



Cardiff

Communities First

Annual Review
2015-2016



Cymunedau yn gyntaf ddwyrain
Caerdydd, Llanedeyrn a Pentwyn
East Cardiff, Llanedeyrn and
Pentwyn Communities First



communities first *cymunedau yn gyntaf*



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1. Introduction

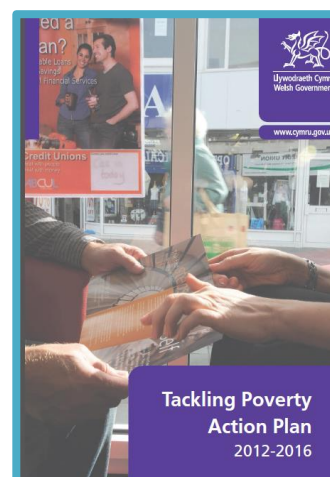
This report provides an overview in relation to performance of the Cardiff Communities First Programme in 2015- 2016. There is a review of progress made by each Cluster in Cardiff, along with a summary of the outcomes delivered by the Programme in Cardiff since 2013.

1.1 What is Communities First?

Communities First is a community-focused programme that supports the Welsh Government’s Tackling Poverty Agenda. It supports the most disadvantaged people in our most deprived areas with the aim of contributing to alleviating persistent poverty.

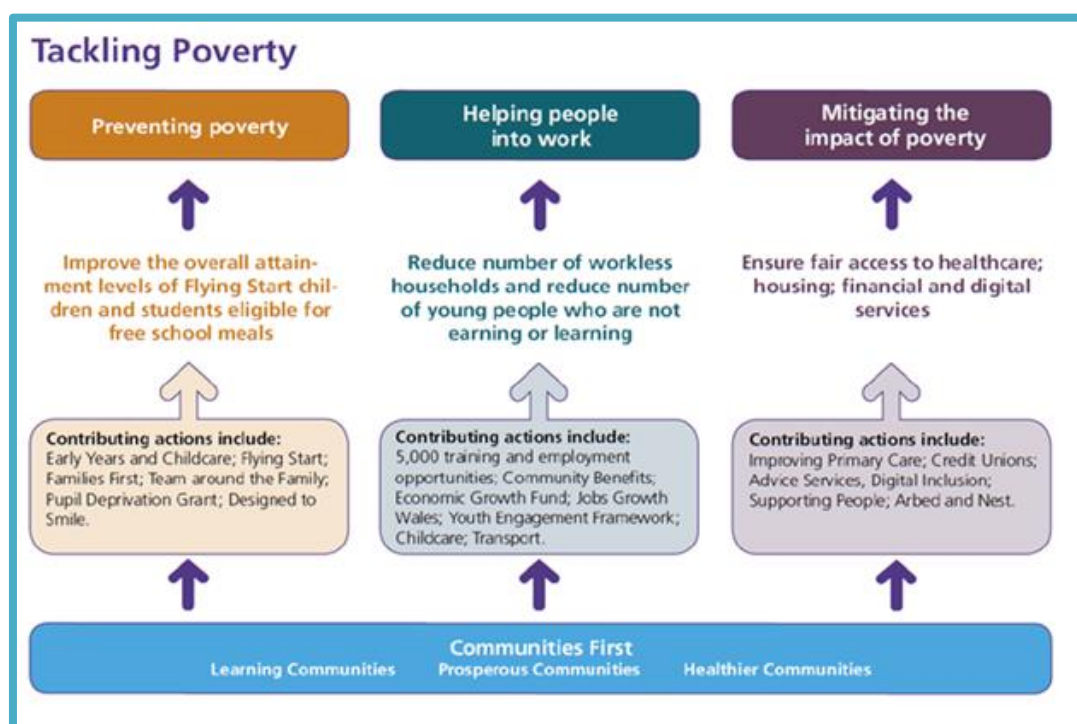
Communities First Delivery Teams, funded by the Welsh Government, work with residents, community organisations, business and other key agencies in areas called ‘Clusters’ and focus on actions leading to the long-term sustainability and wellbeing of communities.

Involving local people in all aspects of this work is an essential feature of the programme and Communities First aims to contribute, alongside other programmes, to narrowing the Education, Skills, Economic and Health Gaps between our most deprived and more affluent areas.



The Welsh Government Tackling Poverty Action Plan sets out what needs to happen to build resilient communities and to help prevent and reduce poverty in Wales. It highlights the need, right across Government, for resources to be used differently to help those most in need.

Figure 1 - Welsh Government’s Tackling Poverty Programme



1.2 How does Communities First Work?

There is clear distinction between Communities First and other Welsh government programmes. The programme recognises that 'one size does not fit all' and so has an area based model. An area is called a Communities First 'Cluster' and there are 52 Clusters across Wales.

On average, a Cluster covers a population of 10-15,000 people. Each Cluster is focused around areas which are among the 10% most deprived in Wales according to the Welsh Index of Multiple Deprivation (WIMD) 2011.

The programme provides funding for Lead Delivery Bodies (LDBs) within local authorities who have the responsibility for ensuring that the programme is well managed, that funding is used to deliver the agreed national outcomes and that communities are fully involved.

Each Communities First Cluster has a Delivery Team of staff funded by the Welsh Government. The Delivery Team is led by a Cluster Manager who works with partner agencies and the local community to deliver a range of local projects and activities. The Welsh Government also provides funding for these activities including a community involvement budget to ensure that local people are fully informed and involved in the programme.

Each Cluster also has a Delivery Plan to set out its Plan of Work and how it will contribute to delivering the Welsh Government's three Strategic Outcomes which are Prosperous Communities; Learning Communities; and Healthier Communities.



1.3 Communities First Themes and Priorities

As part of the delivery of Communities First, each Cluster is required to undertake activities which support the delivery of outcomes in each of the three national themes. Each Cluster has flexibility over the projects delivered in response to addressing different local needs.

The **Prosperity** theme overall consists of six priorities:

- Helping people to develop employment skills and find work (ages 25+)
- Reducing youth unemployment and disengagement (ages 16-24)
- Promoting digital inclusion
- Financial inclusion - improving financial capability, managing debt and raising income
- Supporting enterprise, time banking and building social capital
- Reducing the risk of youth offending

The **Learning** theme overall consists of five priorities:

- Supporting young people to do well at school
- Supporting Families to be engaged in their children's education
- Lifelong learning in communities
- Improving adult basic skills

The **Healthier** theme overall consisted of six priorities:

- Supporting a Flying Start in the early years (Ages 0-7)
- Promoting physical wellbeing (ages 7 and above)
- Promoting mental well being
- Encouraging healthy eating
- Reducing risks
- Supporting people (with additional needs) to Live in the community

Community Involvement

Community Involvement is also an essential feature of the Communities First Programme and each Cluster has flexibility, through their Community Involvement Plan (CIP), to develop the structures that suit the area to ensure involvement is achieved.



The Community Involvement Plan (CIP) shows how local people and community organisations will be central in the planning, development and delivery of Communities First work with other key partners and how they will work with them to support all aspects of the programme.

2. Communities First in Cardiff 2013/16

2.1 Programme Overview

There are 4 Communities First Clusters across Cardiff which between them includes all of the Lower Super Output Areas (LSOAs) which are eligible for inclusion in the programme. These Clusters are made up of Lower Super Output Areas (LSOAs) which are the most deprived 10% in Wales according to the Welsh Index of Multiple Deprivation (WIMD) 2011.

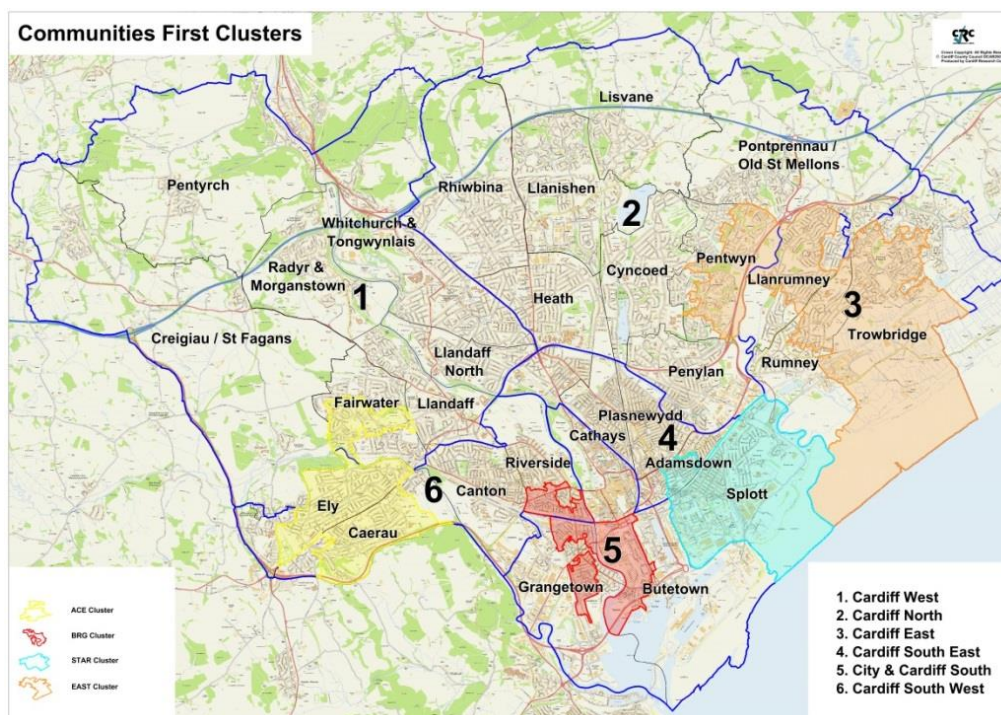
Most Clusters across Wales cover areas with populations of 10,000 to 15,000 people though some are slightly smaller and a few are larger. The Cluster populations for Cardiff are much larger in size ranging from 20,300 in the Butetown, Riverside and Grangetown (BRG) to 30,700 in Cardiff East, Llanederyn and Pentwyn (ECLP) Cluster, which is the largest Communities First Cluster in Wales.

Table 1 - Cardiff Clusters

Cluster Name	Population	No. of LSOA's
Cardiff West – delivered by Action for Caerau and Ely (Caerau, Ely and Fairwater)	25,300	16
BRG – delivered by South Riverside Community Development Centre (Butetown, Riverside, Grangetown)	20,300	12
Cardiff East (ECLP) – delivered by C3SC (Llanrumney, Pentwyn, Rumney and Trowbridge)	30,700	19
STAR – delivered by Cardiff Community Housing Association (Adamsdown, Plasnewydd and Splott)	25,300	14
Total	101,500	61

*Source: LSOA Mid-Year Population Estimates 2011, ONS

Figure 2 - Communities First Clusters in Cardiff



2.2 Programme Arrangements

Following the transition between the previous and the new Communities First Programmes in 2011, a new emphasis was placed by Welsh Government on fewer and larger Communities First Clusters across Wales to develop a greater strategic approach to tackling poverty.

In order to help develop a more sustainable programme which was not reliant on grant funding, the City of Cardiff Council made the decision that the four Cardiff Clusters would be run by third sector organisations, with the Council supporting the Programme through its Lead Delivery Body

(LDB) role (in the previous programme, activity had been delivered by a mix of Council and third sector employees). The City of Cardiff Council subsequently entered into a partnership arrangement with each of the four third sector organisations, all of whom had previously been involved in the Communities First programme.

As the LDB, the Council works with the third sector host organisations to ensure effective operational delivery of the new programme and to establish sustainable long term arrangements to support community development, irrespective of grant availability from Welsh Government. The LDB is responsible for ensuring that the programme is well managed, that funding is used to deliver agreed outcomes and that communities are fully involved.

The LDB also has overall responsibility for the governance and management of the CF programme in the designated areas and is accountable to Welsh Government (WG), including reporting against agreed outcomes that are detailed within Delivery Plans.

The partnership arrangement established within Cardiff enables the city's four Cluster teams to ensure their Communities First programme delivery is fully integrated with Cardiff Partnership's 'What Matters' Single Integrated Plan and its associated work streams, the city's multi-agency Neighbourhood Partnership Programme, Families First, Flying Start, Integrated Family Support Teams (IFSTs) and core service delivery. All Clusters are represented on the Neighbourhood Partnership groups and have strong links at both a strategic and local level. Cluster Managers and members of the Policy, Partnerships and Community Engagement team meet regularly on both a formal and informal basis to review project and financial performance.

 <p>Cardiff West - Managed by Action for Caerau and Ely c/o Ely & Caerau Community Hub, Cowbridge Road West, Ely, Cardiff, CF5 5BQ General Enquires Telephone 029 2000 3132</p> <p>Email: info@elycaerau.com www.aceplace.org/#!communities-first/c8hd</p>	 <p>BRG – Managed by South Riverside Community Development Centre Brunel St, Cardiff, CF11 6ES General Enquiries Telephone: (029) 20250 549 Email: allanherbert@srcdc.org.uk www.brgcardiff.com</p>
 <p>Cardiff East – Managed by C3SC General Enquiries, Telephone: (029) 2079 2004 / (029) 2073 4607 Email: eclp@c3sc.org.uk www.eclp.org.uk</p>	 <p>STAR – Managed by Cardiff Community Housing Association General Enquiries Telephone: (029) 2046 8488 Email: starcf@ccha.org.uk</p>

2.3 Performance Monitoring

The WG Communities First Outcomes Framework is based on Results Based Accountability (RBA), which is an outcomes focused performance management system to improve service outcomes for service users and their community. This is a model which is now being used widely, including within WG and by many other organisations in Wales.

The model has been adapted for use by the CF programme, in particular by emphasising the role of community involvement. RBA provides a framework for identifying the difference made to people as a result of services and projects delivered. Performance monitoring of each of the projects delivered is based around three key questions:

- How much did we do?
- How well did we do it?
- Is anyone better off as a result?

It is through the measurement and monitoring of these questions that each Communities First Cluster can show its contribution to tackling poverty. RBA uses a data-driven, decision-making process to help Communities First and its partnership organisations get beyond talking about problems to taking action to solve problems.

How Much?	Q1	Q2	Q3	Q4	Comulative	Residual Target	How Well?	Q1	Q2	Q3	Q4	Residual Target
Number of participants	81	104	108	104	397	386	% of participants from the target customer group	100%	100%	100%	100%	100%
Number of sessions	10	10	10	10	40	39	% of participants rating the project as very good or excellent	100%	100%	100%	100%	100%
Number of volunteer hours	10	10	10	10	40	39	% of sessions run to expectation	100%	100%	100%	100%	100%

Category	Total	Out of Area	Overall Total
Participants	397	386	397
Partners	10	10	10
Total	407	396	407

Example Report Card

Cardiff Communities First Clusters have each devised their Delivery Plans based on their community needs. Each project is situated in the relevant theme and priority and each initiative devised will have a specific project plan and report card that also monitors activity at a ward level. Targeting a particular customer group, each Cluster is monitored on how many people are meaningfully engaged and have made progress:

How much did we do?	How well did we do it?
<p>(NUMBER)</p> <p>Number of Participant Number of sessions No of volunteer hours</p>	<p>(PERCENTAGE)</p> <p>% of participant from the target group audience % of participants rate the project very/good or excellent % of sessions run to expectation</p>
Is anyone better off as a result?	
<p>(Number & percentage)</p> <p>Selected from the Wales wide Communities First outcome framework</p>	

3. Supporting the Programme

'Programme bending' enables the alignment of resources, including funding and staff, to help support the delivery of key priorities. As part of the new Communities First Programme, there are a number of other initiatives which work closely with Communities First Clusters to deliver the national prosperous, learning and healthier communities' outcomes. In Cardiff, the Shared Outcomes projects include:

- **Citizens Advice Bureau (CAB)** – Cardiff and Vale’s CAB Engagement and Managing Your Money (Group) Services provide an independent source of financial capability training to vulnerable people living in Clusters in Cardiff. The project aims to mitigate the impacts of poverty by increasing access to financial capability services at a range of outreach venues in deprived communities.



- **Pupil Deprivation Grant (PDG)** - Communities First worked with schools in the CF area to address the shared outcomes of tackling poverty and its impact on young people’s educational achievement.

- **LIFT** – The project is targeting intensive support for those households where no one has worked for a minimum of six months. It is being delivered by Cardiff Community Housing Association (CCHA) within the ECLP Cluster and focussing on the 'hardest to help' households which are likely to face the greatest barriers to becoming employed or re-employed.



- **Jobs Growth Wales** - [Jobs Growth Wales](#) (JGW) is a flagship programme that was introduced by Welsh Government to support young people into job opportunities. Supporting 16-24 year olds into sustainable employment is an essential part of the role Communities First plays.



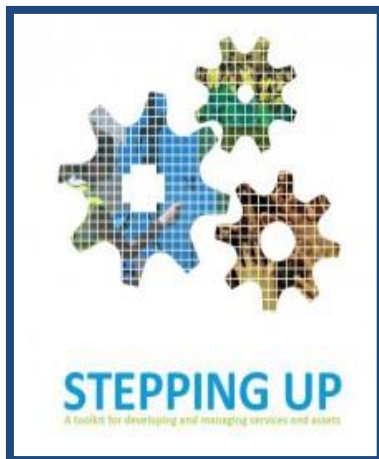
- **Education, Employment & Training (EET)** - Communities First, works in partnership with Cardiff Council’s Education Department/Youth Service. The work is a Cardiff wide response to the WG Youth Engagement and Progression Framework and seeks to address the key elements of the strategy:

- to identify young people most at risk of disengagement;
- achieve better brokerage and co-ordination of support;
- to track the journey or transition of young people through the system (5 Tier Engagement Model operated in Cardiff);
- ensure that young people are provided with a relevant offer which meets their needs;
- strengthen employability skills and opportunities for employment and;
- Provide greater accountability for better outcomes for young people.

Tier 5 Young People Engaged in Further Education, Employment or Training 6600 (82%)
Tier 4 Young People at Risk of dropping out 270 (3%)
Tier 3 Young People on Careers Wales register accessing and requiring further support to enter into EET 230 (3%)
Tier 2 Young People who are unemployed and not with Careers Wales requiring personal engagement to overcome barriers 170 (2%)
Tier 1 Unknown status or cannot be contacted 376 (5%)
Tier 0 No ratified status but have left Wales 369 (5%)

Partnership Panels have been formed and work across the Cardiff Communities First Cluster areas through a data sharing protocol agreement a practitioner-led panel identifies tracks and discusses young people at risk or who are currently not in Education, Employment and Training (EET). A single practitioner is then tasked with supporting a young person, ensuring that the intervention provides a single point of contact, a full range of opportunities and support from a comprehensive range of partners.

- **Stepping Up** - In response to the significant changes required in public service delivery over the next few years, a [toolkit](#) has been produced in partnership with Communities First to support communities in 'stepping up' to take over the management of services and assets. The toolkit has been written for people and community organisations at a neighbourhood or community level and sets out:



- the stages involved in taking over the management of Services and assets
- checklists to guide people through the process
- sources of further information and advice
- useful templates to support business planning
Including recruitment of volunteers and stakeholder Engagement

As a natural next step to producing the Toolkit, Cardiff's Lead Delivery Body (LDB), with support from the Clusters during 2015-16, provided additional capacity to work with communities to support potential interested groups within communities to develop new innovation and delivery solutions around a range of community services and buildings. A key benefit of this work was interested community groups could link in with the Cluster Community Involvement Plans, increasing ownership of the community and ensure people were more involved with any solutions proposed.

Successful Community Asset Transfer

Pentrebane Community Centre is now operating as an independent community run building. It has been very successful in its endeavours to undertake a Community Asset Transfer. With strong support from Communities First the group developed their business plan and established themselves Charitable Incorporated Organisation.

The Cardiff West Communities First team provided a long term commitment to the Pentrebane Zone

group in the development of their Social Enterprise and during 2015-16 this yielded the desired result. Pentrebane Zone are a group of people from the local area that have come together to bring



a community spirit back to the Community Centre. All of the board are from Pentrebanne and have lived there for many years. The trustee committee and all members have committed to keeping the Centre open to provide a much needed community facility for the local people and surrounding area to visit for classes, courses, group meetings, socialising and so much more.



What has been achieved is a community centre that is self-sustaining, completely voluntary run, with a plethora of partner organisations delivering from the centre and generating funding outside of the income generated through room hire.

The end result is that the Pentrebanne Zone Community Group secured premises to continue provision to the community which can be expanded on. The Council will ensure the unsustainable costs of providing the service and maintaining the asset are mitigated.

Families First/Flying Start/Integrated Family Support Teams/Youth Engagement & Progression

Communities First is one of a number of family support and anti-poverty programmes that have been put into place by the Welsh Government alongside Flying Start, Integrated Family Support Services and Families First. Historically, these programmes have all had separate guidance and programme management arrangements, and have worked to deliver similar, though different, outcomes.

Recognising opportunities for greater added value and reducing duplication, WG took steps to align these different programmes and this work continued in 2015/16. Cardiff has also implemented a Steering Group to bring each of the Programme Leads together in order:

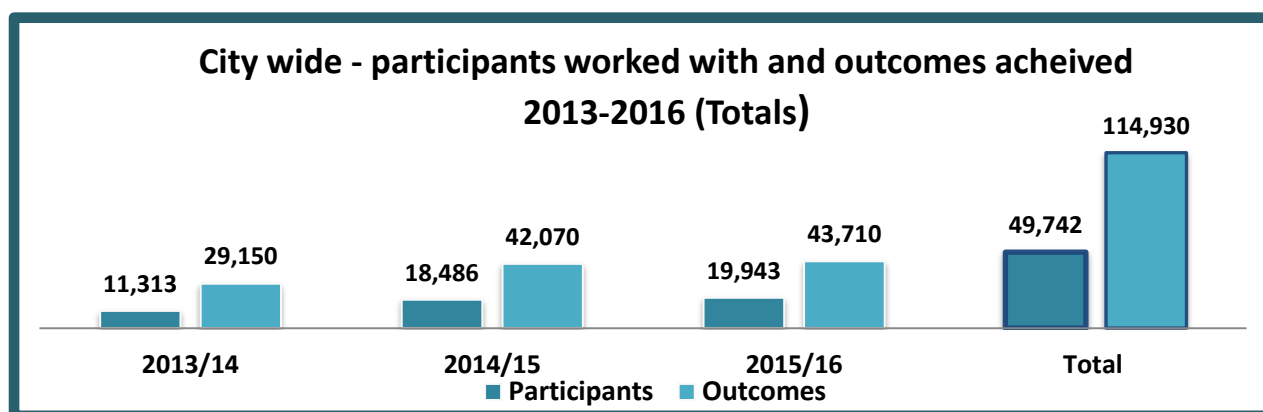
- to provide strategic direction to joining up local working arrangements for the delivery of Communities First, Families First, Flying Start, Integrated Family Support and Neighbourhood Partnerships in Cardiff.
- to ensure the delivery of these programmes is fully integrated with Cardiff Partnership’s What Matters Single Integrated Plan and its associated work streams, along with Welsh Government’s Tackling-Poverty Programme.
- to increase the alignment of resources at a Neighbourhood Partnership level with a clear focus on meeting identified need, efficiencies and savings achieved through partnership working, co-location and problem-solving approaches in collaboration.
- to develop a shared outcome performance framework and provide support and challenge as appropriate, ensuring a citizen focus is maintained.



4. PERFORMANCE HIGHLIGHTS 2015-2016

HEADLINE FACTS ABOUT COMMUNITIES FIRST IN CARDIFF

During 2015-2016, Communities First across Cardiff saw 19,943 **participants** meaningfully engage with the programme to which **43,710 'outcomes'** were achieved. The combined total of participants has risen to **49,742** with a total of **114,930 outcomes** achieved since the start of the new programme.



Prosperity Outcomes

- **401** people were upskilled through completing employability courses and **472** people have achieved Work Based Qualifications.
- **226** reported having an increase in confidence to look for work, with **256** aged 25+ going on to gain employment and **137** 16-25 year olds entering employment upon leaving school, reducing numbers not in education, employment or training.
- **598** felt more confident managing their finances and **324** are now reducing/managing their debt and **663** were supported to access the benefits they are entitled to.
- **73** reported they are now better prepared to run a small enterprise and **82** are better prepared to start a small business after working with Communities First.
- **22,242** time credit hours have been banked.

Learning Outcomes

- **8,430** young people have had additional opportunities to enhance their educational development.
- **2,139** children now have a better understanding of the importance of school, and the schools reported that **522** increased their school attendance and **2,587** had improved academic performance.
- **1,985** parents reported they felt more confident supporting their children and **2,495** parents were more engaged with their children's school through the various programmes on offer.
- **1,256** people gained a qualification through attendance at a variety of learning opportunities across the City.

Healthier Outcomes

- **1,350** people engaged in fitness related activities across Cardiff, a 17% increase on performance. People engaging in regular activity has seen a further 47% increase.
- **607** Increasing physical activity levels
- **263** people said they felt more positive about their mental wellbeing.
- **372** are more confident cooking a fresh meal
- **1477** are now eating fruit and vegetables daily a 59% increase on last year.



How much did we do?

96
projects

Prosperity C Health
Community Learning

12,230
sessions run

19,943
participants

Prosperity theme
has worked with
6,844
participants

Health theme
has worked with
3,666
participants

Learning theme
has worked with
9,433
participants

How well did we do?

38,784
volunteer hours

43,710
outcomes achieved

Learning Prosperity C Health
16,670 20,916 6,110
outcomes achieved

393
people secured
employment

2,691
people financially better off

Total (City Wide) benefit gains
of £1,124,537 and assisted
clients to manage debt
totalling £1,723,281.00

5,347
people reported making healthier choices

5,393
parents more confident supporting
their children and more engaged
with the school

2,587
children & young people with
improved academic performance

3,404
people reported feeling more
positive and confident to
improve their lives

1,728
have gained work related /
learning based qualifications

522
children and young
people with improved
school attendance

2,139
children and young people with
a better understanding of
the importance of school

How is anybody better off?

2015/16 figures

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Website
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'Prosperity' Outcome Headline Figures – Cardiff Wide

The prosperity theme has shown a **7% increase** in people engaging with the projects being delivered through Communities First, from **6,521** in 2014-2015 to **6,844** in 2015/16. **20,916** outcomes (including time banked hours) have been gained in 2014-2015.

Table 2 - Prosperity Outcomes below shows a selection of key outcomes for the Prosperity Theme in 2013/2016

Example Outcomes	2013/ 14 Outcomes	2014/ 15 Outcomes	2015/ 16 Outcomes	2013/16 Total
Completing employment related courses	269	294	401	964
Gaining an employment related qualification (25+)	201	153	311	665
More positive and improved confidence about seeking work	86	248	266	560
Entering employment (25+)	146	194	256	596
Gaining an employment related qualification(16-25Yrs)	167	129	161	457
Entering employment (16-25Yrs)	85	137	137	359
Gaining basic IT Skills	60	239	257	556
More confident using a computer	48	192	106	346
Able to use the internet for online services	44	107	134	285
Improved financial literacy/capability	61	262	473	796
Developed a weekly budget	12	129	342	483
More confident managing finances	251	435	598	1281
Reducing/managing debt	72	754	324	1150
Supported to access the benefits they are entitled to	73	1,369	663	2105
Better knowledge for running a social enterprise	35	67	73	175
Additional Outcomes	16,942	18,870	16,454	52,266
Total	18,553	23,664	20,916	63,113



How much did we do?

34
projects **Prosperity**

6,844
participants

2,489
sessions run

How well did we do?



30,421
volunteer hours

20,916
outcomes achieved

393

people secured employment

311

people earned employment related qualifications

557

people developing digital inclusion skills

of which

257

people have gained Basic IT Skills

1,029

people developing employment skills and finding work

2,691

people financially better off of which 754 have reduced and are managing their debt

ECLP Cluster: Annual benefit gains £558,838 Debt managed £559,838

STAR: Annual benefit gains £625,984 Debt managed £263,638

ACE Cluster: Annual benefit gains £378,775 Debt managed £731,601

BRG Cluster: Annual benefit gains £189,704 Debt managed £181,016



22,242

time credit hours banked

1,029

people feel more positive



How is anybody better off?

2015/16 figures



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'Learning' Outcome Headline Figures – Cardiff Wide

Under the Learning Theme there has been a **9% increase** in people engaging with project delivery. During 2015-2016 Cardiff Communities First learning teams across Cardiff worked with 9,433 people. 16,670 local community members, young people and children have reported they are better off as a result.

Table 3 – Learning Outcomes below shows a selection of key outcomes for the Learning Theme for Communities First in 2015/16.

Example Outcomes	2013/ 14 Outcomes	2014/ 15 Outcomes	2015/ 16 Outcomes	2013/ 16 Total
Children and young people who know where to get help if they have a problem at school	345	484	409	1,238
Children and young people with a better understanding of the importance of school	n/a	1,590	2,139	3,729
Increased school attendance	290	392	522	1,204
Improved academic performance	105	1,981	2,587	4,673
Participating in a personal and social development opportunity	n/a	1,560	788	2,348
Parents feel more confident supporting their children	914	1,467	1,985	4,366
Parents are more engaged with school	1,741	1,849	2,495	6,085
Parents who know where to get help if their child has a problem at school.	120	376	400	896
People gaining a qualification	324	519	470	1,313
People more positive about learning	376	662	697	1,735
Progressing to a higher qualification	130	n/a	67	197
People who participate in regular volunteering to learn	16	143	149	308
Clients who enrol in further or higher education	310	121	211	642
Improved Literacy Skills	9	479	516	1,004
Improved Skills Numeracy Skills	9	218	297	524
Gaining a qualification	n/a	182	786	968
People are more positive about learning	75	383	665	1,123
Progressing to further learning	29	251	974	1,254
Additional Outcomes	2,996	310	513	1,919
Total	7,789	12,967	16,670	37,426



How much did we do?

35
projects

Learning

9,433
participants



7,618
sessions run



How well did we do?



3,953
volunteer hours



9,433
outcomes achieved

4,880



parents more confident supporting their children in school

788

children and young people participating in a personal and social development opportunity

2,587

children and young people with improved academic performance

2,139

children and young people with a better understanding of the importance of school

3,347



people reported feeling more positive and confident to improve their lives

1,599



people who have improved their adult basic skills

516

people have improved literacy skills

1,362



people are more positive about learning

1,256



people have gained a learning based qualification

297

people have improved their numeracy skills

1,252



people have progressed to further learning

How is anybody better off?

2015/16 figures



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Caerdydd, Llanedeyrn a Penwyn
East Cardiff, Llanedeyrn and
Penwyn Communities First



Ariennir gan
Llywodraeth Cymru
Funded by
Welsh Government

'Healthier' Outcome Headline Figures – Cardiff Wide

The healthier theme has seen a **7% increase** during 15-16 with **3,666** people in total engaging in a range of projects delivered across the healthy theme. 6,110 community members reported they are better off as a result.

Table 4 below shows a selection of outcomes for the Healthier Theme for Communities First in 2015/16.

Example Outcomes	2013/14	2014/15	2015/16	2013/16
	Outcomes	Outcomes	Outcomes	Total
Parents who feel better able to cope	22	27	37	86
Expectant mothers making a positive health change during pregnancy	11	20	6	37
People are aware of the risk of obesity & with a positive attitude to improving their physical health	345	502	484	1,331
Increased physical activity	318	830	607	1,755
Regular participation in sport	47	169	160	376
Meeting physical activity guidelines	70	62	99	231
Increased knowledge of available support	53	197	192	442
Feel more positive about their mental well being	128	288	263	679
Participating in a positive activity twice a week	39	65	37	141
Better able to manage their well being	77	114	93	284
Ability to budget for a healthy diet for a week	417	185	185	787
More confident cooking a fresh meal	120	211	372	703
Eat fruit or veg daily/cooking a fresh meal at least once a week	205	645	1,542	2,392
Accessing fruit and veg via a food co-op.	118	236	272	626
Better knowledge of risks	215	457	342	672
Increased knowledge of available support	124	374	359	857
Reducing risky behaviour	3	389	340	732
Know how to access help and support / feel safer	122	106	105	333
Engaged in more community activity	113	124	57	294
Reduced social isolation	82	264	293	639
People supported to manage their chronic health condition(s)	58	174	219	451
Additional Outcomes	121	n/a	46	167
Total	2,687	5,439	6,110	14,236



How much did we do?

27 **Health**
projects

3,666 participants

2,123 sessions

How well did we do?

4,410 volunteer hours

2,123 outcomes achieved

1,914 people reported eating fruit and veg daily and cooking a fresh meal at least once a week

219 people supported to manage their chronic health condition(s) at home

293 older people said they have reduced feelings of social isolation

1,350 people reported feeling more positive and confident to improve their lives

342 people have said they have better knowledge of risks associated with smoking, alcohol, drugs, and sexual health

5,347 people reported making more healthier choices

359 people have an increased knowledge of available support associated with smoking, alcohol, drugs, or sexual health

340 people have reduced risky behaviour associated with smoking, alcohol, drugs, or sexual health

How is anybody better off?

2015/16 figures

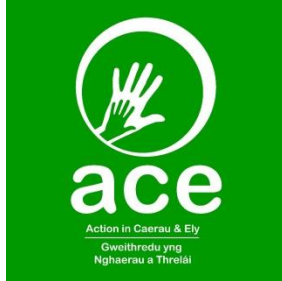
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5. Activity by Cardiff Communities First Clusters 2015-2016

5.1 Cardiff West (ACE) Communities First 2015-2016



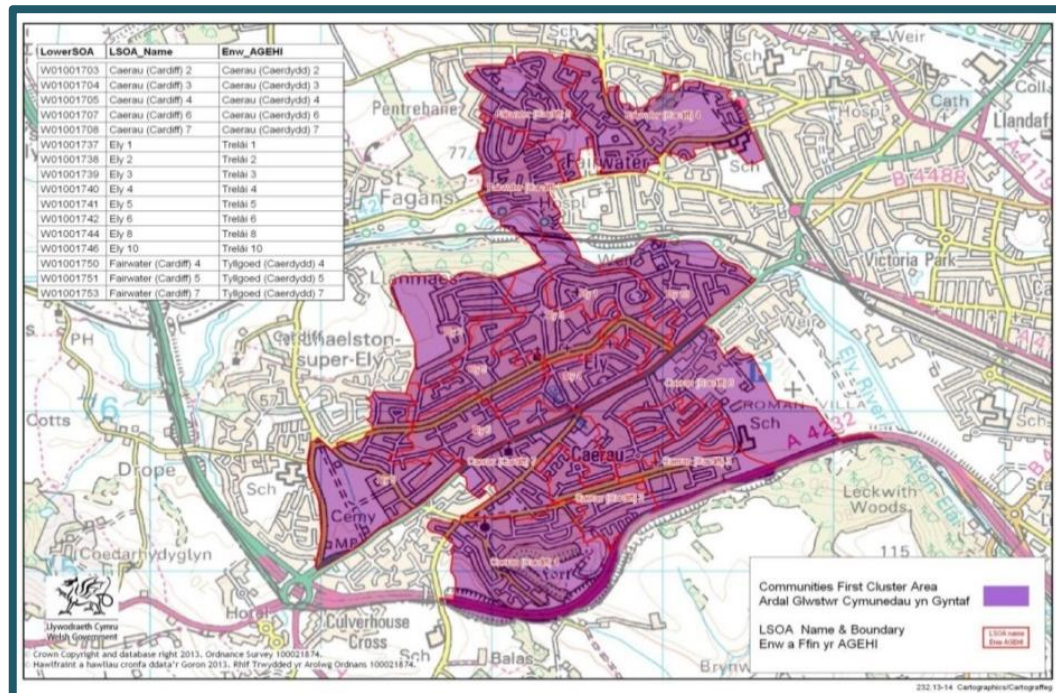
Cardiff West Communities First Cluster is managed by ACE (Action in Caerau & Ely), a charity that was created through the Ely and Caerau Communities First Programme in 2011. Building on the long history of community development in the community it seeks to develop and deliver a range of different projects and activities to regenerate and improve the communities of Ely and Caerau.

ACE was set up to develop and deliver a range of different projects and activities to regenerate and improve the communities of Ely and Caerau. Work now includes a wide range of activities, from delivering the Welsh Government Communities First Programme in Cardiff West, to working with individuals to help support and encourage community shaped ideas.

The Communities First staff team work with residents, community organisations, business and other key agencies across the Cardiff West Cluster (Ely, Caerau, and Fairwater). The Programme is focussing on actions leading to the long term sustainability and wellbeing of communities and involving local people in all aspects of this work is an essential feature of the programme.

Where Does ACE Communities First Work?

The Cardiff West Communities First Cluster is made up of parts of Caerau, Ely and Fairwater. The area has been formed from 16 smaller statistical areas with a total population of 25,300 people.



Cardiff West (ACE) Cluster Area



ACE Communities First

Developing Communities and Creating Opportunities

How much did we do?

30
projects

Prosperity Health
Community Learning

7,040
participants



2,267
sessions run



How well did we do?



13,650
volunteer hours



8,636
outcomes achieved

89

people secured
employment



more than

580

people earned one or
more qualifications

2,691

people
financially
better off



(benefit gains of £378,775 and assisted
clients to manage debt totalling £731,601)

541



parents more positive
supporting their children

1,578



people reported feeling more positive
and confident to improve their lives

1,032



children improved their
academic performance



1,930

people are making healthier choices

6,353

time credit hours banked

How is anybody better off?

2015/16 figures



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Website
www.aceplace.org



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communities first cymunedau yn gyntaf



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

Cardiff West (ACE) Communities First Prosperity Theme

Table 6 – Prosperity Projects below shows the priorities and projects delivered by Cardiff West (ACE) Communities First for 2015 to 2016 under the Prosperity Theme. There are some changes in projects delivered from years 2013/2016.

Prosperous Communities Projects	Project Description
PRIORITY - Helping people to develop employment skills and find work	
Training and personal development for employment	The project involves the set up and development of two work clubs in the Cardiff West Cluster providing unemployed people with a place to meet, exchange skills, share experiences, find opportunities, make contacts.
PRIORITY - Reducing Youth Unemployment and disengagement	
Reducing youth unemployment and disengagement	This project works to reduce the amount of young people leaving school with no clear, defined destination into further training, education or employment.
PRIORITY - Financial Inclusion - Improving Financial Capability, managing debt	
CAB Advice - Cardiff West	The CAB Engagement and Outreach Advice Services provide an independent source of advice, advocacy and representation to vulnerable people living in the Cardiff West CF Cluster of Cardiff.
Making your money work for you	The project provides : <ul style="list-style-type: none"> - Into/out of work benefits advice. - Awareness-raising: savings, credit union (rent account), household finance, money saving. - Range of Energy efficiency/renewable energy projects. -
Community energy advice and support project	This is a partnership project between Severn Wye and Communities First to support the development of community energy services for those in / at risk of fuel poverty.
PRIORITY - Supporting Enterprise and Timebanking Building Social Capital	
Social enterprise	Project is supporting the establishment and development of locally based, owned and run social enterprises. Support is also provided for local entrepreneurs.
Business development	Supporting the development of new and existing businesses; providing generic business development support and advice.

Cardiff West (ACE) Prosperity Theme Achievements 2013-2016

Table 7 - Key Achievements below illustrates the key achievements to date for the Cardiff West (ACE) Cluster under the theme of Prosperity for the years 2013/16.

Prosperous Communities	2013/2014	2014/2015	2015/2016	2013/2016 Total
Total participants	1,385	2,572	2,261	6218
Total sessions	497	563	449	1,509
Total volunteer hours	17,398	7,982	9903	35,283
Total outcomes	17,293 (Inc. Timebanking Hrs)	16,220(Inc. Timebanking Hrs)	7,650 (*)	41,268
Entering employment (ages 25+)	55	41	59	155
Entering employment (16-24)	85	64	30	179
Reducing and managing debt	61	295	138	494
Supported access to benefits they are entitled to	73	554	261	888
Number of people commencing self-employment	n/a	7	7	14

(*) Timebanking hours captured on the community involvement reporting have been included.

Cardiff West (ACE) Communities First Learning Theme

Table 8 shows the priorities and projects delivered by Cardiff West (ACE) Communities First for 2015 to 2016 under the Learning Theme. There are some changes in projects delivered from years 2013/16.

Learning Communities Projects	Project Aims/Purpose
PRIORITY - Supporting Young People to Do Well at School	
Youth progressions/KS4-5 progression Mentor	A progression mentor works across the Ely/Caerau Federation to support all KS4 students – primarily targeting those who qualify for Free School Meals to inspire and encourage an interest in enrolling for Post 16 studies or apprenticeships.
Family Liaison Officer	The Family Liaison Officer works with pupils and parents and external agencies to provide additional support for significant or more complex issues. This will be delivered through person led approach, with family and child supported to lead the process, to recognise and solve issues in partnership with relevant agencies.
YEP Project	A School based community energy saving programme. With a generational behaviour change training focus.
Out of School Hours Projects	Homework Clubs, revision groups, Saturday Clubs, Breakfast Clubs, SPAG Clubs (Spelling, Punctuation and Grammar), Journalism Groups, PSE – wellbeing, revision and drama workshops, reading and maths clubs.

Extra-curricular projects (targeted PDG work)	Dragonfly Coaching workshops, Revision workshops, Study Skills residential, Literacy/Numeracy events, Pyramid Mentoring Projects. Broadening experience Project – trips to museums, theatres etc. Girl power groups, community garden project, GD intergenerational projects.
Primary Transition Projects	Primary to Secondary focus, Transition Holiday Scheme, Pyramid Holiday Club, Afterschool Club, Link school events/performances to Feeder schools and Family craft afternoon.
PRIORITY - Supporting Families to be Engaged in their Children's Education	
Parent Child/Co-learning	A range of projects are offered including Families and Schools Together (FAST), Language and Play, Seals and Bugs, Dragonfly Coaching, Strengthening Families, Families learning together, Bright Sparks, Literacy Cafes and Schools showcase consultation event.
PRIORITY - Improving Adult Life Skills	
Local learning	Community run learning linked to local interest i.e. Caer Heritage project - St Marys church, Fishing project, Music projects, holiday provision at Mill park, skate park activities. Bike Clubs, coffee mornings, Holiday Provision, Relationships & Local Learning and Christmas Fayres, Community Garden Parties, Farmers Market.

Cardiff West (ACE) Learning Theme Achievements 2013-2015

The table below illustrates the key achievements to date for the Cardiff West (ACE) Cluster under the theme of Learning for the years 2013/14 and 2014/15.

Table 9 - Key Achievements

Learning Communities Key Achievements	2013/2014	2014/2015	2015/2016	2013/2016 Total
Total participants	2,128	2,594	2,957	7,679
Total sessions	256	772	948	1,976
Total volunteer hours	335	740	0	1,075
Total outcomes	2,637	3,625	5058	11,320
Improved academic performance	n/a	934	1032	1,966
Parents more engaged with school	877	391	541	1,809
People gaining a qualification	11	106	499	616
Progress to further Learning	n/a	117	591	708
Children & young people understand the importance of School	n/a	984	1074	2,058

Cardiff West (ACE) Communities First Healthier Theme

Table 10 below shows the priorities and projects delivered by Cardiff West (ACE) Communities First for 2015 to 2016 under the Healthier Theme for the Communities First Programme. There are some changes in projects delivered from years 2013/16.

Healthier Communities Projects	Project Aims/Purpose
PRIORITY - Supporting a Flying Start in the Early Years	
Pre-natal and parental support	A pre-natal group and supporting local parent support groups
PRIORITY - Promoting Physical Well Being	
Access to sport and physical activity	Supporting existing groups and developing new groups to run physical activity sessions. Work with Come Outside steering group to support local outdoor activities. Support the development and improvement of local green spaces to encourage physical activity.
PRIORITY - Promoting Mental Well Being	
Mental health support	Develop/maintain support for local initiatives to help people to improve their mental health and wellbeing, help families to work together to support each other's mental wellbeing and support the work of the Primary Mental Health Support Service - Cardiff & Vale (PMHSS) to increase local uptake and ownership.
PRIORITY - Encouraging Healthy Eating	
Removing barriers to health	Providing access to free or cheap food for people on a very low income, with links to additional support around budgeting and healthy cooking.
Healthy eating for all	Community-run fruit & veg co-ops. Community training, cooking clubs, cooking demonstrations Community-led weight control support.
Community growing	Community training in growing fruit & veg at home. Development of a community garden / allotment.
PRIORITY - Supporting People to Live in the Community	
Healthy, Wealthy & Wise	Community-based activity clubs for the over 50's, promoting health and wellbeing, participation and social inclusion.
Social support groups	To improve wellbeing through supporting the development of community-led social groups where people can make friends, discuss issues and receive practical advice and support. The role for Communities First is helping to address these issues in engaging with people and signposting them to the relevant services.

Cardiff West (ACE) Healthier Theme Achievements 2013-2016

Table 11 below illustrates the key achievements to date for the Cardiff West (ACE) Cluster under the theme of Healthier Communities for the years 2013/16.

Healthier Communities Key Achievements	2013/2014	2014/2015	2015/2016	2013/2016 Total
Total participants	1,131	1,581	1,822	4,534
Total sessions	332	982	1,123	2,437
Total volunteer hours	960	3,008	3,747	7,715
Total outcomes achieved	1,064	1,807	2,281	5,152
Increased physical activity	118	392	218	728
Feel more positive about their mental wellbeing	75	104	80	259
Better able to manage their wellbeing	77	114	93	284
Access to fresh fruit and veg/ Co-op	79	198	212	489
Eat more fruit and vegetables	n/a	313	1006	1,319
Ability to budget for a healthy diet	409	185	185	779
Reduced social isolation	31	158	150	339
People supported to manage their chronic health condition	n/a	174	158	332



ACE (Cardiff West) Individual Case Study – Investing in people and their future, together.



Alex, 27 came to Communities First (CF) in West Cardiff with a desire to become a locksmith. After some considerable research we found there were course running in Manchester, Twickenham and Abergavenny, locksmith is not a very common qualification. The course costs varied but we found the most local one was still going to cost £1,150. This amount of money for one individual always presents an issue as we would not be able to allocate such a large amount of money for one person. Not all participants will require a work related qualification, but with an allocation of £7.50 per head it is always considered carefully how to spend on each individual.

In order to facilitate the training for Alex ACE sought alternative funding, firstly the Cardiff Community Endowment Fund available through the Community Foundation in Wales. A relatively simple application and some months later we were able to secure £1000 towards



his training costs. CF contributed £150 from core funds to top up the course fees, and a further £200 from Comic Relief for travel and accommodation. After the training was complete there was the next issue of securing the appropriate tools for the job. As you can imagine these can only be purchased once, the participant has certification. SOVA came to his aid (with Alex being a parent he met their criteria) and they managed to secure a further £600 from their barriers fund to start Alex off in his career as lock smith.



Alongside the training ACE used their ongoing relationship with Cadwyn Housing Association to promote Alex as a referral to their residents who lose their keys or lock themselves out. At present the current system is the maintenance team will come out, break the lock and bill the householder for a new one. This way Alex can pick the lock (which he explains can be done in around ten seconds), reduce the cost for the customer and it secures him an income. We have had some positive talks with Cardiff Community Housing Association (CCHA) about using Alex as well and have just instigated the same process with Wales & West Housing. Association



Alex has to be the one person where we have sought the most external funding to develop his career at a total of £1,950. Alex has been contributing for some of his own tools, travel and paying for driving lessons as being mobile is quite important for the job. It has taken 4 funding streams from 4 organisations and partnership work from the housing associations to make this work which has all taken time and a real investment in the individual. We believe that Alex will be able to secure a credible future for himself and his family with this chosen trade and we will follow his career and continue to offer assistance where needed.

ACE (Cardiff West) Key Achievement – ‘A healthy lifestyle starts at home’, Food Wise programme

The Health team have delivered the Public Health ‘Nutrition Skills for Life’ weight-management programme ‘Food wise’ in the local community several times this year with a high level of success in helping adults to change eating habits. This year we ran Food Wise in a slightly different way, the focus was on the whole family and to also increase physical activity levels for maximum impact on weight loss and future health and wellbeing.

The usual 8 week course was run with a group of local parents but the course overlapped the School holidays so that two additional sessions could be run with the children there. Through a mix of child-focused learning activities and whole group discussions the children started to pick up on some of the key healthy eating messages that the parents were learning on the course. Following the course parents have reported that the whole family have changed behaviours and that both they and their children are more conscious of what they eat.

Examples given by the parents include the children checking food labels in the supermarket to avoid foods with high sugar or fat content; children choosing water at home rather than sugary drinks; and children shunning sweets in favour of fruit or carrot sticks. Families were especially shocked at the sugar content of items such as bread and have begun to experiment with cooking such items from scratch for greater control of what goes in.



In addition to the healthy eating component, the health officer has introduced a physical activity course. Parents were reluctant to visit the local leisure centre due to cost, lack of experience and feeling self-conscious about their weight. The health officer negotiated with the centre to agree that group members could pay with time credits for a swim session; funded gym inductions and follow-up gym sessions; and helped the group to apply for ‘Active’ cards so that they could purchase further sessions at half price.

This has been effective in changing habits as all members of the group reported going to the leisure centre at least 1 other time during the week every week to keep their activity levels up during the course.

One participant stated that she no longer use my mobility scooter as a result of the health programmes through communities first. I am now able to walk with just the aid of a stick, and now I am able to independently take my granddaughter in her pram for walks, instead of having her friends push the pram for me.

Another participant stated that she previously had no energy to leave the house, and soon developed anxieties and depression. She now has more energy to leave the house, and actually attends the gym with friends. Overall, she feels her best achievement is being able to get down, onto the floor to play with her children, without struggling for breath.

5.2 BRG Communities First Cluster 2015-16



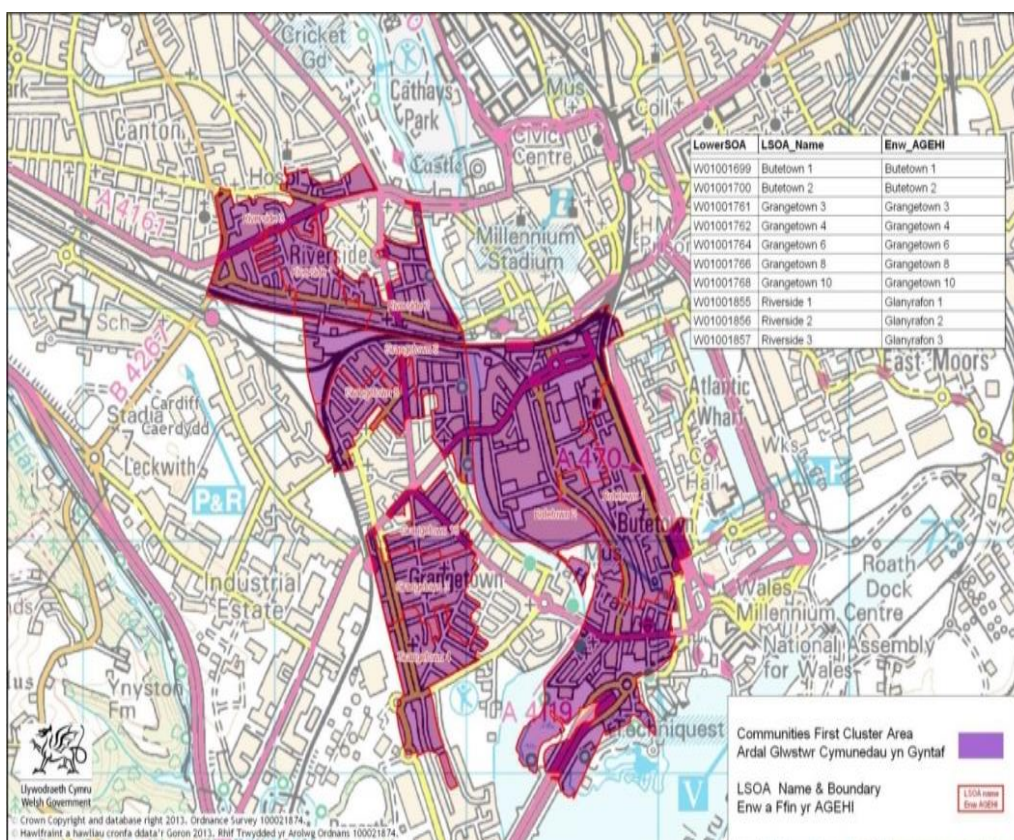
Butetown, Riverside and Grangetown (BRG) Cluster is hosted by South Riverside Community Development Centre (SRCDC). The team consists of 13 members of staff. BRG cluster faces a number of challenges when seeking to develop sustainable poverty responsive regeneration projects and activity. The area has the highest level of cultural diversity in Wales and these communities include Somali, Yemini, Sudanese, Caribbean, Chinese, Indian, Sikh, Pakistani Bangladeshi, West and Central Africa, the Middle East and other parts of Europe and the World. Most of these communities have

English language needs, the impacts of which are often complex and far reaching including access to services and information throughout whole families. The lack of English language can also inhibit the educational progress of children and the educational and employment opportunities for adults.

Another feature of the area is the percentage of vulnerable adults, through homelessness, substance misuse, alcoholism and sex working. Through building on existing partnership arrangements the BRG Cluster will seek to include vulnerable groups in cluster activity.

Where Does BRG Communities First Work?

The Cardiff BRG Communities First Cluster is made up of parts of Butetown, Grangetown and Riverside. The area has been formed from 10 smaller statistical areas with a total population of 20,300 people.



BRG Communities First Cluster Area



BRG Communities First

Developing Communities and Creating Opportunities

How much did we do?

22
projects



4,634
participants



2,220
sessions run



How well did we do?



5,702
volunteer hours



12,662
outcomes achieved

64

people secured employment



more than
576

people earned one or more qualifications

529

people financially better off



(benefit gains of £189,704 and assisted clients to manage debt totalling £181,016)

332



parents more positive supporting their children

639



people reported feeling more positive and confident to improve their lives

949



people are making healthier choices



163

people developing their digital inclusion skills

762

children improved their academic performance



How is anybody better off?

2015/16 figures



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communities first cymunedau yn gyntaf



BRG Communities First Prosperity Theme

Table 13 below shows the priorities and projects delivered by BRG Communities First for 2015 to 2016 under the Prosperity Theme. There are some changes in projects delivered from years 2013/16.

Prosperous Communities Projects	Project Aims/Purpose
PRIORITY - Helping People to Develop Employment Skills and find Work (ages 25+)	
Developing Employability Skills	The project provides locally based employment support that is available to all. This project is seeking to address the low levels of economic activity across the cluster and seek to increase prosperity through moving people away from benefits into employment or job related training.
PRIORITY - Reduced Youth Unemployment and Disengagement (ages 16-24)	
BRG Youth Pathways	The project is designed to engage with young people within the locality to promote opportunities to increase their skills and confidence towards looking for work and or pursuing further education (FE) options. The project is working with a broad range of partners to increase the availability of employment support opportunities within the BRG Cluster.
PRIORITY - Promoting Digital Inclusion	
Get BRG Online	The Get BRG Online project is delivering a broad range of engagement and learning activities surrounding the theme of Digital Inclusion. The project is being delivered using 3 main approaches: increasing knowledge and confidence in using IT, raising awareness of the benefits and opportunities of using online services and promoting physical access to IT, wifi spots.
PRIORITY - Financial Inclusion-Improving Financial Capability, Managing debt and raising income	
Developing financial literacy	This project is seeking to co-ordinate Financial Literacy Training across the cluster offering referrals, developing and accessing learning resources and developing further provision to meet demand.
BRG advice in the community (CAB)	Cardiff and Vale CAB's Engagement and Managing Your Money (group) Services is providing an independent source of financial capability training to vulnerable people living in the BRG cluster in Cardiff. The project aims to mitigate the impacts of poverty by increasing access to financial capability services at a range of outreach venues in deprived communities.
PRIORITY - Supporting Enterprise and Time banking, Building Social Capital	
Developing enterprise skills	The project is providing a programme of learning, information and support for the development of business and social enterprise amongst residents within the cluster. The programme is being delivered through accredited courses on setting up and running a business/social enterprise, Supporting the development of business/ social enterprise opportunities within the cluster area, and encouraging the growth of these.
BRG Time for All	Establishment and embedding of time credits scheme. Enabling community members to earn and spend credits. Coproduction of opportunities.

BRG Prosperity Theme Achievements 2013-2016

Table 14 below illustrates the key achievements to date for the BRG Cluster under the theme of Prosperity for the years 2013/16

Prosperous Communities Key Achievements	2013/2014	2014/2015	2015/2016	2013/2016 Total
Total participants	442	1,021	1,116	2,579
Total sessions	210	401	351	962
Total volunteer hours	213	133	11	357
Total outcomes achieved	568	1,106	6,310	7,984
Entering employment (ages 25+)	78	81	37	196
Entering employment (16-24)	n/a	27	27	54
Completing an employment related course	146	192	216	554
Gaining basic IT Skills	n/a	56	63	119
Number of people commencing self-employment	n/a	2	7	9

BRG Communities First Learning Theme

Table 15 below shows the priorities and projects delivered by BRG Communities First for 2015 to 2016 under the Learning Theme for the Communities First Programme. There are some changes in projects delivered from years 2013/16.

Learning Projects	Communities	Project Aims/Purpose
PRIORITY - Supporting Young People to Do Well at School		
Homework Clubs		The project is providing a facilitated and co-ordinated approach to the provision of after-school and homework clubs across the cluster, specifically focusing on LSOA areas where educational attainment is poor.
Holiday activities programme for young people		The project aims to provide a range of holiday activities, to support young people aged 16 and under which provide positive activities and things to do for young people, with embedded educational benefit.
HUBCF11 (PDG)		HUBCF11 refers to learning experiences of pupils in a wider context than the classroom. Children from years 5-9 are encouraged to participate in a range of opportunities and to plan and run their own projects.
PRIORITY - Supporting families to be Engaged in their Children's Education		
Transition support - Parents and Pupil		This project is providing support to young people and their parents within the education system through defined support, particularly targeted at transition points within the learning journey.
Family engagement (PDG)		The project involves Fitzalan High School and feeder primary schools within the Cluster working with parents on a range of learning activities, including e-learning, developing reading skills and numeracy.

PRIORITY - Lifelong Learning in Communities	
Developing community learning	This projects aim is to further develop and enhance a range of initiatives throughout the Cluster area that seeks to develop community learning, backed where appropriate by learning reps and peer mentors.
PRIORITY - Improving Adult Life Skills	
Developing language learning	This project is stimulating and supporting the uptake of language learning that includes English and non-English community languages through developing relationships and provision through residents, community/ groups and mainstream providers.

BRG Learning Theme Achievements 2013-2016

Table 16 below illustrates the key achievements to date for the BRG Cluster under the theme of Learning for the years 2013/16.

Learning Communities Key Achievements	2013/2014	2014/2015	2015/16	2013/16 Total
Total participants	1,872	2,935	2,937	7,744
Total sessions	650	1,105	1,670	3,425
Total volunteer hours	1,456	2,571	620	4,647
Total outcomes achieved	1,830	4,017	5,339	11,186
Improved academic performance	105	341	762	1,208
Increased school attendance	130	174	189	493
Parents more engaged with school	274	430	838	1,542
People gaining a qualification	207	295	122	624
Improved literacy skills	n/a	182	433	615
Improved numeracy skills	n/a	182	241	423

BRG Communities First Healthier Theme

Table 17 below shows the priorities and projects delivered by BRG Communities First for 2015 to 2016 under the Healthier Theme. There are some changes in projects delivered from years 2013/16.

Healthier Communities Projects	Project Aims/Purpose
PRIORITY - Promoting Physical Well Being	
Community health and wellbeing	The project is using appropriate mediums to engage each group (e.g. sport for young people, men and grandmothers support groups) and will offer a range of sessions that seek to provide tasters to exercise, advice sessions on 'non-exercise' activities such as healthy cooking and support to access coaching development to enable sustainable activities.
PRIORITY - Promoting Mental Well Being	
Mental health in the community	The project is increasing awareness of, and reducing the stigma related to mental health issues across the BRG Cluster through the delivery of a range of mental health workshops and awareness activities that are sensitive to the diverse range of users.

PRIORITY - Encouraging Healthy Eating	
Healthy food in the community	The purpose of this project is to increase the health and nutrition of the local population, by removing barriers in knowledge and financial & physical accessibility to healthy and nutritionally balanced food. This is being done through a range of initiatives that supports healthy eating practices within the BRG cluster with the associated knock on benefits in terms of health improvement.
PRIORITY - Supporting People (with additional Needs) to Live in the Community	
Improved health and wellbeing within the elderly population	This project delivers a programme of participative and information based activities aimed at promoting health and wellbeing within the 50+ and retired population. The project is delivering a range of sessions promoting well-being, good health and personal maintenance. The project is utilising different and appropriate mediums to ensure the inclusion of the areas diverse community needs.

BRG Healthier Theme Achievements 2013-2016

Table 18- Key Achievements below illustrates the key achievements to date for the BRG Cluster under the theme of Healthier Communities for the years 2013/16.

Healthier Communities Key Achievements	2013/2014	2014/2015	2015/16	2013/16 Total
Total participants	380	368	581	1,329
Total sessions	61	192	199	452
Total volunteer hours	124	102	2	228
Total outcomes achieved	599	708	1,013	2,320
Positive attitude to improve physical health	78	135	79	292
Increased physical activity	30	51	108	189
Feel more positive about their mental wellbeing	53	130	98	281
Eat more fruit and vegetables	n/a	97	247	344



BRG Communities First – Invisible Walls Wales and BRG Communities First

The Invisible Walls Wales project is delivered by a consortium of agencies. Funded by the Big Lottery, Invisible Walls takes a whole family approach working with prisoners and their families by engaging the whole family in both the pre-release and post release phases of the project. Participants in the Invisible Walls project are prisoners who have at least 4 months and up to 12 months left to serve of their prison sentences.

The Invisible Walls approach is based on rebuilding family bonds to develop social and family support for the offender. The family unit may be the wife, husband or partner; it could be the mother, sister, brother or other relative of the prisoner who is the primary carer of any children who are included in the project.

“BRG Communities First has proven to be an invaluable commodity to the IWW programme and I look forward to further opportunities to work together”

The vision and the approach for the Invisible Walls project is built on the view that if prisoners could ‘see through’ the prison walls and witness the impact their criminal behaviour has on their family and community, this can create a powerful reaction which can then be used as a catalyst for positive change.

Having worked in Partnership with BRG Communities First and Hamid Hicham for over a year, the employee from invisible walls explains; *Invisible Walls has identified that a key issue for many of the participants and their families is that they do not access the services available to them. As a result of the trust based relationships that families develop between me and BRG they are now accessing the opportunities offered by the Communities First Team.*

Ex-offenders access relevant community based services that address their general welfare and employment issues. They are also supported to develop coping strategies in dealing with their high risk behaviours and managing negative peer and community influence, resulting in the reduction of offending behaviour.

They also can improve their self-confidence, whilst removing the perceived barriers to employment and providing the skills to engage with job seeking services.



Providing a family friendly, informal, welcoming approach where there is better support to further engage in education, training or employment will reduce the likelihood of offender participants returning to crime and imprisonment post release and therefore increase the quality of life and fosters positive community inclusion for the whole family.

CASE STUDY 3

H was a young lady of Moroccan descent who had moved to Italy as a teenager and subsequently learnt Italian, she had trained as a Nursery Nurse in Italy but for a variety of reasons, including difficulties in employment, H her mother, and two sisters decided to move to the UK, under EU residency rules. They had some connections with people they knew in Cardiff and thus moved here.

The family made contact with the Communities First team, through a recommendation in the community. They had a partial understanding of English and joined an ESOL class to improve their skills and at the same time they volunteered for SRCDC in a community café.

The prosperity adult employment worker was able to find employment for H and one of the sisters in a care agency and the third sister was found some temporary employment as an admin worker in a local business.

The team are exploring the transfer of the qualifications that H possesses from Italy that will allow her to improve her employment with the same care agency that has a contract for a Children's' Unit in a local hospital.

The whole family as EU citizens were unable to access any benefits until they had been in the UK for 6 months. The effect of H and her sister's employment has meant they were able to support their whole family and begin the process of creating a sustainable and productive life in Wales.

Manual Handling Training Course



5.3 CARDIFF EAST (ECLP)

Cardiff East (ECLP) Communities First Cluster

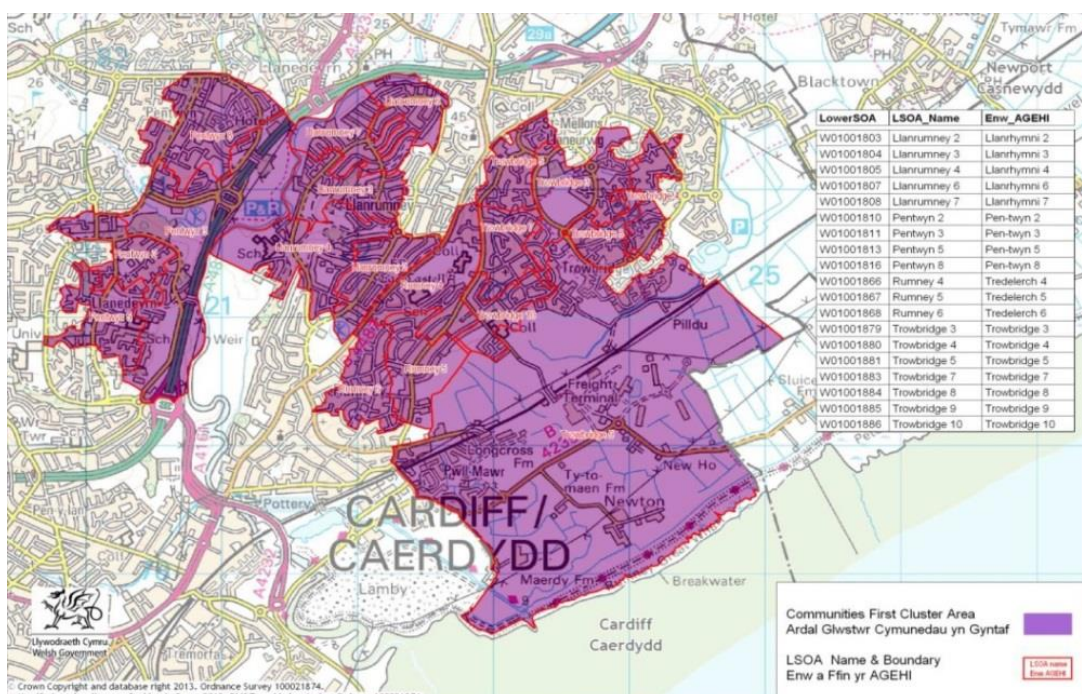
Cardiff Third Sector Council (C3SC) is the host organisations for the East Cardiff Llanedeyrn and Pentwyn (ECLP) Communities First Cluster.

The Cardiff East Cluster is one of the largest Communities First clusters in Wales and comprises several different locations including: Pentwyn, Llanedeyrn, Llanrumney, Rumney, Trowbridge, St Mellons. It has a population of nearly 30,700 over an area of 5.5 square miles. This offers some great opportunities as well as some potential challenges. The cluster is split by the A48 (Eastern Avenue) and suffers from a lack of direct transport routes between the two areas. This means that although the communities are close on a map, they have had little interaction with each other.

The ECLP team consists of 17 staff working with community members and local services to develop and support local projects to improve **health**, **learning** and **prosperity** across the area. Projects are designed, in partnership with the community, which fit under the 3 National Outcomes (Learning, Health and Prosperity).

Where Does ECLP Communities First Work?

The Cardiff East Communities First Cluster is made up of parts of Llanrumney, Pentwyn, Rumney and Trowbridge. The area has been formed from 19 smaller statistical areas with a total population of 30,700 people.



Cardiff East (ECLP) Cluster Area



ECLP Communities First

Developing Communities and Creating Opportunities

How much did we do?

23
projects



4,061
participants



2,359
sessions run



How well did we do?



4411
volunteer hours



6,408
outcomes achieved

152

people secured
employment (inc LIFT)

more than
296

people earned one or
more qualifications



845

people
financially
better off



(benefit gains of £588,672 and assisted
clients to manage debt totalling £559,838)

237

parents more positive
supporting their children



816

people reported feeling more positive
and confident to improve their lives



1,620

people are making healthier choices



213

people developed their
digital inclusion skills

285

children improved their
academic performance



How is anybody better off?

2015/16 figures



Call us on
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communities first cymunedau yn gyntaf



Cardiff East (ECLP) Communities First Prosperity Theme

Table20 below shows the priorities and projects delivered by Cardiff East (ECLP) Communities First for 2015 to 2016 under the Prosperity Theme. There are some changes in projects delivered from years 2013/16.

Prosperous Communities Projects	Project Aims/Purpose
PRIORITY - Helping People to Develop Employment Skills and Find Work (Ages 25+)	
Finding the right job project	This project provides a range of activities, opportunities and routes of support for community members to help them identify appropriate work develop employment skills and enter employment.
LIFT Programme – (also works with 16-25 Yr. olds)	The project is targeting intensive support for those households where no-one has worked for a minimum of 6 months. It is working with the 'hardest-to-help' households which are likely to face the greatest barriers to becoming employed or re-employed.
PRIORITY - Reducing Youth Unemployment and Disengagement (Ages 16-24)	
Youth employment	The aim of the project is to improve confidence in seeking work and give young people the opportunity to become job ready to enter employment. This work is being delivered by the Jobs Growth Wales Mentor.
PRIORITY - Promoting Digital Inclusion	
Digital inclusion project	This project is delivering informal digital inclusion sessions at venues across the Cluster such as libraries and community centres. The sessions will improve people's confidence in progressing their lives through employment and finances.
PRIORITY - Improving Financial Capability, managing debt and raising income	
Energy Savers	This project is to enable parents of primary school children to reduce their household energy bills and teach children the values of a greener home.
CAB – Outreach and advice project	Cardiff and Vale CAB's Engagement and Managing Your Money (group) Services are providing an independent source of financial capability training to vulnerable people living in the ECLP cluster in Cardiff. The project aims to mitigate the impacts of poverty by increasing access to financial capability services at a range of outreach venues in deprived communities.
PRIORITY - Supporting Enterprise and Time banking, Building Social Capital.	
Supporting enterprise	The project is offering initial support for those wishing to explore enterprise as an option for their future. The focus is on community groups wishing to explore social enterprise; and individuals wishing to explore Childcare as a business option.
PRIORITY - Reducing the Risk of Youth Offending	
Youth engagement	This project is using a mix of CF and external funding to enable young people to benefit from activities which divert them from anti-social behaviour. Activities are focussed at local venues during non-traditional opening hours e.g. late nights, weekends and holiday times. This work is additional to work already taking place at the venues.

Cardiff East (ECLP) Prosperity Theme Achievements 2013-2016

Table 21- Key Achievements below illustrates the key achievements to date for the Cardiff East (ECLP) Cluster under the theme of Prosperity for the years 2013/16.

Prosperous Communities Key Achievements	2013/2014	2014/2015	2015/2016	2013/16 Total
Total participants	244	1,582	1,911	3,737
Total sessions	81	2,675	744	3,500
Total volunteer hours	94	n/a	3,013	3,107
Total outcomes achieved	273	1,438	2,887 (*)	3,808
More positive and improved confidence about seeking work	37	84	92	213
Actively accessing advice and support.	n/a	75	94	169
Entering employment (ages 25+)	7	28	109	144
Entering employment (16-24)	n/a	20	43	70
Gaining basic IT Skills	25	105	107	237
More confident using a computer	25	103	106	234
Reducing and managing debt	n/a	173	90	263
Supported access to benefits they are entitled to	n/a	298	144	442

(*) Timebanking hours captured on the community involvement reporting have been included.

Cardiff East (ECLP) Communities First Learning Theme

Table 22 below shows the priorities and projects delivered by Cardiff East (ECLP) Communities First for 2015 to 2016 under the Learning Theme. There are some changes in projects delivered from years 2013/16.

Learning Communities	Project Aims/Purpose
Projects	
PRIORITY - Supporting young people to do well at school	
School & beyond	Community Focussed Schools – This project is working closely with the Community Focussed Schools Officer to develop projects and activities that will enrich the school experience for pupils and encourage parental engagement in their child’s education, such as after school and inter-generational activities.
PRIORITY - Supporting families to be engaged in their children’s education	
PDG Family Liaison Project	The project is supporting two high schools and two primary schools to address issues within families that are impacting on attendance and academic performance.
Supporting family learning	Activities are encouraging parental engagement in the learning process, helping parents to support their child’s learning and improving the skills of parents. The project is supporting and creating opportunities for parents to become engaged with schools through a variety of family learning activities.

Parents Together project	Family Liaison Officers work with schools and community venues to provide free space for parents to come together in an informal manner. The sessions encourage non-judgemental openness and discussion of family issues so parents can learn from each other and potentially offer support to other families.
PRIORITY - Improving Adult Life Skills	
Friends of Lifelong Learning	By developing networks that support local schools the project is creating a culture of lifelong learning within local schools, encouraging PTAs, 'Friends of' groups and governing bodies to support schools to become hubs for lifelong learning.
Widening access to local Learning	This project is promoting learning opportunities, creating new learning opportunities where there is identified need, removing barriers to learning and working with Cardiff and Vale Community Learning Partnership providers to offer wraparound support for local learners.
Next Level Learners	The project is encouraging people to re-engage with learning and exploring progression routes with those who hold some previous training or qualifications. The project is working with those who need significant support, not those who can simply be signposted to a course or training provider.

Cardiff East (ECLP) Learning Theme Achievements 2013-2016

Table 23- Key Achievements below illustrates the key achievements to date for the Cardiff East (ECLP) Cluster under the theme of Learning for the years 2013/16.

Learning Communities Key Achievements	2013/2014	2014/2015	2015/2016	2013/2016 Total
Total participants	1,113	1,202	1,313	3,628
Total sessions	329	1,627	1,395	3,351
Total volunteer hours	228	667	458	1,353
Total outcomes achieved	1,057	2,007	2,497	4,504
Children and young people with a better understanding of the importance of school	n/a	143	290	433
Improved academic performance	n/a	166	256	422
Increased school attendance	147	166	285	598
Parents who know where to get help if their child has a problem at school.	n/a	335	400	735
Parents more engaged with school	205	382	399	986
People gaining a qualification	n/a	146	176	322
Clients who enrol in Further or Higher Education	29	121	133	283

Cardiff East (ECLP) Communities First Healthier Theme

Table 24 below shows the priorities and projects delivered by Cardiff East (ECLP) Communities First for 2015 to 2016 under the Healthier Theme. There are some changes in projects delivered from years 2013/16.

Healthier Communities Projects	Project Aims/Purpose
PRIORITY - Promoting Physical Well Being (Ages 7 and above)	
Improving health and fitness	The project identifies and promotes initiatives that improve personal fitness, enhance physical wellbeing and/or reduce obesity in local communities.
PRIORITY - Promoting Mental Wellbeing	
Promoting mental wellbeing	The project offers a series of informal wellbeing-related activities (e.g. art & craft classes) to identified groups to alleviate their condition(s). Through such activities participants have a chance to explore their mental wellbeing and, where appropriate, access further help if necessary.
PRIORITY - Encouraging Healthy Eating	
Health and nutrition	This project supports the delivery of healthy eating projects, such as Food and Nutrition Skills for Life so as to encourage healthy eating. This includes delivering initiatives such as Healthy Eating, Get Cooking and Healthy Cooking on Budget workshops.
PRIORITY - Reducing Risks	
Reducing Risks	The project aims to raise awareness amongst local young people of the damaging impact that all types of risky behaviour (i.e. smoking, alcohol, drugs, sexual health) has on their health and the potential consequence of becoming involved in risky behaviours.
Key health messages	The overall aim of this project is to raise local awareness of the key health issues affecting the area, and the campaigns and services designed to tackle these, as well as to reduce health-related risky behaviours. The project is using selected community "Health Champions" to identify needs in the community as well as promote and recruit participants for the project.
PRIORITY - Supporting Vulnerable People with additional needs to live in the community	
Supporting People to Live in the Community	This project will deliver a range of services for all customer groups considered to be the more vulnerable members of our communities, especially those who are 'old and alone' and those living with a long term illness. We will work with partner organisations and community volunteers to establish local networks to regularly visit those who are more isolated and assist with day to day tasks.

Cardiff East (ECLP) Healthier Theme Achievements 2013-2016

Table 25- Key Achievements below illustrates the key achievements to date for the Cardiff East (ECLP) Cluster under the theme of Healthier Communities for the years 2013/16

Healthier Communities Key Achievements	2013/2014	2014/2015	2015/ 2016	2013/ 2016 Total
Total participants	540	898	837	2,275
Total sessions	82	122	220	424
Total volunteer hours	19	13	150	182
Total outcomes achieved	691	1,747	1,814	4,252
Increased physical activity	125	253	192	570
People with a positive attitude to improving their physical health	137	132	195	464
Feel more positive about their mental wellbeing	n/a	54	85	139
Eat more fruit and vegetables	17	130	158	305
Reduced risky behaviour	2	289	196	487
Better knowledge of risks	61	334	216	611



ECLP Communities First Individual Case Study - Boxing SWEET

Through participation in ECLP's "Boxing Sweet" NEET engagement pilot, B, a young woman who lives in Trowbridge, successfully completed a BTEC Level 1 Award in Personal and Social Development, a First Aid Level 2 qualification and a non-contact boxing course.



The "Boxing Sweet" pilot was collaboration between all 3 ECLP thematic teams and the Llanrumney Phoenix Boxing club. Sweet* is an innovative, flexible qualification in Personal and Social

Development. Our content covered healthy eating and relationships, risky behaviours, attitudes to learning and employability skills with an additional First Aid qualification.

The pilot also included a non-contact boxing component, delivered by local professional boxer Craig 'The Kid' Kennedy and ex world champion and now trainer Gary Lockett. Working with the Llanrumney Phoenix Boxing Club allowed engagement with a group of young people very far from the job market to enjoy what they would normally see as boring classroom work. Creating innovative and enjoyable workshops based on the Sweet* workbook, the ECLP team managed to make learning relevant to this group who now have not only better attitudes towards training and employment, but also some important life skills.



B was previously involved in boxing at a young age and had competed in boxing shows as an amateur. She has an incredible natural talent for boxing and is well known and respected in the boxing community. Unfortunately, in more recent years B had fallen away from the boxing regime due to dealing with the death of her father from alcoholism, B's behaviour deteriorated understandably with the grief and had begun to 'go off the rails'. B was involving herself more and more in anti-social behaviour, fighting, drinking and experimenting with drugs, which affected her family life. B moved out of the family home spending 6 months in a young girl's hostel.

B is from a Traveller family and boxing is very much a part of the Traveller culture. However, more often than not, this is mainly male orientated. B is a very strong independent character. And whilst she is clearly very proud of her heritage, at the same time, it is noticeable that she very much wants to be her own person, as demonstrated throughout her commitment to boxing as a female.



When ECLP met B, she was living on her own after gaining her accommodation, coming out of the hostel and so had been adjusting to the next stage of her independence. As such, she had to manage rent, bills, cooking, and cleaning, for the first time. She had a part time retail job, but the shop closed down. With her keen interest in boxing and encouraged by the boxing coach of Llanrumney Phoenix and close friend of her late father, we were given her name for the Boxing Sweet* course.

B was the only female on the course, which shows her type of character. She is a polite, caring and incredibly talented young girl who has had a tough time and needs a lot of support. Whilst she has been dealing with the loss of her father for some time, she also deals with very real issues of being a young teenage girl. She is also a girl from a community where she hasn't followed an expected route, which shows a strong sense of courage to be exactly who she wants to be. The SWEET course not only offered her somewhere to come back to and do something that she loved, it gave her life skills such as cooking, budgeting, and where to go for further help and advice etc.

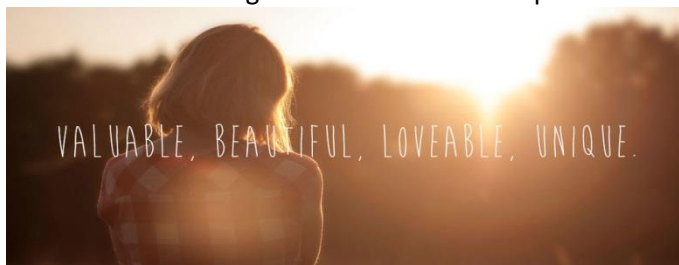
B said, "I would like to say, on behalf of Llanrumney boxing team and all boxers who attended Boxing Sweet, a big thank you to Rhiannon Roberts , Lee Bridgeman, Wayne Palfrey, Craig Kennedy and Tony Richards for organising this boxing course for us, not only that but getting me up out of bed in the mornings! I've learned lots and grown though the last couple of weeks and would like to say thank you again for all of what you done THANK YOU!!!"

Following on from Boxing SWEET*, ECLP have kept in touch with B and have just finalised the details for her to come on a two week work placement with us at ECLP, which we are really looking forward too. We hope to offer her a taste of all the things we do involving her in different projects with health, learning and prosperity. She will assist with community event, including family learning signature workshops, work clubs and get cooking courses as well as complete administrative tasks. We will also include B in the planning and design of the next NEET course ECLP delivers, which will no doubt give us a much better insight into what's needed and will also give B a worthwhile project to get her teeth into!

ECLP Communities First Key Achievements – Shine Girl,

The Shine Project

There is a clear correlation between a happy mind and capacity to learn and in the first 2 years of working in the area ECLP heard a lot about self-harm in our high schools and the impact on attendance and educational attainment. In February 2015 ECLP officers spoke to a Doctor working in Child and Adolescent Mental Health Services who had co-founded Shine Wales to deliver an international programme called Shine Girl that encourages teenage girls to re-evaluate their perceptions of Worth, Value and Strength (resilience).



ECLP worked with the charity to apply to the Neighbourhood Partnership Fund to match fund ECLP project budgets and piloted Shine Girl across all 3 of our cluster High Schools. In Quarters 3 and 4 the programme was delivered to St. Illtyd's and Eastern High pupils. Repeating the success witnessed in St. Teilo's in Quarter 1, ECLP continued to see fantastic results in terms of measured improvements in self-esteem. 35 girls from Years 9 and 10 participated in total and in many cases ECLP have seen improved self-esteem translate to either increased school attendance (although in many cases this wasn't an identified problem, or at least not yet) and/or academic performance.



All 3 schools have committed to 50% funding Shine Girl programmes during 2016/17 and with our evidence the charity have secured £1000 from the Community Trust Fund towards further activities. This year Shine Girl will become an established intervention, not only in our high schools but others across Cardiff as news spreads of its success; Shine Wales now also operate in Llanishen High and Cantonian High.



LIFT Programme Cardiff East Cluster – Delivered by Cardiff Community Housing Association (CCHA).

Lift is an ambitious Welsh Government programme to provide, by the end of Dec 2018, 5,000 training and employment opportunities for people living in households where no-one is in work. The programme supports those who have spent more than 6 months out of work and who face the greatest barriers to becoming employed, such as young single parents, adults with few or no formal qualifications; people with poor employment records and disabled people.

Research shows that people in households with these characteristics are much less likely to gain employment than others. The Lift Programme in Cardiff East is delivered by Cardiff Community Housing Association (CCHA). The Programme serves the communities of Llanedeyrn, Pentwyn, Llanrumney, Rumney, Trowbridge and St Mellons.

Operating from offices in Trowbridge Community Centre the Lift programme Mentors also attend 1 to 1 appointments in community facilities across the Cluster area. The Lift team work in close partnership with community based programmes to share ideas, generate referrals and collaborate on large scale projects.

A Lift representative also attends Job Centre Plus on a fortnightly basis, working directly with Job Centre advisors, promoting the programme, generating referrals, meeting participants and assisting them through often complex DWP processes and building positive working relationships.

The Lift programme participants are offered bespoke, 1 to 1 support. Participants can take up a range of opportunities as part of their individual tailored action plan; these outcomes are documented and evidenced.

Table 26 - Key Achievements

Opportunity	Total number achieved/ 2014- 2016
Total people enrolled onto programme	374
Basic skills	38
Preparation for full-time employment	33
Work Placements	88
Employed	114
Known to still be in employment after 6mths	42
Vocational Training	191
Total Opportunities	464

The Lift Programme has a number of Welsh Government identified opportunities for Work Placements. The Cardiff East Mentors work with the participant to get them the right skills and training for them, whilst addressing barriers such as childcare, finance, travel and clothing, to enable them to take up one of the opportunities on offer. The Mentor will also liaise with the partner organisation to negotiate the opportunity to overcome some of the barriers faced by Lift participants.

Cardiff East works closely with Cardiff and the Vale University health Board, Public Health Wales, Velindre Cancer Care and Aneurin Bevan. They also work with 6 housing associations CCHA, Hafod, Newydd, Taff, Cadwyn and Wales and West

Welsh Government as an example of best practice often uses the Cardiff Lift Programme, in particular with the monitoring and reporting systems and processes they have put in place. The database used to collate data and record opportunities designed by the Lift team and CCHA has now been rolled out to 7 Lift teams across Wales and Cardiff East has been supporting them with implementing the database and paperwork to go with it. This is also the case with monitoring and reporting opportunities offered by the Registered Social Landlords (RSL's).

Lift Case Studies - NHS Shared Services – I.T. Work Placement leads to Employment

John Holdham, age 56 from Trowbridge attended the NHS Roadshow and was thrilled to secure an 8 week placement working in IT. Unemployed for 10 years, John has struggled to find paid work due to low self-confidence coupled with a lack of qualifications and work experience. For many years he volunteered teaching people Basic Skills and had always been interested in computers.

He told us: *"The support from Natalie and Susan has been amazing. They helped arrange my placement, supported me with interview skills and gave me the motivation to go for it. This placement will help build my confidence and give me skills and experiences which will hopefully help me get a job."*

John now has secured a fulltime permanent contract with NHS, following his work placement. John is supporting the Lift Programme, too! As part of the partnership between Lift and NHS Shared Services, any Lift participants interested in going into the NHS are able to complete the NHS E-Learning toolkit, which involves 10 modules. John is on hand to assist and support Lift participants, setting up their guest accounts and giving technical advice. His Manager Sharon Jones is very impressed with his work and progress.



Lift Case Study - CCHA tenant from Trowbridge

Pete Dorset, age 35 a former CCHA tenant from Trowbridge, was referred to the Lift Programme from Job Centre Plus in May of this year. He had been out of work for nearly 2 years and was struggling to find employment.

Pete received support to rewrite his CV which was sent to a number of agencies on his behalf. Within a few weeks, he had secured an 8 week work experience placement in the restaurant at Cardiff Castle. Pete really impressed his manager and as a result was offered a full-time job. He is now earning a good wage and his family are much better off than they were when Pete was on benefits.



Peter Meets Leslie Griffiths (Welsh Government Communities and Housing Minister)

He told us: *"My life before just felt like a waste but now that I've got this opportunity, I'm so happy, I'm actually over the moon! My ultimate goal is to become a chef, so this job is definitely a step in the right direction, and is helping me to realise my dreams. And the view from my office is amazing!"*

Restaurant manager Carmen is full of praise for Pete: *"He's doing fantastically well. I've noticed such a huge improvement since he started, he's much more confident with the customers now, and always turns up early and rearing to go for his shifts! He gets on with everyone, and we're really happy to have him with us."*



5.4 STAR Communities First Cluster 2015-16

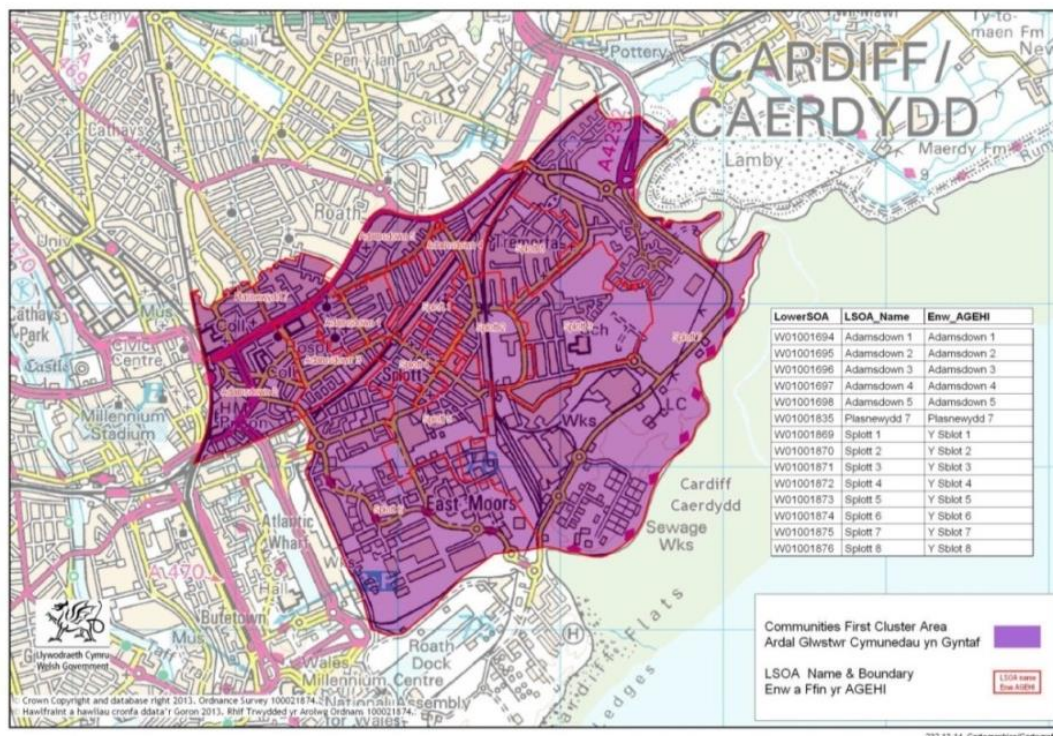
The STAR Communities First Cluster covers Splott; Tremorfa; Adamsdown and a small part of Plasnewydd. The area is incredibly diverse with one primary school having 76% of pupils with a first language other than English or Welsh.

STAR Communities First Cluster is managed by Cardiff Community Housing Association (CCHA). CCHA was established in 1996 when Adamsdown Housing Association and Moor Housing Association merged. They are a housing association with over 2,600 homes in South East Cardiff, with the aim of providing excellent homes and services and creating communities where people want to live. The Communities First team has 14 members of staff.

STAR Cluster was established to develop and deliver a range of different projects and activities to regenerate and improve the communities of Splott, Tremorfa, Adamsdown and Plasnewydd (South Roath). The STAR Delivery Plan includes a wide range of projects and activities developed in consultation with the communities we serve and partners in the working area. The projects are all designed to support the key objectives of the CF Programme – Healthy, Prosperous and Learning Communities underpinned by strong levels of Community Involvement.

Where Does STAR Communities First Work?

The Cardiff STAR Communities First Cluster is made up of parts of Adamsdown, Plasnewydd and Splott. The area has been formed from 14 smaller statistical areas with a total population of 25,300 people.



STAR Cluster Area



STAR Communities First

Developing Communities and Creating Opportunities

How much did we do?

21
projects

Prosperity Health
Community Learning

4,208
participants



5,131
sessions



How well did we do?



15,021
volunteer hours



16,004
outcomes achieved

88

people secured employment



more than
276
people earned one or more qualifications

328 people financially better off



(benefit gains of £625,984 and assisted clients to manage debt totalling £263,638)

more than **1,203** 
people reported feeling more positive and confident to improve their lives

848   
people are making healthier choices


875 
parents more confident supporting their children


508  
children improved their academic performance

How is anybody better off?

2015/16 figures

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STAR Cluster Communities First Prosperity Theme

Table 28 below shows the priorities and projects delivered by STAR Communities First for 2015 to 2016 under the Prosperity Theme. There are some changes in projects delivered from years 2013/16.

Table 28

Prosperous Communities Projects	Project Aims/Purpose
PRIORITY - Helping People to Develop Employment Skills and find Work (ages 25+)	
Community based Work Clubs	This project delivers community based work clubs providing a range of sessions and advice surgeries in pre-employment skills, basic skills, IT skills, CV writing and job application support.
Employment related training (Adults)	This project works with participants who are work ready to deliver training opportunities that will have a substantial chance of resulting in a job outcome for the individual or individuals involved.
PRIORITY - Reducing Youth Unemployment and disengagement (ages 16-24)	
Youth employment mentoring	This project works alongside other agencies and organisations who are working with young people aged 16-24, who are not in employment, training or education.
PRIORITY - Promoting Digital Inclusion	
Digital & Financial Inclusion	The project works through key service provider partners and their front line staff to identify and engage with people with problems of digital and financial exclusion.
Financial Inclusion - Improving Financial Capability, managing debt and raising income	
STAR Citizens Advice Project (CAB)	The CAB Engagement and Outreach Advice Services provide an independent source of advice, advocacy and representation to vulnerable people living in the STAR (Adamstown, Splott and Plasnewydd) Communities First Cluster of Cardiff.
PRIORITY - Supporting Enterprise and timebanking building social capital	
Timebanking	Establishment and embedding of time credits scheme. Enabling community members to earn and spend credits. Coproduction of opportunities.

STAR Cluster Prosperity Theme Achievements 2013-2016

Table 29- Key Achievements below illustrates the key achievements to date for the STAR Cluster under the theme of Prosperity for the years 2013/16.

Prosperous Communities Key Achievements	2013/2014	2014/2015	2015/2016	2013/2016 Total
Total participants	326	1,346	1,556	3,228
Total sessions	297	907	945	2,149
Total volunteer hours	62.5	4,156	11,635	15,854
Total outcomes achieved	419	4,900	11,226	16,545
Gaining an employment related qualification	119	75	104	298
Entering employment (ages 25+)	6	44	51	101
Entering employment (16-24)	n/a	26	37	63
Gaining basic IT Skills	35	78	87	200
Reducing and managing debt	11	182	63	256
Supported access to benefits they are entitled too	n/a	341	186	527

STAR Cluster Communities First Learning Theme

Table 30 below shows the priorities and projects delivered by STAR Communities First for 2015 to 2016 under the Learning Theme for the Communities First Programme. There are some changes in projects delivered from years 2013/16.

Learning Projects	Communities	Project Aims/Purpose
PRIORITY - Supporting Young People to Do Well at School		
Homework Clubs		Homework Clubs are volunteer-led programs held in school and community venues which help children with their homework and provide other learning opportunities/ experiences, with help from student tutors provided by Cardiff University.
PDG - Improving literacy & numeracy through OOSH (Out of School Hours) provision		The project develops and adds resource for both 1-2-1 and small group interventions to raise levels of literacy rates at accelerated rates using specialist staff and volunteers to support learners.
PRIORITY - Supporting Families to be Engaged in their Children's Education		
School Attendance		The project will use a range of interventions and activities working to promote a better understanding of the importance of school. It will develop and use existing partnerships and programmes to increase attendance in identified pupils and ease the transition from Key stage 2 to 3 for all pupils.
Family Learning		This project is designed to provide a flexible supportive response to the needs of chaotic, troubled and struggling families within the cluster. It will develop a series of interventions including:

	<ul style="list-style-type: none"> • A nurturing programme of parenting sessions in partnership with the schools and nurseries. • Delivery of the FAST and Strengthening Families programmes • Intergenerational learning classes
Increased parental engagement	The project will centre on school based provision which targets specific parents to be involved in their child's education through shared learning experiences facilitated by the OOSH/Family Learning Co-ordinator.
PRIORITY - Lifelong Learning in Communities	
Community based volunteering	This project is supporting volunteers already engaged with the programme and developing new volunteering opportunities for community members to support and develop community projects and activities.
Youth Voices	This project is encouraging local young people to be involved in public engagement activity, where they develop the confidence to have a voice and are given the opportunity to take part and have their say.
ESOL Provision	The project is involving an essential mix of formal and informal ESOL learning to engage with participants and developing the English skills of non-English speaking community members.
Lifelong Learning Courses	This project is extending the range of learning courses available to community members in partnership with adult community education, HE & FE establishments. Past courses have been successful in that people have gained qualifications, visited university and have undertaken volunteering, going into higher education or into employment.
PRIORITY - Improving Adult Basic Skills	
First Steps to Learning/ Essential Skills	This project helps meet the overwhelming need for Essential skills training in this area both within the indigenous community and within EMC groups both established and new arrivals.

STAR Cluster Learning Theme Achievements 2013-2016

Table 31- Key Achievements below illustrates the key achievements to date for the STAR Cluster under the theme of Learning for the years 2013/16.

Learning Communities Key Achievements	2013/2014	2014/2015	2015/2016	2013/2016 Total
Total participants	1,283	1,827	2,226	5,336
Total sessions	2,080	3,241	3,605	8,926
Total volunteer hours	1,156	996	2,875	5,027
Total outcomes achieved	2,265	3,318	3,776	9,359
Improved academic performance	n/a	540	508	1,048
Parents more engaged with school	385	646	717	1,748
People gaining a qualification	159	154	172	485
Improved literacy skills	n/a	53	40	93
Improved numeracy skills	n/a	36	22	58
Progressing to further/ Higher Learning	119	74	70	263

STAR Cluster Communities First Healthier Theme

Table 32 below shows the priorities and projects delivered by STAR Communities First for 2015 to 2016 under the Healthier Theme for the Communities First Programme. There are some changes in projects delivered from years 2013/16.

Healthier Communities Projects	Project Aims/Purpose
PRIORITY - Promoting Physical Well Being (Ages 7 and above)	
Increased physical activity	The project is expanding on the good work already under way across the Cluster to increase opportunities for and access to free physical activities. This has included numerous physical activity days, litter picks, Pilates, bike rides and community partnerships as well as providing formal training for community members to become registered coaches, many of whom have secured employment as a result.
PRIORITY - Encouraging Healthy Eating	
Food Wise	There are 4 elements to this project: <ul style="list-style-type: none"> • Access to affordable fruit and vegetables by supporting the fruit and veg co-ops in the STAR cluster • Edible Garden Network – The Edible Garden Network encourages local people to grow their own in their gardens, window boxes or on a shared plot. • Education (Using Food & cookery sessions and Weight Management Classes.) • Skills development in order to plan, prepare and cook healthy but low cost meals.

PRIORITY -Reducing Risk	
Health outreach programme	Working in partnership with key service delivery partners and health promotion partners, Communities First is co-ordinating a range of health road shows and screening surgeries that move around the community to educate, inform and encourage people to access the services available to them.
PRIORITY - Supporting People (with additional needs) to Live in the Community	
Ageing Well – Healthy, Wealthy and Wise	The project is helping groups of older people to establish local activity clubs based on a successful model used by Age Concern. HWW is a substantial multi-faceted project aimed at people 50 years and older which will encourage and enable them to participate in activities that stimulate, challenge and educate them.
Healthy Young People	The project is working through successful mechanisms already in existence across the Cluster (the Youth Action Group and Neighbourhood Partnership Improving Outcomes for Children and Young People Group) to deliver youth programmes and schemes with partner organisations.

STAR Cluster Healthier Theme Achievements 2013-2016

Table 33- Key Achievements below illustrates the key achievements to date for the STAR Cluster under the theme of Healthier Communities for the years 2013/16.

Healthier Communities Key Achievements	2013/2014	2014/2015	2015/2016	2013/2016 Total
Total participants	489	560	426	1,475
Total sessions	195	467	581	1,243
Total volunteer hours	839	507	511	1,857
Total outcomes achieved	454	1,177	1,002	2,633
Increased physical activity	45	134	89	268
Regularly participate in physical activity/ sport	20	87	52	159
Eat more fruit and vegetables	14	51	66	131
Better knowledge of risky behaviour	120	123	126	369
Reduced social isolation	7	106	51	164
Engaged in more community activity	32	124	57	213

STAR Communities First Individual Case Study – Travelling Ahead

CP is a 17 year old young woman, who identifies as an Irish traveller. She has grown up on a static caravan park in Tremorfa and attended a mainstream primary school in Splott. Following issues with older siblings and cousins around transition and local High schools, CP was removed from education as it was felt by the family that school were unable to keep her safe and offer her a beneficial and meaningful education. CP was to be home educated by her family. Due to issues around a lack of confidence in the education system, many of the elders on the site have very low educational attainment CP had very little support from home in her 'home schooling' and quickly fell out of education all together.

STAR Officers first met CP when she was 14 years old and attending Splott Play Centre on a daily basis. She had not been in mainstream education for more than 2 years, but was attending a forum for gypsy traveller young people, who focused on the rights of children and young people, especially around education. CP quickly became aware through the work the forum was doing, that mainstream, full time education was not the only option open to her and wanted to explore some of the other opportunities open to her, with a view of returning to education. STAR linked CP up with the Youth Employment Mentor (Laura Butler), who was able to put CP in contact with other providers such as Princes Trust, ACT and Itec. Laura was able to arrange for visits and interviews for CP to discover what was available to her and what her options were with returning to education. With these opportunities and Laura supporting her through the transition CP eventually decided to attend a part time childcare course at ACT. This was not easy to start as CP was not used to attending a formal education setting, following set rules and running to time! She did however stick with the course for a couple of terms, despite a couple of hurdles along the way.

CP had continued to attend the forum, where she had begun to take the lead in many of the activities, especially around the lobbying of fairer education options for young people who are not able to attend full time education. CP led a group of young people who attended the Welsh Assembly to meet with ministers to share their thoughts and concerns around this subject and hoped to influence policy changes. The Ministers seemed impressed with the points being made and the arguments being given by the young people. This led



on to a number of projects including visits from the Police and Crimes Commissioner, Children's Commissioner and the Assistant Director of Education. CP was picking up momentum with her lobbying for this course and had drawn the attention of the Children's Commissioners Young Ambassadors project, where the forum were invited to join a Wales wide advisory group. These projects were being co delivered by Communities First, Splott Play Centre (Cardiff Play Services) and Save the Children.

Over the last year CP has gone from strength to strength. She has continued with her education and although she has changed courses twice, she is now coming to the end of a childcare course with Itec. She has managed to complete all of her work and a successful community placement.



CP Delivering Training

CP has also continued with her work with the Children’s Commissioner and has played an active role on the advisory group. This year the group have used the skills they have learnt to consult with other young people to be able to offer informed advice on the updating of the rights for 11-18 year olds which has now been implemented. She was also invited to be on the interview panel for new roles within the commissioner’s office. Whilst doing all of this I was able to support CP through her driving theory test and later her driving test, which she now hopes to put to good use in being able to attend more forums and training delivery opportunities over the next year, as well as being able to see more of the UK for herself. She is very much looking forward to continuing her current work and accessing more CF projects into adult learning.

She has also continued to be an active member of the forum and lead the group in delivering training to professionals for Show Racism the Red Card and peer mentor training

Since coming back from her last trip, CP has been invited by the university to deliver further sessions which will be paid work

Continuing on from the peer mentor training CP has taken part in a European mentoring project run by the University of Central Lancashire, where she has been able to travel around Europe, working with other young people and delivering training

STAR Communities First Key Achievements – Lifelong learning in the Community

During the last year 128 people have engaged on lifelong learning courses, many have completed more than 1 course. STAR Cluster also has 16 learners volunteering regularly with the team either as Street Reps or supporting Tutors in the classroom.

A range of lifelong learning courses have been delivered including Child's Play, Child Psychology, Youth and Community Studies, Preparing to Teach, Steps to Excellence, Food Hygiene, Complimentary Therapies and Engendering Change. These courses have been run in partnership with Cardiff University, Cardiff Metropolitan University, Cardiff ACL, WEA and Women Connect First.

The courses have been delivered at a range of venues across cluster. Star CF was the pilot area for both reflexology and youth and community courses. 3 learners who have passed these classes have enrolled onto a 'Pathways to Degree' course at University. A further 5 learners have started a Level 4 Women in the Community course at Cardiff University.



"Over the past year I have completed a number of childcare courses. As part of one of the courses I visited the Senedd in Cardiff Bay for the first time. The courses have given me the confidence as well as the inspiration to get involved in local issues. Since doing the courses I have been campaigning for a local library, written and delivered public speeches, organised a public meeting, ran a petition, designed campaign leaflets, been interviewed as a spokesperson by local news outlets (newspaper and TV), appeared on live radio and delivered a presentation at County Hall. I would recommend these courses because they are very accessible to learners who have been out of education a long time or are seeking a change in career." Quote From Splott Learner

"My certificates in Helping Children to Learn and Childs Play helped me get a volunteer placement as a teaching assistant in a primary school. At the same time I have started pathways to degree course in social science at Cardiff University. I get a real buzz walking through the entrance to the building-even getting my student library card felt great! My world opened up-it's not just what you learn in class, even though you do see things in a new light, it's also what you get from pushing yourself out of your comfort zone, in new experiences and the connections you make with tutors and fellow students. The best thing is, my two daughters tell me they're proud of me, they see me working towards my goals, no longer "invisible" but standing up for things I believe in, and taking a more active role in the community, and being a leader. I feel I'm being a positive role model for them, which I love. I would like to thank Communities First and Cardiff University-I never thought at my age I would be "going back to school" and enjoying it's much, these courses have changed my life! "Quote from Alice Shing-Splott resident

6. NEXT STEPS

6.1 Communities for work (CfW)

Communities for Work (CfW) is a new Programme introduced by Welsh Government as a complementary, programme to Communities First. CfW is funded with support from the European Social Fund (ESF) to deliver employment support services in all 52 Communities First Clusters in Wales. The Programme will focus on reducing the number of 16-24 year olds who are not in education, employment or training (EET) and increasing the employability of economically inactive and long term unemployed adults who have complex barriers to employment



It builds on the existing Communities First programmes to tackle poverty to help get people into work. It combines the experience and best practice from previous successful programmes such as Want to Work and other programmes which have been supported through CF, such as the Parent Employer Adviser Shared Outcome Initiative and the Lift programme. The programme focuses on the most deprived communities, to provide 1-to-1 support, guidance and training. It is a voluntary programme to help those adults furthest away from the labour market into employment. The programme is co-sponsored by Job Centre Plus, each Cluster will have a dedicated set of staff which will comprise of an Adult Employment Mentor, Youth Employment Mentor, and Triage Support Worker employed directly by the Clusters. They will be joined by a Parent Employment Advisor and Community Employment Advisor employed through Job Centre Plus.



The target groups are people living in a Communities First cluster area:

- with low or no skills
- with work limiting health conditions
- with care or childcare responsibilities
- from jobless households
- Not in Education, Employment or Training
- From a Black Minority Ethnic group.

Overall agreed performance of the CfW Programme is set nationally, but is managed locally with set performance figures. The performance requirements for the Cluster staff are 12 new enrolments per month, with 2 job outcomes per month for the mentors, with additional performance expected from the JCP employed Advisors of a further 12 enrolments per month, and 4 job outcomes per month.

The key objective for the Communities for Work programme is to tackle poverty through sustainable employment by:

- Providing intensive mentoring and specialist employment advice to help overcome barriers to employment
- Providing motivation and confidence for participants to consider employment opportunities.
- Helping people gain the soft skills for example, time keeping in order for them to find and keep a job
- Helping participants acquire/update their job search skills in order for them to find and keep a job
- Helping participants acquire vocational skills in order for them to meet the demands of the labour market.
- Providing resources and support to help them apply for vacancies

A barriers fund has been designed to help participants make the transition from inactivity to activity by reducing barriers to participation and employment. Awards can be made to purchase essential items or to cover costs that without which the individual would be unable to take up employment. This includes travel expenses, interview and work clothing etc.

Mobilisation of the programme for Cardiff Communities First started on 1st April 2016, in which Clusters and the Lead Delivery Body started to recruit the ESF Co-ordinator, Adult Mentors, Youth Mentors and Triage Workers. Cardiff expects to have full teams in place and operational by August 2016. Work at present is focused on building solid foundations in the processes and procedures that need to be in place with the Job Centre Plus and Welsh Government regarding managing European Funding.



Across Cardiff, there are a number of services, which focuses on specialised areas of employment. The focus for this year has been developing joined up working. Communities First and the Into work team have started to look at mapping provision across the city to establish awareness for service delivery staff and create consistent service/ provision across Cardiff to best utilise the resources.

A steering group has been established to recognise all relevant employability parties. The group discussion resulted in a '**Cardiff Into Work Offer**' which will bring every service across Cardiff together to ensure everyone is clear upon all programmes, eligibility criteria, referral processes. This is with the expectation, when an individual walks through any door in Cardiff looking for help, there will be a triage approach which directs the individual to the most appropriate service for them.



6.2 Well-being of Future Generations (Wales) Act

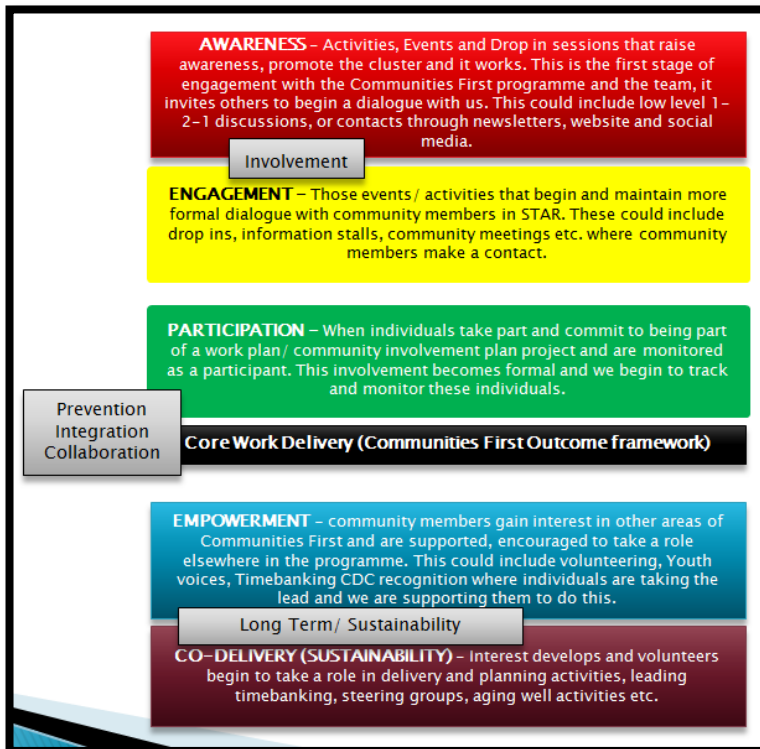
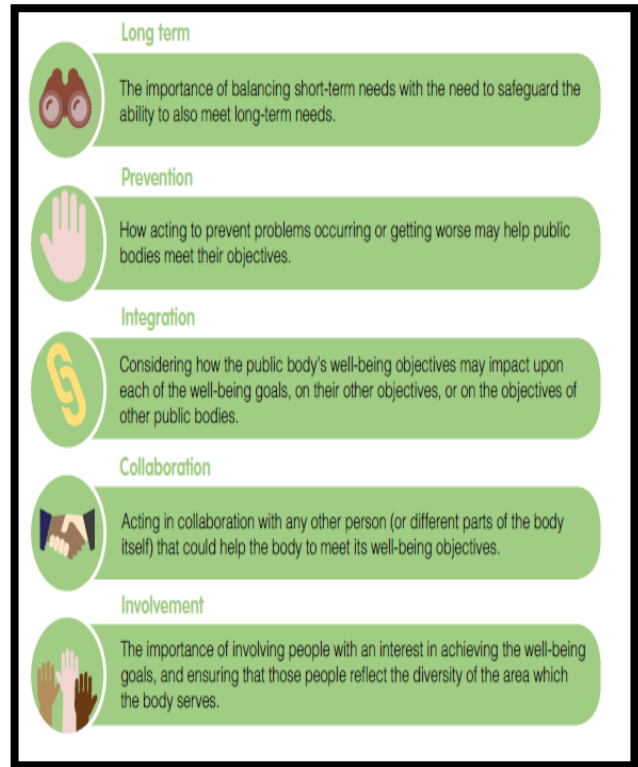
The Future Generation's Sustainability Principles

The Wellbeing of Future Generations (Wales) Act is legislation requiring public bodies and partners to put long-term sustainability at the forefront of their thinking, and work with each other along with other relevant organisations (such as sector groups) and the public to prevent and tackle problems. It passed into law in April 2015.

The Future Generation's Sustainability Principles coincide with the underpinning key strand that runs throughout Communities First, the community involvement. Cardiff communities first ultimately use community involvement as a tool to 'Empower and Building Resilience, Connecting Communities, to be the agent to allow communities to realise their potential through effective Community Development Practices.'

Cardiff Communities First Community Involvement Model

Cardiff Communities First aims to recognise the efforts which go into engaging with individuals who are seen as 'hard to reach'. A great deal of work goes into providing intense support, building aspirations in an area of deprivation. Supporting individuals to have a voice, to enable community members to believe they have the ability to input into local services. For every aspect of the strategic



themes there is a robust performance framework which ensures consistency across Wales. Yet all the additional work that is completed, much of which aligns with the Future Generations Principles and Indicators is not measured.

This year Cardiff Communities First aim is to progress the community involvement framework against the community involvement model to report on how effective the awareness, engagement and participation methods are for helping people to become better off, to the community members who are empowered and the groups and individuals who start to lead and co-deliver on services in their area.

6.3 Welsh Government Alignment of the Anti- Poverty Agenda

The disparities in wealth across the City and in key factors such as life expectancy are clearly identifiable in Cardiff. Where people are disadvantaged and this sense of ‘pockets of deprivation’ is often exacerbated as many are close to areas of affluence. The rising cost of living, static incomes, changes to benefits, welfare reform or unemployment can lead some people to struggle to pay for essentials such as heating and food. Despite being a capital city, Cardiff has seen an increase in the use of Food Banks and Fare Share projects in recent years.

The key challenge for Cardiff will be preventing poverty by giving people the best start in life by breaking the link between socioeconomic disadvantage, health inequalities, educational under-achievement and impaired life chances. Building sustainable and resilient communities so nobody is left behind, communities are confident, capable and involved. To help people to improve their skills, enhance the relevance of their qualifications and remove barriers to employment we will need to mitigate the impact of poverty, we intend to do this through the provision of a coherent programme of support targeted towards those who are disadvantaged by poverty and/or health inequality

To address poverty we are driven by an ambition to align national and local initiatives to deliver a coherent range of services, which are well publicised and accessible in communities:

- Early Years and Childcare, Flying Start, Families First, Team Around the Family
- The Integrated Youth Offer, Employment and Training Support, Jobs Growth Wales, Youth Engagement and Progression Framework.
- Coherent and joined up approach for the delivery of Communities First and Into Work Services.
- Strategies to improve financial, economic and digital inclusion for those most affected by poverty.
- Supporting People Strategies to prevent homelessness and enable independent living;
- Older People Strategies to address the issues faced by older people such as a refocus on the delivery of domiciliary and day care services.

The approach we are taking is to ensure tackling poverty is a cross-cutting theme, with the establishment of a multi-agency Tackling-Poverty Working Group that will oversee the integration, alignment and reporting of national and local anti-poverty programmes.

Conclusion

The City of Cardiff Council will continue to monitor Communities First delivery, and as part of this, we will be monitoring performance and spend closely to ensure that the funding used is fully utilised to ensure maximum impact.

The Council will also be ensuring that the Cardiff Communities First programme meets new requirements around reporting to Welsh Government. In particular, we will be reporting against community involvement measures aligned with the Future Generations indicators. The contribution Communities First makes should be realistic and achievable. There is a need to strike a balance between pursuing and realising national objectives whilst ensuring that outcomes delivered are tailored to, and respectful of local context and the differing needs of communities.