



LSHP Foundation

2019 - 2020



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INTRODUCTION

Over the past 12+ years, Liverpool & Sefton Health Partnership (LSHP) have delivered 15 new health & wellbeing centres, representing a capital investment of over £150 million in primary care estate across Liverpool and Sefton. LSHP is responsible for the ongoing management and maintenance of that Estate.

LSHP Foundation was founded in summer 2019. The foundation concentrated on direct donations but also worked with the Heart of England Community Foundation and the Community Foundation for Merseyside. Initially starting at £15,000, the fund aims to support projects focusing on health, education, empowerment, and the raising of skills and aspirations of young people within the LSHP geographical boundaries.

This report provides a flavour of projects funded over the past year.

"We look forward to working with the Community Foundation for Merseyside who will be guiding us in the distribution of our funds to support the promotion of good physical and mental health for all ages, improve wellbeing and aspirations through learning opportunities and to provide opportunities to develop sustainable and supportive communities through environmental, social and diverse activities. We are very excited about the future of our Foundation and sharing our success with you."

Wendy Spencer, Business Support Director



AUTISM ADVENTURES TRAINING

Autism Adventures Training have been supported to deliver a project using craft making as a vehicle to enhance mental health while creating a tangible end to the project by creating art work that can be put on display for others to see. The activities also include online fitness classes as a way of improving both mental and physical well being to support the young people who are finding life in lock down a stressful place.

"Mum, it is so much better now we're in Julie's group. We do loads of things with her and I've got loads of friends in her group. It's better than before you met her"

Daniel- participant



The outcomes of this project are to create a stepping stone for young people with autism to have access to further training or education by using this project as a platform to demonstrate their talent and give them a chance to learn what is expected in new situations away from the safety net of school life. This project supports mental well being by using craft making and art as a tool to create a calming environment when feeling stressed or anxious. Self-esteem and confidence are improved in the young people to not feel that having autism is a barrier to accessing further education or employment. The charity are signposting the young people to future opportunities available via supported internships within the city and looking at options available with supported education or volunteer work to gain further experience needed to access the job market.

Discussions are underway, so that once the COVID Vaccination programme comes to an end, Autism Adventures will be given space within Speke Neighbourhood Health Centre (part of the LSHP estate portfolio), allowing them to cater for bigger groups within a safe environment.

CYCLE OF LIFE

The Cycle of Life project aims to encourage diverse communities to cycle and remove the barriers preventing them from enjoying cycling. They deliver a cycle project where they refurbish and provide bikes to NHS/key workers, provide cycle leader training and deliver lead rides around the city. They also provide a cycle repair scheme where to teach people how to maintain their own bikes.



During the COVID-19 pandemic many members of the community have been wanting to cycle but are faced with barriers such as access to bikes, feeling safe when cycling and confidence to maintain a bike. The grant is supporting a cycle instructor and a maintenance course for mothers and children in the community. The project is led by a self taught mum who learnt to cycle in lockdown and has inspired and broken taboos in her community to enable more mothers and children to cycle from BAME communities. The aim would be for more people to choose to cycle and change the prevalent culture of taxis and public transport in the community.

The project is being run in the area of the Princes Park Health Centre (part of the LSHP estate portfolio) and is being actively promoted to GP patients who visit that building. This has had great success and the uptake has been beyond what was originally imagined.

UAMI CIC

UAMI is a new community interest company established in 2020 aiming to provide fun and enjoyable sessions for children, young people and adults regardless of background or ability. UAMI aims to work within communities delivering a wide variety of innovative, fun and friendly programmes aiming to improve physical health and mental wellbeing, supporting those attending helping them to develop in the short, mid and long term- equipping them with life long skills to a happier and healthier future.

“We are doing Pilates but I’m Spiderman climbing up a building” Tom aged 7

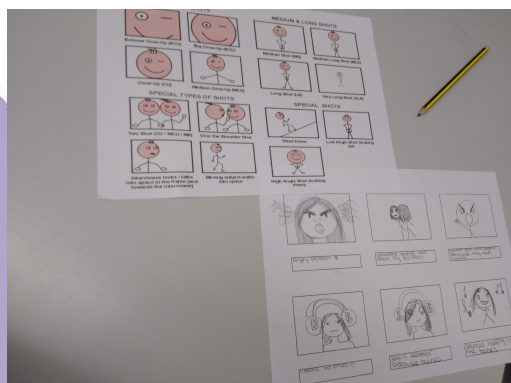
“We get lots of rewards and I go back to class with a smile on my face”
Isla aged 8

The grant is supporting UAMI to provide fun, innovative Pilates classes to children and young people within the school day and also used to buy equipment to facilitate these sessions. COVID restrictions have had a huge impact on children physically and mentally this project would improve both aspects for young people. The project is inspired through observations of young people carrying their bags to school with all their books, equipment and school lunches in, clearly weighing a considerable amount and far more than many should be carrying when considering their stature, strength and somatotype.

There is a need for young people to use correct muscles and protecting their backs whilst carrying their bags through the school day. All skills and knowledge gained is transferrable to all areas of life. An important aspect is the relaxation phase of the sessions focusing the mind. Sessions will make young people both physically and mentally stronger.

COGS EDUCATION

Cogs Education is a community interest company who delivers preventative projects around mental health. They aim to develop young people's resilience skills and wellbeing in order to build a brighter future for young people and children. By working with them in a creative way, Cogs help to build confidence, enabling young people to talk openly about their mental health and find a healthy outlet to express themselves.



The project supported is called ARM (Arts, Resilience and Mental Health) which is an interactive, creative project working with some of the most vulnerable young people in Merseyside, in order to increase their self-awareness, resilience and transferrable skills. The eight week programme explores the connection between mental and physical health. This includes looking at the importance of good sleep patterns, outdoor activities and healthy eating and the effects that social media and internet usage has on mental health.

Sessions are creative, interactive and young person led. By the end of the project the young people will have produced a creative project (short film, play, dance, art project, song) and it is this creative element that is strongly led by the young people, depending on their passions and interests.

CATALYST PERFORMING ARTS

Catalyst delivers arts based workshops in Music, Dance, Drama, Video Making, Digital art and painting and creative art to young people aged between 12 years and 25 years. They offer unique opportunities, which empowers some of the most Isolated and disengaged young people locally to make demonstrable improvements to the quality of their lives. Catalyst holds regular 'free to attend and perform' performance events where young people can showcase art and music that they have created during the workshops.

The project supported is a series of 2 hour Music, Music Technology and Recording workshops delivered over a 12 week period. The workshops enable young people aged 12 to 25 years old to learn new skills in using computers and computer software to record Music and audio. The young peop learn how to operate the equipment and manage a recording studio.

Young people who are least likely to achieve a music qualification follow the latest 'Rockschool' Music production Grade 1 coursework and young people learn how to work with a wide range of equipment. and learning tasks as set out in the latest syllabus. This enables young people to get a qualification which is recognised by local colleges and universities which in turn opens doors for progression into further education.

The young people learn how to work together and feel the satisfaction of working together to create new exciting music, planning recording sessions and the running of a recording studio.

FUNDING PROVIDED

Group	Group Description	Project Description	Location	Amount	Beneficiaries
Catalyst Performing Arts	Promotes the personal development of young people by providing opportunities for in creativity and self-expression.	Funding will support the running of music, technology and recording workshops enabling young people learn new skills.	Liverpool	£2,000.00	25
Cogs Education	Offer a range of creative, interactive and preventative programmes designed to help improve young people's skills and aspirations.	Funding will enable two programmes for 30 young people. The programmes will support young people's mental and physical health.	Liverpool	£2,200.00	25
Picton Neighbourhood Health Centre & Kensington Children's Centre	Deliver high quality, culturally competent, comprehensive primary care, as well as supportive services.	Funding will provide families in need with essential items.	Liverpool	£1,000.00	90
Autism Adventures Training CIC	Provide social activities, personal development and support for children with autism.	To offer learning to vulnerable young people, providing them with the opportunity to learn skills they can apply to many areas of life	Liverpool	£1,910.00	50
Blue River Support Services- Cycle of Life	The Cycle of Life project aims to encourage diverse communities to cycle and remove the barriers preventing them from enjoying cycling.	To offer a cycle instruction and a maintenance course for mothers and children in the community	Liverpool	£2,150.00	81
UAMI CIC	UAMI aims to work within communities delivering a wide variety of innovative, fun and friendly programmes aiming to improve physical health and mental wellbeing.	Funding will help to provide fun, innovative Pilates classes to children and young people.	Sefton	£1,910.00	120
Own Books	Own Books builds relationships with schools in deprived areas. The funding has been used to provide books for children to take home, focussed on children from families who can't afford their own.		Liverpool	£1,500.00	300
Children's Centres	Kensington & Picton Children's Centre. To support the children's centres during the COVID-19 crisis, with funding to purchase items such as nappies, wipes and other baby items for 50 families in need and those seeking asylum.		Liverpool	£1,000.00	120
Picton Children's Centre	Christmas Donation of boxes of fresh fruit & vegetables for 90 families over the Christmas period.		Liverpool	£1,000.00	216
Children's Cancer Unit, Alder Hey Children's Hospital	Donated a Nintendo games console and controllers, as a Christmas gift for the children in the hospital away from their families.		Liverpool	£500	Countless
TOTAL:				£15,170	1,027

IMPACT

Primary Beneficiaries:

BAME: 33%

Children & Young People: 50%

People with Learning Difficulties: 17%

Primary Ethnicities:

All Ethnicities: 83%

White British: 17%

Number of Beneficiaries:

1,027

Liz Parsons, at Picton Neighbourhood Health Centre, said:

"Firstly can I say a huge thank you! Your donation will allow us to provide families in need with nappies, wipes and other baby items as required. I know that you have a real understanding of the complexities we face in Picton and Kensington with high levels of deprivation, child poverty and asylum families and the current Covid crisis has compounded this. Your kind donation will really make a difference."

Uami CIC

"Pilates with Abby has been a great benefit to our pupils' well-being & development. Our children have become more focused as a result of Mrs Sanderson's/Abby's child-friendly themed lessons. The children develop a sense of calm which they apply when in class. Our pupils look forward to each session & bounce into the hall each week! I can highly recommend Pilates with Abby".

KD Williams, Headteacher, Woodlands Primary School



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