



Mid Valleys West

Prosperous Communities

Learning Communities

Healthier Communities

Community Involvement

CCBC > Dashboard Report > WG

This document is an extract from the full 102 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.

Project that went well

FAST (Families And Schools Together)

A joint project with Save the Children and Communities First, delivering a wealth of activities over an 8 week period to encourage families to eat, play and spend quality time together. Benefits include improved relationships between the school staff and parents, CF staff and parents (which then often leads to further project referrals) the CF team and schools, and most importantly relationships within the family unit – between parents and children predominantly. There is also a separate “Parents’ Time” element which encourages parents to bond with fellow parents through peer support

This project has run with great success throughout 2013/14. As per targets, two programmes were completed within Mid Valleys West; one at St Gwladys Primary and another at Tir-y-Berth Primary School, with a total of 31 families taking part. Whilst we are still awaiting the formal detailed evaluation reports, (compiled by Middlesex University) both cycles resulted in positive feedback from the families regarding their experience of the programme – and many individual reports of positive impacts on family dynamics, relationships with children, children’s eating and playing behaviours etc were recorded. The CF team formed several relationships with parents involved in the project, which allowed them to make referrals into other CF projects and onto other partner agencies. The parents were typically those considered hard to reach, who had never been engaged in CF projects before. Some of the main support issues identified during the project were further support/advice for improving and coping with poor mental health, confidence, diet, nutrition, budgeting and financial support, employability skills and advice particularly around working with young people and training. Some parents also went on to volunteer locally. In particular, families from the Tir-y-Berth primary cycle have now formed a follow on FASTWORKS group, which meets monthly and provides an opportunity for parents of children within the school to meet as peers and participate in various activities with their children. This group also provides an opportunity for CF staff to remain engaged with parents with the potential for involving them in a range of additional projects to address needs.

Plans for 2014/15

The project will continue to support those families and schools mentioned above but also work with two new schools. Focus will be on robust CF monitoring methods and data collection, to avoid delays receiving evaluation information from Save the Children and Middlesex University.

Learning Communities

LC3 Supporting Families to be Engaged in their Childrens Education

Project 1:FAST



communities first *cymunedau yn gyntaf*

Project Description Save the Children have developed the FAST programme in the UK. The FAST programme is an after-school, multifamily group programme that is offered to all children and their families (including older siblings, grandparents and other family members) in a school year group. The course runs for eight weeks, and participants are encouraged to take part in a peer support network, 'FASTWORKS', for at least two years after they have completed the course.

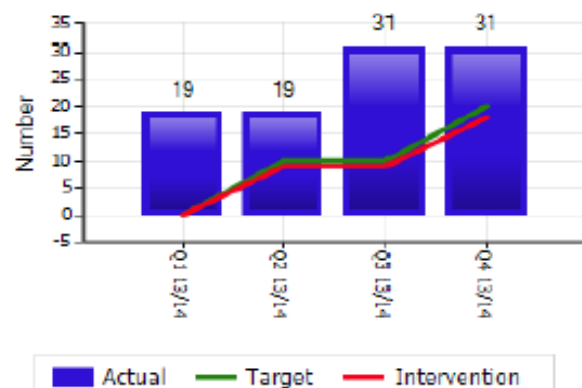
The whole family comes together in the children's school to take part in family activities and share a family meal. Families are divided into groups of up to 10 families each (known as 'hubs'). Fast requires multi-agency community-based teams crossing education, health and social care. The Communities First team will support delivery and also engage partner organisations to support the delivery. The groups are led by trained teams comprising local parents, school staff and other professionals. An important requirement of FAST is that members of the community are involved alongside parent partners. Most activities are carried out by the hubs.

With supportive relationships between families and school, research shows the child is less likely to experience school failure, drug and alcohol abuse, youth delinquency, antisocial behaviour, child abuse and neglect, and mental health problems. The programme invites all children at a grade level; universal invitation is to the whole family; participation is strictly voluntary.

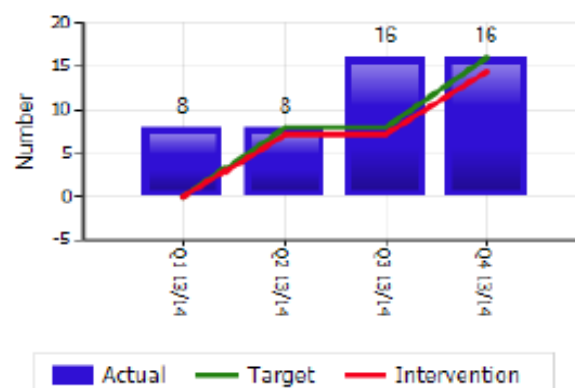
CF staff will also support FAST through engaging families in transition work after the 8 weeks, which will also link to the objectives of FASTWORKS.

Measuring Effort

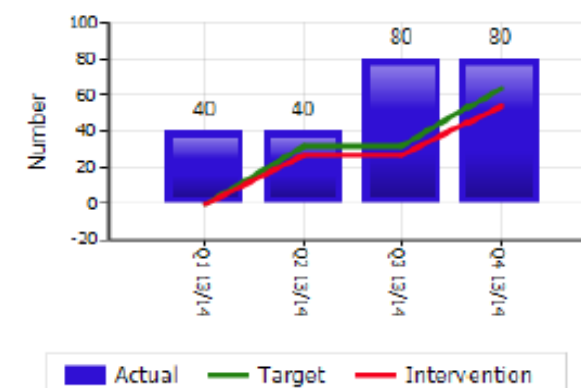
Number of Individual Participants



Number of sessions run



Volunteer Hours used to run the project



Learning Communities

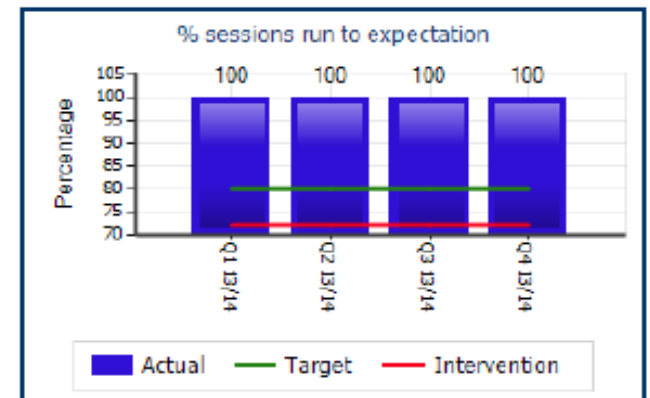
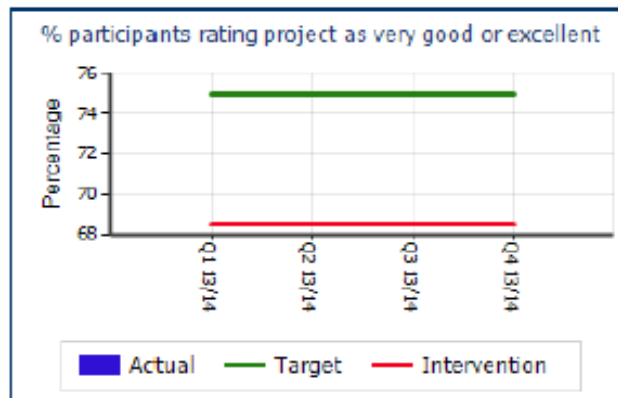
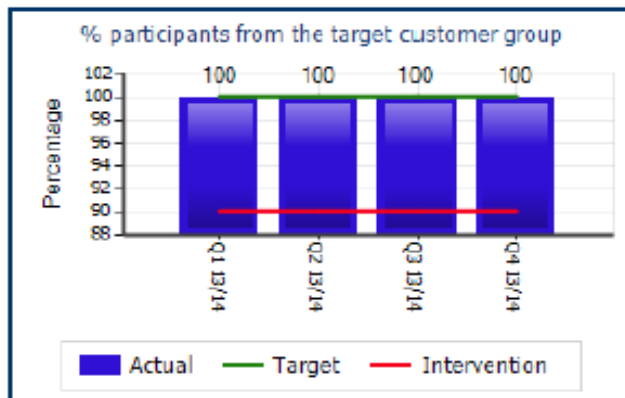
LC3 Supporting Families to be Engaged in their Childrens Education

Project 1:FAST

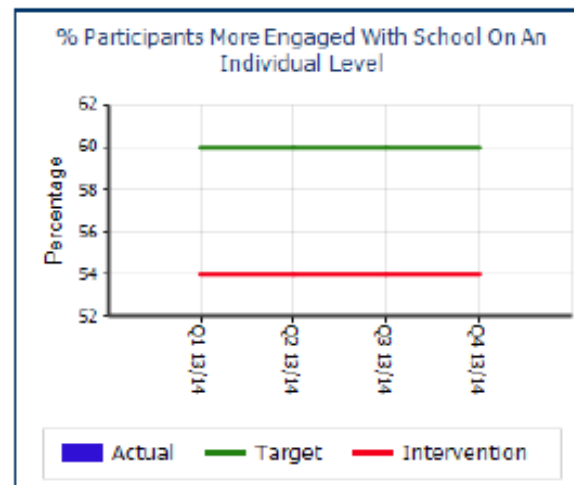
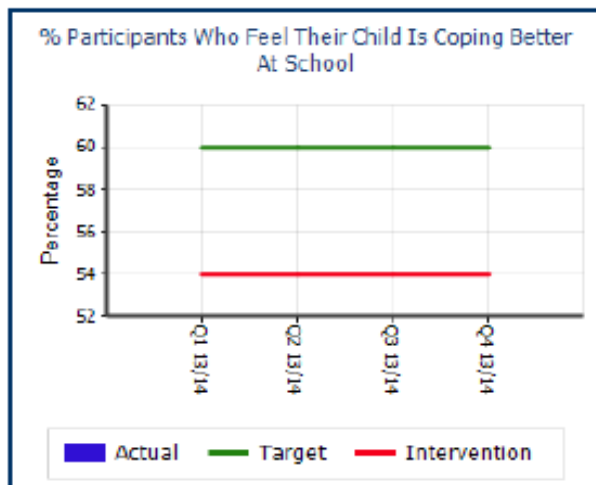


communities first **cymunedau yn gyntaf**

Measuring Quality



Measuring Effect



Project that ran **not so well**

Aquatics project

The aim of the project was to increase physical activity in young people through learning how to swim – a key life skill.

This project was originally planned to begin within Q3, however was unable to run at this time due to a lack of uptake from targeted schools. Further engagement work was conducted and the project finally ran in Q4, however interest from local schools remained poor with only 1 school opting to engage with the project. 19 children took part during the half term of February 2014, with 17 children completing the programme. (The initial annual target was 80) These children will now benefit from a further 10 weeks of swimming lessons as a means of increasing physical activity.

Feedback from the children themselves has been extremely positive, unfortunately the response rate to monitoring forms by parents has been extremely poor, thus hindering evaluation efforts.

Plans for 2014/15

This project has not been included in the 2014/15 CF delivery plan due to the extremely poor response rate in the previous year.

Healthier Communities

HC2 Promoting Physical Well Being

Project 2: Aquatics Project



communities first **cymunedau yn gyntaf**

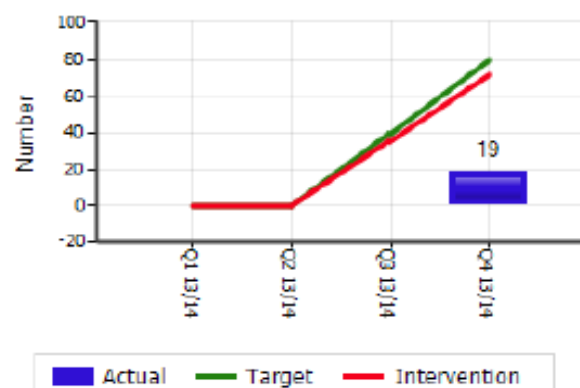
Project Description

This project will see the establishment of an aquatics project in conjunction with the Aquatics Development officer within Sports Development.

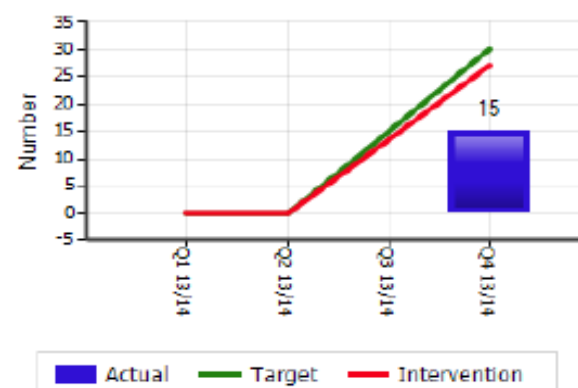
The project will provide up to 80 Primary School children the opportunity to access a life skill like aquatics in accessible venues close to the MVW. They will come at low cost to the community members with an evidence based pilot project already showing the demand and success that this program could potentially bring.

Measuring Effort

Number of Individual Participants



Number of sessions run



Healthier Communities

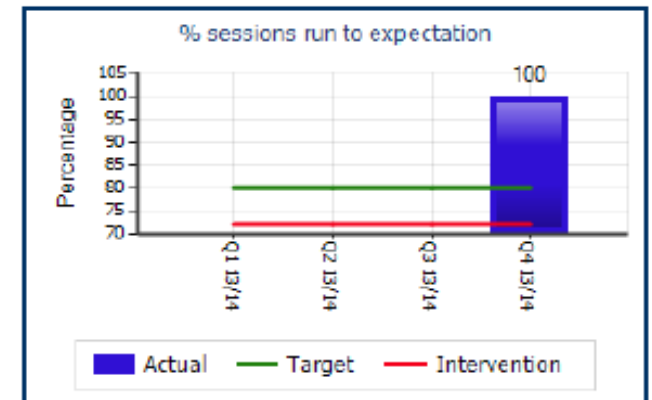
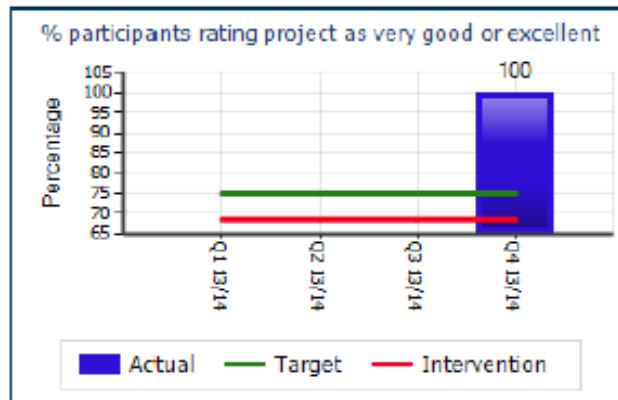
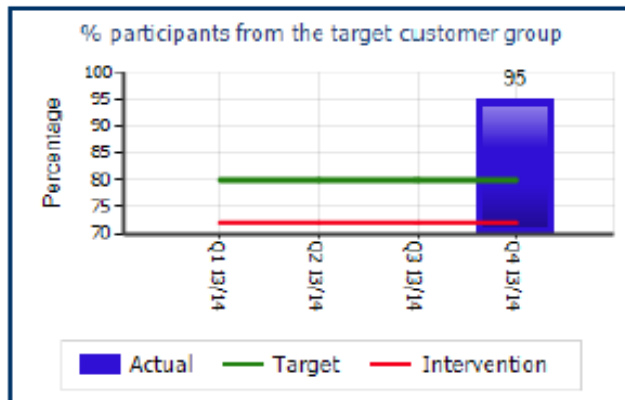
HC2 Promoting Physical Well Being

Project 2: Aquatics Project

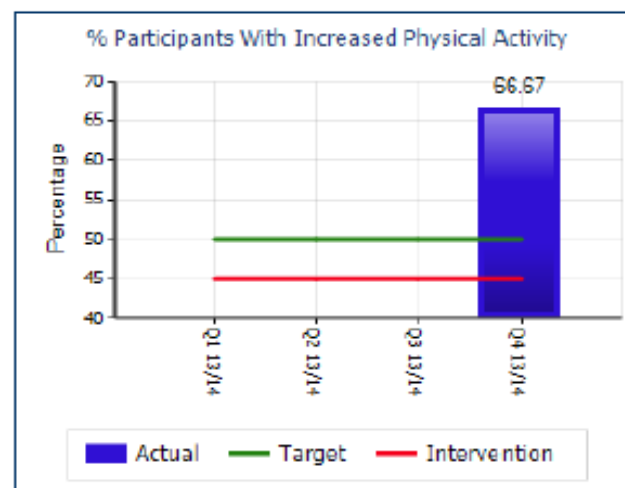
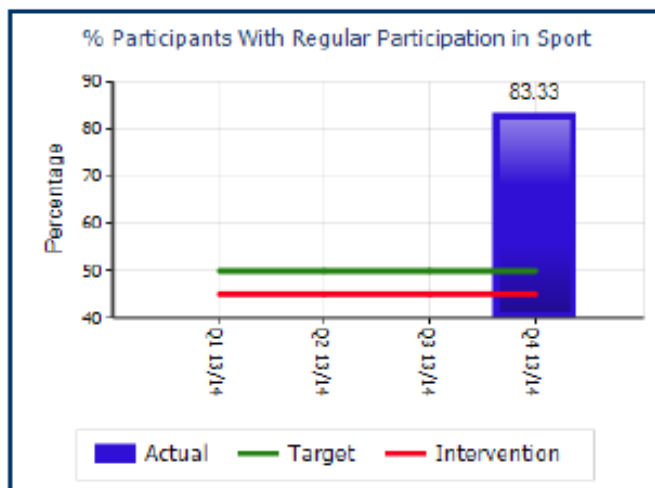


communities first **cymunedau yn gyntaf**

Measuring Quality



Measuring Effect



A project that needed changing

Work clubs

The work clubs project has continued to run extremely successfully throughout the 2013/14 year. 2 weekly sessions have been run in settings in Gelligaer and Bargoed, totalling 105 sessions for the year with 122 unique participants engaged. CF employment staff have assisted attendees with job searches, application forms, developing CVs and basic IT skills such as setting up email addresses; as well as referring participants to courses and other opportunities including other CF employability projects.

Work clubs serve as the main engagement tool for the majority of other employment support projects within the delivery plan; and within this capacity they are extremely effective in engaging community members who require support with addressing employability needs. Due to the high turnover of attendees at work clubs and the drop-in nature of the support provided, one of the main challenges faced by staff over the past delivery year has been effective monitoring of work club outcomes. For example, it is known anecdotally that several attendees have found employment as a result of attending work club and therefore targets are being achieved, however consistently obtaining this information can sometimes be a problem as the nature of the project means that if people are successful in obtaining employment they then disengage from work club and it can be difficult to maintain contact. Follow up phone calls are conducted as part of the monitoring system, however response to these phone calls has been poor. Despite these challenges, it has nevertheless been identified that over 2013/14, at least 17% of participants have entered employment.

Plans for 2014/15

This format continued into 2014/15 and has proved even more successful in the first quarter this year. As a result the targets have been increased to reflect the improved engagement with those looking for work. Future developments include improving the referrals from the one to one sessions onto other CF projects and onto other partner agencies where relevant. There are also plans to move the work club to the library in Bargoed for ease of access for participants.

Prosperous Communities

PC1 Helping People to Develop Employment Skills and find Work

Project 1: Work club



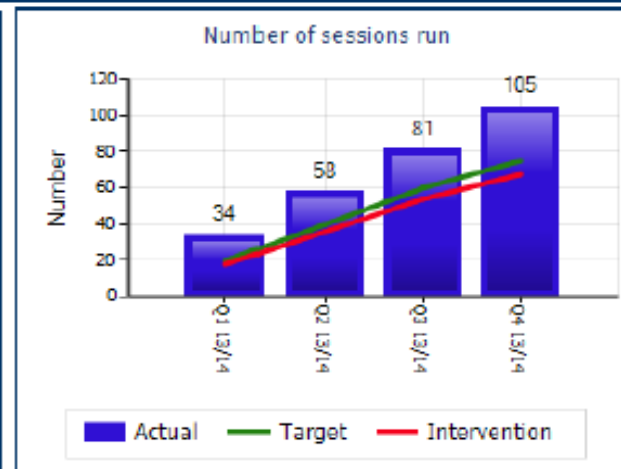
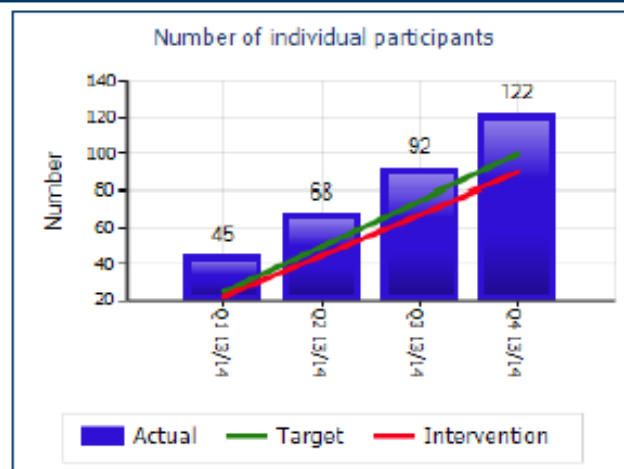
communities first *cymunedau yn gyntaf*

Project Description

The aim of the work clubs are to support unemployed customers access support to identify employment, with a view to up-skilling and increasing employability. The CF staff and partners will be available to help customers with job searching either via the internet or through local newspapers and other media.

The service offers help and support with the creation of a CV and producing a relevant covering letter that is required to apply for available vacancies. The Employment Support Worker can also run specific workshops and training on employment related skills, such as Customer Service, Interview skills, presentation skills etc. These will be further enhanced in the lead up to the new businesses being opened in the Greater Bargoed area over the next 12 months. The Employment Support Worker is able to provide very basic IT tuition and can help customers create and use e-mail addresses, referrals will be made to the Get Caerphilly online team. The Work Club can assist clients in the completion of application forms either on-line or by written means using helpful guidance and techniques.

Measuring Effort



Prosperous Communities

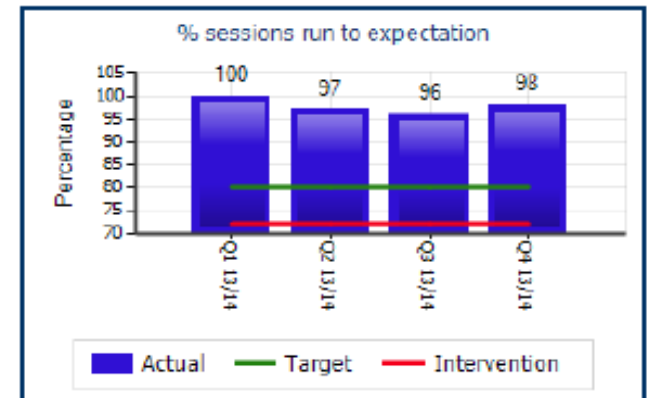
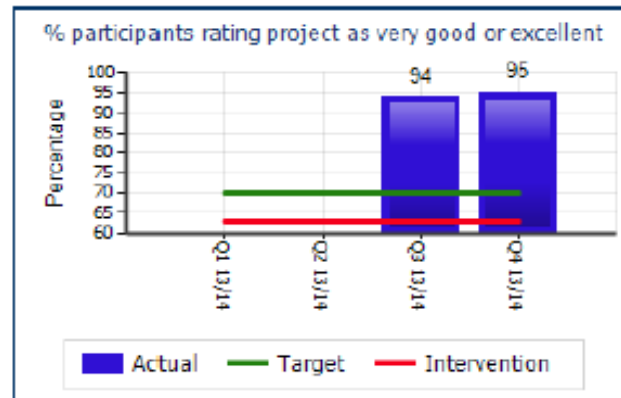
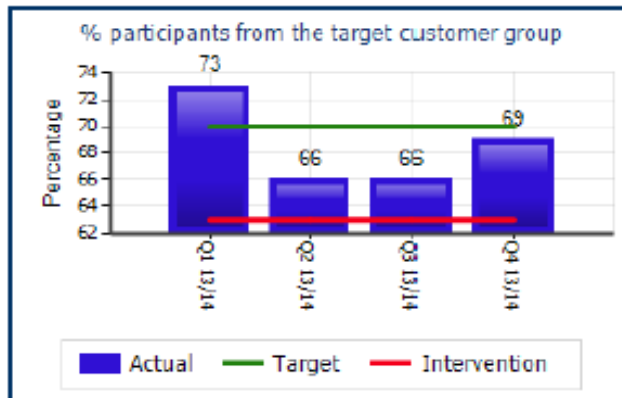
PC1 Helping People to Develop Employment Skills and find Work

Project 1: Work club



communities first *cymunedau yn gyntaf*

Measuring Quality



Measuring Effect

