

# Healthier Hull Community Fund

## Project Directory 2016

[www.hullccg.nhs.uk](http://www.hullccg.nhs.uk)

 HealthierHullCommunityFund

 @NHSHullCCG

#HealthierHull



# Introduction

At NHS Hull Clinical Commissioning Group (CCG) we believe in communities. We believe the people in our communities know the problems within their local area and how these problems have taken hold. We believe that communities not only have the solutions, but also have the skills motivation and drive to make those solutions a reality and turn people's lives around; often the only thing holding them back is lack of funding.

We asked community groups in the city how they would help us realise our vision of "Creating a Healthier Hull" for £5000 or less; we received more than 155 applications asking for NHS funding from £500 to £5000. Communities can make a little go a long way. There was no shortage of ideas or ambition, projects submitted all aimed to improve the health and wellbeing of the community but also; tackle social isolation, improve confidence in young people through sport, get people back into employment, and support those on the edges of society.

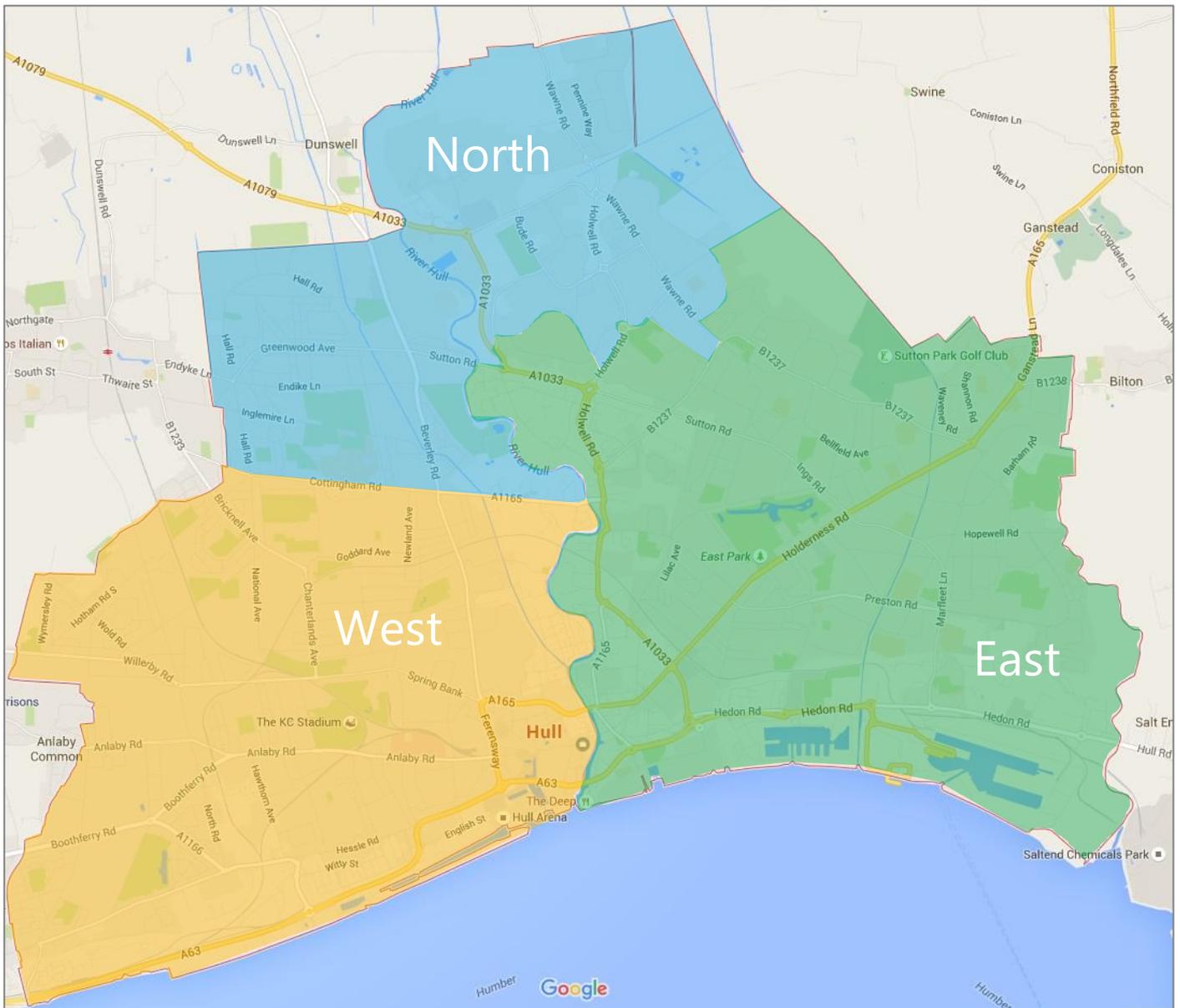
We asked local people, from the areas where the solutions came, to vote for the projects that, in their own opinion, would make the most difference; making the commitment that we would fund a project if the people thought it would benefit the health of their community.

We will be investing about £440,000 into community projects, which will support an estimated 40,000 people; per head that is less than the cost of a GP appointment each. The impact the Healthier Hull Community Fund has made to people and their communities in previous years is impossible to fully quantify, we continue to hear inspiring personal stories of how the smallest acts have made the biggest impact to the lives of those most in need.

We believe in communities

With your help

We can create a healthier Hull



Map to show the areas of Hull where projects are running

The Healthier Hull Community Fund was launched in July 2013 to help achieve the CCG's ultimate goal of Creating a Healthier Hull. NHS Hull CCG has invested over £800, 000 into the fund since 2013, and will have supported over 60,000 people.

All the projects that receive money from the fund must fulfil one or more of the following aims;

- Improving the health of their community,
- Getting people active,
- Helping people look to after their own health and develop self-care.

This year the voting process involved over 400 members of the public attending the four public vote sessions.

## Active @the Hub

Who will this project help?

Older people 65+

What is the project about?

Local consultation identified that health and well-being, safety and people experiencing isolation are some of the major barriers that older people face. This project aims to support vulnerable and isolated older people to live more active, social and enjoyable lives. Active@the Hub will be organised and managed by volunteers who work at the Hub and will offer a range of activities based around health and well-being, arts and creativity and leisure, including craft sessions, exercise for the over 50s, cooking, gardening, quizzes, games afternoons/evenings, family history sessions, and I.T. for beginners.

Who to contact about this project?

Greatfield Hub, Hemswell Avenue, Greatfield Estate, Hull HU9 5LD

 01482 702390  [admin@greatfieldhub.co.uk](mailto:admin@greatfieldhub.co.uk)

 <http://greatfieldhub.yolasite.com>  [Facebook.com/greatfieldhub](https://www.facebook.com/greatfieldhub)  [@GreatfieldHub](https://twitter.com/GreatfieldHub)

## Activity motivator Family Fun Activities

Who will this project help?

Around 100

What is the project about?

The main aim of this project is to increase health, fitness and well-being for local residents by making better use of the Barbara Robson Park. I would achieve this through diverse and fun exercise/activity sessions incorporating and advertising the green gym, park and playing fields. Sessions will include team games, circuits, combat, street dance, cheerleading, rounder's, football, parachute games etc. School holidays will be a perfect time to reach out to families and children and I would plan to put on three hour events, three times weekly over the school holidays.

Who to contact about this project?

Barbara Robson –Activity Motivator Family Fun Activities, Glebe Road, Wawne, Hull HU7 5XR

 [louisa\\_hutchison@yahoo.co.uk](mailto:louisa_hutchison@yahoo.co.uk)

## Brave Arts Project

### Who will this project help?

Around 20 young adults (19-25), with learning disabilities

### What is the project about?

For this project we intend to employ a community artist/development worker for 8 hours a week to deliver a programme of long-term creative and expressive arts activities and shorter projects which are accessible and appropriate to meet the needs and aspirations of young adults with a disability or learning difficulty. The aim of this work is for participants to develop arts skills and social/life skills, self-confidence and ambition and pride in their achievements and abilities. Participants will be active both physically through dance/drama games etc. and also active in decision-making and the direction and progress of the group.

### Who to contact about this project?

Bransholme Community Arts Enterprise, Dorchester Primary School, Dorchester Road, Hull HU7 6AH

 01482 821053  [admin@bcae.karoo.co.uk](mailto:admin@bcae.karoo.co.uk)

## Café Max Plus

### Who will this project help?

Around 30 young adults (19-25)

### What is the project about?

This funding will be used to replicate Café Max, a project already running at the Kingston Wesley Centre. Café Max Plus, will run at the newly re-opened Ings Resource Centre, in partnership with Autism Plus. At informal café style sessions young people will be offered relevant training, and practical, hands on experience. Experienced youth workers will be on hand to develop relationships with young people who are often living chaotic and unhealthy lifestyles, and benefit from individual tailor-made support packages. Not all will want to take advantage of training; often a friendly, non-judgemental ear is all that is needed.

### Who to contact about this project?

The Maxlife Youth Project, Holderness road, Hull HU9 3LP

 01482 781333  [maxlife@kingstonwesley.karoo.co.uk](mailto:maxlife@kingstonwesley.karoo.co.uk)

 [The-Maximum-Life-Youth- Project/138323414188](https://www.facebook.com/The-Maximum-Life-Youth-Project/138323414188)

## Challenge and Change

Who will this project help?

Around 20 young people (13-18)

What is the project about?

20 young people will have the opportunity to take part in adventurous outdoor activities such as kayaking, hill walking, hiking, outdoor cooking, gorge walking, abseiling and ultimately walking up one a UK mountains. Our highly trained and experienced volunteer, supported by our youth team, will help young people gain skills and experiences to help them to progress into adulthood. They will learn team work, feel physically and emotionally healthier and experience a sense of achievement as they face fears and overcome challenges they don't yet know exist. We expect participants to become more resilient as a result of their experiences.

Who to contact about this project?

Child Dynamix, Preston Road, Hull HU9 3QB

 01482 221425  [info@childdynamix.co.uk](mailto:info@childdynamix.co.uk)

 [www.childdynamix.co.uk](http://www.childdynamix.co.uk)  Child Dynamix  [@childdynamix](https://twitter.com/childdynamix)

## Community Grow

Who will this project help?

Around 50 young adults (19-25)

What is the project about?

We want to expand our existing growing project, which is a successful venture involving the local community. We already have up to 20 volunteers every week who enjoy growing vegetables and taking them home to prepare and eat. However, we want to encourage more local residents in the area to get involved and will do this by purchasing a poly tunnel and use an innovative approach to growing vegetables and salad products so they can be sold at an affordable price in the immediate area. Using our existing Discovery Centre for preserving produce which has been grown on site.

Who to contact about this project?

Food 360, Probe (Hull) Limited, Marfleet lane, Hull HU9 5UH

 01482 782400  [adrianf@probeltd.co.uk](mailto:adrianf@probeltd.co.uk)

 [www.probeltd.co.uk](http://www.probeltd.co.uk)  [@food360](https://twitter.com/food360)

## Dorchester Computer Club

Who will this project help?

Around 20 older people (65+)

What is the project about?

Dorchester Computer Club is a weekly 'club' for older people to meet up socially and build positive relationships to reduce social isolation. Members participate in a wide variety of activities and projects e.g. making publications, photography, video etc. to gain confidence using IT in an informal accessible environment. Members learn a variety of IT skills, including using the internet, email, social media and video calls and other ways of using the internet to stay in touch with friends and family. Delivered by a highly skilled IT tutor who specialises in making IT skills accessible and interesting for older people.

Who to contact about this project?

Bransholme Community Arts Enterprise, Dorchester Road, Hull HU7 6AH

 01482 821053  [admin@bcae.karoo.co.uk](mailto:admin@bcae.karoo.co.uk)

## Eastmount Social Club

Who will this project help?

Around 50 Older people

What is the project about?

Lunch clubs reduce social isolation by giving people a way of making new friends and meet up with old ones they perhaps haven't seen for a few years. We would like to provide healthy meals twice weekly at the Eastmount Centre for those over 45. Community Guardians provide support by escorting less mobile people to and from the lunch clubs, often by wheelchair. We will hold activities such as bingo and quizzes, and also bring in guest speakers. We would also like to expand our current Active Gold programme and plan to hold other activity sessions eg. a walking group.

Who to contact about this project?

Longhill Ward Community Association, Waveney Road, Hull HU8 9ND

 01482 798649  [info@eastmountcentre.org.uk](mailto:info@eastmountcentre.org.uk)

 Eastmount Centre

# Fatigue, Anxiety and Breathlessness (FAB) Management Clinic

## Who will this project help?

Around 80 People with a terminal illness 65+ Older People

## What is the project about?

Hull has a high incidence of lung disease and there are around 550 new cases diagnosed in the city area each year. The combination of physical and emotional symptoms impact on the patients' ability to maintain normality in their lives resulting in additional emotional and physical distress. We propose to set up a fatigue, anxiety and breathlessness management group (FAB) to support patients and carers with life limiting illness. Dove House Hospice has a new rehabilitation suite offering state-of-the-art facilities for patients with life limiting illness. The group would be run by Dove House Occupational Therapy and Physiotherapy services.

## Who to contact about this project?

Dove House Hospice, Chamberlain Road, Hull HU8 8DH

 01482 785743  [fundraising@dovehouse.org.uk](mailto:fundraising@dovehouse.org.uk)

 [www.dovehouse.org.uk](http://www.dovehouse.org.uk)  [facebook.com/dovehouse](https://facebook.com/dovehouse)  [@dove\\_house](https://twitter.com/dove_house)

# Friends of Pelican Park

## Who will this project help?

Around 250 Children and young people 13-18 Young People

## What is the project about?

We know from activities and events that took place during the summer holidays that there is a demand in this area for organised activities that increase young people's participation in sport and health activities. For this project we would like to offer a wide range of multi-sport activities after-school and at weekends aimed at 5-16 year olds and age 16+. These sessions will provide opportunities for those wanting to get involved in some sort of physical activity and improve their general health and well-being. The sessions will be varied and also involve healthy eating options and tips for families.

## Who to contact about this project?

Friends of Pelican Park, Lambwath Road, Hull HU8 0EE

 01482 703114  [info@pelicanparkhull.org](mailto:info@pelicanparkhull.org)

 [www.pelicanparkhull.org](http://www.pelicanparkhull.org)  Friends of Pelican Park  [@Pelican\\_Park1](https://twitter.com/Pelican_Park1)

## Friends of St. Margaret's Welcome Centre (FoSMWC)

### Who will this project help?

Around 100 people with low incomes

### What is the project about?

Friends of St Margaret's Welcome Centre was formed to support the current groups and potential future groups, who use the centre's facilities. This bid is to support and assist with publicising new and existing groups which range from a parent and toddler group, a genealogy group (predominantly older people), two craft groups and a ladies' social activity group. Many members of these groups are on low incomes and in some cases isolated. They all benefit from the social interaction; for some it's about sharing their knowledge and expertise, and others it's about learning new skills and developing new interests.

### Who to contact about this project?

St. Margaret's Welcome Centre, Shannon Road, Hull HU8 9PD

 01482 707680  [stmargaretswelcomecentre@yahoo.co.uk](mailto:stmargaretswelcomecentre@yahoo.co.uk)

 St Margarets Welcome Centre  @Longhill\_Hull

## High 5 Netball

### Who will this project help?

Around 45 children and young people

### What is the project about?

Our club has come a long way since 2005 when we started as only a junior club. We now have successful teams ranging from juniors through to seniors but we know there is a need to develop an U11 section as well as to build more effective primary school-club links to support teachers and children in high 5 netball. Our project is to create links with 3 primary schools in East Hull to focus on delivering high 5 after school netball to children in years 5/6. The sessions will be fun and active, making use of high 5 netball resources.

### Who to contact about this project?

Wilberforce Netball Club, Elloughton Dale, Elloughton, Hull HU15 1QB

 [wilberforcenetball@gmail.com](mailto:wilberforcenetball@gmail.com)

 [www.wilberforcenetballclub.co.uk](http://www.wilberforcenetballclub.co.uk)  Wilberforce Netball Club  @WilberforceNC

## Home to Aylan

### Who will this project help?

Around 20 Other (Please specify) 19-25 Young Adults

### What is the project about?

I am an anaesthetist from east Hull and I have been working at Hull Royal Infirmary and the Hull York Medical School for the last few years. During this time I have been working on various projects to bring people together, now I hope to do something to help refugees in Hull. My project aims to establish a football league between the refugees, most of whom are young people. I intended to fund 4 teams, each with 5 players. I will support regular training sessions and matches, as well as sponsoring their training kits, shirts, shorts, socks and trainers.

### Who to contact about this project?

Home to Aylan, , , Hull

 Al\_hams79@hotmail.com

## Hull Scorpions Community Baseball League

### Who will this project help?

Around 2300 Children and young people 13-18 Young People

### What is the project about?

We have been granted a 25 year lease by Hull City Council on a 5 acre site in Alderman Kneeshaw Park and our plan is to build a community baseball facility that can be used by our club, local schools, community groups and local children and adults. With this grant we will be able to purchase equipment and deliver coaching sessions to local schools and community groups in the East area. We aim to create a baseball league for residents of all ages and abilities giving them the chance to participate in active sport at our field.

### Who to contact about this project?

Hull Scorpions Baseball Club, Ashendon Drive, , Hull HU8 8DY

 Kevin.macadam@scorpionsbaseball.co.uk

 www.scorpionsbaseball.co.uk  HullScorpionsBaseballClub  @Scorpionsjunior

## In the Pink

Who will this project help?

Around 30 Adults 26-64 Adults

What is the project about?

In the Pink – means “in the very best of health”. This project helps people with health problems or facing challenges in life to be more active. It is often difficult to be motivated to start exercising; for someone with health or emotional issues it is even more difficult. We know that by including regular activity people become healthier & cope better with the issues they face. This scheme matches clients to a volunteer supporter who meet up to discuss what activity they want to try and the supporter will then accompany the client to attend up to 3 sessions.

Who to contact about this project?

Fitmums & Friends, The Paddock, Cottingham, Hull HU16 4RA

 [admin@fitmums.org.uk](mailto:admin@fitmums.org.uk)

 [www.fitmums.org.uk](http://www.fitmums.org.uk)  Fitmums & Friends  @FitmumsF

## Mix it Up!

Who will this project help?

Around 200 Children and young people 13-18 Young People

What is the project about?

We plan to run a 25 week pilot programme at the Waudby Centre on Greatfield Estate that combines youth work and sport to engage and develop young people. The session will be based on the success of a similar session currently running at the Woodford Leisure Centre on a Friday evening. The sessions will provide a safe place for young people living in this area to meet their friends, get support & guidance & take part in activities that will improve both their physical & emotional health. Activities include trampolining, dance, badminton, tennis, table tennis, curling & football.

Who to contact about this project?

Child Dynamix, Preston Road, Hull HU9 3QB

 01482 221425  [info@childdynamix.co.uk](mailto:info@childdynamix.co.uk)

 [www.childdynamix.co.uk](http://www.childdynamix.co.uk)  @childdynamix

## Southcoates Community Kitchen

Who will this project help?

Around 75 People with low incomes 5-12 Children

What is the project about?

We recently started up a Let's Get Cooking Club for families. However we have no cooker and use a classroom to wash pots and prepare food on tables in the school hall, but this has to be done after the children have left. The club has a range of recipes which include cooking but at present food is prepared on site then families take it home to cook. The school has kindly provided us with a room for use as our community room but this needs equipping to enable us to cook, heat water and provide refreshments for our events.

Who to contact about this project?

Southcoates Community Group, Southcoates Lane, Hull

 01482 701407

## St. Margaret's Café Longhill

Who will this project help?

Around 100 Adults 26-64 Adults

What is the project about?

'Maggie's Cafe' in 'St. Margaret's Welcome Centre' has recently reopened. The Cafe is the only one on Longhill and attracts lonely, elderly, young families and people with many needs. Once inside, people find a warm welcome, people to talk to, a listening ear and if necessary can be directed to others who can seek to meet their particular needs. The potential of the Café is huge but we need a helping hand to develop it and make it more welcoming. The provision of settees, coffee tables, a coffee machine and a children's play area will greatly assist us.

Who to contact about this project?

St. Margaret's Welcome Centre, Shannon Road, Longhill, Hull HU8 9PD

 01482 707680  [stmargaretswelcomecentre@yahoo.co.uk](mailto:stmargaretswelcomecentre@yahoo.co.uk)

 St Margaret's Welcome Centre Longhill Hull  @longhill\_hull

## Strength to Strength

Who will this project help?

Around 20 Other (Please specify) 5-12 Children

What is the project about?

Research shows that children who have a strong family network, who are readily involved in their schooling and lifestyle, achieve greater academically. Through encouraging healthier lifestyles/ healthier choices I want to bring children, parents and communities together ensuring a more positive future for the children of Stoneferry. My project will be spread over a three term school year, with a different theme each term. I will offer opportunities for families to get active, improve the health of their community and improve ways to help them look after their own health. Each activity will be open to new and/or existing parents.

Who to contact about this project?

Stoneferry Primary School, Stoneferry Road, , Hull HU7 0BA

 01482838968  mmorgan@stoneferry.hull.sch.uk

 www.stoneferryprimary.co.uk

## Sutton on Hull Lunch Club & Activity Gold

Who will this project help?

Around 100 Older people 65+ Older People

What is the project about?

This project will provide healthy, low cost meals for older and isolated residents of Sutton and the East Area locality, giving them the opportunity to eat well and form new friendships and be involved with events locally. A twice weekly lunch club will provide healthy, freshly prepared meals, supplied by Eating plus (Autism plus) and a weekly gentle exercise class gives further opportunities for socialising and improving mobility and fitness helping to maintain independent living. The lunch club and fitness activities are delivered by Community Guardians and volunteers from the Reading Rooms.

Who to contact about this project?

Sutton on Hull Reading & Recreation Society, Church Street, Sutton on Hull, Hull HU7 4TT

 01482 820607  marl1@marl1.karoo.co.uk

## We have a spare chair, why don't you fill it...?

### Who will this project help?

Around 150 Older people 65+ Older People

### What is the project about?

Our project helps tackle the problem of social isolation. Our community room needs to be upgraded to support our existing and future activities. Communal meals are provided on a Wednesday and Friday and as the numbers are increasing we have to upgrade our kitchen with new equipment, crockery and cutlery.

We would also like to develop our communal garden to enable those with wheelchairs, mobility scooters and walking aids to fully enjoy it. Fencing, ramps and raised planters will allow people to bring their families and friends and grandchildren into a pleasant and safe area.

### Who to contact about this project?

Bayswater Court T.A.R.A., Bellfield Avenue, , Hull HU8 0SX

 carol.morsner@gmail.com

 Bayswater Court Tenants and Residents  @BayswaterTARA

## Wilberforce College Seeds of Change

### Who will this project help?

Around 1500 Children and young people 13-18 Young People

### What is the project about?

'Seeds of Change' is a newly developing initiative, started by a small but growing number of Wilberforce staff who want to inspire and assist the College community into developing an 'upcycled, 'edible campus'. A recent student survey found that over 80% of our students would like to eat a healthier diet, 60% of our students would like to lose weight and 65% would like to be more physically active. By creating a healthy green, imaginative and engaging environment we hope to make eating and producing healthy food appealing to our young people.

### Who to contact about this project?

Wilberforce College, Saltshouse Road, Hull HU8 9HD

 01482 711688  tjb@wilberforce.ac.uk

 www.seedsofchange.space  @sociologymagpie

## Zorbing Crazy

Who will this project help?

Around 70 Children and young people 13-18 Young People

What is the project about?

This programme of activity for young people focusses on the use of the Zorb football –an enclosed large inflatable with the person inside. We have used this football on another programme which proved a popular and effective way of improving fitness levels. Evidence shows that young people from the east of the city are generally inactive. This project gives them the opportunity to participate in an organised programme of fitness training using the Zorb football and attend sessions on healthy eating and healthy lifestyles. We intend to hold monthly sessions throughout the year and weekly sessions during half term.

Who to contact about this project?

LocalworksLtd, Poorhouse Lane, , Hull HU9 5DF

 01482 706333  wayne@localworks.info

 www.localworks.info

## Active play group

Who will this project help?

Around 35 Children and young people 5-12 Children

What is the project about?

We plan to run a series of play activities for children and young people, enabling families to spend quality time together and with other families, keep active and healthy. We will work with diverse children aged 3 – 13years (up to 18 years welcome) who rarely engage or take part in activities; looking to work with children who require support with their learning skills; who are from lower socio-economic groups and are isolated. Children will be able to take part in community events, deliver performances and activities, including interactive art and crafts, painting, healthy cooking, music and dance class, diversity fashion session, access to computer and game session.

Who to contact about this project?

shine academy, Cottingham road, Hull HU5 2DH

 07894851237  Shineacademy2017@gmail.com

## Active Skateboarding

### Who will this project help?

Around 40 Children and young people 13-18 Young People

### What is the project about?

Here at the Ashwell Academy we provide bespoke educational programmes for young people aged 11-16 years with emotional and behavioural learning difficulties. In conjunction with the Active Skateboarding Company we are aiming develop the children's self-confidence, self-esteem, discipline, balance and movement through fun and new sports based opportunities. Active provide fully qualified Skateboarding coaches and help the children to progress through learning as part of the planned workshops and lessons. Focusing the sessions around exercise, pupils will be instructed in a safe and controlled environment and will be able to achieve certificates for skills in Skateboarding and life skills. A rotating group of pupils will access this specialist coaching for up to ten one hour sessions.

### Who to contact about this project?

Ashwell Academy Pupil Referral Unit, Snowden Way, North Bransholme, Hull HU7 5DS

 01482 331 724  [admin@ashwellacademy.com](mailto:admin@ashwellacademy.com)

 [www.ashwellacademy.com](http://www.ashwellacademy.com)

## Baby Bounce

### Who will this project help?

Around 300 Adults 0-4 Early Years

### What is the project about?

We would like to buy new sensory equipment and to employ a sessional worker (6 hours per week for 50 weeks a year) to build on the work which is already happening in Little Angels. We currently run six sessions a week to enable parents to interact with other local parents and join together so that they are not isolated. We know that there is a great deal of social isolation in our local area; the Baby Bounce sessions are helping us to build support networks in our local community and creating an 'extended family' feeling. The physical interaction of the sessions with the children aids in bonding and will help with their social well-being, communication skills as well help with self-worth and value.

### Who to contact about this project?

Little Angels, Ashcombe Road, Kingswood, Hull HU7 3DD

 01482 420625  [rob@revivechurch.org](mailto:rob@revivechurch.org)

 Little Angels Kingswood

## Bameen Diabetes Growing Project

### Who will this project help?

Around 50 Black minority or ethnic groups 26-64 Adults

### What is the project about?

The project will build on our existing diabetes initiative and continue to explore and engage BME communities in raising awareness of diabetes and the potential complications and risks to health. We work with the mosque to focus on engaging with women and children as we know from our previous work that historically we have engaged more with men from the muslim community and need to improve on this. We will also use planters which we have transformed to grow healthy, seasonal produce to increase awareness by teaching participants to grow food and have access to free, fresh and healthy produce.

### Who to contact about this project?

Bameen, Twelfth Avenue, Hull HU6 9JG

 [dawda@bameen.org.uk](mailto:dawda@bameen.org.uk) <mailto:dawda@bameen.org.uk>

 [www.bameen.org.uk](http://www.bameen.org.uk)  [bameen](https://www.facebook.com/bameen)

## Fitness is fun

### Who will this project help?

Around 500 19-25 Young Adults

### What is the project about?

At St Nicholas Primary School we are proud to be a small school with a big heart and a love of learning. We aim to build a multi gym in our outside space for all to use in and out of school time; this will provide families that have limited time and income to have access to high quality equipment, as we feel it is vital in this area. In turn, we hope this will improve the health and well-being of parents, children and their families. Alongside this, the new and exciting equipment will encourage children to join our current fitness club and help them to develop their social skills.

### Who to contact about this project?

St Nicholas Primary School, Cottingham Road, , Hull HU6 7RH

 01482 444215  [admin@st-nicholas.hull.sch.uk](mailto:admin@st-nicholas.hull.sch.uk)

 [www.saintnicholasprimary.org.uk](http://www.saintnicholasprimary.org.uk)  [@stnicshull](https://twitter.com/stnicshull)

## Fun Friendship and Fitness

Who will this project help?

Around 50 Older people 65+ Older People

What is the project about?

The "Fun, Friendship and Fitness" project will continue and develop the opportunities offered by Bransholme Chair Exercise Group. The group meets weekly for an hour of gentle chair based exercise and comprises men and women aged 50+; many of whom find it difficult to access other types exercise. We are looking for funding to not only continue the work we already do, but to develop this by giving the opportunity to try new activities, and also hold an additional hour session twice a month. This will enable members to have a drink and chat after class, and on occasion bring and share lunch. This means our members can socialise in a supportive, friendly atmosphere, develop friendships and offer peer support which can help reduce social isolation.

Who to contact about this project?

Bransholme Chair Exercise Group, Goodhart Road, , Hull HU7 4DW

 [chairexercise@hotmail.co.uk](mailto:chairexercise@hotmail.co.uk)

## Get into Netball

Who will this project help?

Around 30 Adults 26-64 Adults

What is the project about?

Our club established in 2007 and has grown from one adult team, to have 50 registered junior and 90 senior members. 'Get into Netball' will offer fun, social netball sessions to encourage women from deprived wards in Hull to get involved in the sport again; encouraging healthy active lifestyles and providing women with the confidence to play again, even if the last time they played was at school! The project will run for 36 weeks and offer mix and match play, with women having the opportunity to play in a number of positions, mother and daughter sessions to integrate families playing together and a beginners umpire course so the participants can come back to volunteer with us.

Who to contact about this project?

Reckitt Benckiser Netball Club, Cranbrook Avenue, , Hull HU6 5TB

 [paulinehardynetball@gmail.com](mailto:paulinehardynetball@gmail.com)

 [www.rbnetball.co.uk](http://www.rbnetball.co.uk)  Reckitt Benckiser Netball Club

## GP Exercise Referral Programme

### Who will this project help?

Around 960 People with a long term health problem 26-64 Adults

### What is the project about?

Working with Dr Hendow's surgery at Bransholme Health Centre we have recently piloted a new model of the GP exercise referral scheme in Hull; providing a 12 week block of physical activity for 16 patients at the health centre. The well received pilot gave participants the confidence to get involved in low impact activity sessions led by a qualified GP; this was suitable for all patients involved regardless of their ailments. We have now identified 3 other GP surgeries that would be interested in running the model and require funding to build on this longer term.

### Who to contact about this project?

Hull Culture and Leisure Ltd – Leisure Services, New Cross Street, , Hull HU1 3DU

 01482 614324  Sports.development@hcandl.co.uk

 www.hcandl.co.uk  Active Hull  @activehull

## Healthy Eating with slow cookers project

### Who will this project help?

Around Other (Please specify) 26-64 Adults

### What is the project about?

We want to help improve the nutrition and cooking skills of around 80 people/families on low incomes by providing a 4 week cooking course, plus a slow cooker, and recipe booklet for 10 church based community groups across Hull. We will be working with groups and churches who already have a track record of strong community engagement and anti-poverty work. The sessions, which will take place in the run up to the summer holidays, will include cooking demonstrations, advice on budgeting and how and where to buy ingredients plus some nutritional tips; delivered in a fun and accessible way. A basic food pack, supplied through bulk buying and splitting the ingredients, will also be given to each participant, including things such as herbs and spices which may feel too expensive to buy.

### Who to contact about this project?

SEARCH, Cottingham Road, , Hull HU5 2DH

 01482 445252  Inbox.search@gmail.com

 SEARCH Hull

# Healthy Friends

Who will this project help?

Around 30 Adults

What is the project about?

Healthy Friends is open to any member of the community who wants to lose weight or improve their health and wellbeing in a social environment. Our aim is to encourage members to embrace exercise and the positive effect this has on lifestyle and to provide support to our members to maintain a healthy approach to food, nutrition and diet by sharing recipes and information. We also meet once a week for a 1 hr aerobic session which caters for all levels of fitness and for those with some minor mobility issues. We hope members embrace their new skills when attending our sessions and follow an active lifestyle generally when not attending.

Who to contact about this project?

Healthy Friends, Sutton Park, Hull



## Looking Good Feeling Good

Who will this project help?

Around 40

What is the project about?

We plan to expand our current fitness programme by creating an additional class, which will allow for a greater number of people to participate. The new class will be aimed at people with reduced physical capacity or confidence and will feature gentle exercises which will allow anyone to participate. We will run this class initially for 26 weeks and after this period we will look to continue the class by collecting a subscription fee from our members to allow us to pay for room hire. Exercise equipment purchased will include weights and stretchy bands that can be used by anyone and be of varying sizes to allow for the beneficiaries to vary their exercise depending on their ability or confidence.

Who to contact about this project?

Looking Good Feeling Good, Newbald Grove, Hull HU6 8JR

 01482 852292  [denniswuic@gmail.com](mailto:denniswuic@gmail.com)

## Men in Sheds Hull Pavilion Re-furbishment

Who will this project help?

Around 100 Older people 65+ Older People

What is the project about?

Men in Sheds Hull is a community based charity which is open to anyone over 18 years of age, but mainly to older men, who for a number of reasons have become isolated. We know men do not discuss their problems by talking 'face to face' but will when working 'shoulder to shoulder', therefore our project aims to refurbish a derelict pavilion and supply a workspace, tools and equipment. Our members will be able to meet like minded people and share in practical skills and hobbies, such as gardening and woodwork. This will, in turn, increase their health and well being and give an opportunity to help the local community too.

Who to contact about this project?

Men in Sheds (Hull), Greenwood Avenue, , Hull HU6 9NX

 01482 803940  [info@meninshedshull.org](mailto:info@meninshedshull.org)

 [www.meninshedshull.org](http://www.meninshedshull.org)  Meninsheds  @shedshull

## World of Wonder

Who will this project help?

Around 600 Children and young people 5-12 Children

What is the project about?

We work with families from our community who are struggling with complex needs such as poverty, ill health, disability, mental health difficulties, family breakdown, domestic violence, drug and alcohol misuse, neglect, homelessness, and racism. We provide clubs, activities and one-to-one support for all during the week. In the past 6 months 621 people (parents, carers and children) have accessed our services and we are now finding we need a dedicated space to improve the quality and the quantity of the work that we do. The children have designed the 'World of Wonder': a space which we will use to facilitate our work that will be creative, unique and ideal for celebrating Hull's City of Culture.

Who to contact about this project?

Hull Community Church, Newland Avenue, , Hull HU5 2NB

 01482 470125  [anne@hullcommunitychurch.com](mailto:anne@hullcommunitychurch.com)

 [www.hullcommunitychurch.com](http://www.hullcommunitychurch.com)  [hullcommunitychurch](https://www.facebook.com/hullcommunitychurch)

## A Fit and Healthy Sidmouth

Who will this project help?

Around 358 Children and young people 5-12 Children

What is the project about?

We are applying for funding to make a number of additions to our playgrounds to make our school a more inclusive, friendly and healthier place. The changes will encourage children to develop friendships in a variety of ways thereby improving personal wellbeing. To do this we intend to get the children active by having markings of hop scotch, snakes and ladders, draughts, a maze and an activity trail, painted on our main school playground and at our Foundation Unit. We would also like to purchase a 'friendship bench' which is horseshoe shaped and will be a place where all children will know they can go if they are feeling lonely, and other children in the school will join them to help make friends.

Who to contact about this project?

Sidmouth Primary School, Sidmouth Street, , Hull HU5 2JY

 01482 441152  [Admin@sidmouth.hull.sch.uk](mailto:Admin@sidmouth.hull.sch.uk)

 [www.sidmouthprimaryschool.co.uk](http://www.sidmouthprimaryschool.co.uk)

# Active Memories

## Who will this project help?

Around 20 People with a long term health problem 26-64 Adults

## What is the project about?

'Active Memories' is a 40 week pilot aimed at people with long-term health conditions, multi-comorbidities, with mild to moderate mental ill health, carers', older people or those who suffer from memory impairment including Alzheimer's and other forms of dementia. It will provide a supportive environment in which individuals can socialise and participate in a range of fun low-impact activities to improve physical and mental wellbeing helping to alleviate social isolation. Based at Springhead Park Golf Club and Wymersley Park, we will offer; summer lawn bowls, Tai Chi, guided walks and music and movement sessions; all with individual benefits to health and wellbeing, and guided by our experienced and supportive team.

## Who to contact about this project?

Groundwork Wakefield, Normanton Town Hall, High St, Hull WF6 2DZ

 01924307222  [hull@groundwork.org.uk](mailto:hull@groundwork.org.uk)

 [www.groundwork.org.uk/hull](http://www.groundwork.org.uk/hull)  Groundwork Hull Community Food  GroundworkHull

## Befriending for mental health

### Who will this project help?

Around 40 People with mental health issues 26-64 Adults

### What is the project about?

Hull and East Yorkshire Mind staff and volunteers support local people with their mental health, however, there are more people who ask for our help than we can support, and more volunteers want to help than we have the resource to train and support. This project would provide 2 training sessions, and provide for the ongoing support of those volunteers once trained; which we anticipate will provide about 1500 hours of 'befriending'. Trained volunteers will then go on to provide high quality befriending support, helping people in a group setting, or on a one to one basis to recover from their mental health problems and learn methods for staying well.

### Who to contact about this project?

Hull and East Yorkshire Mind, Beverley, Hull HU3 1XA

 01482 240200  [info@heymin.org.uk](mailto:info@heymin.org.uk)

 [www.heymin.org.uk](http://www.heymin.org.uk)  Hull and East Yorkshire Mind  @mindhey

## Bridging Cultures

### Who will this project help?

Around 55 Black minority or ethnic groups 26-64 Adults

### What is the project about?

The project will engage with Refugee and Asylum seekers living in Hull, with the aim to tackle social isolation, improve confidence, wellbeing, integration and self-esteem. Often people from these groups have a low income or depend on charity, have limited English and lack literary skills. The aim of the project is to listen and learn from the participant, who will tell facilitators about their own culture and traditions, and then engage participants in conversation about the hopes, fears and desires that contributed to their decision to make the journey from their country of origin to Hull. Groups will work together towards a final performance/exhibition around their culture and country of origin.

### Who to contact about this project?

Open Doors Hull, 91 Princes Avenue, Hull HU5 3QP

 01482 345132  [opendoorshull@live.co.uk](mailto:opendoorshull@live.co.uk)

 [www.opendoors-hull.org.uk](http://www.opendoors-hull.org.uk)  hullopendoors  @opendoorshull

## Bring I.T. to Life

Who will this project help?

Around Older people 65+ Older People

What is the project about?

The aim of this project is to deliver ICT training for individuals, in a supportive peer group environment, as a way of addressing social isolation. The aim is to improve basic ICT skills, promote safe internet use to help participants to be confidence in accessing online services and resources that could improve quality of life, including promotion of online health info/services that will make people feel safer and more knowledgeable about their health condition or those of the people who they care for. We will provide access to computers and teach people how to access online facilities such as GP registration, banking and shopping, and opening up a whole new world of opportunities and information.

Who to contact about this project?

Inspire Communities, George Street, Hull HU1 3AJ

 01482 219595  [info@inspirecommunities.co.uk](mailto:info@inspirecommunities.co.uk)

 [www.inspirecommunities.co.uk](http://www.inspirecommunities.co.uk)  @inspirehull

## Children of the Sun

Who will this project help?

Around 60 Children and young people 5-12 Children

What is the project about?

This project will bring together up to 30 - 35 Lithuanian origin children that live in different areas of Hull every Saturday at the Lonsdale Community Centre. The children will be taught the Lithuanian language, reading and writing plus Lithuanian and European history and geography. As well as this the children will be divided into groups and taught dancing and singing with the aim of improving and strengthening singing, and improving the children's muscle movement and increasing their activity levels through dance. The children invited to attend will range from 4 up to the age of 12, with children from 13 up to 18 also invited to join if they so wish.

Who to contact about this project?

Lithuanian Community in Hull, Hull HU5 3DA

 [hulllt@yahoo.com](mailto:hulllt@yahoo.com)

 [hull.lt](https://www.facebook.com/hull.lt)

## City Herb Garden

Who will this project help?

Around 100 Adults 26-64 Adults

What is the project about?

We would like to create an open access herb garden, by engaging a team of volunteers who will have the opportunity to work on the creation and care of the garden, learning new skills , developing new friendships and enhancing their self-confidence. The physical nature of construction and gardening would also benefit the volunteers in getting them active and enjoying regular physical exercise. We envisage the garden would also improve the health of the local community; residents, many of whom live in traditional terrace housing without a private garden, along with people working nearby in shops and offices, would benefit from being able to access the space for leisure and relaxation.

Who to contact about this project?

Down to Earth, Hull HU16 5HA

 07936006452  down-2-earth@outlook.com

 d2ehull

## Coltman Area Community Association

Who will this project help?

Around 30 Adults 65+ Older People

What is the project about?

The Coltman Area Community Association began to provide support to approximately 15,000 members of the community and help break down social barriers by promoting wellbeing and community spirit. Since opening the association has organised various activities including bingo, stroke clubs, parent and toddler groups, children's discos and keep fit classes for people of all ages and ability to attend. One of our groups that we require funding for is the over 45s keep fit class which provides support to people who would not normally attend a gym. Many members of this group have been referred by their GP, or are recovering from stroke or illness and find the gentle exercise to be a great benefit for their health.

Who to contact about this project?

Coltman Area Community Association, Bean Street, , Hull HU3 2PU

 01482 219167  juliea2009@hotmail.co.uk

## Constable Community Allotment

Who will this project help?

Around 500 26-64 Adults

What is the project about?

We aim to create a Community Allotment, on a securely fenced part of our community space, where local residents, groups and individuals can come together to grow fruit and veg. We have already planted a small orchard in another part of the field with the help of local residents, and the Community Allotment was the most popular choice among those residents who attended our consultation events. Volunteers will be involved in growing different crops throughout the year and share the harvest with any surplus being given to elderly or housebound residents. This will promote a healthier diet and provide a focal point in the neighbourhood, promoting community cohesion and social integration.

Who to contact about this project?

Friends of Constable Strret Field, Cholmley Street, , Hull HU3 3DN

 07816141169  lausannet@yahoo.co.uk

 Friends of Constable Street Field

## Cycle Club

Who will this project help?

Around 24 Black minority or ethnic groups 19-25 Young Adults

What is the project about?

We want to create a Cycle Club for our clients who are asylum seekers, refugees or migrant workers, in partnership with Avenues Bicycle Project. The club will promote basic safe cycling, raise awareness of the opportunities for cycling in Hull, encourage healthy exercise to maintain physical fitness, encourage social interaction and teach basic bike maintenance and repair. Led by two trained volunteers, the club will be held once a week and will offer enjoyable cycle outings on quiet roads and city cycle paths. Participants will also be able to borrow bikes on a short term basis, both for club meetings, and also to get to work, college or other appointments.

Who to contact about this project?

Open Doors Hull, Princes Avenue, , Hull HU5 3QP

 01482345132  opendoorshull@live.co.uk

 www.opendoors-hull.org.uk  hullopendoors  @opendoorshull

## Eating Healthier and Better Learning

Who will this project help?

Around 25

What is the project about?

We aim to run workshops for children and their parents who attend our homework clubs. A noticeable observation in our homework clubs is that many children attend on an empty stomach, without proper nutrition and adequate calories they often don't have enough energy, resulting in fatigue and learning problems. The workshops will provide practical advice around healthier choices and skills to produce healthier meals. We aim to get the children and their parents involved in preparing and eating healthy food and trying new flavours so they attend homework club full of energy and excited. The children, parents and tutors will also have the opportunity to socialise and interact before the sessions start.

Who to contact about this project?

Toranj Tuition, Cottingham Road, Hull University, Hull HU6 7RX

 01482464900  [info@toranjtuition.org](mailto:info@toranjtuition.org)

 [www.toranjtuition.org](http://www.toranjtuition.org)

## Family Support Centre Healthier Lifestyle

Who will this project help?

Around 50 Black minority or ethnic groups 26-64 Adults

What is the project about?

We plan to support the women in our community in a number of ways. Firstly we will organise healthy eating sessions. As many people from ethnic minority backgrounds have diabetes and weight issues, the healthy eating sessions will not only help women in the community to eat healthier, but will also help to address these health issues. Secondly, as we know many women in the community are new to the country, have young children and feel isolated, we will organise morning tea events to socialise whilst the children are at school. Further to this, we also plan to organise a sport group to introduce our participants to the gym, swimming sessions, zumba classes and yoga.

Who to contact about this project?

Family Support Centre, Cambridge Street, , Hull HU3 2EE

 [youtosoal@gmail.com](mailto:youtosoal@gmail.com)

## Gioscape Gardens

### Who will this project help?

Around 25 People with mental health issues 26-64 Adults

### What is the project about?

Gioscape Gardens aims to support healthy lifestyles in our community by providing access to gardening activities and fresh produce. Firstly we will clear and develop the site, so it is accessible to those with a variety of needs, by working with community and placement volunteers. Once complete, we will provide gardening sessions, designed for particular groups, such as older people and their supporters, people living with dementia and their carers and young parents and their children, as well as offering open sessions for all. This will encourage people out of their houses and give them more opportunities for social interaction, ensuring they feel a valued member of the community and society.

### Who to contact about this project?

Gioscape Gardens, Hull HU3 2TU

 [gioscapedgardens@outlook.com](mailto:gioscapedgardens@outlook.com)

## Healthy Living Better Life (HLBL)

### Who will this project help?

### What is the project about?

The project "Healthy Living Better Life" will run sessions for minority ethnic communities mainly living in and around the St Andrews, Myton, Holderness Road and Greenwood wards of Hull. The beneficiaries will include migrant workers, refugees and asylum seekers who have had past traumatic experiences, are isolated, economically inactive and lead lonely lives. Work delivered through the project will include body gospel sessions, healthy eating, exercises and mental health workshops, cookery sessions, gardening sessions and walking groups with participants being provided with a pedometer and information around how far they have walked and their weight loss.

### Who to contact about this project?

Humber Community Advice Services, Saner Street, , Hull HU3 2TR

 01482 236460  [info.hcas@gmail.com](mailto:info.hcas@gmail.com)

 [www.h-cas.org.uk](http://www.h-cas.org.uk)

## HRP 'LOOKING GOOD FEELING BETTER'

### Who will this project help?

Around 120 Homeless people 19-25 Young Adults

### What is the project about?

We are an established housing charity providing temporary and supported accommodation in Hull. Looking Good Feeling Better aims to improve our residents' self esteem by promoting personal hygiene and providing toiletries so they can take pride in their appearance. Client surveys revealed nearly all of our clients have suffered poor health, felt depressed and had body image issues. Often a lack of hygiene products was cited as a reason to feel low; leading to social isolation, low self-esteem and sometimes self-harm. We will use the funding to provide items our clients often can't afford such as; shower gel, deodorant, tooth brushes and paste, sanitary products and basic make up.

### Who to contact about this project?

Hull Resettlement Project Ltd, Bourne street, , Hull HU2 8AE

 01482 585323  [enquiries@hrpltd.org.uk](mailto:enquiries@hrpltd.org.uk)

 Hull resettlement project

## Hull LGBT Social Network

### Who will this project help?

Around 50 Lesbian, Gay, Bi-sexual or transgendered people 26-64 Adults

### What is the project about?

We seek to develop an older LGBT social group, where activities such as meals and film clubs, are held on a monthly basis to support older LGBT community members. Locally it is recognised that there are many LGBT support networks and that there is a vibrant 'scene', however there is no provision for those not participating in said 'scene'. These individuals may be at risk of social isolation many may not have partners, children or are isolated from their own families; this has an obvious impact on their mental health. By developing a Social Network, the group will provide a 'safe space' and offer targeted health support whilst providing a social opportunity.

### Who to contact about this project?

One Humber, Humber Place, Hull Marina, Hull HU1 1UD

 01482 308777  [info@onehumber.org.uk](mailto:info@onehumber.org.uk)

 [www.onehumber.org.uk](http://www.onehumber.org.uk)

# Improving our Health through Traditional Hungarian Folk Workshops

## Who will this project help?

Around 1000 Black minority or ethnic groups 13-18 Young People

## What is the project about?

We want to build upon on our success of delivering Hungarian dance sessions, by introducing a series of new sessions with activities aimed at children and young people. Each session will have specific activities such as family art and crafts, Hungarian traditional dancing, sewing and embroidery, folk singing and learning to play traditional musical instruments. This will help the participants to learn new skills, keep their traditions and get to know other members of the community. This will in turn prevent isolation and help maintain the physical and mental wellbeing of those taking part.

## Who to contact about this project?

Hungarian Community Group, Portland Street, Hull HU2 8QX

 [Hungarian.community.group@gmail.com](mailto:Hungarian.community.group@gmail.com)

 Official Hungarian Community Group

# Iranian Healthy Cook and Eat

## Who will this project help?

Black minority or ethnic groups 13-18 Young People

## What is the project about?

A widespread and serious health problem among the young people of our community is obesity with several senior community members suffering with diabetes and heart disease. Our project aims to alleviate these issues by improving knowledge, skills and confidence about traditional healthy eating and food hygiene and safety whilst socialising and meeting new people at our workshop sessions. At the end of the workshops all participants will work together to prepare food for 100 people, raising awareness in the community as to the Iranian healthy diet and assimilating Iranian community with British society and sharing heritage whilst working as a team.

## Who to contact about this project?

Iranian Community of Hull (ICOH), 22nd Avenue, Hull HU6 9LR

 01482 802593  [info@icoh.org.uk](mailto:info@icoh.org.uk)

 [www.icoh.org.uk](http://www.icoh.org.uk)

## Kingston upon Hull HC – Junior Development Project

### Who will this project help?

Around 100 Children and young people 13-18 Young People

### What is the project about?

Our junior development project requires Level 1 Umpire Qualifications, Coaching Qualifications and umpire kit to kick start a participation drive which will improve health in the community through active, sporting participation in a formal environment. Level 1 Umpire Qualifications are an Accredited course delivered by England Hockey with anyone over the age of 14 able to participate. By providing Coaching Qualifications we will be able to increase our reach within schools and the community through school clubs and other associated initiatives. Finally, umpiring shirts will add confidence and authority to umpires and assist junior players to develop the requisite respect that should be afforded.

### Who to contact about this project?

Kingston upon Hull Hockey Club, Beech Grove, Beverley Road, Hull HU5 1LY

 01482 449150  [djk@wjfg.co.uk](mailto:djk@wjfg.co.uk)

## Lost Generation

### Who will this project help?

Around 100

### What is the project about?

Our project will engage the over 65s in their own care/residential homes or community centres with a regular exercise class to help them to stay active, have fun, and to ultimately keep healthy and increase memory. The classes will be run by our tutor who will tailor them to meet the needs of the over 65s with rests between exercises, and lots of uplifting music, stretching, moving, shaking and just generally having fun and keeping active. So what are the benefits? Improving the health of the heart, improved physical fitness, keeping joints supple, keeping bones strong, better balance, improved cognition and improved confidence, but above all just the enjoyment of exercise with others of a similar age.

### Who to contact about this project?

JC Ready 4 Work Ltd, Hessle Road, , Hull HU3 5BL

 01482 215600  [tina@jcready4work.com](mailto:tina@jcready4work.com)

 [www.jcready4work.com](http://www.jcready4work.com)  [jcready4work](https://www.facebook.com/jcready4work)  [@jcready4work](https://twitter.com/jcready4work)

## More than just a Library!

Who will this project help?

Around 100 Older people 65+ Older People

What is the project about?

We aim to run a series of twice weekly events, for over 55s from the Gipsyville Estate and across the Newington and Pickering Wards. The events will include a walking group, movement to music, Pilates and indoor bowls, as well as social gatherings such as coffee mornings and bingo. We plan to utilise the large hall at the library for the community use and let residents know that there is a community asset on their door step which they can take advantage of. We want to give the older people visiting the library a reason to stay for longer and support them to exercise and socialise together in a friendly and safe environment, thus reducing social isolation and loneliness in the community.

Who to contact about this project?

The Gipsyville Community Centre Group, Hessle Road, , Hull HU4 6JA

 01482 616970  [info@pandapeople.co.uk](mailto:info@pandapeople.co.uk)

## Seed to Feed

Who will this project help?

Around 90 People with low incomes 26-64 Adults

What is the project about?

Sadly many people living in central Hull have little or no garden space; 'Seed to Feed' will develop creative and horticultural skills whilst promoting social inclusion and community cohesion. Working with local people of all ages and backgrounds we will teach the art of growing healthy produce in restricted spaces and how to make small planters. Participants will be able to take their planter home, at no cost, and we will show them how to plan and prepare a growing cycle, sowing seeds and managing the plants through to 'harvesting' the end result. Overall we aim improve mental health, reduce stress levels and boost physical health as well as aiding healthy eating and saving money on food.

Who to contact about this project?

Recycling Unlimited, Newland Avenue, , Hull HU5 2ER

 01482 343726  [cityfarm@recyclingunlimited.org.uk](mailto:cityfarm@recyclingunlimited.org.uk)

 [www.recyclingunlimited.org.uk](http://www.recyclingunlimited.org.uk)  [RecyclingUnlimited](https://www.facebook.com/RecyclingUnlimited)  [@RecycUnlimited](https://twitter.com/RecycUnlimited)

## Sew It All

Who will this project help?

Around 50 Adults 26-64 Adults

What is the project about?

We plan to use the funding to build upon our programme of creative social activities which enrich relationships, self-expression and self-discovery for people in our local area. 'Sew it All' is a tutor led session which enables participants to recycle their clothes and rediscover the art of thrift by creating clothes and craft items from charity shop buys. Our volunteer led Card Making group sees participants create personalised cards and gifts. Both of the groups attract a high number of older and isolated women, single parents, people with learning difficulties, and several people with disabilities or complex needs; the sessions help reduce social isolation and provide meaningful support and friendship.

Who to contact about this project?

Lonsdale community centre, Lonsdale Street, , Hull HU3 6PA

 01482 564691  [office@lonsdalecc.org.uk](mailto:office@lonsdalecc.org.uk)

 [www.lonsdalecc.org.uk](http://www.lonsdalecc.org.uk)  Lonsdalecommunitycentre

## The Beecholme Tandem Club Revitalised

Who will this project help?

Around 60 Adults 26-64 Adults

What is the project about?

We aim to ensure people suffering with any degree of sight loss can have the chance to maintain a good level of physical fitness by enjoying the sport of cycling. Our members are able to ride a Tandem cycle with a sighted club member and also enjoy a social night out at least once a week. The funding will be used to pay for the much needed maintenance for our fleet of Tandems, to purchase new lights and kit such as tyres and racking equipment, to meet substantial costs to ensure the club can continue to function and to pay for all members to be insured whilst riding with us.

Who to contact about this project?

The Beech Holme Tandem Club, Beverley Road, Hull HU5 1NN

 01482 803704  [martinflynn@marydene.karoo.co.uk](mailto:martinflynn@marydene.karoo.co.uk)

## The Bike Hub

### Who will this project help?

Around Children and young people 5-12 Children

### What is the project about?

Giroscope are working in partnership with R-evolution to bring a "Bike Hub" to West Hull with the aim of providing access to cycles to those in the community who need it most. The hub will offer bike loans to children and families, working closely with Chiltern Primary School and local children's homes and we will look to train cycle mechanics in the community and those volunteering with Giroscope. The use of the site provides a great opportunity for R-evolution and Giroscope to continue working with ex-offenders within the community upon release from prison and encourage them to develop their skills and gain work experience.

### Who to contact about this project?

Giroscope Limited, Arthur Street, , Hull HU3 6BH

 01482 576374  [info@giroscope.org.uk](mailto:info@giroscope.org.uk)

 [www.giroscope.org.uk](http://www.giroscope.org.uk)

## The Reach

### Who will this project help?

Around 40 Children and young people 19-25 Young Adults

### What is the project about?

The Reach is a choir group for disadvantaged young people and their children, partners and friends. This was born out of the transformation we saw in 20 young people, 2 of which were agoraphobic, involved in our previous singing group which unfortunately could not continue. We would like to learn from this and create something new, sustainable, dynamic and with a further Reach to disadvantaged young people. The Reach will provide a safe place to socialise, reducing isolation, be informal and supportive, encourage physical activity, teach new skills and help participants to increase their confidence, promote life skills and signpost to free counselling and other services for those who need it.

### Who to contact about this project?

Catch 22, Saner Street, Hull HU5 4AD

 01482 606508  [Ruth.burling@catch-22.org.uk](mailto:Ruth.burling@catch-22.org.uk)

 [www.catch-22.org.uk](http://www.catch-22.org.uk)  [@Catch22charity](https://twitter.com/Catch22charity)

## Women's Craft Club

### Who will this project help?

Around 30 Black minority or ethnic groups 26-64 Adults

### What is the project about?

The Open Doors Women's Craft Club is specifically for the women of our client group; asylum seekers, refugees and migrant workers. Women attending the club will have the opportunity to learn a new handicraft, share handicraft skills, enjoy social interaction and practice English in a relaxed social environment. This group is a lifeline to women of these backgrounds who may not have the chance to socialise outside of their own home due to cultural restrictions. The club will support their mental health by sustaining their self esteem and offering the opportunity for friendship, whilst also practising their English in a supportive environment.

### Who to contact about this project?

Open Doors Hull, Princes Avenue, Hull HU5 3QP

 01482 345132  [opendoorshull@live.co.uk](mailto:opendoorshull@live.co.uk)

 [www.opendoors-hull.org.uk](http://www.opendoors-hull.org.uk)  [hullopendoors](https://www.facebook.com/hullopendoors)  [@opendoorshull](https://twitter.com/opendoorshull)

## Youth Engagement and Socialisation (YES)

### Who will this project help?

Around 200 Black minority or ethnic groups 13-18 Young People

### What is the project about?

We aim to help young people from black minority or ethnic groups to get involved in constructive activities, such as sports, dance, art and craft, singing and music. We will also encourage participation in social activities in the community such as capacity building sessions, to improve communication and interpersonal skills, sign posting and networking. Due to a lack of awareness and family or friends to rely on, many young people from BME backgrounds struggle with language and culture barriers leading to social isolation and health issues. The project will enable participants to socialise and connect with other young people who may have similar interests, build confidence and keep themselves physically and mentally fit. This in turn will improve their life through positive attitude and discipline.

### Who to contact about this project?

Open Doors, Princes Avenue, , Hull HU5 3QP

 01482 345132  [opendoorshull@live.co.uk](mailto:opendoorshull@live.co.uk)

 [www.opendoors-hull.org.uk](http://www.opendoors-hull.org.uk)  [hullopendoors](https://www.facebook.com/hullopendoors)  [@opendoorshull](https://twitter.com/opendoorshull)

## Advocacy and Support

### Who will this project help?

Around 80 People with mental health issues 26-64 Adults

### What is the project about?

Our project will offer independent advocacy and support for service users who are experiencing mental health issues. In Line with the new care act Advocacy has a big part to play alongside other health services which will benefit the service user so they are able to live a more healthy life style moving forward long term be empowered to make decision that they believe is in their best interest and wellbeing. The project aims are to offer 3 sessions a week incorporating a drop-in advocacy service, one to one advocacy for individuals and to provide independent advocacy for services users.

### Who to contact about this project?

Mental Health Advocacy, Taillar Road, Hedon, Hull HU12 8GU

 01482 228088  [mhadvocacy@mhadvocacy.karoo.co.uk](mailto:mhadvocacy@mhadvocacy.karoo.co.uk)

## AIM – Active, Informed, Motivated

### Who will this project help?

Around 150 Children and young people 13-18 Young People

### What is the project about?

The AIM programme is an informal intervention for children, young people and their families that would like to become healthier and make positive lifestyle changes. Although we hope to target those at risk of becoming overweight we will operate a self referral approach to recruiting participants. The Programme has 3 core focuses; ACTIVE – Physically & Mentally, INFORMED – through education to make good choices about nutrition and diet and MOTIVATED – through recognition, achievement and support maintaining positive lifestyle changes. AIM covers a variety of content designed to inspire and motivate; topics covered will include diet and nutrition, the eatwell plate and family activities.

### Who to contact about this project?

First Step Sports, Springfield Way, Anlaby, Hull HU10 6RJ

 01482 974260  [info@firststep-sports.co.uk](mailto:info@firststep-sports.co.uk)

 [www.firststep-sportsdev.co.uk](http://www.firststep-sportsdev.co.uk)  [First-Step-Sports-85735854092](https://www.facebook.com/First-Step-Sports-85735854092)  [@FS\\_SportsDev](https://twitter.com/FS_SportsDev)

# Caring for Carers

## Who will this project help?

Around 40 65+ Older People

## What is the project about?

This project aims to improve the well-being, the relationships and the lives of carers and the people they care for, and help them move forward with a more positive outlook on life. The project would employ two sessional workers and a team of volunteers to develop activities for carers and those they care for, working with the Memory Café. Activities would include musical stimulation with live and pre-recorded music, arts and crafts, use of the internet to research places to go, and then plan those journeys and activities. The project will complement the excellent work already being done at the Memory Cafés, and together we will enhance the services on offer to these families and aim to bring them together as a community rather than being in geographical pockets.

## Who to contact about this project?

Inspire Communities, Gerge Street, , Hull HU1 3AJ

 01482 219595  [info@inspirecommunities.co.uk](mailto:info@inspirecommunities.co.uk)

 [www.inspirecommunities.co.uk](http://www.inspirecommunities.co.uk)  Inspire Communities / Inspired Café

 @inspirehull @inspiredinhull

## Community Airtrick floor

Who will this project help?

Around 200 Children and young people 5-12 Children

What is the project about?

Having lost the Airco arena facility, we are now limited in the sessions we can put on. We would like to purchase an airtrack which is an inflatable gymnastics floor that can be transported in a car and moved around the city. It will give us the ability to restart our school/community work with the flexibility of being able to deliver freeG (Parkour /freerunning) or fun general gymnastics sessions. This will mean primary schools, for example, with little equipment can have the session delivered to them. The floor can also be used by our current membership to improve their skills in a safe environment particularly freeG groups who tend to be disengaged youths who are not keen on mainstream sports.

Who to contact about this project?

Hull High Fliers, Skidby, Hull HU16 5UF

 07740282862  julietramp@hotmail.com

 [www.hullhighfliers.co.uk](http://www.hullhighfliers.co.uk)  HullHighFliersTrampolineClub  @hullhighfliers

## Cooking up a community

Who will this project help?

Around 120 Children and young people

What is the project about?

'Cooking up a Community' is a cooking on a budget project aimed at combating health inequality by supporting vulnerable families on low income and families in crisis at each of Hull Churches Housing Association's 3 supported housing schemes throughout the city of Hull. Our project takes the food people love to eat and shows how to make it healthier on a budget, so families can make lifestyle changes, and stay well. We aim to provide each participating family with a 'pass it on kit' of basic cooking equipment. Skills learned will include kitchen & personal hygiene, knife safety, budgeting and shopping. Our project has the benefit of being part of a wider support package already in place.

Who to contact about this project?

Hull Churches Housing Association, 31 Beverley Road, Hull HU3 1XH

## Countryside Health Walks 2016

### Who will this project help?

Around 50 Older people 65+ Older People

### What is the project about?

We would like funding to develop our local Countryside Health Walks which will otherwise finish in March 2016 due to a lack of funding. The countryside walks have proved a good incentive to get people to exercise and walk with us, with around 20 – 35 people aged 40 – 86 currently engaging in the project. The Walk will provide a chance for older people across Hull to come together and take part in a countryside walk, giving them the opportunity to walk between 5 miles and 10 miles. The project will also reduce loneliness and social isolation by enabling and supporting older people to make new friends, engage in fun, social activities and enhances physical and mental wellbeing.

### Who to contact about this project?

Older People's Partnership Group, Ice House Road, Hull HU5 3EY

 01482 587550  [coaakshott@goodwintrust.org](mailto:coaakshott@goodwintrust.org)

 Older People's Partnership Hull

## Creative Voice for disabled youngsters

### Who will this project help?

Around 15 People with physical disabilities 13-18 Young People

### What is the project about?

KIDS would like to work with a group of 15 disabled young people, aged 13 – 18, to put on a performance at the Creative Voice event at Hull Truck in October 2016. We plan to have a full week of discussions, ideas, workshops in music and dance leading up to a performance at the event. KIDS has regular youth group sessions throughout the year at Bransholme Community Arts Enterprise where young people with a range of disabilities including autism, ADHD, learning difficulties, cerebral palsy and sensory impairments attend. Because of their disabilities and difficulties the YP we work with are often isolated and unable to take part in mainstream activities. This opportunity to get together in a group will boost their confidence and self esteem and will bring about a sense of achievement.

### Who to contact about this project?

KIDS, Hull HU5 4DJ

 01482 467540  [janice.hopkins@kids.org.uk](mailto:janice.hopkins@kids.org.uk)

 [www.kids.org.uk](http://www.kids.org.uk)  KIDS Hull Fundraising  @KIDSHull

# Diabetes Support for All

## Who will this project help?

Around 50 Adults 26-64 Adults

## What is the project about?

Through our project we aim to promote Diabetes and related health problems awareness, through verbal briefings and by offering free leaflets to the public of Hull at various venues throughout Hull. We aim to offer help and support to people with and at high risk of Diabetes. We also offer to arrange events to places of interest for outings for our group members and families; some of who, for various reasons, may not otherwise have the opportunity to get to the places of interest due to finances or a disability. We would also like to subsidise Christmas meals for group members, some of who may not throughout the year have the opportunity to eat a meal outside of the home with other people.

## Who to contact about this project?

Hull and District Diabetes Support Group, Asenby Walk, Bricknell Avenue, Hull HU5 4SG

 01482 844933  [hull\\_distirct\\_diabetes\\_support@hotmail.co.uk](mailto:hull_distirct_diabetes_support@hotmail.co.uk)

# DIGGDeep

## Who will this project help?

Around 8 People with mental health issues

## What is the project about?

We will work with a group of 8 young people who are experiencing mental health issues to design and create a minecraft video about cyber-bullying, emotional wellbeing and how to stay safe online.

Working with specialists from the University of Hull the young people will identify the problems and will work as part of a team to develop, design, build and film the video. The finished video will be available free of charge via YouTube and will be promoted locally. The aim of the project is to deliver improvements to the mental and emotional wellbeing and resilience of the group; to create a resource available to a wide group of people and raise awareness of preventative techniques to stay safe online.

## Who to contact about this project?

Hull and East Yorkshire Mind, Beverley road, Hull HU3 1XA

 01482 240200  [info@heyhound.org.uk](mailto:info@heyhound.org.uk)

 [www.heyhound.org.uk](http://www.heyhound.org.uk)  Hull and East Yorkshire Mind  @mindhey

## Drink & Friend Awareness Campaign

### Who will this project help?

Around 150 Adults

### What is the project about?

Hull Street Angel Trinity volunteers support vulnerable individuals during Friday and Saturday nights; helping people return home safely. We aim to implement new educational and preventative measures that will help reduce the risk of becoming vulnerable and encourage people to look after their friends. Preventative measures such as flip-flops, water, and basic first aid are simple interventions that have proven to reduce ambulance call outs, but we want to do more by campaigning around the dangers of leaving your friends by asking them to think twice before saying goodbye. Working with the Police, local pubs and clubs, we will create a strong message via posters, social media and local news to raise awareness of responsible drinking and looking after each other.

### Who to contact about this project?

High Street Angels Charity, Scale Lane, , Hull HU1 1LA

 [coordinator@hullstreetangelstrinity.org.uk](mailto:coordinator@hullstreetangelstrinity.org.uk)

 [www.hullstreetangelstrinity.org.uk](http://www.hullstreetangelstrinity.org.uk)  Hull-Street-Angels  @HullSAT

## Get Active A Step In the Right Direction

### Who will this project help?

Around Homeless people 19-25 Young Adults

### What is the project about?

Our scheme called Get Active A Step In the Right Direction will bolt on to existing services. We would like to create a match funded post of a Co-ordinator who will arrange; walking/social activities which are lacking which will help achieve a healthier lifestyle for our clients who are homeless and living in temporary accomodation. The post holder will also coordinate a range of activities and teach a general understanding about health issues providing the apparatus to improve lifestyle. The coordinator will accompany clients to the gym, organise walking circuits, pop up tennis, skateboarding. The post holder will set targets and goals on a personal development plan.

### Who to contact about this project?

Hull Resettlement Project Ltd, Bourne Street, Hull HU2 8AE

 01482 585323  [enquiries@hrpltd.org.uk](mailto:enquiries@hrpltd.org.uk)

 Hull Resettlement Project

## Get Started with Boxing

Who will this project help?

Around 15 Children and young people 19-25 Young Adults

What is the project about?

The Prince's Trust, in partnership with the Tommy Coyle Academy, propose to deliver a Get Started with Boxing programme to 15 young people aged 16-25 from deprived communities in Hull. The participants are likely to have a range of needs including; high precedence of undiagnosed mental health issues, substance misuse, poor healthy living and sexual health knowledge and risky lifestyles. The programme, to be delivered in partnership with renowned Hull boxing star Tommy Coyle, will embed relevant and up-to-date health and wellbeing information, fitness and healthy eating sessions plus sessions around nutrition, substance/alcohol/smoking cessation awareness and sexual health.

Who to contact about this project?

The Prince's Trust, Paragon Street, Hull HU1 3NQ

 01482 211368  [info@princes-trust.org.uk](mailto:info@princes-trust.org.uk)

 [www.princes-trust.org.uk](http://www.princes-trust.org.uk)  [princestrust](https://www.facebook.com/princestrust)  [@PrincesTrust](https://twitter.com/PrincesTrust)

## Healthy Cooking and Gymnastics for All

Who will this project help?

Around 200 Black minority or ethnic groups 26-64 Adults

What is the project about?

The project will be based at our church and will be weekly. It is split into two parts, healthy cooking workshops which will involve the ladies of our community and gymnastics and exercise which will involve also the ladies, children and young people of our community group. We will endeavour to have an instructor to teach people how to cook healthy food which has good benefits for their health. The gymnastics and exercise group will help people to get involved in physical activity. The target group of our project is composed of socially excluded members of the community with low or no income at all.

Who to contact about this project?

Hull International Ministries, St John's Grove, , Hull HU9 3SS

 [John.kitenge@yahoo.com](mailto:John.kitenge@yahoo.com)

## Healthy Options for People

Who will this project help?

Around 100 Other (Please specify)

What is the project about?

We will organise and deliver workshops and sessions where members of our community can access exercise and physical activities that will help them to keep healthy and active. The activities organised are healthy cooking and eating (12wks), sport and physical activities (12 wks) and swimming sessions (12 wks). Healthy eating activities will involve a number of ladies from our community groups to prepare and share recipes with others on how to cook healthily, using traditional ingredients. Sport and physical activities particularly for women and children in a safe environment where they have the opportunity to join a group with the support of an instructor. We are also proposing to have swimming lessons for women and children and we will do this by organising groups that will attend together.

Who to contact about this project?

Hull Arabic Society, 7th Avenue, Hull HU6 8HY

 Daad.armoush@hotmail.com

## Hull Cycle HUB

Who will this project help?

Around Adults 26-64 Adults

What is the project about?

TravelExtra operates the Hull Cycle HUB which provides safe, secure cycle parking for residents commuting to and from work and for those visiting the City at the Paragon Interchange. We would use funding to provide a dedicated member of staff to attract more members to the cycle parking facility as well as increasing the use of the cycle hire scheme. As well as the numerous health benefits that cycling provides this is also cost effective and environmentally friendly. Our new cycle hire facility will improve the health of the community through cycle hire which will help people to be active, by giving people the safe option of using their own cycle and parking this securely to get to and from work and by allowing them to visit the City Centre or to participate in local and national cycling events.

Who to contact about this project?

TravelExtra Ltd, Paragon Interchange, , Hull HU1 3QX

 01482 212832  info@travelextra.org.uk

 www.hullcyclehub.co.uk  Hull Cyclehub

# Hull Harvest Feast-ival Food Growers Network

## Who will this project help?

Around 500 People with low incomes 26-64 Adults

## What is the project about?

The Inaugural Hull Harvest Feast-ival held in the City Centre in October fed over 500 people 2 dishes prepared from excess produce, donated by local growers. For FREE! This project will create a 'Food Growers Network' and build on the connections made between individuals and local gardeners at the Feast-ival with the money going to fund a Growers Network Co-ordinator. We aim to inspire and support more people to grow food, get outdoors, exercise and meet people, share our skills, resources and labour, facilitate food growing skills exchange sessions and cook and share community meals and co-ordinate a spring time Hull Seed Swap and an even bigger and better autumn Harvest Feast-ival.

## Who to contact about this project?

TimeBank Hull and East Riding, Cottingham Road, , Hull HU5 2DH

 [kate@timebankhullandeastriding.co.uk](mailto:kate@timebankhullandeastriding.co.uk)

 [www.timebankhullandeastriding.co.uk](http://www.timebankhullandeastriding.co.uk)  [TimeBankHullandEastRiding](https://www.facebook.com/TimeBankHullandEastRiding)  [@TimeBank\\_HER](https://twitter.com/TimeBank_HER)

# Inclusive & Active Project

## Who will this project help?

Around 100 Children and young people 5-12 Children

## What is the project about?

Part 1 of our project would be using funding to continue our Inclusive Fun Dance Sessions; we work with Flex Dance Inc a local professional dance company and hold the sessions to enable our members who would struggle to participate at a mainstream dance class. Any ability can attend and we welcome our wheelchair users to come along. The teachers show the children and young people simple movements and encourage them to copy and join in with the routine. Part 2 would be a new Inclusive Soft Play project. We would exclusively hire a local soft play centre for the use of our members only which would help to reduce the social isolation many disabled children, their siblings and parents face.

## Who to contact about this project?

Special Stars Foundation, , , Hull HU9 9JW

 01482 236488  [info@heyspecialstars.co.uk](mailto:info@heyspecialstars.co.uk)

 [www.heyspecialstars.co.uk](http://www.heyspecialstars.co.uk)  [HEYspecialstars](https://www.facebook.com/HEYspecialstars)  [@HEYspecialstars](https://twitter.com/HEYspecialstars)

# Inspiring Lives

## Who will this project help?

Around 20 Other (Please specify) 26-64 Adults

## What is the project about?

The project is aimed at those suffering homelessness and extreme poverty; it will allow us to spend additional time on outreach activities, and on a more regular basis with sessional workers and volunteers visiting various soup kitchens and hostels each week to offer support to the group to encourage them to engage in our activities. Working in partnership with the other organisations, we will build a timetable of services and events for the group. We intend to build on our work with the hostels and groups to complement and extend their own services in order to benefit this community.

## Who to contact about this project?

Inspire Communities, George Street, , Hull HU1 3AJ

 01482 219595  [info@inspirecommunities.co.uk](mailto:info@inspirecommunities.co.uk)

 [www.inspirecommunities.co.uk](http://www.inspirecommunities.co.uk)  Inspire Communities / Inspired Café

 @inspirehull / @inspiredinhull

## International Healthy Cooking Workshops

### Who will this project help?

Around 1000 Black minority or ethnic groups 26-64 Adults

### What is the project about?

Our project aims to bring people from different ethnic and social origins together to share traditional healthy cooking recipes and promote integration. We will organise Fortnightly sessions of cooking inviting members of the diverse communities to share their recipes with the communities and general public. All sessions will include cultural displays of music, dance and tradition which also will improve the physical health and mental wellbeing of members. Communities will not only come together to cook collectively, but they will get to know together what are they healthiest options within their menus.

### Who to contact about this project?

Humber All Nations Alliance, Portland Street, Hull HU2 8JX

 01482 491177  [admin@hanaonline.org.uk](mailto:admin@hanaonline.org.uk)

 [www.hanaonline.org.uk](http://www.hanaonline.org.uk)  Humber All Nations Alliance

## Keeping Active and Healthy Our Older Generation

### Who will this project help?

Around 100 26-64 Adults

### What is the project about?

The project we want to organise and deliver is to provide support to the elders of our local Russian speaking community; a large number of elders in the community live a life of isolation with little if any opportunities to engage in social activities or without the possibility of accessing physical exercise to help them keep active and healthy. We are aware that some of these elders are carers and that they have little or no social life at all. Our project aims at providing weekly sessions including physical activity such as stretching, rhythmic gymnastics swimming and exercise and social interaction which will help them to make friends, talk in their own language, and take part in art and crafts, knitting and sewing.

### Who to contact about this project?

Hull Branch of the Russian Community, Portland Street, , Hull HU2 8QX

 [Sorokina379@hotmail.com](mailto:Sorokina379@hotmail.com)

## Latin Dances for Healthy Exercise

Who will this project help?

Around 100

What is the project about?

The project is to organise and deliver sessions of Latin dances which are a form of physical exercise and help people to keep active and healthy. The weekly workshops will be three hours long with a break so that there is an opportunity for all people who want to be involved. The sessions will start with stretching exercises, warming up and instruction in the traditional sense as to introduce to these dances all those who have the opportunity to join for the first time. We will also ensure that everyone takes the pace of learning that best suits their own conditions and age, as the workshops will be open to people of all ages. The only requirement is to have plenty of enthusiasm to join in and be part of the group!

Who to contact about this project?

Mexican Folklore Association of  
Latin American Communities, Sidmouth Street, Hull HU5 2LB

## Let's get up and go!

Who will this project help?

Around 1620 Older people 65+ Older People

What is the project about?

The Age UK Hull Falls Prevention Team covers the whole of Hull, our role is to visit people in their homes to carry out risk and holistic assessments. We wish to develop a programme where older people can carry out a chair based exercise course which will run for 6 weeks. We would aim to run courses across all areas in Hull and cover each area of the city. Older people can be referred into the course by their GP, Consultant or any other care provider. As well as holding these sessions, our Falls Co-ordinators would also work with older people who are house bound and therefore unable to attend a course. For this group of people, a weekly visit will be arranged.

Who to contact about this project?

Age UK Hull, Porter Street, , Hull HU1 2RH

 01482 324644  Pam.davies@ageukhull.org.uk

 [www.ageuk.org.uk/ageukhull](http://www.ageuk.org.uk/ageukhull)  Age UK Hull  @Ageukhull

## Making Breast Screening and Awareness More Accessible

### Who will this project help?

Around 15000 Other (Please specify) 26-64 Adults

### What is the project about?

My aim is to improve knowledge and understanding about the breast screening service and breast awareness in Hull. I'd like to produce a video and easy-read booklet which clearly show what the mammography process is like. Crucially, this will show the exact rooms, machines and staff that ladies will encounter at our clinics. I hope that these materials will go some way towards reducing anxiety about not knowing what to expect from the mammogram procedure. I would also like to be able to organise community-based breast awareness events (possibly in conjunction with local breast cancer charities) aimed at providing easy-to-understand information that will stick in peoples' minds.

### Who to contact about this project?

Humberside Breast Screening Service, Castle Road, Cottingham, Hull HU16 5JQ

 01482 622300  [breast.screening@hey.nhs.uk](mailto:breast.screening@hey.nhs.uk)

 [www.hey.nhs.uk/hbss](http://www.hey.nhs.uk/hbss)  [@breastscreening](https://twitter.com/breastscreening)

## Movement to Music - City Wide

### Who will this project help?

Around 100 Older people 65+ Older People

### What is the project about?

I propose to run a 24 week programme consisting of weekly Movement to Music sessions in four locations across the city. I will focus on physical and mental well-being, improving mobility, muscle strength, flexibility, posture, well-being and memory. Working with four groups across the city will allow me to focus on one to one and sensory work with the clients that need it; I'll also be able to support those who have dementia, terminal illness, disabilities and mental health issues, and those that find it hard to integrate due to needing one to one support. The sessions will be made up of sixty minutes of Movement to Music and one hour for social time with a focus on social inclusion.

### Who to contact about this project?

Movement to Music – Ferens & Pickering, Glebe Road, Wawne, Hull HU7 5XR

 [movement2music@yahoo.com](mailto:movement2music@yahoo.com)

## New Horizons

### Who will this project help?

Around 50 Older people 65+ Older People

### What is the project about?

We are an established group for over 50s that run monthly meetings where we participate in a variety of activities such as getting to know each other through birthday celebrations, anniversaries, parties, quizzes, visiting speakers, social get-togethers, outings, garden parties or similar events. Our members come from across the city and our group aims to help them overcome social isolation and improve physical and mental wellbeing through a variety of both physically and intellectually-challenging activities. We would like to plan activities that will give people the opportunity to socially interact with others, to go out on day trips, to have mental and physical stimulation to aid wellbeing. There is no membership fee and we would like to provide activities that will be available for all regardless of their financial situation as we feel the cost of activities is often a barrier to accessing groups.

### Who to contact about this project?

Jubilee Church Hull, King Edward Street, Hull HU1 3SQ

 01482 328196  [admin@notdull.org](mailto:admin@notdull.org)

 [www.notdull.org](http://www.notdull.org)  Jubilee Church

## Parent to Parent Befriending Service

### Who will this project help?

Around 30 Adults 26-64 Adults

### What is the project about?

KIDS Hull Parent to Parent befriending service comprises of a network of trained volunteers who help make positive adjustments to the news that their child is disabled. Offering 1-1 emotional support, all KIDS parent befrienders are parents whose children have a range of impairments and/or Special Educational Needs and so are uniquely placed to offer support. Our service is unique to the city offering support at a local level and offers vital support to some of the most vulnerable parents living in Hull, helping them to combat the immense challenges faced. There is a need to expand and so we aim to provide more training and enlist additional befrienders with experience in a wide range of disabilities.

### Who to contact about this project?

KIDS Yorkshire & The Humber, Chanterlands Avenue, Hull HU5 4DJ

 01482 467540  [enquiries.yorkshire@kids.org.uk](mailto:enquiries.yorkshire@kids.org.uk)

 [www.kids.org.uk/yorkshire-the-humber](http://www.kids.org.uk/yorkshire-the-humber)  [kidshullfundraising](#)  [@KIDSHull](#)

## PBC Diagnostic Outreach Pilot

### Who will this project help?

Around 160 People with a long term health problem 65+ Older People

### What is the project about?

PBC is an autoimmune condition which affects the liver. 90% of those affected by PBC being women, and it accounts for almost 10% of liver transplants in the UK. It is still enormously under-diagnosed. The PBC Foundation is looking to educate GPs in and around Hull about PBC, symptomology, diagnostic and prescriptive tools in order, ultimately, to save lives. This project would fund a one-day educational event in Hull where GPs would have the opportunity to hear from the PBC Foundation, hear from a specialist hepatologist and have an opportunity to ask questions pertinent to them and their patients.

### Who to contact about this project?

The PBC Foundation, York Place, , Hull EH1 3EP

 01315 566811  [info@pbcfoundation.org.uk](mailto:info@pbcfoundation.org.uk)

 [www.pbcfoundation.org.uk](http://www.pbcfoundation.org.uk)  [pbcfoundation](https://www.facebook.com/pbcfoundation)  [@pbcfoundation](https://twitter.com/pbcfoundation)

## RECALL MONDAY'S

### Who will this project help?

Around 40 Older people 65+ Older People

### What is the project about?

BricWorks is an inclusive community hub in the heart of the city centre. The project will be based from BricWorks and deliver RECALL MONDAYS. A project specifically for older people which will be structured in three parts; social, friendship and community building activity, be active with a blast from the past. Using creative activities based on music, film and dance and healthy eating and rehydration. Each individual will receive refreshments at break between activities and a healthy nutritional dinner. Recall Monday's will reduce isolation, develop friendships, provide a safe place, act as early prevention to deterioration to self-care and health, keep people mobile and active, ensure participants have the opportunity to eat and drink a balanced meal and have fun.

### Who to contact about this project?

DISC, Horndale Avenue, Newton Aycliffe, Hull

 01325 731160  [partnerships@disc-vol.org.uk](mailto:partnerships@disc-vol.org.uk)

 [www.disc-vol.org.uk](http://www.disc-vol.org.uk)  [discservices](https://www.facebook.com/discservices)  [@DISC\\_Services](https://twitter.com/DISC_Services)

## Safer Women & Girls

Who will this project help?

Around 22 Adults 26-64 Adults

What is the project about?

TogetherWomen working with vulnerable women and girls who live in Hull and the East Riding. We work with women and girls who are vulnerable and often have a variety of complex needs. The purpose of this project is to ensure that women and girls in Hull, have the chance to stay safe by being able to provide short term emergency accommodation for those women who cannot access hostels, being able to offer a bond for a tenancy to secure longer term accommodation and keep the women from rough sleeping/hostels and by being able to provide an inexpensive mobile phone for women and girls at risk of domestic violence who are not accessing services and support from the Hull Domestic Abuse Partnership to be able to ring for help if needed.

Who to contact about this project?

TogetherWomen Project, George Street, Hull HU1 3AA

 01482 218125  [jillg@togetherwomen.org](mailto:jillg@togetherwomen.org)

 [www.togetherwomen.org](http://www.togetherwomen.org)

## Short Films Project

Who will this project help?

Around 20 Children and young people 13-18 Young People

What is the project about?

Following on from a successful short film project during our Summer School, many of the young people involved in Freedom Road Creative Arts (FRCA) have expressed a desire to explore film-making and create video shorts exploring the independence and creativity in their own lives. We would like to run a 3 month project whereby we would make a series of 5 short films each profiling the active and creative lives of a young person within the charity. The young people would not only be learning about cameras, editing, colouring and film making, but also about each other. Exploring the difficulties they face and finding out how each other stay active, and become a valuable members of their city.

Who to contact about this project?

Freedom Road Creative Arts, Alfred Gelder Street, Hull HU1 2AN

 [info@freedomroadcreativearts.com](mailto:info@freedomroadcreativearts.com)

 [www.freedomroadcreativearts.com](http://www.freedomroadcreativearts.com)  Freedom Road Creative Arts  @FRCArts

## Speak Easy

### Who will this project help?

Around 60 Children and young people 13-18 Young People

### What is the project about?

Our project focuses on helping young people to learn the skills and techniques to be confident public speakers. Failure to achieve in life has huge ramifications on people's health. Whether this is at work, in education, achieving good friendship groups, good relations with family members or in sport, pastimes or hobbies. Speak-Easy courses will be rolling workshops aimed at young people between 16-25yrs from all areas in the city. Each course will cater for 10 young people to allow for intensive support and mentoring. The workshops will involve physical activity key to getting young people motivated and energised and teach the importance of being active – even when speaking.

### Who to contact about this project?

Catch 22, Saner Street, Hull HU5 4AD

 01482 606508  [Ellie.tuffin@catch-22.org.uk](mailto:Ellie.tuffin@catch-22.org.uk)

 [www.catch-22.org.uk](http://www.catch-22.org.uk)  [@Catch22charity](https://twitter.com/Catch22charity)

## SportsHealth@CASE

### Who will this project help?

Around 65 People with learning disability 26-64 Adults

### What is the project about?

For many years CASE has provided support for trainees with a wide range of health and lifestyle issues. Research and our own experience indicates that people with learning disabilities have poorer health and shorter life expectancies as they are less likely to engage with health services. The project will fund CASE to plan, organise and deliver sports and sports related activities which trainees will be able to access as part of their activity programme. This will include football, gym sessions, swimming and athletics. These will all be planned and organised with the active participation of trainees and will be adapted to meet both their physical and mental abilities. We will also include healthy lifestyles sessions and aim to produce a Health and Sports related Edition of the Easy Reader magazine.

### Who to contact about this project?

CASE Training, Charles Street, , Hull HU2 8DQ

 01482 320200  [info@case4life.org](mailto:info@case4life.org)

 [www.casetraininghull.co.uk](http://www.casetraininghull.co.uk)  [casetraining](https://www.facebook.com/casetraining)  [@casetraining](https://twitter.com/casetraining)

## Taking Care With Food

Who will this project help?

Around 45 Homeless people 26-64 Adults

What is the project about?

Working with William Booth Hostel and the new Emmaus facility on Lockwood Street we will work with service users to design and construct raised beds and poly tunnels for the growing of fruit and vegetables. Once constructed we will work with the participants to plant and grow produce over the growing season, providing education and training about food. At the end of the season the client group will be able to take the produce back to their shelters for their use. The activities will provide positive day time activity for the participants that are both physically and mentally beneficial. The farm will also be able to interpret the impact on the environment of food, farming and distribution. The learning opportunities will be structured to support improving health and wellbeing.

Who to contact about this project?

Rooted in Hull Ltd, Chester Avenue, Beverley, Hull HU17 8UQ

 [rootedinhull.org.uk](mailto:rootedinhull.org.uk)

 [www.rootedinhull.org.uk](http://www.rootedinhull.org.uk)  [@rootedinhull](https://twitter.com/rootedinhull)

## Teeth Team

Who will this project help?

Around 8000 Children and young people 5-12 Children

What is the project about?

Teeth Team Ltd is registered with HMRC as a charitable company. We provide toothbrushes, toothpaste and storage units for children to brush their teeth at school every day. The toothbrushes and toothpaste are replaced each academic term. The programme aims to reduce the inequalities in child dental health by providing prevention, equal access and early intervention. By working closely with schools we are able to break down many of the barriers to accessing dental care by building relationships with parents and carers. Providing dental health education sessions raises the awareness of the importance of good oral health and improves knowledge.

Who to contact about this project?

Teeth Team Ltd, Anlaby Road, , Hull HU3 6HP

 01482 565488  [Ingrid@teethteam.co.uk#mailto:Ingrid@teethteam.co.uk#](mailto:Ingrid@teethteam.co.uk#mailto:Ingrid@teethteam.co.uk)



# Healthier Hull Community Fund

## Application Guidance

[www.hullccg.nhs.uk](http://www.hullccg.nhs.uk)

 HealthierHullCommunityFund

 @NHSHullCCG

#HealthierHull



# Introduction

At NHS Hull Clinical Commissioning Group (CCG) we believe in communities. We believe the people in our communities know the problems within their local area and how these problems have taken hold. We believe that communities not only have the solutions but, have the skills motivation and drive to make those solutions a reality and turn people's lives around; often the only thing holding them back is lack of funding.

In 2013 we asked community groups in the city how they would help us realise our vision of "Creating a Healthier Hull" for £5000 or less; we received more than a hundred applications asking for NHS funding from £500 to £5000. Communities can make a little go a long way. There was no shortage of ideas or ambition, projects submitted all aimed to improve the health and wellbeing of the community but also; tackle social isolation, improve confidence in young people through sport, get people back into employment, and support those on the edges of society.

We asked local people, from the areas where the solutions came, to vote for the projects that, in their own opinion, would make the most difference; making the commitment that we would fund a project if the people thought it would benefit the health of their community.

Last time we invested £360,000 into community projects, which we estimate supported over 20,000 people; per head that is less than the cost of a GP appointment each. The impact the money has made to people and their communities is impossible to fully quantify, we continue to hear inspiring personal stories of how the smallest acts have made the biggest impact to the lives of those most in need.

NHS Hull CCG is again launching the Healthier Hull Community Fund with the aim of supporting people and projects that are working successfully in their local area to bring about positive change. This guidance will help you with the application process.

We believe in communities  
with their help  
we can create a healthier Hull

# Before you start

You may want to gather some key information so that you have it to hand. We will be asking you:

- For group / organisation details and main contact details
- When your group or organisation started
- If you are a charity, your registered charity number
- If your group or organisation has received any funding in the last year, how much, where from.
- A description of your project
- How much money you are applying for, this can be any amount up to £5000
- How you are planning to spend the money

Before completing each section of the application form please read the related section in this guidance.

Please complete the form using a computer, and email the completed form to

[HULLCCG.contactus@nhs.net](mailto:HULLCCG.contactus@nhs.net)

Please use the project name when saving the completed form. If you are unable to complete the form using a computer please ring [01482 344700](tel:01482344700) and talk to the engagement team.

**The closing date for applications is Friday 6th November 2015**

It is important to give your project a name; this is the name that will be used to refer to your project throughout the application process

## Need some help?

The application process is designed to be simple, if you have any questions please read the “frequently asked questions” section; or you can:

✉ [HULLCCG.contactus@nhs.net](mailto:HULLCCG.contactus@nhs.net)

☎ [01482 344700](tel:01482344700)

We are holding two “Help with your grant application” sessions on:

9:30am on 29th September 2015. [Click here](#) to book your place.

1:00pm on 21st October 2015. [Click here](#) to book your place.

Both sessions will be held in:

[NHS Hull CCG Board room, 2nd Floor, Wilberforce Court, Alfred Gelder Street, Hull. HU1 1UY](#)

These sessions are for anyone who would like some help completing the application. To book your place please email [HULLCCG.contactus@nhs.net](mailto:HULLCCG.contactus@nhs.net) or ring [01482 344700](tel:01482344700) and ask for the engagement team.

## Section 1

# About your group or organisation

We need to know the name of the nominated contact for your group and the best way to contact them; they should be able to answer questions about your application. If your main contact number is a mobile phone, please provide an alternative home or work telephone number.

If you have additional communications needs, please let us know and we will try and help.

If your group has a twitter or facebook page, please let us know so that we can connect with you.

If you are forming a group to run the project you are applying for money for; please contact one of Hull's voluntary support organisations to make sure you have thought through all the details, and that everyone is aware of their responsibilities.

Hull CVS	01482 324474	<a href="http://www.hullcvs.co.uk">www.hullcvs.co.uk</a>	75 Beverley Road, Hull. HU3 1XL
North Bank Forum	01482 499030	<a href="http://www.northbankforum.org.uk">www.northbankforum.org.uk</a>	Goodwin Community College, 63-71 Anlaby Rd, Hull HU3 2LL

If your group or organisation has received any funding in the last year (Sept 2014 – Aug 2015), please let us know. Groups that have not received funding may be given priority if there are a high number of applications.

## Section 2

# About your project

The Healthier Hull Community Fund is for projects that will:

- **Improve the health of their community**  
This could be anything that will help people lead healthier lives or improve people's physical or mental health. Some examples of this are; a healthy eating club, a group to help each other lose weight, a group that grows their own fruit and vegetables, a backgammon group to improve people's maths and mental skills.
- **Get people active**  
This is any form of healthy activity, some examples of this are; a walking group, a gardening group, a group that helps people do any type of sports or exercise.
- **Improve ways to help people look after their own health/self-care**
- This could be anything to help people look after their own health or help them manage a condition they have. Examples of this include; a support group for a particular health condition, a first aid course, a leaflet or another type of information to help people cope with a particular health condition, a social group to reduce loneliness; this is also called social isolation.

Your project might fit into more than one of the categories above.

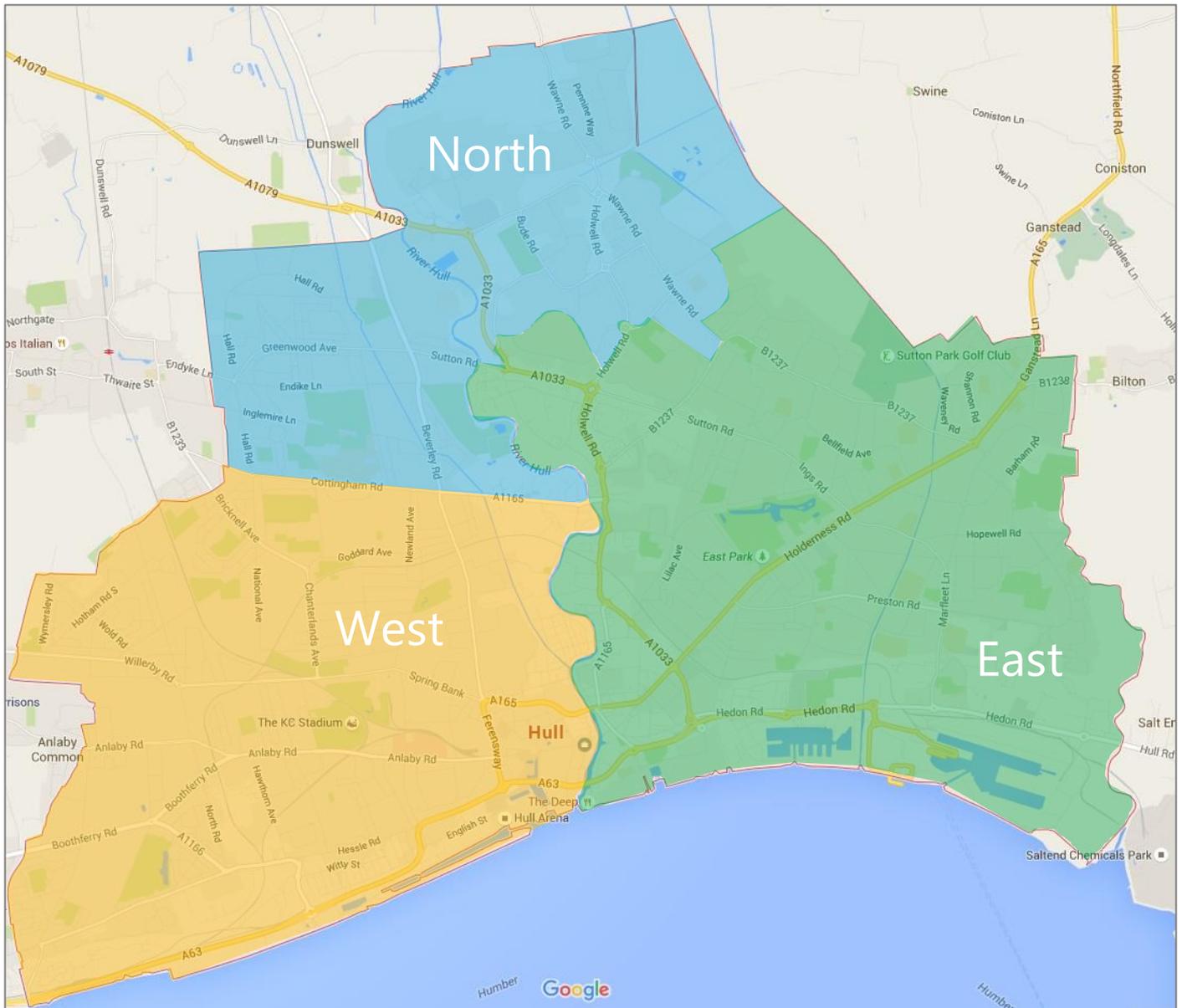
If you have an idea for a project, but are not sure how it might fit into one of the above categories please ring [01482 344700](tel:01482344700) and ask for the engagement team, to talk about your idea.

### Question 21 and 22

Successful projects will receive their funding in April 2016; the project should be completed by the end of April 2017. Ideally your project should run between these two dates, you will be expected to give a project report that covers this period.

### Question 23

Please select the area where your project will run; using the map on the next page to identify the area. If your project will run in more than one area please select the appropriate localities. The maximum amount of funding that can be applied for £5000, even if your project will run in more than one locality.



## Who Will Benefit

This section is to understand what groups of people your project is aimed at, and who will benefit from your project. The information given in this section will be used to help evaluate your project.

### Question 24

If this is a new project think about how many people might benefit from it, this will mainly be the people who take part; this is just an estimate.

If the group you are planning has a fixed number of places and will run for a set amount of time, assume that each session will be full.

If your organisation has been running for a while and the grant is to build on work you are already doing, please put the number of people your group or organisation reached in the last year. This does not have to be exact, an approximate number is OK.

If you are unsure how many people will benefit, please ring [01482 344700](tel:01482344700) and ask for the engagement team to talk about your project.

#### Questions 25 and 27

Your project will probably benefit lots of different groups of people, please tick all the groups that you think it will benefit.

#### Questions 26 and 28

Although your project may be open to all types of people, there will be a specific group that you are targeting your project at, it is important to try and select one group and age group that will benefit from your project as this will be used for evaluation. If you are finding it difficult to select one group please ring please ring [01482 344700](tel:01482344700) for help.

## Section 3

# Your project

Please tell us as much as you can about your project. Please try and fit your answers in the boxes provided, if you need more space please use a separate word document, clearly label each question.

### Questions 1

Project name, this question is on the front of the application form. Please make sure you give your project a name, this will be used to refer to your project throughout the application process.

### Questions 29

This is where you describe what your project will do. If your application is successful the information in this question will be used in the project directory, and on NHS Hull CCG's website to promote the projects we are funding. If there are a large number of applications there will be a virtual voting round, the information in question 29 will be used to describe your project.

### Questions 30

This is where you describe the benefit you hope your project will achieve. This information will be used to help evaluate your project.

### Questions 31

This is where you describe how you will know you project has benefited the people it is aimed at.

It can be difficult to measure some benefits or the success of your project, this does not have to be complicated, there are some ideas below:

- If you are thinking of starting a walking group, you might want to measure the distance you cover or use a pedometer to count the number of steps
- If you are running a healthy eating club, you might ask people to keep a food diary before they take part and then ask them to do the same after a fixed amount of time. This will show how people have changed what they eat
- If you are planning a gardening group you might want to take photographs as the garden(s) develop, or weigh the fruit and vegetables you grow
- If you are running a social group to overcome social isolation or agoraphobia; you might want to get one of the people who have taken part to write down what their life used to be like before the group, and what difference the group has made
- If you are running a sports group you might want to record times, or note people's personal bests.
- If you are planning to work with people with learning disabilities, you could ask them to draw, smiley or sad faces, to show how the project makes them feel each time they come

You can use as many measurements as you like, but we ask you to measure at least one thing to show that your project is working. You will be expected to collect demographic information about the people taking part or benefiting from your project, you don't need to put this in your answer.

If you are finding it difficult to work out a way to measure the benefit or success of your project please ring [01482 344700](tel:01482344700) to talk to the engagement team about it.

## Project Budget

A group or organisation can submit as many applications as they like as long as:

- They are different projects
- The total amount of money applied for each project is not more than £5000

The maximum amount that can be applied for each project is £5000 even if a project is planned to run in more than one locality or citywide.

A group or organisation can apply for any amount of money up to £5000 per project.

Please use the budget planner in question 33 to make sure you haven't forgotten any possible costs, we want projects to succeed, but will not be able to allocate any further money once the project begins.

# What happens next?

If there are any problems with your application, or if there is anything that we are unsure of or worried about, we will contact the applicants and ask them to make some changes to the application. The aim is to make sure that applications have the best chance of success.

The application will be considered by a small panel, made up of GPs and members of the Clinical Commissioning Group to check the applications for clinical, legal or delivery issues; and that they relate to the goals of the project fund. This is not a pre-selection process.

If there are more applications than there is money available, a virtual voting round will be undertaken prior to the live public votes, members of NHS Hull CCG's people's panel will be asked to select their favourite projects, the projects with the most votes will go through to the live public voting events. Applicants will be notified if this stage is required. Details about the people's panel can be found on NHS Hull CCG's website:

The community where the project will run will decide which projects get funding at 3 voting events across the city, this will be held at the end of January and beginning of February 2016. Applicants will be notified by the end of November if they are going to the public vote.

There will be support sessions for those who would like help with their presentation at the public voting events, the sessions will be in December 2015 and January 2016, more details of these sessions will be sent to all applicants.

NHS Hull Clinical Commissioning Group reserves the right to refuse any application that goes against the organisation's equality policy or may damage the organisations reputation.

If your application is successful, a [Next Steps](#) session will be held in early March 2016, at this session we will talk how your projects will receive funding, how your project will be evaluated, how and when you will send your project report.

## Questions?

If you have any questions, don't understand any part of the application process, or just want to talk to someone about your ideas, we are here to help; please get in touch by:

✉ [HULLCCG.contactus@nhs.net](mailto:HULLCCG.contactus@nhs.net)

☎ 01482 344869