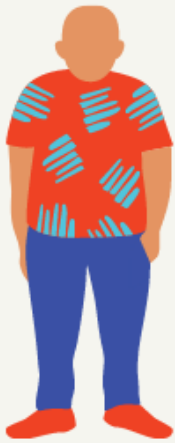




# Community Cash Fund Projects 2019-20





# Community Cash Fund



In February 2019, Healthwatch Wiltshire launched a Community Cash Fund scheme to enable local groups to apply for a grant to start health and wellbeing projects in their local community.

We were delighted to receive 41 applications for funds of up to £2,000, and five projects were chosen to receive a grant.

As well as encouraging healthier lifestyles, these projects also provided a way for us to get more feedback on local services from people we might not otherwise hear from, and during 2019/20 we collected many valuable insights from people who took part.

All five of the projects have demonstrated real benefits to those who took part and we're pleased that two have been able to secure additional funding to continue their work.

Find out more on our [website](#).



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Cover photo: The Singing for Lung Health Choir perform at Healthwatch Wiltshire's volunteers' Christmas party, 2019

# SPARK Festival of Wellbeing



Pound Arts Centre and Rewired Counselling hosted SPARK, a two-day health and wellbeing event in Corsham on 12 and 13 July 2019.

Day one was designed especially for 200 Year 9 students from Corsham School. The students were taken off curriculum for the whole day and took part in a range of talks, workshops and experiences focusing on health and wellbeing.

The SPARK team worked with local services and organisations to provide a range of activities that would support all of the students' needs, from mental and physical to emotional.

Staff from Corsham School also provided activities to highlight the subjects and facilities at

school that can support the students' wellbeing.

88% of students surveyed after the event said they would recommend SPARK.

Day two was an inclusive and accessible day aimed at the general public. There was a programme of speakers throughout the day touching on a wide range of health topics from academic research to personal stories, as well as a 'marketplace' with local services, experiences, charities and community groups represented.

The event had around 300 attendees in total throughout the day, with 137 of these booking on to a talk, taster session or experience, including Pilates, reiki, singing and osteopathy.

Today has made a big difference to J and made him aware of the wide range of activities that can help his mental health and wellbeing. I am so very grateful to all who organised this wonderful opportunity.  
– Parent

One of the successes of the SPARK event was connecting local service providers and individuals working in the health and wellbeing sector who were unaware of each other's work. This atmosphere of collaboration was very exciting.  
– SPARK team





# Happy Hearts Dance Project

Wiltshire People 1st ran sessions in June, July and September 2019 to support people with learning disabilities to lead an active and healthy lifestyle.

Using a mix of methods and approaches, the sessions, held at the Studley Green Community Centre in Trowbridge, included:

- Discussions to support participants to have a better understanding of what keeping healthy means and the benefits of a healthy lifestyle, both mentally and physically.
- Easy read accessible

information on leading a healthier lifestyle.

- Step-by-step guide to planning and preparing simple inexpensive nutritious meals or snacks, followed by a basic cooking skills workshop.
- Zumba or chair exercises, depending on fitness and mobility.

For those who attended the sessions, 10 participants said they enjoyed the cookery workshops, eight said they enjoyed the discussions and learning

about a healthy lifestyle, while six said they liked the dance workshops best.

This has been a fun and interactive way to introduce people who previously were reluctant or had never before had an opportunity, to think about what a healthy lifestyle was and to be able to try out new things in a safe and pleasant environment.  
 – Wiltshire People 1st

It's nice to learn about healthy food dishes, look at different food recipes and learn the different food groups.  
 – Participant

I now shop for healthier foods and go out on my own more.  
 – Participant



# Wellbeing at the Orchard

Wiltshire Wildlife Trust's project, which ran from July to November 2019, was designed for people who are experiencing mental health issues.

The aim was to bring people together in a safe, judgement-free space, where people facing different mental health difficulties could communicate or interact at their own pace in a supported way, helping to build confidence and improve their mental wellbeing.

Participants on the programme, based at Roundway Orchard in Devizes, had a range of mental health issues, including anxiety, depression, obsessive compulsive disorder (OCD), personality disorder, post-traumatic stress disorder, psychosis and schizophrenia.

The project featured eight weeks of outdoor activities including:

- Conservation work including pruning and weed clearing

around saplings.

- Guided walks around the wider nature reserve.
- Nature craft sessions, including whittling.
- Wild cooking on site including a no-bake apple crumble, apple fritters and a squash and apple soup.

Wiltshire Wildlife Trust has since secured further funding to continue to run a wellbeing programme across Wiltshire, which several of the participants have joined.

When I was told about [the programme], I had never done anything outside before so I wasn't sure how I would feel. But when I came out on the first session, I loved it. Being out gives me peace – I always look forward to my 'nature' days.  
– Participant



It's been an amazing experience, to have the opportunity to take part... and come out and learn new things. There's life out there - in all senses of the word - and something to get up for. I have gained the confidence to have a go - I've learnt that you can do things and get on with life.  
– Participant





# Singing for Lung Health Choir



A six-week singing course to boost the health and wellbeing of respiratory patients from Rowden, Lodge and Hathaway surgeries in Chippenham, was launched in October 2019.

With the support of an experienced instructor, 27 patients attended one of three sessions. Two were for respiratory patients and the

other for carers – with some patients attending more than one session as they enjoyed them so much! The feedback after the first session was very positive and most of the patients completed the six-week course.

Many of the choir members sang carols at the Healthwatch Wiltshire volunteers' Christmas party,

which was the first time they had all been together as one.

When the project came to an end in December 2019, the choir was established as the Singing for Health Community Choir, meeting at Sheldon Road Methodist Church in Chippenham, and members were able to continue to benefit from it.

I leave feeling relaxed and ready to take on life again. It lifts my mood so much. I feel it can only get better and better.  
– Participant

The group ensures that I get out of the house for a purpose. I have been able to meet others in a similar condition and feel less alone.  
– Participant

I feel this was a very successful project and made very good use of the generous grant we were awarded. Not only did it improve the health and wellbeing of our patients but will continue to do so.  
– Sue Miller, Rowden Surgery



# Any Body Can Cook

Any Body Can Cook, a Community Interest Company (CIC) based in Warminster, ran cookery courses in Corsham and Chippenham for families on a low income.

Their vision is to promote health equality across communities, with the aim being less visits to the GP and dentist, maintaining a healthy weight, better mental health and increased confidence.

During each five-week course, which ran from January-March 2020, participants and their children were shown how to prepare healthy food and follow recipes, and learned how to shop on a budget.

While the Corsham course was completed, the coronavirus pandemic forced the last three sessions of the Chippenham course to be cancelled and it is hoped they will be able to resume soon. A final report on the project will be published once the course is complete.

My daughter and I have absolutely loved every single session. My daughter isn't quite two yet and already has a passion for getting hands on in the kitchen. Long may it continue! Thanks so much for this valuable resource.

– Participant

Have found ABC cooking really good fun. Staff and helpers are wonderful. We made some lovely food which we have also made at home. Would highly recommend this course.

– Participant





# healthwatch Wiltshire

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