communities *first* **cymunedau** *yn gyntaf*

Llywodraeth Cymru
Welsh Government

Mid Valleys East

Prosperous Communities

Learning Communities

Healthier Communities

Community Involvement

CCBC > Dashboard Report > WG

This document is an extract from the full 96 page dashboard report that was used in 2013/14 and is intended to demonstrate the type of project data sets that were collected and what they tell us.

The report format and individual performance measures, are selected from a prescribed template that was issued by the Welsh Government.

This type of dashboard report can be used periodically, in conjunction with other documents, such as; the original bids and supplementary comments reports, to enable the Welsh Government to determine the levels of project delivery and their success, and decide on the timeliness release of project funding.

This extract shows 'a sample' of the performance data that was collated, analysed and reported for the year 2013/14 for just a few of this clusters projects.

Further information can be made available from the Communities First Manager.

Prosperous Communities

PC1 Helping People to Develop Employment Skills and find Work

Project 3: Voluntary Work Placements

communities *first* **cymunedau** *yn gyntaf*

Project Description

The GAVO CF development officer will identify and work with community groups in the cluster when they need extra voluntary support. The development officer will liaise with the GAVO Volunteering Bureau and host organisation to develop a Volunteer Job description.

The Employment Support Workers will refer clients looking for Voluntary work placements to the Development Officer who will seek suitable volunteering opportunities and ensure the client is appropriate for the volunteering opportunity. Where groups need a Volunteer placement for specific environmental duties, the Groundwork officer will be responsible for supporting with the Job description and placement set up.

This project will provide additional resource to the voluntary sector, while providing tangible work experience to participants, which will be formalised by the presence of a Job description, thus supporting individuals to improve their employability.

Through links with EIO the Y and F workers will support families to engage in opportunities for volunteering and will become a single point of contact for families with emerging needs. The mental health support worker will develop a referral process with Gp's, social services and service providers to be able to support clients to access voluntary placements.

The Senior employment and enterprise officer will engage with businesses to identify volunteering opportunities and liaise with the GAVO CF development officer for placements.

Measuring Effort
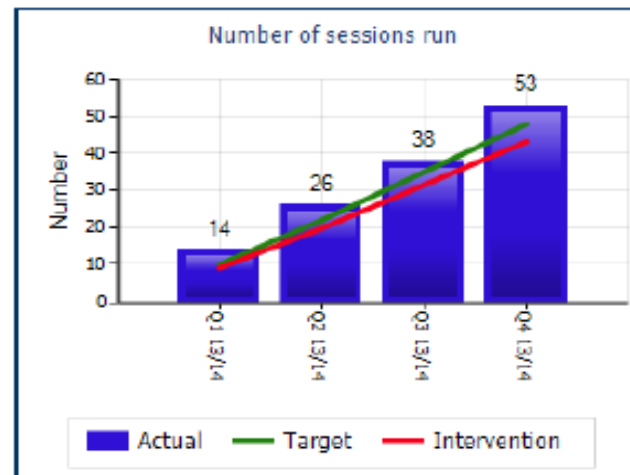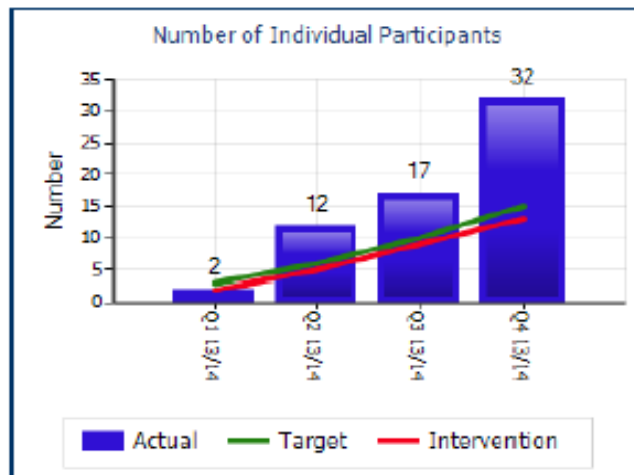
Number of Individual Participants

Number of sessions run
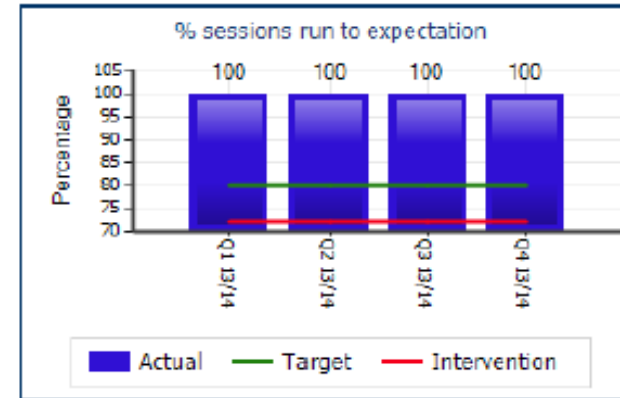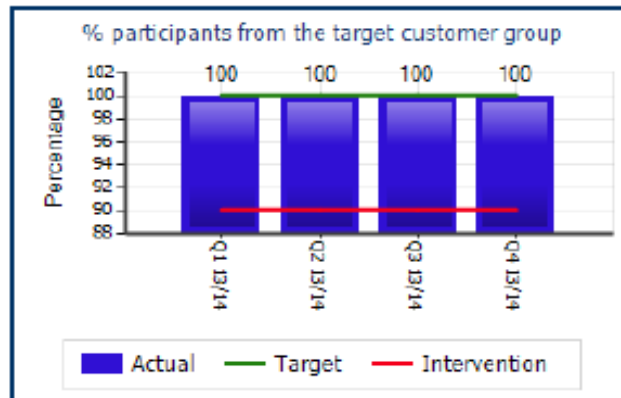
Prosperous Communities

PC1 Helping People to Develop Employment Skills and find Work

Project 3: Voluntary Work Placements

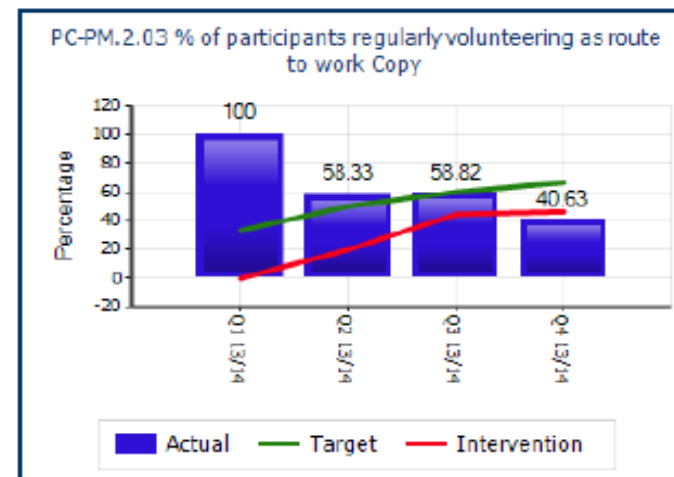**communities** *first* **cymunedau** *yn gyntaf*

Measuring Quality

% participants from the target customer group

Legend: Actual — Target — Intervention

% sessions run to expectation

Legend: Actual — Target — Intervention

Measuring Effect

PC-PM.1.3 % of participants that are more positive and have improved confidence about seeking work

Legend: Actual — Target — Intervention

PC-PM.2.03 % of participants regularly volunteering as route to work Copy

Legend: Actual — Target — Intervention
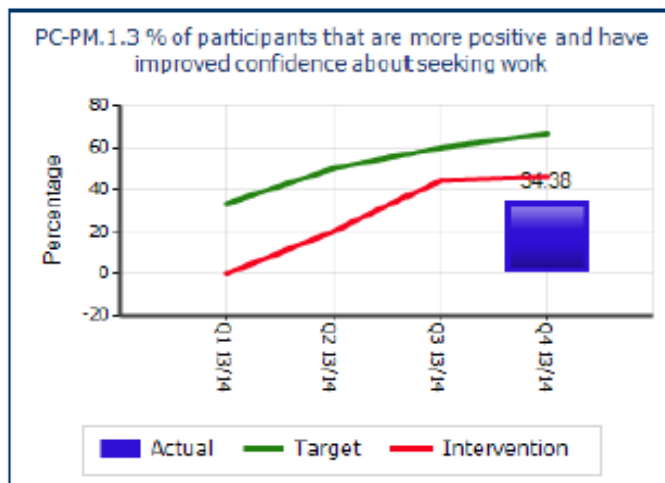
Prosperous Communities

PC1 Helping People to Develop Employment Skills and find Work

Project 4: Pre Employment Programmes

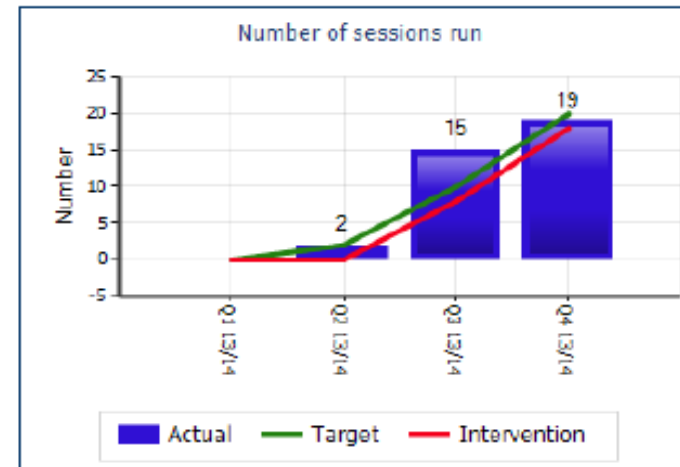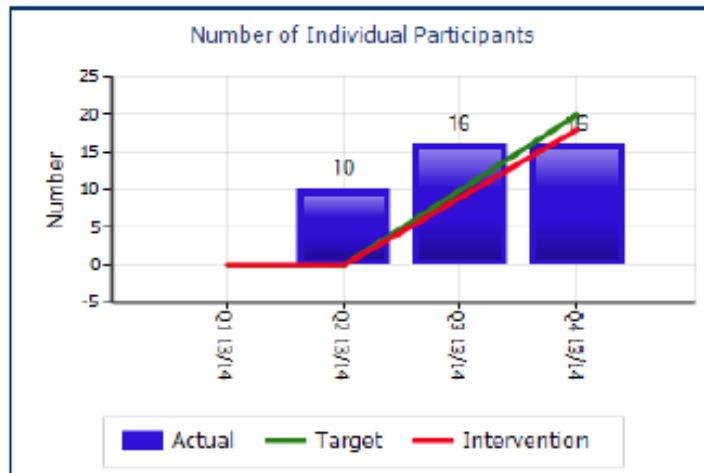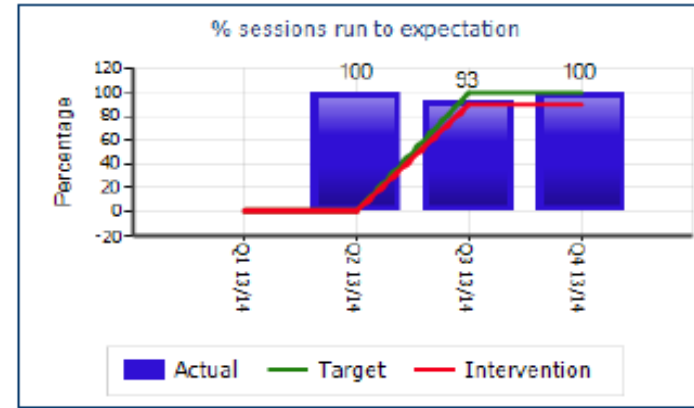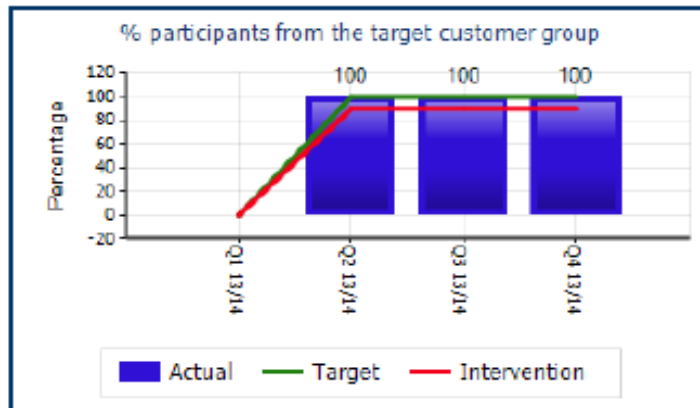communities *first* **cymunedau** *yn gyntaf*

Project Description

The Senior Enterprise & Employment officers will work with businesses and employers to develop pre employment programmes for specific industries.

The project will involve working with a number of educational providers and employers to identify skill gaps and create a focused training programme for unemployed and economically inactive adults.

Each programme will include, the completion of a CV and Cover letter, computer skills, interview skills, employer talks, volunteering experience as well as appropriate accredited training so that at the conclusion of the programme, each client will have improved employability skills in that area of work and relevant experience and training.

Measuring Effort

Number of Individual Participants

Number of sessions run

Prosperous Communities

PC1 Helping People to Develop Employment Skills and find Work

Project 4: Pre Employment Project

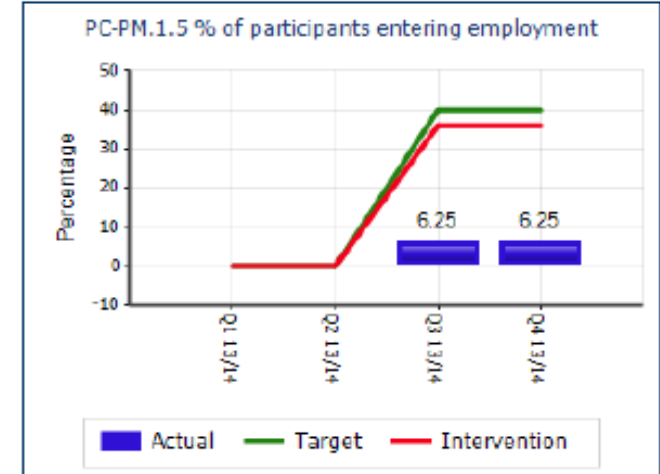**communities** *first* **cymunedau** *yn gyntaf*
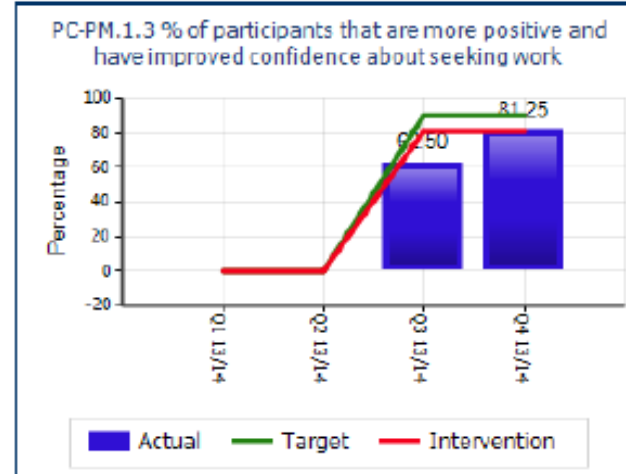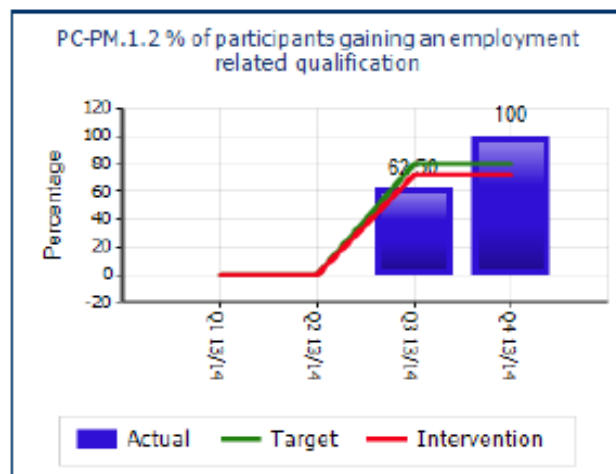
Measuring Quality

% participants from the target customer group

Actual — Target — Intervention

% sessions run to expectation

Actual — Target — Intervention

Measuring Effect

PC-PM.1.2 % of participants gaining an employment related qualification

Actual — Target — Intervention

PC-PM.1.3 % of participants that are more positive and have improved confidence about seeking work

Actual — Target — Intervention

PC-PM.1.5 % of participants entering employment

Actual — Target — Intervention

Prosperous Communities

PC3 Promoting Digital Inclusion

Project 1: Digital Employment Skills

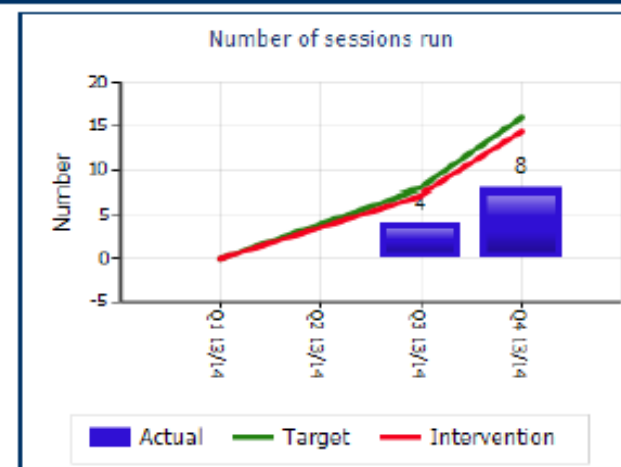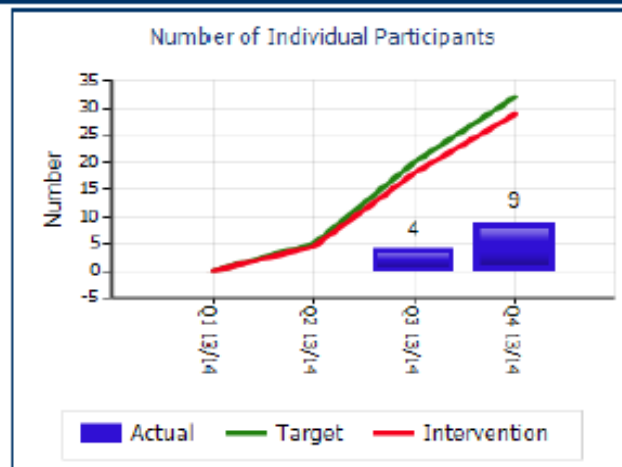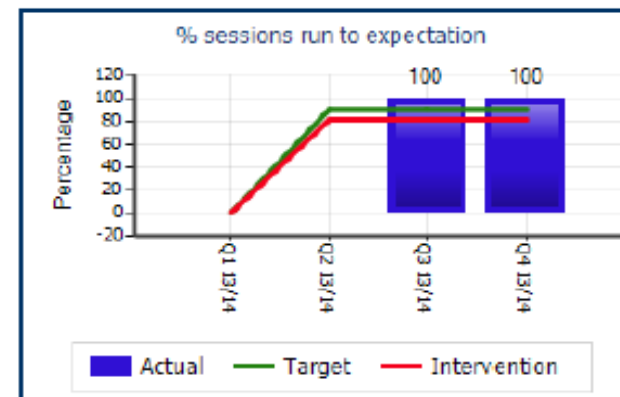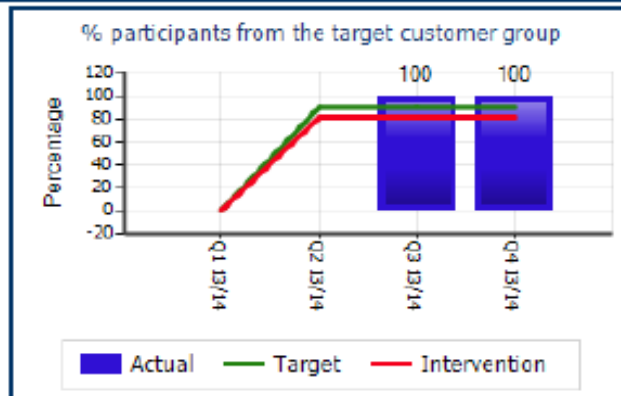communities *first* cymunedau *yn gyntaf*

Project Description

The project aims to get people online to improve employment prospects. Employment support workers will refer customers to Get Caerphilly Online, who will provide basic IT sessions to improve customers computer and employability skills.

Sessions will be based in a local community venue and will run for 3 weeks or up to 4 weeks depending on the level of support the customers need. JCP staff also will identify customers most in need and refer them to the project.

The project aims to increase levels of computer literacy and get people online to improve employment prospects. This will be done by supporting residents to set up email addresses, use email, access the internet and use basic computer packages to improve employability skills and their skills to apply for jobs.

Measuring Effort

Number of Individual Participants

Number of sessions run

Prosperous Communities

PC3 Promoting Digital Inclusion

Project 1: Digital Employment Skills

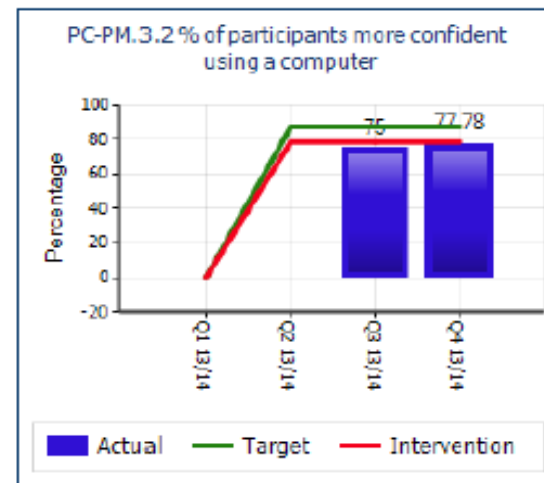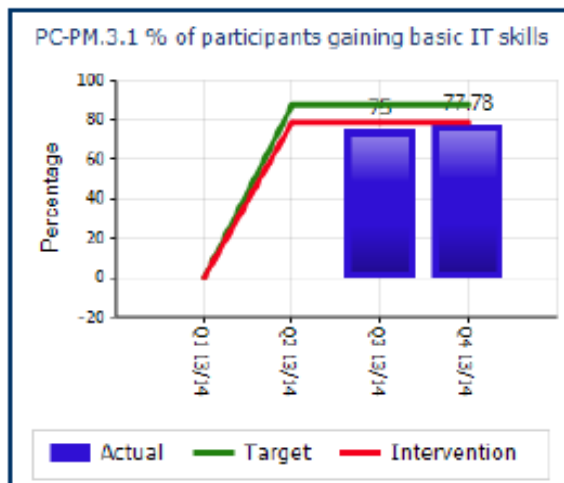communities *first* **cymunedau** *yn gyntaf*

Measuring Quality

% participants from the target customer group

% sessions run to expectation

Measuring Effect

PC-PM.3.1 % of participants gaining basic IT skills

PC-PM.3.2 % of participants more confident using a computer

PC-PM.3.3 % of participants able to use the Internet for on line services
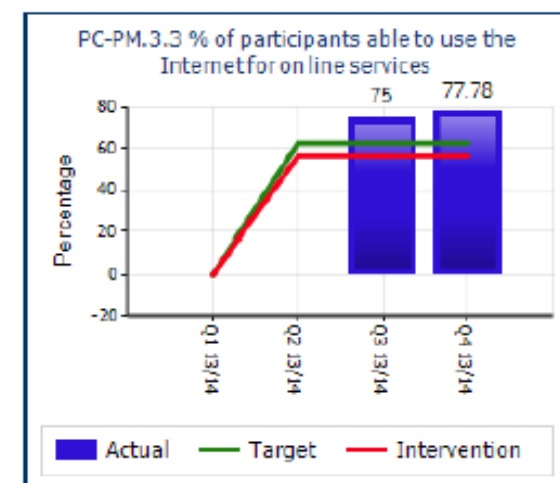
Learning Communities

LC2 Supporting young people to do well at school

Project 1: Relax Kids

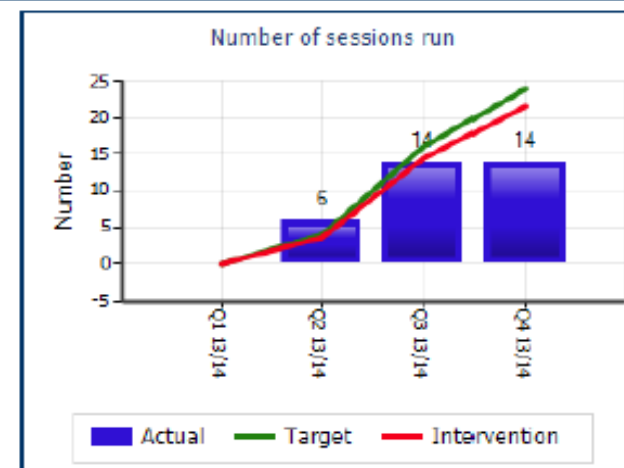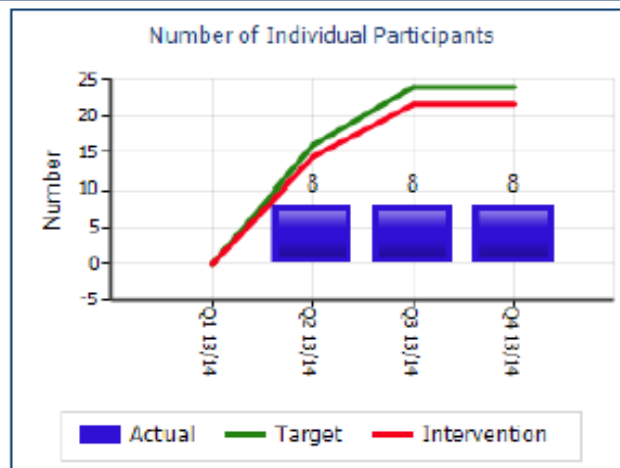**communities** *first* **cymunedau** *yn gyntaf*

Project Description

Relax Kids is a unique method of introducing children to relaxation which helps support the participants to become more positive, happy, productive and focussed. Regular practice can improve emotional literacy, concentration, self esteem and social interaction.

It is delivered through dance and movement, games, stretching and breathing exercises, peer massage and visualisation. The Relax Kids tutor will run a 6 week programme with pupils from years 5/6 in school setting.

Sessions will also be held with teachers and parents as part of the programme to ensure the methods and benefits are continued following the end of the programme.
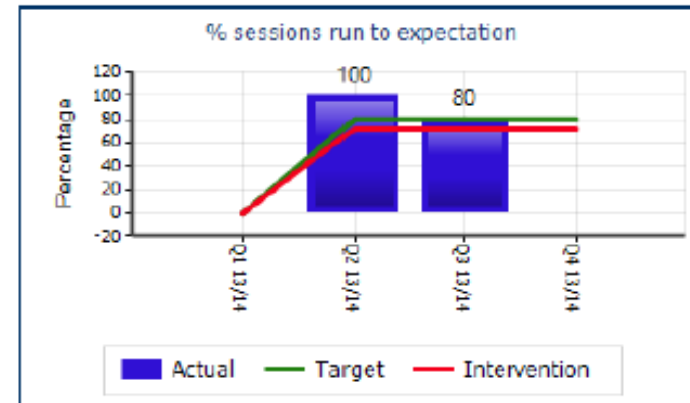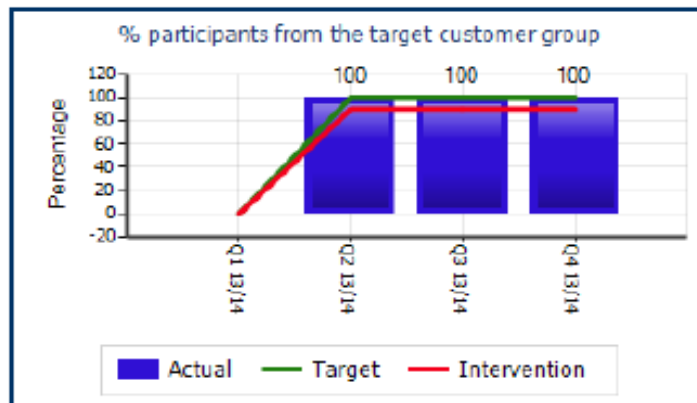
Measuring Effort

Number of Individual Participants

Number of sessions run

37

Learning Communities

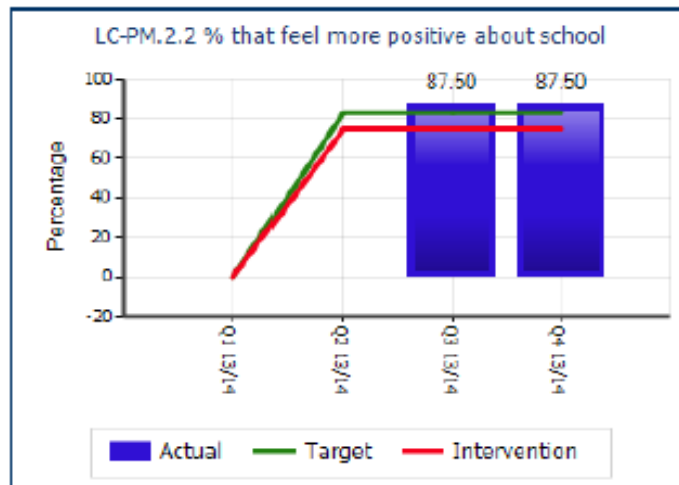## LC1 Promoting Family Learning in the Early Years

Project 1:Relax Kids

communities *first* **cymunedau** *yn gyntaf*

Measuring Quality

% participants from the target customer group

% sessions run to expectation

Measuring Effect

LC-PM.2.2 % that feel more positive about school

LC-PM.2.3 % improved in School
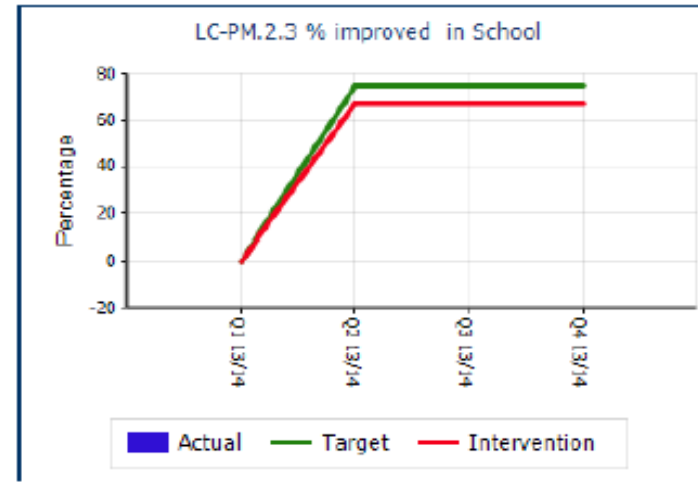
Healthier Communities

HC2 Promoting Physical Well Being

Project 1: Foodwise

communities *first* **cymunedau** *yn gyntaf*


Project Description

This project will involve the Communities First Health and Wellbeing officer working with a variety of community groups covering a wide demographic range to raise awareness of weight management and healthy eating.

In order to achieve the above, a structured weight management programme will be run which will be based on the Change 4 Life and Eatwell plate principles. Sessions will be delivered in an interactive, adaptable manner to suit the needs of the attendees and will predominantly be focussed on integrating healthy eating messages into residents' lives in order to achieve/maintain a healthy weight.

There will be designated exit strategies from this project including referrals to the 'Community Grown, Community Consumed' project and the Diabetes X-pert Programme.

Participants will also have the opportunity to undertake a Level 1 OCN qualification in Nutrition.

Measuring Effort
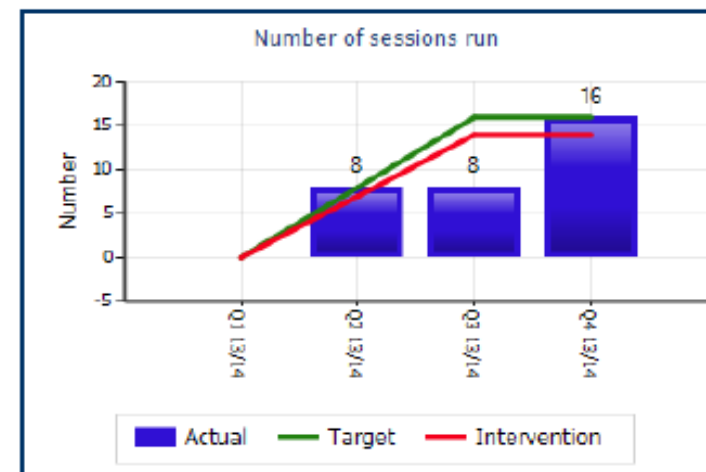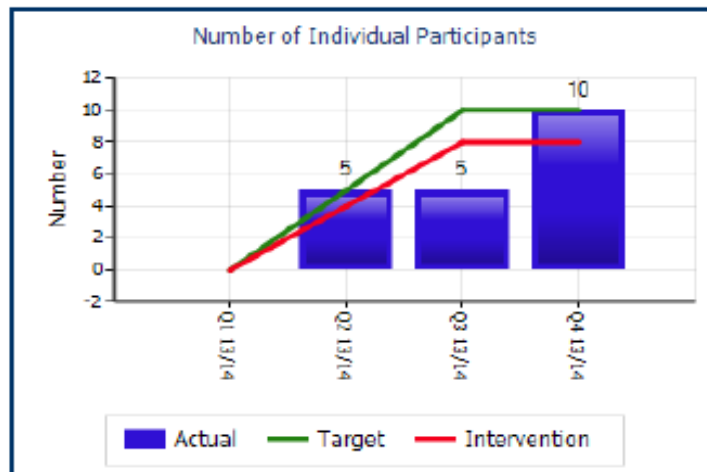
Number of Individual Participants
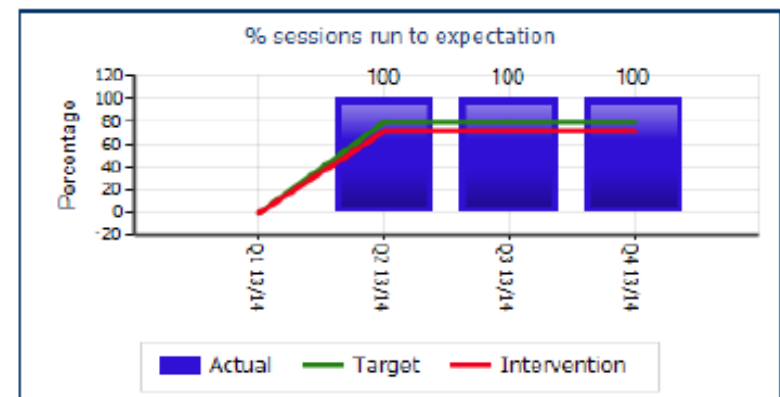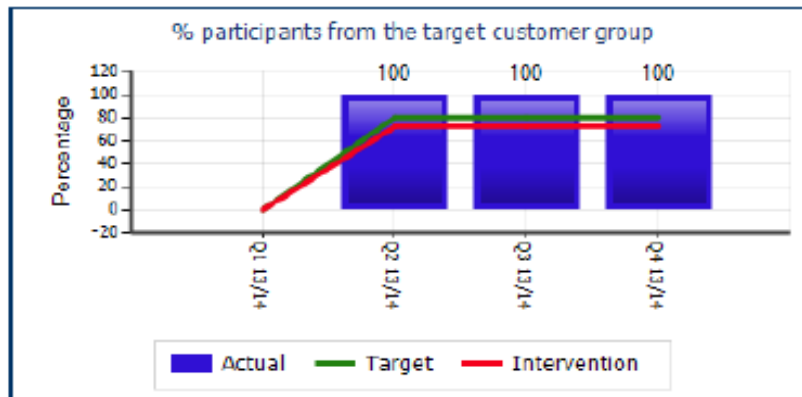

Number of sessions run

71

Healthier Communities

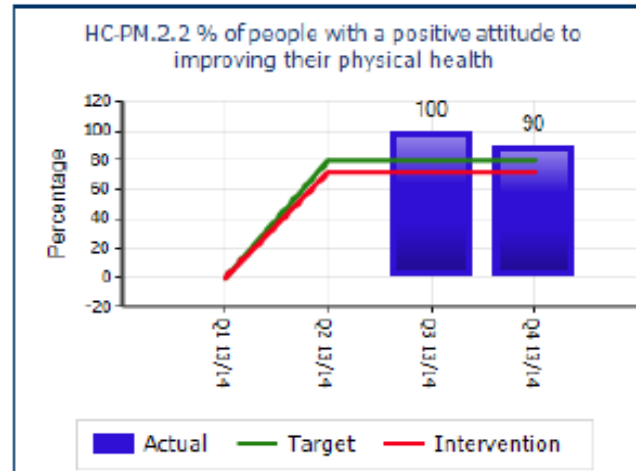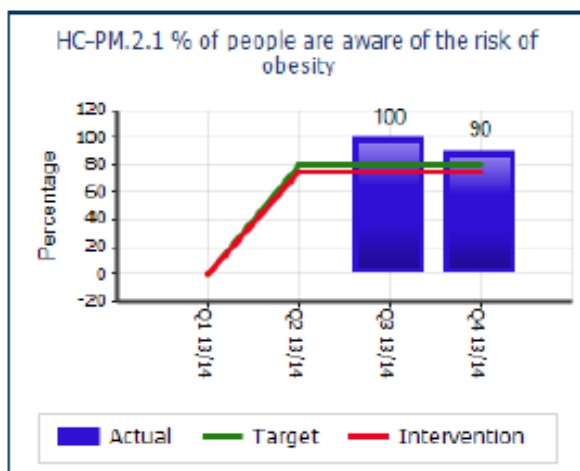## HC2 Promoting Physical Well Being

Project 1: Foodwise

communities *first* **cymunedau** *yn gyntaf*

Measuring Quality

% participants from the target customer group

% sessions run to expectation

Measuring Effect

HC-PM.2.1 % of people are aware of the risk of obesity

HC-PM.2.2 % of people with a positive attitude to improving their physical health

HC-PM.2.6 Reduced BMI %
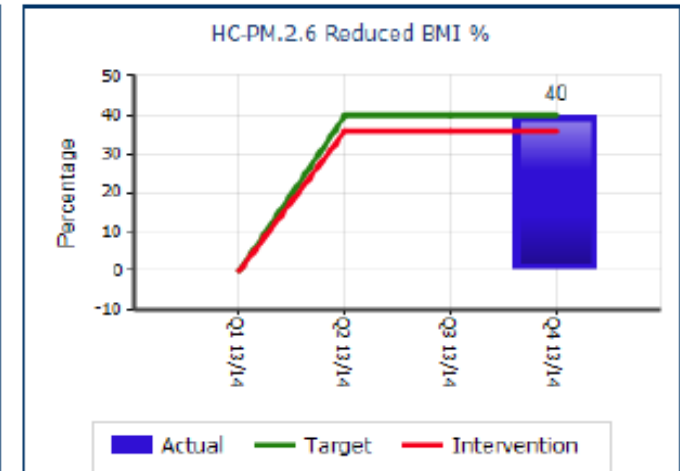
Healthier Communities

HC2 Promoting Physical Well Being

Project 2: Stepping Out

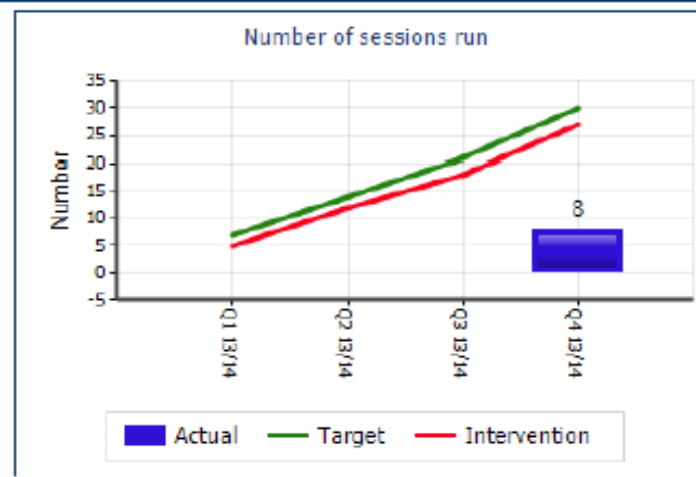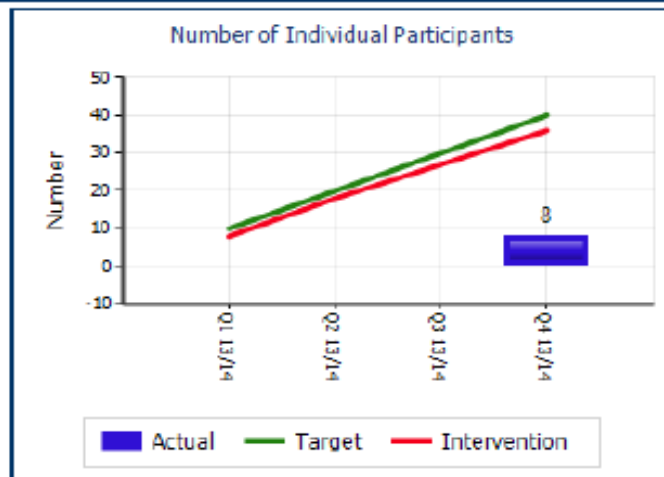**communities** *first* **cymunedau** *yn gyntaf*

Project Description

The project leads would engage and encourage community members to participate in physical activity within their local environment

The project would aim for the least physical active members of the community to participate in activities which are low cost and initially low intensity, such as walking, building up to more intensive activities such as gardening, litter picking, nature walks, orienteering and nordic walking.

The programme would consist of a number of sessions depending on the participants abilities
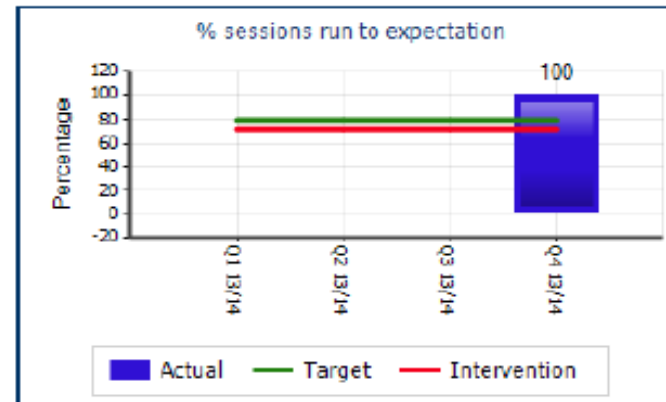

Measuring Effort

Number of Individual Participants

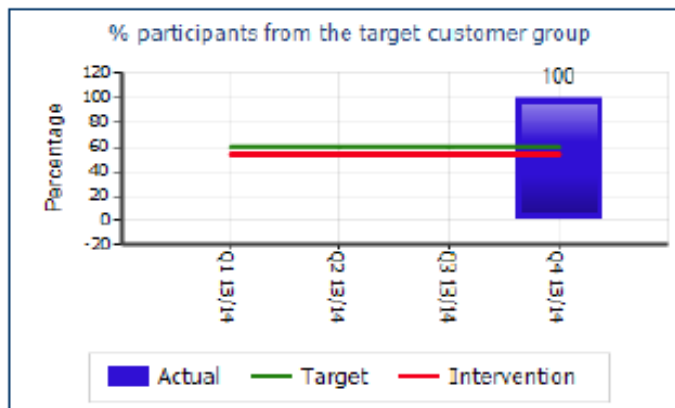### Number of sessions run

Healthier Communities

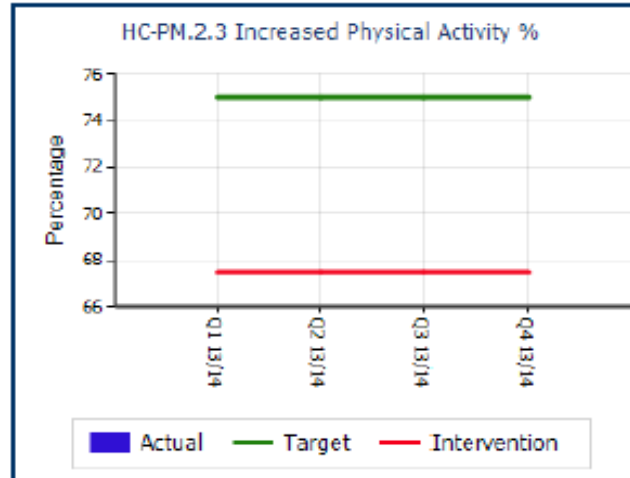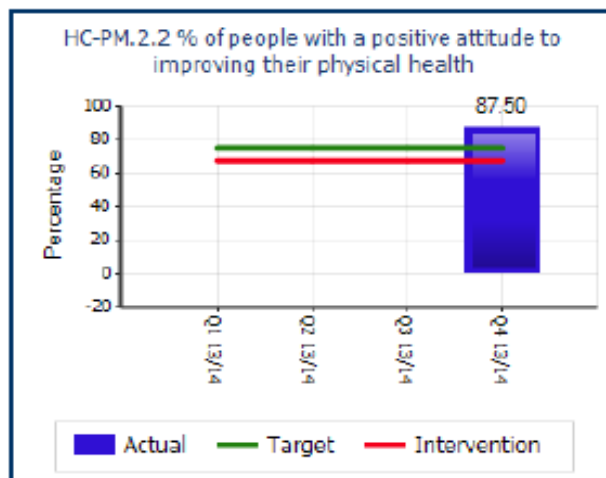## HC2 Promoting Physical Well Being

Project 2: Stepping Out

communities *first* cymunedau *yn gyntaf*

Measuring Quality

% participants from the target customer group

% sessions run to expectation

Measuring Effect

HC-PM.2.2 % of people with a positive attitude to improving their physical health

HC-PM.2.3 Increased Physical Activity %

HC-PM.2.5 % meeting physical activity guidelines
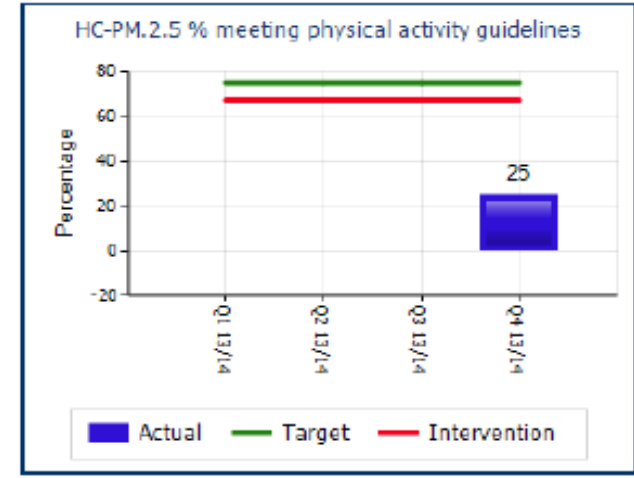
Healthier Communities

HC3 Promoting Mental Well Being

Project 3: Self Help Sessions

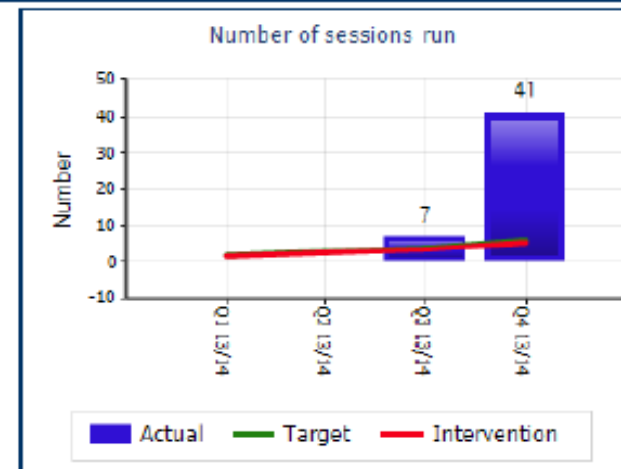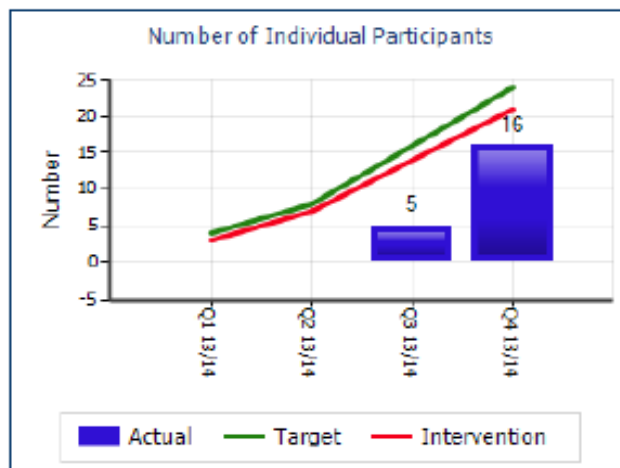**communities** *first* **cymunedau** *yn gyntaf*

Project Description

Provide self help sessions for individuals over 18 years of age with an aim of improving mental well being, self help strategies and recovery. These sessions can be run as standalone sessions or as a set of sessions for a group (if a suitable group is established and self-help sessions are identified as their specific need). Therefore the sessions can be structured in a way that educates individuals about general topics relating to well being or more specific topics. For example, specific topics might be related to post-natal mental well being, bereavement and loss, specific anxiety or mood disorders etc. This will depend entirely on community need and will rely on community involvement and feedback to shape the sessions.

A theme of all sessions should be about normalising common symptoms of poor mental health/well being in order to reduce the stigma around mental health and promote a more positive attitude towards mental health. If appropriate the MHO will pair up with staff from Hafal, Gofal or Mind to help provide sound mental health knowledge in supporting the development of a self-help sessions.

The MHO will attend meetings and provide input/guidance on issues such as: criteria for joining sessions/groups, confidentiality, promotion and publicity etc. The MHO officer will act as a signpost for individuals in the sessions who require further mental health support or further support from Communities First (CF). This might be through promotion, fund application, links between Communities First and Social Services or referral to other CF projects. The MHO should ensure sessions remain operational with the appropriate resources and community engagement opportunities. The project/sessions will be based in an accessible community building such as the White Rose centre.

Measuring Effort

Number of Individual Participants
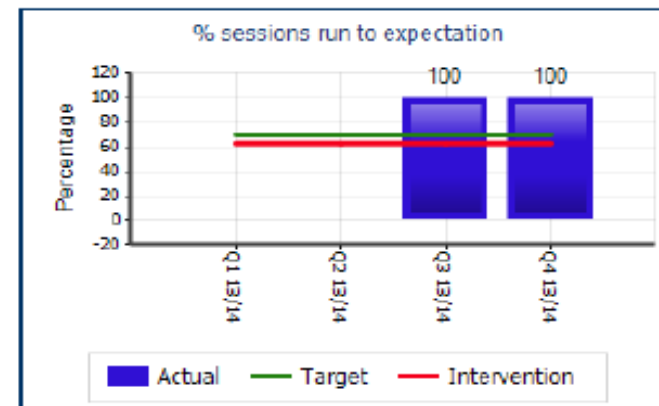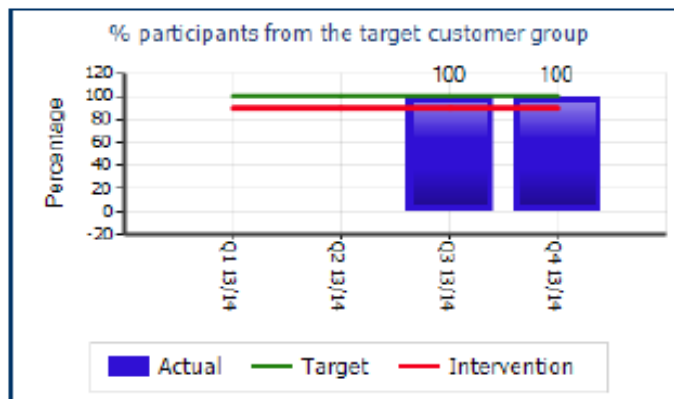

Number of sessions run

Healthier Communities

HC3 Promoting Mental Well Being:Project 3

Project 3: Self Help Sessions

communities *first* cymunedau *yn gyntaf*
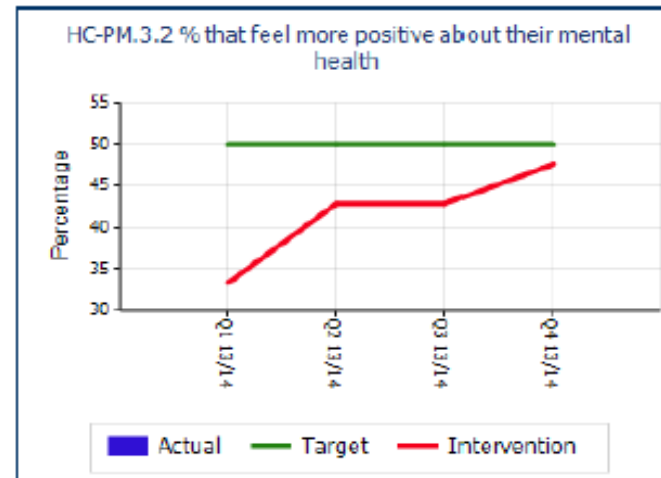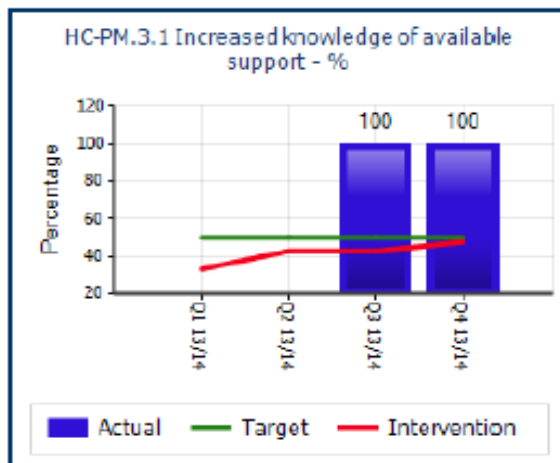
Measuring Quality

% participants from the target customer group

% sessions run to expectation

Measuring Effect

HC-PM.3.1 Increased knowledge of available support – %

HC-PM.3.2 % that feel more positive about their mental health

HC-PM.3.4 % better able to cope
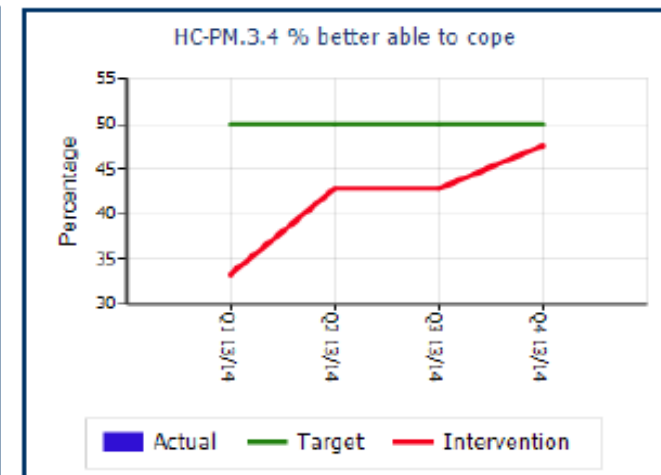
Healthier Communities

HC4 Encouraging Healthy Eating
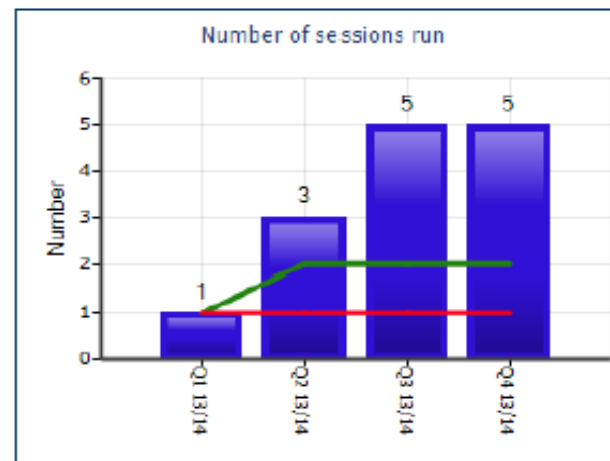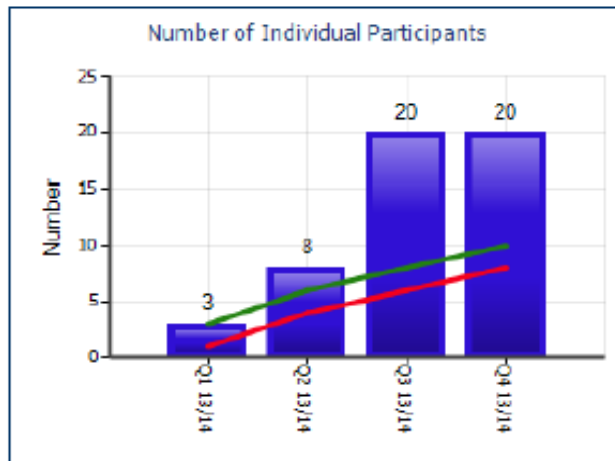
Project 1: Portion Plate Sessions

communities *first* **cymunedau** *yn gyntaf*

Project Description

This project will involve the Communities First Health and Wellbeing officer working with a variety of community groups covering a wide demographic range to raise awareness of healthy eating via portion control.

Sessions will be delivered in an interactive, adaptable manner to suit the needs of the attendees and will predominantly be focussed on integrating healthy eating messages into residents' lives.

Measuring Effort

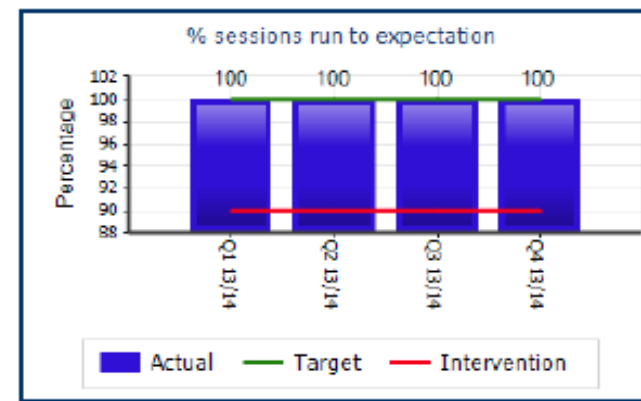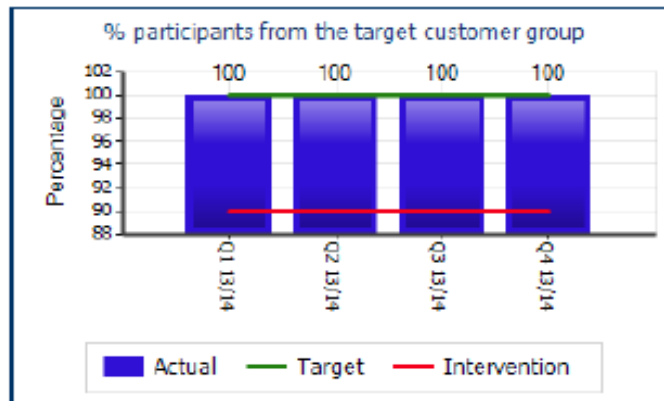Number of Individual Participants

Number of sessions run

Healthier Communities

HC4 Encouraging Healthy Eating

Project 1: Portion Plate Sessions

communities *first* **cymunedau** *yn gyntaf*

Measuring Quality

% participants from the target customer group

% sessions run to expectation

Measuring Effect

HC-PM.4.2 % more confident cooking a fresh meal