**Project Development Plan 1. Low risk no restrictions. Centre fully open.**

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| **Established** | Piloted | Project | Benefit |
| ***Social and Interest* *Groups.***  **Pick ‘n’ Mix Group, a mix of visiting speakers, outings and activities.**  **Fun & Games Group, games, quizzes, films, discussion groups etc.**  **Rat Pack a tea time social group where people meet to enjoy a community tea, celebrate birthdays and holidays, chat, and have occasional nights out in an environment in which they feel safe.**  **Genealogy, a who do you think you are group exploring family trees whilst learning computer and research skills.** | Men’s Games Group | To further develop groups encouraging ownership and self governance. To encourage the individuals to increase community activity by coming together to plan, deliver, monitor and evaluate activities.  To develop social and communication skills.  To facilitate and support development of new ideas and formation of new groups.  To encourage self sufficiency and sustainability of activity within the community. | Reduction of social isolation and loneliness.  Increased community activity.  Development of friendships and informal support networks.  Understanding and tolerance of different cultures, lifestyles.  People will connect, enjoy themselves and make friends.  Improved feelings of well being and confidence.  Increased feelings of belonging and being part of something.  People will feel safer within their community.  Increased levels of physical and mental activity.  Community cohesion. |
| ***Peer Support Groups***  **Friends in Need: supporting people with depression and / or their careers.**  **Therapeutic Art: supporting people with mental health issues, stress and anxiety.**  **West End Walking Group. Enabling people to increase their physical activity enjoy the outdoors and improve feelings of wellbeing.**  **Reduction of stress and anxiety.** | Twisted Stitches Knitting group. People coming together in a shared activity, chatting and getting to know each other.  A supported woman’s gardening group.  Feel Good Thursday: a healthy life style and wellbeing group.  Mission Slimpossible: healthy eating and life choices leading to health awareness and weight loss  Tai Chi for all abilities.  Promoting wellbeing and mindfulness, increased physical activity, balance, and reduction of stress | To develop partnership work and joint referral networks and delivery.  To further develop links with NHS providers i.e. Local GP Surgeries, Health Care Centres, Community Psychiatric Service, Specialist support agencies etc.  To develop social prescribing options and community based activity for people with support needs.  To develop outreach at other centres, GP surgeries etc.  To identify additional need and develop provision. | Provision of a safe and confidential place where people can share experiences and support each other.  Decreased social isolation.  Feeling connected, not alone.  Opportunities to develop support networks and help each other.  Enabling people to cope with life changes e.g. retirement, bereavement, long term or life altering illness or disability.  Support each other to make informed life choice and maintain change.  Providing opportunities for community based activity enabling individuals a place of safety, confidentiality and peer support, Normalisation and respite from their problems.  Reduction of stress, anxiety and depression.  Reduction of dependency levels of prescribed medication.  Reduction of dependence on NHS and other support services. |
| ***First Steps Learning***  **Basic Computer Skills for complete beginners.**  **Basic IT for improvers.**  **Employability Skills.**  **Job Search Skills.**  **Functional English Skills for speakers of other languages**    **Skinflints Kitchen a cooking group for people with support needs encompassing healthy eating, healthy lifestyles and budgeting.** | Becoming a digital Champion.  Volunteering skills.  Safer Cooking for People with disabilities i.e. Epilepsy, mobility and balance problems, visual impairment etc. | To provide a safe environment where people who would not otherwise engage in learning opportunities to build confidence and take the first steps to accessing informal learning opportunities.    To work with other groups and organisations to develop opportunities and route ways for people to take next steps in their journey and progress to further training or learning options.  To develop employability and functional Job Search skills course for people furthest from the labour market.  To develop cooking and life skill courses for people with learning needs and disabilities. | Increased level of confidence and motivation.  People will be supported to engage with mainstream groups and opportunities.  Progression to increased skills, education or employment.  Individuals will be able to access information in order to make informed life choices.  Reduction of digital isolation.  Increased citizenship and connectivity in society.  Increased levels of independent living and activity.  Reduction of need on supporting services and carers. |
| ***Community Allotment***  **Growing for Health & Wealth.**  **Community based gardening activities at the allotment.**  **Litter picks around the local neighbourhood.**  **Pay as you feel fresh veg and plants from the allotment sales.**  **First steps gardening based learning.**  **Landscaping.**  **Seed sowing.**  **Potting on.**  **Best planter competitions.**  **Community Open days and BBQs** | Therapeutic Gardening  Guerrilla Gardening  Green Food Bank | To work with other groups, support agencies, and supported living providers to develop provision for people with support needs ie mental health, long term health problems or learning disabilities.  To offer groups the use of a shared space in order to develop partnership work.  To mentor sheltered living organisations to develop their own therapeutic gardens and growing environments.  To develop partnership work in order to reach other sections of the community and develop relationships by garden in a safe and therapeutic environment.  To develop community based action to improve the neighbourhood and environment in which we work and live.  To develop a sustainable green food bank.  To develop a volunteer based project offering gardening services to elderly or disabled people including dementia in the local community and explore the possible development of a social enterprise. | Increased community activity.  Development of a group identity.  People will feel valued and accepted.  Opportunities to socialise with others.  Increased well being.  Improved levels of physical activity.  Improved mental health.  Lower levels social isolation.  Shared use of a green space and equipment.  Maximisation of impact across organisations and community.  Facilitating ownership and pride in the neighbourhood and improving the environment in which people live, meet and work.  Development of community support networks.  People feeling more connected and safer and supported within the community. |
| ***Improving and engaging the Community***  ***Lunch Club a weekly community lunch which anyone can join, no need for booking. A two course home cooked meal with a vegetarian option and a choice of two puddings. A social event where people can meet, socialise and eat together.***  ***Internet Cafe affordable home cooked light meals and snacks for people attending provision at the centre.*** |  | To develop groups to attract a wider range of people.  To provide isolated or vulnerable people with a balanced home cooked meal that they can enjoy with others.  To explore options for making catering activity sustainable.  To build referral network to specialist advice services i.e, debt counselling etc.  To increase peoples knowledge and experience of different foods.  To increase peoples understanding of different cultures through food.  To encourage healthy eating. | Reduction of social isolation and loneliness.  People will feel part of something and have something to look forward to, a marker in the week.  People will have increased opportunities to meet and socialise, eat with others and learn about each other, their lifestyles and cultures.  Provides access to home cooked wholesome food.  Access to advice, signposting to other specialist advice providers. |
| ***Volunteering***  **Offering people the opportunity to help others and share / learn skills.**  **To gain work experience and access to a current reference.**  **Providing work based tasters for individuals exploring career choice or change.**  **Providing relevant training where possible** |  | To develop training opportunities.  To build pathways with other groups and organisations so that people can progress into other organisations and further build confidence and experience.  Support to identify realistic and achievable educational or employment options.  To develop pathways to further training, education and employment. | Individuals will:  Be more active in their community.  Gain confidence.  Increase feelings of wellbeing and belonging.  Feel valued.  To enable people furthest from the workforce to:  Gain work experience.  Increase basic skill levels.  Increase personal skill levels.  To increase motivation.  To facilitate progression and recognise achievement.  To improve employability.  To gain employment. |
| ***Student Placements***  **Working with the following partners Bradford College**  **Health and Social Care level1,2, 3 ad Degree**  **Youth and Community Degree level and post graduate qualifications**  **Eternal Light Boys School,**  **Health and Social Care level 3**  **Aspire High**  **Health and Social Care level 1.**  **Reed**  **Job Centre Plus**  **Supported Employment placements** | Providing opportunities for students to experience work in the community.  To enable students to understand the application of learnt theory to everyday activity and practice. | To develop partnership work.  To work with external organisation to enhance the placement journey. | The provision of quality placements providing opportunities for professional development and helping to shape the professionals of the future.  Individuals will:  Gain relevant work placed experience.  Be able to access a work based reference.  To identify personal qualities in a vocational setting and identify action plan for further development / learning. |

**Project Development Plan 2. High risk, full lockdown. Centre unable to open.**

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| **Established** | **Piloted** | **Project** | **Benefit** |
| **West End Warriors WhatsApp Group** | **Piloted and group established** | **Keeping people connected, promoting peer support. Facilitating the development of informal networks of support.** | **Reducing isolation, improving feelings of well been, making people feel part of the community. Helping people feel valued and safer.**  **Helping to pass on information from trusted sources and challenge fake news.** |
| **End History Buffs WhatsApp Group** | **Piloted and group established** | **Keeping people connected by exploring a common interest in local history.**  **Encouraging peer support.** | **Reducing isolation, keeping people connected.**  **Providing a distraction from the negativity and fear around Covid 19.**  **Improving mental health.** |
| **Friends in Need**  **WhatsApp Group** | **Piloted and group established** | **A safe space where people who have mental health issues and or their carers can talk to each other in confidence.**  **Peer support.** | **Improved mental health, reduction in stress and anxiety.**  **Reduced isolation.**  **Providing a cooping mechanism during times of increased isolation.** |
| **Weigh to Go**  **WhatsApp and postal group** | **Piloted and group established** | **An informal group with an additional weekly focus.**  **Sharing information, tips and ideas so that people can make informed choices about their lifestyle.**  **Peer support** | **Promoting healthy life choices.**  **Reducing isolation, improving feelings of well been, making people feel part of the community. Helping people feel valued and safer.**  **Helping to pass on information from trusted sources and challenge fake news.**  **Development of informal networks of support within the community.** |
| **Quiz Night**  **WhatsApp Group** | **Piloted and group established** | **A weekly quiz providing entertainment via a informal social group.**  **Clients, staff, volunteers and members of the management committee regularly take part in this group keeping informal lines of communication open.** | **Providing a distraction from the negativity and fear of Covid 19.**  **Promoting a social activity which increases feelings of well being, confidence, happiness and camaraderie.**  **Provides a focus in the week that people look forward to.**  **Keeping people connected.** |
| **Tablet Tuesday** | **Piloted and group established** | **A weekly on line group teaching basic ICT skills.**  **Provided support for people wanting access on line learning or us the web for a pacific purpose.**  **Tailored individual support.** | **Increasing skill levels.**  **Helping people find new ways of communication.**  **Reducing isolation by keeping people connected.**  **Providing access to information and online services.**  **Reducing digital isolation.** |
| **Employability and Job Search support** | **Piloted and development is ongoing.** | **Tailored support for individual wishing to gain employment or improve their employability.**  **Prep of CV**  **Help with applications.**  **Interview skills etc.** | **Improving skill levels**  **Increased levels of confidence.**  **Reducing stress and anxiety around job search.**  **Help with job search compliance reducing the risk of loss of benefit and increased hardship and levels of poverty.** |
| **West End Walkers** | **Established group when restriction levels can be lowered** | **Small walking groups providing people with the opportunity to meet others and walk in local parks etc in a Covid safe manner.** | **Reducing social isolation.**  **Improved feelings of well been.**  **Reducing levels of anxiety and stress.**  **Improvement of mental health.**  **Increasing levels of physical activity.**  **Helping people to stay connected and feel safe in their community.** |
| **Community Allotment** | **Piloted and ongoing** | **Staff and key volunteers to maintain allotment adhering to social distancing etc.**  **Produce used by Lunch club.**  **Produce packs taken out to clients with recipes included.**  **Green food bank set up outside the centre using surplus crops and donated crops from other allotment holders.** | **Reduction of green was.**  **Reducing levels of poverty.**  **Encouraging healthy eating.** |
| **West End Growers** | **Piloted, to be developed** | **Hints, tips and advice on growing plants and gardening at home.**  **Encouraging people to grow fruit, veg and flowers.**  **Producing growing activity packs.** | **Therapeutic activity reducing levels of stress and anxiety.**  **Diversion activity keeping people occupied and away from the negativity and feat of covid19.**  **Encouraging healthy eating.**  **Improving feelings of well being.**  **Improving mental health.** |
| **Lunch Club On Wheels** | **Piloted and group established** | **A weekly lunch club delivering a two course home cook meal to our most vulnerable and isolated clients.** | **Reducing isolation.**  **Providing a focus in the week for people to look forward to.**  **Sometimes the delivery is the only visit the client gets.**  **Keeping people connected.**  **Helping people to feel valued and cared for.** |
| **Activity packs** | **Piloted and ongoing** | **Different projects or activates that are delivered with the weekly lunch club or posted to people.** | **Reducing isolation.**  **Providing a distraction from the negativity and stress around Covid 19.**  **Helping people to feel part of a team, involved, useful and valued.** |
| **Tree of Hope** | **Piloted and ongoing** | **A tree in a volunteer’s garden next to the Centre.**  **We have encouraged our clients to decorate it with messages of hope and crafted objects.**  **Will go onto be decorated with Poppies our clients have made in November and Christmas decorations and messages in December.** | **Inspires our clients and people in the community who stop to look and read the messages.**  **Promotes community spirit.**  **Encourages people to help each other.**  **Reminds people we are all in this together and they are not alone.**  **Brightens people’s lives and promotes feelings of well being.**  **Cheers people up and makes them feel better.** |
| **Welfare Calls** | **Piloted and ongoing** | **Weekly phone calls made by staff and volunteers to our most isolated and vulnerable clients.**  **Also made to our digitally isolated clients.** | **Reducing isolation.**  **Providing friendship.**  **Reducing levels of stress and anxiety.**  **Helping to solve problems or signposting to specialist organisations if necessary.**  **Improving mental health.**  **Helping people to feel connected, not forgotten and valued.** |
| **Outreach support** | **Piloted and ongoing** | **Tailored support dependent on need.**  **E.G. Meeting an individual in an outdoor space to help them read post when they are can’t read. Helping someone understand something. a bill, fill in a form, get a prescription make an appointment with the Doctor etc** | **Problem solving.**  **Helping people not to fall through the net.**  **Reducing isolation.**  **Making people feel valued and cared about.**  **Reducing problems with no compliance for other agencies.**  **Reducing dependency on NHS and local GP Services.** |
| **Newsletter** | **Piloted and ongoing.**  **We would like to be able to send this out in different languages and are working towards this.** | **A bi monthly Newsletter sent out to clients by post.**  **Designed to reach out to all but especially our digitally isolated clients who do not have access to the internet or for clients who can’t access our WhattsApp groups.** | **Reducing digital isolation.**  **Keeping out most isolated clients involved and letting them know what happening.**  **Helping people feel connected, valued and cared for.**  **Giving isolated people someone to ring if they need help or support.** |
| **Social Media & Blogs** | **Piloted and ongoing** | **Using Facebook, Twitter and our website to promote activities and let people know what’s happening at The West End Centre.** | **Increasing the Centres Footprint in the community. Promoting groups and activities to individuals and other agencies and stakeholders.**  **As a tool for recruitment.**  **A method of reporting impact.** |
| **Extra activities as and when need is identified.** | **As and When need is identified.** | **An example of this is the ‘No Child Should Go Hungry campaign.’**  **The centre was approached by a family who wished to help provide packed lunches for school age children during half term.**  **We mobilised, worked with the family and a local catering company to provide food for children and their parents who were living in poverty. A collection point was set up outside the centre to minimise risk each day for five days during October half term. 350 children’s meals were collected and 102 parents meals were collected.** | **Increased community activity. Development of networks of support within the community.**  **Working with others to meet a need.**  **Joint activity to address a problem.**  **Reduction of effects of depravation and poverty.** |