plan.
- Implement and develop the Community Involvement Plan, that demonstrates how the communities will be engaged in the participation and planning of the programme.
- Build links with partners in all sectors and with community organisations and local people, supporting them and adding value to their work.

Welsh Government considers it essential that each Cluster, and the programme as a whole, is able to demonstrate what is being achieved through the use of CF funding.

4.4 Staff funded by the programme are expected to deliver against the key indicators and identified as officers within the Results Based Accountability (RBA) template, enabling us to clearly demonstrate their role within the programme. As such, all staff posts must be aligned to the key themes above and demonstrated in the staff structure. The percentage of the grant to Caerphilly County Borough Council consumed by salary costs is not divergent from the

national trend (it is actually in line with the average for the programme).

- 4.5 The overall aim of the programme is to tackle and reduce poverty in the most deprived communities. As such an Outcomes Framework focused on three themes has been developed, creating Prosperous Communities, Learning Communities and Healthier Communities. The Framework is included as Appendix 2.
- 4.6 Within this Framework, the programme supports a wide variety of activity. The Outcomes Framework is based on Results Based Accountability (RBA). RBA uses two sets of indicators, that is, ways of measuring progress towards strategic goals. With the process focussing on three monitoring categories, namely; How much did we do / How well we did it / Is anyone better off?
- **“Population Indicators”** relate to national statistics on health, education and employment and are linked to the Welsh Index of Multiple Deprivation. However, many factors influence these so Communities First alone cannot take sole responsibility for how they change.
 - **“Performance Indicators”** are about the local activity directly supported by Communities First. These measure and evaluate the activity and outcomes of each cluster. The PI’s have been set by the Welsh Government and are used by all CF Clusters in Wales. It is through the measurement and monitoring of these indicators that Welsh Government can demonstrate how Communities First is contributing to tackling poverty. The PI’s highlighted in yellow in Appendix 2 are mandatory.
- 4.7 As Population Indicators measure the overall programme it is not possible to demonstrate impact in relation to deprivation in a year. However, the Welsh Government has imposed over 100 Performance Indicators with comprehensive, detailed Ffynnon scorecards to measure the programme’s project delivery locally. With a total of 101 projects, each being measured by over 700 PI’s the approximate size of each PI dashboard is 130 pages. Therefore due to their size the Outcome Dashboards are available on request.

Theme	Number of Projects per Cluster Group			
	Caerphilly Basin	Mid Valleys East	Mid Valleys West	Upper Rhymney Valley
Prosperous	8	7	8	11
Healthier	9	9	7	8
Learning	8	8	10	8

- 4.8 It is also worth noting that the Welsh Government has undertaken a number of changes to both the Outcomes Framework and the Performance Indicators throughout the delivery period, and continue to do so, making any consistent monitoring of the programme problematic as well as time consuming for staff, who have had to constantly re-align projects in line with these changes.
- 4.9 Progress for this year of delivery in Caerphilly has, on the whole, been positive, with many important lessons learnt that will further optimise delivery and outcomes within future years. Cluster staff have worked hard, in terms of planning, implementation and monitoring, to adapt to the constant changes. This has included ensuring that projects are developed with consideration given to improved and appropriate targeting of customers who are most in need, that delivery has been carried out with greater attention to quality, that links have been made with the correct partners and that monitoring has been conducted in a robust way to reflect accurate results and to highlight areas that may have been less successful.

- 4.10 Throughout the year a huge range of projects have been developed and carried out across the Communities First themes of Prosperous, Learning and Healthier Communities. The link with Job Centre Plus (JCP) and other employment services is now excellent, the programme receives a large number of referrals from JCP, and is engaging with residents who had never previously engaged with Communities First employment or training projects. There are now noticeably higher attendance rates on all CF training projects/courses than under the previous programme.
- 4.11 In total the programme engaged with **2683** separate individuals over the reporting period, based on enrolments which are recorded and cross-referenced on a central CF database. In addition, the CF Hub team engaged with **436** young people (many of whom engaged on multiple projects) and the Streetgames project engaged **1871** young people; however due to issues concerning data protection in relation to young people these participants are recorded on a separate database; and therefore it is possible that some double counting exists across these two projects. The Upper Rhymney Valley Foodbank supported **2418** individuals (including children and young people within families) throughout the year; however due to different reporting mechanisms it is impossible to rule out double counting of those who may also have attended other CF projects. Similarly, the Citizens' Advice Bureau project, funded through the CF shared outcomes fund, dealt with **1693** customer queries on a Borough-wide basis, but once again due to separate reporting mechanisms, it is impossible to rule out double counting of those who may have attended other CF projects and also those who may have attended on multiple occasions.
- 4.12 A full range of projects can be found in Appendix 3. Real achievements have been seen in relation to people gaining employment, gaining digital skills, improving academic performance, increasing physical activity levels and reducing BMI (Body Mass Index). Individual participant case studies can be seen in Appendix 4. Projects which have proven to be particularly successful are as follows:

Prosperous Theme

- Employment Support 25+: 562 participants supported, of whom 189 (34%) gained employment and 306 (54%) gained an employment related qualification (in addition, the LIFT 25+ project supported a further 24 adults from workless households into employment).
- NEET Employability Skills: 219 participants supported, of whom 80 (37%) gained employment and 124 (57%) gained an employment related qualification (in addition the LIFT 16-24 project supported a further 5 young people from workless households into employment). This project has seen particular success, having exceeded the target for people gaining employment by almost double in some cluster areas.
- Digital Fridays: 328 participants supported across the Borough, of whom 259 (79%) gained basic IT skills and 260 (79%) became more confident in using a computer.
- Digital Inclusion (Web for Work/First Click): 198 participants on courses, of whom 100% gained basic IT skills, 100% became able to use the internet for online services and 99% became more confident in using a computer.

Learning Theme

- School Support Project: 185 young people supported, of whom 174 (94%) demonstrated improved academic performance.
- Prevention Project: 125 of the hardest to reach young people supported, of whom 121 (97%) participated in a personal and social development opportunity and 111 (89%) gained an extra-curricular qualification.

- Toy Library (Upper Rhymney Valley only): 393 individuals benefitted from the project, of whom 332 (84%) are now reading regularly with their child and 349 (89%) report having an improved ability to support their child's learning and development needs.

Healthy Theme

- Streetgames: 1027 young people taking part in session around the Borough, of whom 658 (64%) increased their Physical Activity and 773 (75%) are now participating regularly in sport.
- Physical Activity Project: 634 participants, of whom 467 (74%) increased their physical activity and 476 (75%) now have a positive attitude to improving their physical health.
- X-Pod/Healthy Hearts (Health Education Courses): 291 participants supported, of whom 60% increased their physical activity and 38% reduced their BMI.
- Get Cooking/Family Cooking Projects: 261 participants on cooking sessions, of whom 188 (72%) reported that they now eat fresh fruit or veg daily and 164 (63%) are now more confident cooking a fresh meal.
- Self-help Groups/Sessions: 152 participants supported, of whom 111 (73%) report feeling more positive about their mental health and 73 (48%) are better able to manage their well being.
- Food Bank (Upper Rhymney Valley only): 2418 individuals (including children within families) supported to access the food bank.

4.13 In addition to the statistical outcomes outlined above, there have also been significant achievements in relation to community involvement and individual customer journeys. Examples of these successes are included in the form of case studies within Appendix 4; however a particular achievement which should be noted is the refurbishment and development of the Hafod Deg community facility in Rhymney. Facilities include a full training kitchen, allotment with polytunnel, computer suite, meeting rooms and office space for staff; and the building therefore lends itself directly to the delivery of CF projects and provision. The Communities First, Communities for Work and LIFT teams are all based within the facility, which is also part leased by Gwent Drug and Alcohol Support (GDAS), with cross referrals from CF to GDAS and vice versa, enabling holistic support for the local community. The facilities available within the building enable us to cater for multiple client groups at any one time, meaning that we are able to engage far more community members in the various projects. There will be further development of Hafod Deg in 2016 / 17.

4.14 In contrast to these successes, some projects delivered through the year did not achieve their full potential, in which case full project evaluation was used to assess their feasibility for the current year, leading to some significant changes being made to project plans, or in some cases, resulting in projects being removed. For example, the Family Banking project was discontinued due to a lack of parental involvement; and the budget for this project was diverted into the Family/Parent Learning Project. The National Exercise Referral Scheme (NERS) project was also discontinued due to a low number of referrals as a result of fundamental problems with the referral process from Health; however the outcomes and customers for this project were diverted into the Physical Activity project to ensure there were no disruptions with regards to delivery and making it easier for participants to access the project. The Essential Skills project did not achieve planned targets due to difficulties with engaging participants; however although participant numbers were low, those that did engage achieved positive outcomes. This project has been removed from delivery plans for the 2016-17 financial year; however we will continue to work with partners in Community Education and Coleg y Cymoedd to signpost participants for support. Similarly, the No One Left Behind project (Upper Rhymney Valley) has also been removed from the delivery plan due to failure

to meet outcomes; however it did prove successful as an engagement tool and therefore will continue to run in an engagement capacity.

- 4.15 It has been recognised that in previous phases of the programme, projects would often be accessed by the “usual suspects” of community members who were heavily involved in community partnerships, rather than engaging those hard to reach community members who might be most at need. The more focused approach of the programme has led to a complete transformation in terms of the ways that participants have been recruited for projects. To ensure that projects are engaging target customer groups (i.e. those most at need), staff have worked hard to promote opportunities more appropriately and innovatively, most significantly through forming closer links with partner agencies that already work directly with target customers. In particular strong working relationships have been further developed between Families First, Flying Start, Primary Care, GP’s, Primary Mental Health, Education, Schools, this has resulted in streamlining services and more targeted support.
- 4.16 This improved partnership working has ensured that community members are able to access a more comprehensive and holistic range of support to address their needs, with agencies working together to support them rather than in isolation. As a result, CF projects have seen improved outcomes whereby appropriate targeting has maximised the potential for customers to benefit from interventions.
- 4.17 Programme performance is closely monitored by Welsh Government via written reports, Aspireview and Cluster visits. There are a number of robust monitoring methods in place within each Cluster, evaluation of each project being embedded throughout. **According to Welsh Government, at the annual review visit on 13th November 2015, Caerphilly is consistently performing well, in fact one of the best performing Authorities in Wales**
- 4.18 Despite indications that the budget for 2016-17 could be reduced by up to 30% the overall Communities First budget for the main programme remained at **£2,902,016**. However, as highlighted above, Welsh Government decided not to continue the CF PDG (Pupil Deprivation Grant) match fund with an expectation that activity with schools ‘*be included as an intrinsic part of the core grant*’. Within Caerphilly this amounted to a reduction of **£318,887** inclusive of the schools contribution, available to support pupils in receipt of free school meals.
- 4.19 In light of this to ensure KPI’s are met the majority of projects remain within the delivery plan for 2016-17. From analysis of performance during 2015-16 and in order to respond to community need and feedback from participants, provision has increased in a number of projects and projects that were consistently underperforming will cease. To reflect these changes and with full agreement by WG, eight CCBC Communities First posts have been removed from the structure, with resulting savings to Communities First of **£261,935**. Communities First employment support provision has been realigned to complement the new Communities for Work programme. The Job Descriptions and job titles of the four remaining Communities First employment posts have been amended to reflect these changes. The staff retained in the structure are essential to ensure delivery against the key performance indicators.
- 4.20 In previous years the indicative budget has been received in October with delivery plans to be returned in January. Due to the delay in the budget settlement from Westminster, Communities First Lead Deliver Bodies did not receive their indicative budget until 21st Dec 2015 with a return for draft delivery proposals on 5th February 2016.
- 4.21 Welsh Government requested that the 2016-17 plans have a more prioritised approach, focused on employability, with levels of deprivation and population having a greater influence on how the budgets are allocated. In addition it is now a key requirement for the programme to support and complement the recently approved ESF Communities for Work Programme, providing wrap-around support for individuals. This is not to say that the programme will move away from the health and education agenda, rather that projects and staff in these areas will need to demonstrate their impact on employability for both Communities for Work, LIFT and

Communities First. A full list of the projects for 2016-17 has been included in Appendix 5.

- 4.22 In recognition of this change of emphasis, a review of our current delivery model and overall approach is planned during 2016/17, to ensure the service remains fit for purpose.

5. EQUALITIES IMPLICATIONS

- 5.1 No impact assessment has been undertaken on this report, however many individuals and groups who fall under the protected characteristics and wider issues covered by the Council's Strategic Equality Plan are often affected to a greater extent by poverty and the related causes; therefore, Communities First will have positive impact on those individuals and groups.

6. FINANCIAL IMPLICATIONS

- 6.1 Communities First staff salaries and associated delivery budgets are provided by the Welsh Government. In 2015-16 the total amount claimed was £2,902,016. The programme is currently funded until 31st March 2017. There is limited cost to CCBC in drawing down the funding, with three staff directly funded within Finance to manage the grant and 5% of total salary costs eligible in management costs.
- 6.2 Whilst the Communities First staff and associated delivery budgets are provided by the Welsh Government, within the current Terms and Conditions of the grant, it is not the intention of the WG to provide associated redundancy costs. Redundancy would be in line with CCBC policy with redundancy costs borne by the directorate. These costs will vary according to grade and length of service and whether the staff are eligible for and can be re-deployed. However with 53 CCBC employees funded by Communities First, should the programme end, the redundancy costs could be significant. This is the case for any externally funded post currently on the establishment.
- 6.3 Communities First grant allocation for 2016-17 is £2,902,016. In real terms this is a cash decrease as pay awards, on cost changes have to be funded together with the inclusion of the Pupil Deprivation Grant.

Cluster	Salaries	Management	Training	Travel & Sub	Premises	Projects	CIP	Totals
Upper Rhymney Valley	489,279.00	29,464.00	4,000.00	15,200.00	89,688.00	133,440.00	25,000.00	786,071.00
Mid Valleys West	486,940.00	29,347.00	5,000.00	11,200.00	17,175.00	79,975.00	25,000.00	654,637.00
Mid Valleys East	488,418.00	29,421.00	4,000.00	14,200.00	22,525.00	70,505.00	25,000.00	654,069.00
Caerphilly Basin	605,791.00	35,289.40	4,000.00	16,950.00	39,353.00	80,855.60	25,000.00	807,239.00
Totals to Claim	2,070,428.00	123,521.40	17,000.00	57,550.00	168,741.00	364,775.60	100,000.00	2,902,016.00

- 6.4 Any award not in line with the funders Terms & Conditions could result in clawback, in the most severe case this could result in the full allocation being reclaimed.

7. PERSONNEL IMPLICATIONS

- 7.1 Due to delays in the confirmation of funding, the required redundancy process was followed for all staff. HR provided guidance on the reduction in CCBC Communities First posts which was achieved through vacancy management and re-deployment into the Communities for Work programme. Changes to job descriptions and job titles followed appropriate HR procedures with full consultation of those staff affected.

8. CONSULTATIONS

- 8.1 The report has been sent to the consultees listed below and there are no consultation responses that have not been reflected within the report.

9. RECOMMENDATIONS

- 9.1 That Members note the progress made in delivering the Communities First programme within the 2015-16 year, in line with Welsh Government outcomes.
- 9.2 That Members note the planned review during 2016/17

10. REASONS FOR THE RECOMMENDATIONS

- 10.1 To ensure Members are kept up to date on Communities First project delivery, its aims and outcomes in relation to deprivation.

11. STATUTORY POWER

- 11.1 Local Government Measure 2009

Author: Tina McMahon, Community Regeneration Manager

Consultees: Christina Harray, Corporate Director, Communities
Cllr Ken James, Cabinet Member
Dave Whetter, Interim Head of Regeneration
Dave Roberts, Finance Manager
David Thomas, Senior Policy Officer (Equalities)
Lynne Donavon, Acting Head of Human Resources
Mary Spiller, Communities First Finance Officer
Ian Raymond, Performance Management Officer
Sean Rees, Cluster Manager
Lauren Hughes, Cluster Manager
Emma Saunders, Cluster Manager
Damian Owen, Cluster Manager
Sarah-Jayne Irish, Communities First Programme Development Officer

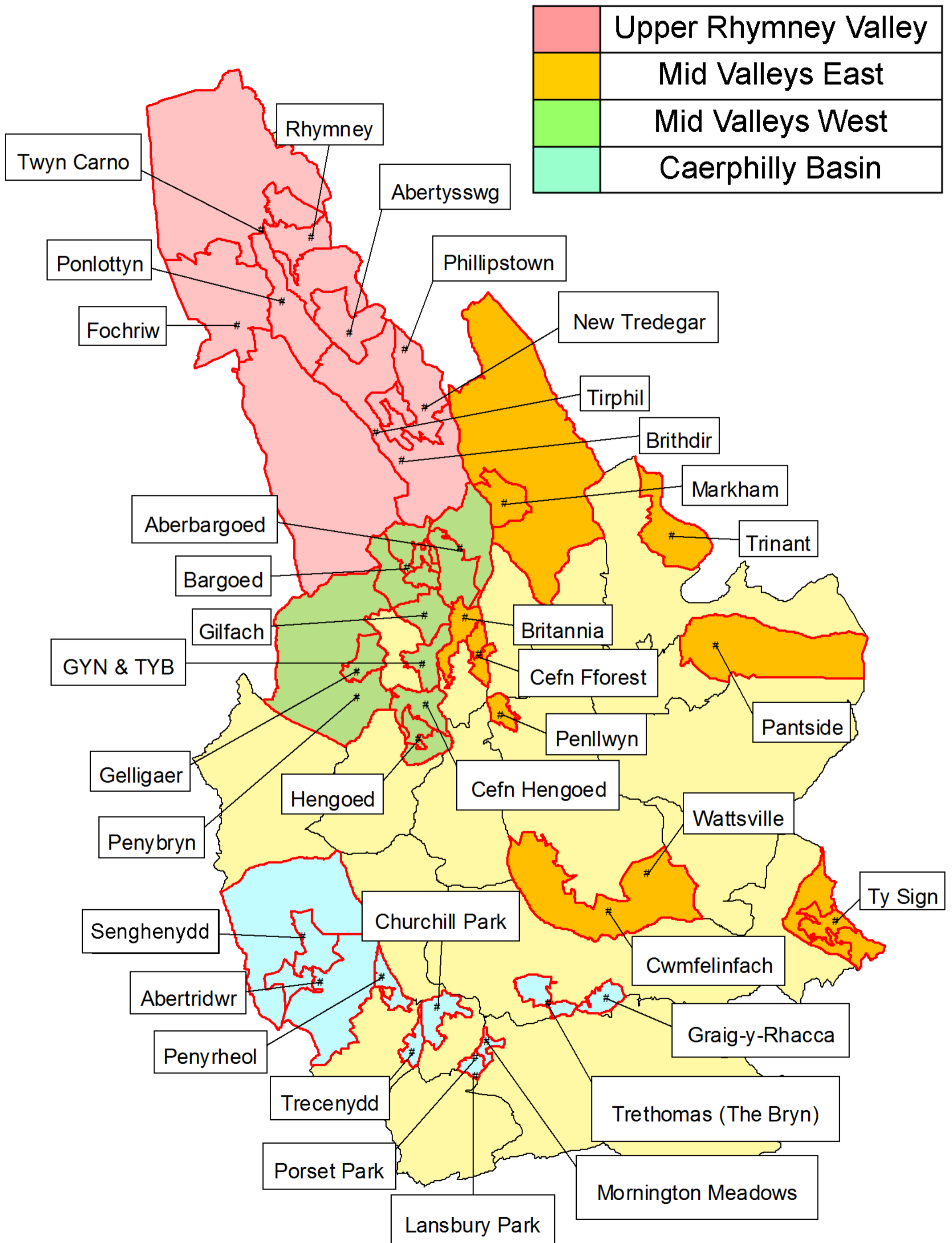
Background Papers:

Tackling Poverty Action Plan 2012–2016
Building Resilient Communities – Taking Forward the Tackling Poverty Action Plan
Communities First Delivery Plans 2015-16
Communities First Delivery Plans 2016-17
Caerphilly Delivers – The Single Integrated Plan 2013-17
Caerphilly Council's Improvement Objectives 2015-16

Appendices:

- 1: Map of CF Cluster Areas
- 2: Communities First Outcomes Framework
- 3: Project List 2015-16
- 4: Case Studies
- 5: Project List 2016-17

Communities First New Phase



Priority	Performance Measure	Draft Definition 2014/15
Supporting a Flying Start in the Early Years (Ages 0-7)	HC-PM.1.1 Mothers with better understanding of importance of health during pregnancy and the Early Years.	The client demonstrates understanding of key aspects of health during pregnancy and the Early Years, including diet (and vitamins such as folic acid), alcohol and smoking.
	HC-PM.1.2 Parents who feel better able to cope	The client reports that as a result of the Communities First intervention they feel better able to cope with the demands of parenting.
	HC-PM.1.3 Expectant mothers making a positive health change during pregnancy	Client has made a positive health change such as lowering alcohol intake, smoking cessation or beginning to take folic acid.
	HC-PM.1.4 Expectant mothers who stop smoking	The client has stopped smoking for the period of their pregnancy. Clients can be counted if they have not smoked for at least 4 weeks.
Promoting Physical Well Being (Ages 7 and above)	HC-PM.2.1 People are aware of the risk of obesity	Clients are more aware of the negative health consequences of obesity, including increased risk of diabetes, cancer and cardiovascular disease.
	HC-PM.2.2 People with a positive attitude to improving their physical health	Clients feel more positive about improving their physical health.
	HC-PM.2.3 Increased Physical Activity	The client undertakes increased physical activity as a result of the Communities First intervention.
	HC-PM.2.4 Regular Participation in sport	The client participates in sport at least once a week. Appropriate sport activities can be found listed in the Sports England Active People Survey Activities Database.
	HC-PM.2.5 Meeting physical activity guidelines	Clients report that they undertake a minimum of 30 minutes of moderate intensity activity at least 5 days a week. Examples of moderate exercise are heavy housework (eg spring cleaning, walking with heavy shopping), fast walking, dancing, gentle swimming or heavy gardening (eg digging). Other examples of moderate exercise, by age groups, can be found in Start active, stay active - UK Chief Medical Officer guidelines for physical activity.
	HC-PM.2.6 Reduced BMI	Client has reduced their BMI to within (or towards) the healthy range. BMI can be calculated using the tool available at http://www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx .
Promoting Mental Well Being	HC-PM.3.1 Increased knowledge of available support	The client has improved knowledge of the mental health support that is available and how to access it.
	HC-PM.3.2 Feel more positive about their mental well being	The client feels more positive about the outlook for their mental well being.
	HC-PM.3.3 Participating in a positive activity twice a week	The client has participated in an activity(ies) at least twice a week for 4 weeks with the primary purpose of helping them to feel more positive about their mental well being. An example could be activities that contribute to the 'Five ways to wellbeing' (New Economics Foundation).

	HC-PM.3.4 Better able to manage their well being	Clients report having better management strategies for their mental well being.
Encouraging Healthy Eating	HC-PM.4.1 Ability to budget for a healthy diet for a week	Clients demonstrates the ability to create a healthy meal plan for a week within their household budget.
	HC-PM.4.2 More confident cooking a fresh meal	Clients are more confident and have the necessary skills to prepare a fresh, healthy meal using fresh produce (such as eggs, milk, meat, vegetables etc).
	HC-PM.4.3 Eat fruit or veg daily	The client eats fruit/vegetables every day (on a normal day).
	HC-PM.4.4 Cooking a fresh meal at least once a week	Clients prepare a fresh, healthy meal using fresh produce (such as eggs, milk, meat, vegetables etc) at least once a week. This could be a meal that uses the healthy food group proportions as specified by the 'eatwell' plate (http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx).
	HC-PM.4.5 Accessing fruit and veg via a food co-op.	The client acquires fruit and vegetables from a food co-op on a weekly basis for at least 6 consecutive weeks.
Reducing Risks - please indicate clearly which of the following risks you are addressing - you are strongly advised to use the specific measures rather than the general measure: Smoking, Alcohol, Drugs, Sexual Health, General.	HC-PM.5.1 Better knowledge of risks (Note: The risk categories will be reported on separately. These are smoking, alcohol, drugs, sexual health and general (general to be used for projects which cover more than one category of risk)).	The client demonstrates knowledge and understanding of what constitutes risky behaviour and the possible consequences of key risks. The categories of risky behaviour are smoking, alcohol, drugs, sexual health and general.
	HC-PM.5.2 Increased knowledge of available support	The client has improved knowledge of the support that is available and how to access it.
	HC-PM.5.3 Reducing risky behaviour (Note: The risk categories will be reported on separately. These are smoking, alcohol, drugs, sexual health and general (general to be used for projects which cover more than one category of risk)).	The client has reduced at least one defined risky behaviour. The categories of risky behaviour are smoking, alcohol, drugs, sexual health and general.
	HC-PM.5.4 Ceasing a risky behaviour (Note: The risk categories will be reported on separately. These are smoking, alcohol, drugs, sexual health and general (general to be used for projects which cover more than one category of risk)).	The client has stopped engaging in at least one risky behaviour. The categories of risky behaviour are smoking, alcohol, drugs, sexual health and general.
	HC-PM.5.5 Client referred onto, and commenced, a smoking cessation service.	The client has been referred onto and subsequently taken part in a smoking cessation service.
Supporting People (with additional needs) to Live in the Community	HC-PM.6.1 Know how to access help and support	The client reports that they know what support is available to them and how to access it.
	HC-PM.6.2 Feel safer	The client feels less vulnerable to accidental harm or crime.

	HC-PM.6.3 Engaged in more community activity	The client has increased their engagement in community activities. These could include organised social activities such as lunch clubs, volunteering programmes and support groups. An activity should be attended at least once a week for 4 weeks.
	HC-PM.6.4 Supported to manage at home	The client is supported to manage at home through direct home interventions such as volunteer home visits, assistance with their shopping and assistance around the home.
	HC-PM.6.5 Reduced social isolation	The client reports reduced social isolation and have a sense of belonging.
	HC-PM. 6.6 People supported to manage their chronic health condition(s)	The client receives support to help them manage their chronic health conditions.
	HC-PM. 6.7 People supported to access community based health services	Client is accessing help and support, including community based health services provided by the third sector, NHS or local authority, to live a healthy life at home.

Priority	Performance Measure	Draft Definition 2014/15
Promoting Family Learning in the Early Years	LC-PM.1.1 Parents with better understanding of parenting including the importance of early learning.	The client demonstrates understanding of key aspects of parenting, including healthy diet, regular exercise and reading with their child. The client also demonstrates an understanding of the importance of early learning, including the effect on later attainment, the importance of the home environment, parental interest and good pre-school provision.
	LC-PM.1.2 Parents with improved ability to support their child's learning and development needs.	The client reports using new parenting skills to better support the learning and development needs of their child.
	LC-PM.1.3 Parents reading regularly with child	The client reads with their child three or more times in a typical week.
	LC-PM.1.4 Parents who complete a parenting course	The client successfully completes a recognised parenting or family learning course.
Supporting Young People to Do Well at School	LC-PM.2.1 Children and YP who know where to get help if they have a problem at school	The client reports that they know where to get help if they have a problem at school.
	LC-PM.2.2 Children and YP with a better understanding of the importance of school	The client understands the importance of school and education and demonstrates a more positive attitude towards this.
	LC-PM.2.3 Improved behaviour in School	The client's behaviour in school has demonstrably improved as a result of the Communities First intervention, including reduced disruptive behaviour or increased engagement.
	LC-PM.2.4 Increased school attendance	The client has reduced incidence of unauthorised absence.
	LC-PM.2.5 Improved academic performance	The client demonstrates an improvement in academic performance, for example, submitting homework and paying attention in class.
	LC-PM.2.6 Client is aware of the risk of bullying.	The client is aware of the risks of bullying, including cyber bullying. They demonstrate an understanding of what bullying is, its effects, and what help and advice services are available.
	LC-PM.2.7 Participating in a personal and social development opportunity	The client has taken part in a personal and social development opportunity lasting at least 10 hours with a recorded outcome.
Supporting Families to be Engaged in their Children's Education	LC-PM.3.1 Parents Gaining a Qualification	The client successfully attains an accredited qualification as defined within the CQFW.
	LC-PM.3.2 Parents feel more confident supporting their children	The client reports feeling more confident about supporting their child's learning, including knowledge of the curriculum or improved basic skills. This could include being better able to assist with their child's homework.
	LC-PM.3.3 Parents who feel their child is coping better at school	Definition in development.
	LC-PM.3.4 Parents are more engaged with school	Client is more engaged and involved with their child's school. This could include increased involvement in PTA meetings, attending parents evenings and school events such as plays and sports days.
	LC-PM.3.5 Parents who know where to get help if their child has a problem at school.	The client reports that they know where to get help if their child has a problem at school.

Lifelong Learning in Communities	LC-PM.4.1 People gaining a qualification	The client successfully attains an accredited qualification as defined within the CQFW.
	LC-PM.4.2 People more positive about learning	The client feels more positive about their own learning.
	LC-PM.4.3 Progressing to a higher qualification	Client is undertaking an accredited course that advances on their previous qualifications (a level higher).
	LC-PM.4.4 People who participate in regular volunteering to learn	Client undertakes formal volunteering at least once a month with the aim to learn. Formal volunteering is defined as giving unpaid help through groups, clubs or organisations which support social, environmental, cultural or sporting objectives.
	LC-PM.4.5 Clients who enrol in further or higher education	Client undertakes a part time or full time course in further or higher education. This would include courses in Colleges or Universities
Improving Adult Basic Skills	LC-PM.5.1 Improved Literacy Skills	The client demonstrates improved literacy. This could include the ability to read and understand a range of appropriate texts to obtain information and to use written words and phrases to record and present information.
	LC-PM.5.2 Improved Skills Numeracy Skills	The client demonstrates improved numeracy. This could include improved ability to perform calculations and work with measurements, basic statistics and probability.
	LC-PM.5.3 Gaining a qualification	The client successfully attains an accredited qualification as defined within the CQFW.
	LC-PM.5.4 People are more positive about learning	The client feels more positive about their own learning.
	LC-PM.5.5 Progressing to further learning	Client is undertaking further learning. This can include formal academic or vocational education and less formal skills development training (including soft outcomes).

Priority	Performance Measure	Draft Definition 2014/15
Helping People to Develop Employment Skills and find Work (ages 25+)	PC-PM.1.1 Completing Employment Related Courses	The client has satisfied the attendance requirements of any training or other activity which is primarily intended to better equip the client to gain or undertake locally available employment.
	PC-PM.1.2 Gaining an Employment related qualification	The client has attained a recognised qualification which is primarily intended to better equip the client to gain or undertake locally available employment. This includes CQFW qualifications and related awards (e.g. Agored Units, NOCN).
	PC-PM.1.3 More Positive and improved confidence about seeking work	The client reports and/or demonstrates increased confidence and enthusiasm for seeking employment.
	PC-PM.1.4 Actively accessing advice and support.	Client accessed structured advice and support on employment issues on at least two occasions. Examples could include contact with the Citizens Advice Bureau, Job Centre advice and careers guidance.
	PC-PM.1.5 Regular Volunteering as route to work	<p>The client undertakes at least one hour of volunteering per week for a period of at least 4 weeks which is primarily intended to better equip the client to gain or undertake locally available employment.</p> <p>Clients may also be counted who undertake at least one hour volunteering per week for less than 4 weeks, where volunteering has ended as a result of them securing employment.</p>
	PC-PM.1.6 Completing a work experience placement	The client completes a work experience placement. This should be for at least 16 hours per week for 2 weeks. It could include Intermediate Labour Market (ILM) programme placements.
	PC-PM.1.7 Actively seeking work	The client undertakes at least 3 activities every week, with the support of CF, to find work or improve their chances of getting work. These activities could include using Universal Jobmatch to search and apply for jobs, contacting employers or looking for jobs in newspapers.
	PC-PM.1.8 Entering Employment	Client has secured a paid employment position. Employment includes self-employment and can be full-time or part-time. However, employment must involve a minimum of 16 hours work a week and must be paid employment. It is acceptable for the 16 hours of work to be the cumulative total from multiple jobs for any given individual.
	PC-PM.1.9 Known to be in Employment after six months	Client remains in a paid employment position after 6 months. Employment includes self-employment and can be full-time or part-time. However, employment must involve a minimum of 16 hours work a week and must be paid employment. It is acceptable for the 16 hours of work to be the cumulative total from multiple jobs for any given individual.

Reducing Youth Unemployment and disengagement (ages 16-24)	PC-PM.2.1 Entering Further Education	Client has enrolled and been accepted to study on an accredited course in further education (full-time and part-time education suitable to the requirements of persons who are over compulsory school age (including vocational, social, physical and recreational training) and organised leisure-time occupation provided in connection with the provision of such education). It does not include secondary education or higher education.
	PC-PM.2.2 Gaining an Employment related qualification	The client has attained a recognised qualification which is primarily intended to better equip the client to gain or undertake locally available employment. This includes CQFW qualifications and related awards (e.g. Agored Units, NOCN).
	PC-PM.2.3 More Positive and improved confidence about seeking work	The client reports and/or demonstrates increased confidence and enthusiasm for seeking employment.
	PC-PM.2.4 Regular Volunteering as route to work	<p>The client undertakes at least one hour of volunteering per week for a period of at least 4 weeks which is primarily intended to better equip the client to gain or undertake locally available employment.</p> <p>Clients may also be counted who undertake at least one hour volunteering per week for less than 4 weeks, where volunteering has ended as a result of them securing employment.</p>
	PC-PM.2.5 Completing a work experience placement	The client completes a work experience placement. This should be at least 2 weeks at 16 hours per week. It could include Intermediate Labour Market (ILM) programme placements.
	PC-PM.2.6 Actively seeking work	The client undertakes at least 3 activities every week, with the support of CF, to find work or improve their chances of getting work. These activities could include using Universal Jobmatch to search and apply for jobs, contacting employers or looking for jobs in newspapers.
	PC-PM.2.7 Securing a JGW Employment Opportunity	The client is offered and starts a Jobs Growth Wales opportunity. This is any JGW opportunity not just CF specific.
	PC-PM.2.8 Completing a JGW Employment Opportunity	The client has satisfied the attendance requirements (and any other requirements) to complete a Jobs Growth Wales opportunity. This is any JGW opportunity not just CF specific.
	PC-PM.2.9 Entering Employment	Client has secured a paid employment position. Employment includes self-employment and can be full-time or part-time. However, employment must involve a minimum of 16 hours work a week and must be paid employment. It is acceptable for the 16 hours of work to be the cumulative total from multiple jobs for any given individual.
	PC-PM.2.10 Known to be in Employment after six months	Client remains in a continuous paid employment position after 6 months. Employment includes self-employment and can be full-time or part-time. However, employment must involve a minimum of 16 hours work a week and must be paid employment. It is acceptable for the 16 hours of work to be the cumulative total from multiple jobs for any given individual.

Promoting Digital Inclusion	PC-PM.3.1 Gaining Basic IT Skills	The client demonstrates an understanding of and ability to carry out basic IT skills. Skills include using a mouse/keyboard, using menus/icons and ability to open/edit/save/print documents.
	PC-PM.3.2 More confident using a computer	The client reports and/or demonstrates increased confidence in using computers.
	PC-PM.3.3 Able to use the Internet for Online services	The client demonstrates the ability to use the internet to find, select and exchange information. The client has started to use an online service such as internet banking, council tax payment and benefit claims.
	PC-PM.3.4 Are able to access IT services	The client reports that they know where IT services are available and that they are able to access them.
	PC-PM.3.5 Progressing beyond basic IT skills, to a recognised IT qualification.	The client has completed a recognised IT or software course such as ECDL.
Financial Inclusion - Improving Financial Capability, managing debt and raising income	PC-PM 4.1 Improved Financial Literacy/Capability	The client demonstrates improved financial literacy/capability. This could include: <ul style="list-style-type: none"> - Understanding features of a household budget (list income/expenditure, identify essential/non-essential expenditure). - Understanding how to shop for food on a budget (identify how savings can be made, record food items within budget). - Be able to use ways to manage personal finance (set targets, list organisations that can provide support, provide personal info to organisations in formal situations when necessary).
	PC-PM.4.2 Developed a weekly budget	The client demonstrates the ability to produce an accurate weekly household budget, including accurately listing household income and household expenditure.
	PC-PM.4.3 More confident managing finances	The client reports improved confidence in managing household finances.
	PC-PM.4.4 People saving regularly	The client reports and/or demonstrates that they are putting money into a savings account (an account separate to their current account) at least once a month for a minimum of 6 months.
	PC-PM.4.5 Reducing/Managing debt	The client reports and/or demonstrates that they have reduced and/or are managing their debt levels by making required minimum payments.
	PC-PM.4.6 Supported to Access the Benefits they are entitled to	The client receives an additional benefit, or an increase in existing benefits, as a result of being supported to access the benefits they are entitled to.
	PC-PM.4.7 Opening a credit union account	Client has opened a credit union account.
	PC-PM.4.8 Accessing a credit union loan	Client has taken out a credit union loan (for any amount).
	PC-PM.4.9 Accessing food banks	Client has accessed a food bank.
Supporting Enterprise and Timebanking Building Social Capital	PC-PM.5.1 Better Knowledge for running a SE	The client demonstrates improved understanding of running a social enterprise as defined. This could include: <ul style="list-style-type: none"> - Knowing about different types of enterprises. - Knowing the services/products that enterprises offer. - Knowing the features of a successful enterprise.

	PC-PM.5.2 Better Knowledge for running a business	The client demonstrates improved understanding of running a business as defined. This could include: - Knowing about different types of business. - Knowing the services/products that businesses offer. - Knowing the features of a successful business.
	PC-PM.5.3 More Involved in Community through regular volunteering	Client is engaged in structured activity either through a timebanking, local community group or Social Enterprise project which is making a contribution to the improvement of/services for their local community. These activities should be for at least one hour per week for 4 weeks.
	PC-PM.5.4 Timebanking Hours Banked	The client has timebanked at least X hours in the last X months. This measure is distinct in that you should measure the cumulative total of timebanking hours banked by your local community rather than any given individual.
	PC-PM.5.5 Social Enterprises Established	The number of social enterprises (a business with primarily social objectives whose surpluses are principally reinvested for that purpose) established by clients, alone or with others.
	PC-PM.5.6 Social Enterprises still running 1 year later	The number of Social Enterprises (a business with primarily social objectives whose surpluses are principally reinvested for that purpose) established by clients, alone or with others, still trading after the first full year.
	PC-PM.5.7 Number of people commencing self employment	The client has started up a business or self employment.
Reducing the Risk of Youth Offending	PC-PM.6.1 Gaining an extracurricular qualification	The client has attained a recognised qualification which is not part of the National Curriculum.
	PC-PM.6.2 Participating in a personal and social development opportunity	The client has taken part in a personal and social development opportunity lasting at least 10 hours with a recorded outcome.
	PC-PM.6.3 Engaged in regular Positive activity	The client participates at least twice per week in an activity, or activities, which have a beneficial impact on the client's physical, mental or emotional health and well-being.
	PC-PM.6.4 Cease offending	The client has not been convicted, arrested or cautioned in the 6 months since the start of the intervention.

Communities First Project List 2015-16

Prosperous Communities

- Employment Support 25+
- LIFT 25+ (*Caerphilly Basin and Upper Rhymney Valley only*)
- NEET Employability Skills
- LIFT 16-24 (*Caerphilly Basin and Upper Rhymney Valley only*)
- Streetgames – Employability Support (*Mid Valleys West only*)
- Digital Inclusion (Web for Work Essentials/First Click)
- Digital Fridays
- Citizens Advice Engagement & Outreach (Shared Outcomes – CAB Project)
- Prevention Project
- Family Banking (*Mid Valleys East, Mid Valleys West and Upper Rhymney Valley*)
- Environmental Action (*Mid Valleys West*)
- Nobody Left Behind (*Upper Rhymney Valley*)
- Food Bank (*Upper Rhymney Valley only*)

Learning Communities

- School Support
- Personal and Social Development for Children and Young People
- Youth Workers in Schools (PDG Project)
- Family Support (PDG Project)
- Extra Curricular Qualifications for Young People
- Family/Parent Learning Project
- Essential Skills
- FAST - Families and Schools Together (*Caerphilly Basin only*)
- Accredited IT/Digital Courses (*Mid Valleys East and Mid Valleys West only*)
- Heolddu Achievement Project (*Mid Valleys West only*)
- CATWG Project (*Mid Valleys West only*)
- Tiny Tots Toy Library (*Upper Rhymney Valley only*)
- Nobody Left Behind (*Upper Rhymney Valley only*)

Healthier Communities

- Streetgames
- Foodwise
- X-POD (Xpert Prevention of Diabetes)/Healthy Hearts
- Community Based NERS (National Exercise Referral Scheme)
- Physical Activity Project
- Mental Health Self Help Groups/Sessions
- Mental Health Classes (*Mid Valleys East and Mid Valleys West only*)
- Family Cooking/Get Cooking/Community Food & Nutrition Project
- Active in the Outdoors (*Mid Valleys East and Mid Valleys West only*)
- Get Well for Work (*Upper Rhymney Valley only*)
- Adult Mental Wellbeing (*Upper Rhymney Valley only*)

Appendix 4: Communities First Programme Case Studies, 2015-16

Caerphilly Basin

Calling into Work – In October 2015, a project was developed specifically to support people to gain employment in the Call Centre industry. Working with the Welsh Contact Centre Forum (WCCF) a 5 day course was developed, which covered essential skills as prescribed by the WCCF, such as; customer services, communication skills and conflict resolution. The participants were also taken to a live call centre in Penarth, by train to mirror a commute, feedback about this was that it was the strongest element of the course. Through the link with the WCCF guaranteed interviews were able to be offered to the 12 participants who completed the course, 8 of the 12 all secured employment either directly from those guaranteed interviews or subsequently. The course was repeated in March 2016, though outcomes from this are still being confirmed. The following case study is from a participant on the course:

Case Study – Michele Tomkins: Michele recently attended and completed two courses which were Working in Customer service and Calling into Work (Contact Centre) course in September and October 2015.

This is what Michele had to say about the two courses that she completed –

“The courses were fantastic and really helped me with my self confidence and motivation to find a job that I really wanted. It’s done wonders for my self esteem and the tutors were really great and made every one of us feel relaxed on our first day. These courses gave me the time to sit back and realise what I really wanted to do with my career”.

Michelle explained that before she came to us in the Employment team that she was really struggling to find any jobs and that the ones that she was applying for were always unsuccessful outcomes. Due to this she was becoming extremely stressed and depressed which was giving her general low confidence and self esteem. When she started this training Michele explained that it gave her the time to sit back and re-assess her life and look at what she really wanted to do. Michele realised that the jobs that she’s been applying for in the past were even below her capability and she set herself a goal to apply jobs that she knew she was more than capable of doing.

“The course gave me the confidence to apply for bigger and better things”

Michele explained that the help that she received from the CF Employment Support Officers with writing cover letters and how to create and complete the ideal Curriculum Vitae really helped her secure the job interviews as in the past she wasn’t even receiving any acknowledgments. She realised that having a CV that reflected the job that she was actually applying for really helped her sell herself and her key skills to potential employers.

Michele went on to say -

"I would recommend anyone going on these courses and I would love to come back in the future and speak to people who attend them and tell them how much this training helped me. I am so grateful for the help I have received and it really made me realise that I didn't need to be so down on myself all the time. I really stopped fretting about being out of work because the training gave me the time to give myself a good pep talk and tell myself that there's a job out there for me. I'm so excited to start my new job now and that's something that I never thought I'd here myself say"

Michele has now secured employment with Lloyds Bank working as a Customer Services Representative.

St James School Allotment Project, Lansbury Park – Initially as part of a physical activity project, an ongoing weekly project to develop and enhance the allotments has been running in the School since July. After a slow start which saw a committed but small number of participants, the project really started to gather momentum after the school appointed a Family Link Officer. The project has become very popular; in fact an additional session has had to be run as the site isn't large enough to cater for the number of families that wanted to attend. Around 30 participants (13 Families) attend each session. A poly tunnel and shed have been constructed by the group and raised beds developed. This project will now continue as part of the St James School Family Link project and a similar provision will be developed in St Martins School.

Morgan Jones Community Allotment – Another project which has developed significantly is the Morgan Jones Allotment project. Taking an unused piece of land, and working with volunteers from Gwent Drug and Alcohol Service (GDAS), the site is now a fully functioning allotment and continues to take referrals from GDAS. One of whom has since progressed from this voluntary activity to receiving support from LIFT, and is likely to take up a work placement with Contract Services in the near future.

Striking Stories Animation / Personal & Social Development - Striking Stories is a multi partnership project between Communities First/Senghenydd Youth Drop In Centre, Gritty Realism Productions and St Martins School. It is funded by the Arts Council of Wales and Communities First. Striking Stories is an animated film project in which young people from several Communities First areas have made a stop motion animation based on the 1984 Miners' Strike. The film is narrated by several miners' wives who were heavily involved in the strike or had their lives heavily effected by the strike. Young people conducted and recorded interviews with the wives of former miners who were involved in pickets, community action groups and local community projects. The recordings were then edited and used to narrate the film. Following this a number of sessions took place in Senghenydd Youth Drop In Centre and St Martins school. These sessions covered a variety of skills including; drawing, backdrop design, storyboarding, using stop motion software, photography, editing, Photoshop, post production and effects, film literacy (introducing the topic of the Miners Strike and industrial history of Wales), a trip to the Big Pit and soundtrack composition. All young people involved were awarded ASDAN Short Course Activities Award.

The Film was nominated for 2 Zoom Cymru International Film Festival awards in 2016 - Best Film and Best Animation.

Mid Valleys East

Case Study – Patricia Griffiths: Patricia Griffiths is 50 years old and lives in Abercarn. She left school with 5 CSE's or equivalent. For over 27 years, Patricia worked as a mobile cleaner for the Royal Mail before taking voluntary redundancy. Patricia was not really sure what to do next in terms of work, but was adamant that she wanted to do something different from cleaning. She was, however, very open minded to a variety of possibilities.

Patricia's first step was visiting the Blackwood Miners Job Fair, which was set up by Bridges into Work 2, where she met Communities First Employment Officer, Deb Whitty. After enrolling with Communities First, she completed a number of courses including:

- Food hygiene
- First aid at work
- Manual handling
- Fire safety
- Health and safety.

Patricia was also supported in improving her curriculum vitae and had the opportunity to brush up on her interview skills, which was especially important to her as she had been with one employer for such a significant period of time she was out of practice with interview techniques. Patricia's IT skills were also improved by working on accredited level 2 IT courses with Communities First Digital Inclusion officer, Cerian Thomas.

Patricia explained: *"I really enjoyed doing the courses as they gave me a great sense of achievement, an opportunity to meet new people and have broadened my skills set. This was particularly important to me as I was not sure what areas of work I would like to go into. I was delighted to pass all of the exams and found the whole course content to be very informative and well organised. The most enjoyable part of the courses was the practical side including using fire extinguishers."*

The next step was for Patricia to be enrolled with local recruitment consultants, Staff 24/7. As part of this process, Patricia undertook two mock interviews following which she was given feedback on her performance which concluded that she was enthusiastic, presentable and had done good research into areas of work she was interested in. Following the main interview, Patricia was offered a job with Mollertech, who specialise in the manufacturing of car parts. Patricia's main expectation was to be offered a placement. However, she was delighted to be offered a full time position with the firm. The role has given Patricia the opportunity to learn many aspects of car manufacturing and assembly.

Commenting on the role, Patricia added: *"I am really happy working in this role and have enjoyed my time back in work. After a period of time out of work, it feels great to go back to normality and to have the added incentive of meeting new people, learning new skills and being able to buy nice things."*

Deb Whitty, Employment Support Officer, added: *“Patricia has been extremely committed and has always been willing to give things a go even if they were new to her. She has learnt lots of new skills and has worked extremely hard since engaging with Communities First.”*

Patricia commented that she is enjoying the job so much; ideally, she would like to stay there until she retires. She has recommended Communities First to many of her friends and family as *“it has been really useful”* and believes that Deb’s support has been really helpful and supportive to her needs.

Communities First Project List 2016-17

Prosperous Communities

- Employment Support 25+
- LIFT 25+ (*Caerphilly Basin and Upper Rhymney Valley only*)
- LIFT 16-24 (*Caerphilly Basin and Upper Rhymney Valley only*)
- Streetgames – Employability Support (*Mid Valleys West only*)
- Digital Inclusion (Web for Work Essentials/First Click)
- Digital Fridays
- Citizens Advice Engagement & Outreach (Shared Outcomes – CAB Project)
- Prevention Project
- Furniture Revival Project (*Upper Rhymney Valley only*)
- Food Bank (*Upper Rhymney Valley only*)

*Please note, significant changes to employment support projects this year as a result of the introduction of the Communities for Work programme, which sits within the Communities First structure and works alongside CF Employment Support and LIFT to deliver a holistic employment programme for all participants

Learning Communities

- School Support
- Personal and Social Development for Children and Young People
- Pupil Inclusion Project
- Parent Engagement Project
- Extra Curricular Qualifications for Young People
- Parent/Family Learning Project (*Caerphilly Basin and Mid Valleys West only*)
- Adult Community Learning (*Mid Valleys East only*)
- Accredited IT/Digital Courses (*Mid Valleys East, Mid Valleys West and Upper Rhymney Valley only*)
- Heolddu Achievement Project (*Mid Valleys West only*)
- CATWG Project (*Mid Valleys West only*)
- Tiny Tots Toy Library (*Upper Rhymney Valley only*)

Healthier Communities

- Healthy Lives
- Physical Activity Project
- Streetgames
- Mental Health Self Help Support Groups/Sessions (*Caerphilly Basin, Mid Valleys East and Mid Valleys West only*)
- Mental Health Classes (*Caerphilly Basin, Mid Valleys East and Mid Valleys West only*)
- Get Cooking/Community Cooking Sessions
- Environmental Action (*Upper Rhymney Valley only*)
- Mental Wellbeing (*Upper Rhymney Valley only*)
- Broadening Horizons (*Upper Rhymney Valley only*)