



16th July 2019

In accordance with Paragraphs 7 & 10(2) (b) of Schedule 12A of the Local Government Act 1972 I hereby summon you to attend a Meeting of **PETERLEE TOWN COUNCIL** to be held in the Council Chamber, Shotton Hall, Peterlee, SR8 2PH, on **MONDAY 22ND JULY 2019 at 6.30pm**

Ian Morris M.C.I.H., P.S.L.C.C

Town Clerk

(Proper Officer of the Council)

Members of the Committee and members of the public are reminded that the public part of the meeting may be recorded in both audio and video, and photographs may be taken.

BUSINESS TO BE TRANSACTED

1. Apologies for Absence

2. Public Participation Session

Will be held to allow Members of the public an opportunity to put questions to the Council. This item of business to last no more than 15 minutes, as per Council Standing Orders.

3. Election of a new Councillor for the Edenhill Ward

For the successful candidate elected on 18th July 2019 to sign their declaration of acceptance of office

4. To receive declarations of interest

Members are reminded of the need to disclose any interests in items on this agenda, whether pecuniary or otherwise. Please seek advice from the Town Clerk or Deputy Town Clerk **prior to the meeting** if in doubt. Members are reminded that they can check their published declaration of interests here: <https://bit.ly/2wVyeLA>

5. Community Lead Housing in Peterlee

To welcome Lauren Broderick, (Community Housing Officer) to the meeting

Further information regarding Community Led Housing can be found:

<https://www.communityledhomes.org.uk/what-community-led-housing>

6. Police Report

7. Additional Policing Resource for Peterlee

Mr Ron Hogg, Police, Crime & Victim's Commissioner has offered his apologies to the meeting

8. To Approve the Minutes of the last meeting of the 24th June 2019

The minutes of the previous meeting are attached for consideration and approval as a true and correct record. (attached)

9. The Minutes of the Resources Committee of the 1st July 2019

The minutes of the meeting of the Resources Committee are attached for Members to note their contents. (attached)

10. The Minutes of the Community & Environment Committee of the 8th July 2019

The minutes of the Community & Environment meeting are attached for Members to note their contents. (attached)

11. Grant funding request – CALM in East Durham CIC

To present Members with a request for grant funding from a local Community Interest Company (CIC) 'CALM in East Durham' to support their delivery of community-based holistic educational programmes, creative art classes and projects in Peterlee.

(Report of the Town Clerk, attached)

12. Parking on the Playing Fields at Lowhills Road

In March 2019 it was agreed consultation be carried out prior to installing a fence at Lowhills Road to prevent vehicular access to the playing fields on the grounds of safety.

Councillor Carne and Miles have now completed a survey with residents and would like Council to hear the results.

13. Mayor's/Chair's Report


14. Spokesperson of the North East Party's Report

15. Spokesperson of the Labour Political Party's Report

Contact details

Housing Development Team

 housingdevelopment@durham.gov.uk

 03000 26 0000

 www.durham.gov.uk/communityledhousing



Community Led Housing in County Durham



Please ask us if you would like this document summarised in another language or format.



Braille



Audio



Large print

العربية Arabic

(中文 (繁體字)) Chinese

اردو Urdu

poliski Polish

ਪੰਜਾਬੀ Punjabi

Español Spanish

বাংলা Bengali

हिन्दी Hindi

Deutsch German

Français French

Türkçe Turkish

Melayu Malay

housingdevelopment@durham.gov.uk

03000 26 0000



What is Community Led Housing?

- Community led housing is where local people join together to look at housing issues in their local area.
- This starts with the community identifying what is needed, such as there aren't enough starter homes for people to buy, there are too many empty properties or that there aren't enough affordable homes to rent.
- The community can then play a leading role in solving these housing problems by exploring the needs of their community and helping to provide new homes in the area.

Examples of similar schemes:

- In Stocksfield, Northumberland the community built two bungalows in the village to allow older residents to downsize and free up family homes.
- In Sunderland a group was formed to tackle empty homes and poor private rented in an area. This group buy, renovate and rent properties to local families and help maintain the area.

So, you have an idea but don't know what to do?

How we can help:

- Give you advice on how to set up a community led housing group
- Help you find the right people in your area to join the project
- Help you access funding and support for the project
- Link you with our teams, who will be able to offer advice on your project and help you meet our community's needs.



PETERLEE TOWN COUNCIL

MINUTES OF THE MEETING OF THE TOWN COUNCIL

HELD IN THE COUNCIL CHAMBER, SHOTTON HALL, PETERLEE

ON MONDAY 24TH JUNE 2019 at 6.30PM

PRESENT:- COUN T DUFFY (CHAIR)

Mesdames:- K Hawley, K Liddell, K Duffy, L Fenwick, A C Long, S McDonnell & S Simpson

Messrs:- S Miles, R Moore, G Carne, A Watson & R Kyle

23. Apologies for Absence

Apologies for absence were offered and accepted from Councillors S Meikle, A Wilkinson & S McGlen.

24. Public Participation Session

A public participation session was held to allow members of the public an opportunity to put questions to the Council. There were no members of the public present.

25. To receive declarations of interest

Members were reminded of the need to disclose any interests in items on this agenda, whether pecuniary or otherwise, none were received.

26. Police Update

PCSO Simon Walters was in attendance at the meeting to present an update on the monthly crime. He offered the Inspector Emma Kay's apologies. He then gave a n update on the various campaigns being promoted by the Force, one of which included "Too hot to handle" where PTC had given its support in the past to purchase equipment. The Town Clerk asked for approval to support this initiative again and following discussion it was RESOLVED approval be given to £500 being spent by PTC on equipment to help support this crime initiative.

There was discussion about the recent school leavers weekend and it was asked that PTC be involved in future strategy meetings organized by the Police with various agencies.

27. The Minutes of the Council Meeting of the 20TH May 2019 a copy of which had been circulated to each Member, were approved and signed as a true and correct record subject to Minute number 21 paragraph 7 reading as Councillors Duffys' and not Councillor Duffy's.

28. The Minutes of the Resources Committee of the 3rd June 2019 a draft copy of which had been circulated to each Member, were noted.

Matters Arising

(a) Minute Number 8(ii) Apollo Birthday Party Celebrations, 16th July 2019

Members were asked to re consider the use of Shotton Hall Banqueting Suites for this event in the case of bad weather. Following discussion it was **RESOLVED** **concessionary use of the Banqueting Suites be granted for this event. FURTHER RESOLVED the Twinning Trip depart from Helford Road Pavilion on that day.**

(b) Minute Number 9 – Bogey Derby

Councillor A Watson reported he had received a very encouraging response from local businesses to this event and the Town Clerk reported he had received an application from a business. **RESOLVED the information given be noted.**

(c) Minute Number 11 – Youth Council

Progress was requested with this item. The Town Clerk confirmed that letters had been sent to secondary schools in the Town but to date no response had been received. A further reminder would be sent to the schools. **RESOLVED progress be awaited.**

(d) Twining Visit

A Local Member asked had it been possible to accommodate the request received to use a football pitch and goals and whilst the Town Clerk confirmed there was a cost to the cutting and marking the pitch and putting up the posts this would be done and he was awaiting confirmation from the PNFA as to what size pitch they required. **RESOLVED the information given be noted.**

29. The Minutes of the Community & Environment Committee of the 10th June 2019 a copy of which had been circulated to each Member, were noted.

Matters Arising

Purchase of bins & cricket seats

The Town Clerk confirmed 31 bins had been ordered and he reported details of the final cost, with the cigarette/ashtray attachment. The seats for Helford Road had also been ordered in two deliveries.

RESOLVED these amendments be considered by the Community & Environment Committee at their next meeting.

30. Audit 2018/19

Members were presented with a copy of the final accounts and Annual Governance & Accountability Return, and Annual Governance Statement for approval prior to submission to the Auditor. Members were reminded that the documents were also presented to Resources Committee on Monday 3rd June 2019.

RESOLVED the contents of the paperwork be accepted and approval be given for the Chair and Town Clerk to sign the statements prior to submission to the external auditor Mazars.

31. Notice of Motion – Committee

Submitted by Councillors A Long and S Miles

To review the Membership, Chair/Vice Chair and other arrangements of the following committees, working parties and external appointments:

- a) Events Working Party
- b) HR Sub Committee
- c) Clerk's Appraisal Sub Committee
- d) Castle Eden Joint Management Committee representative
- e) Peterlee Town Band representative
- f) Peterlee Cricket Club committee representative

RESOLVED the following changes be made:-

Events Working Party – Chair S Miles Vice Chair R Moore

HR Sub Committee – remain unchanged

Clerk's Appraisal Sub Committee – Councillor R Moore replace Councillor Meikle

Castle Eden Joint Management Committee representative – reps be Councillor V Watson, A C Long and K Duffy

Peterlee Town Band representative – reps be Councillor T Duffy and M A Cartwright

Peterlee Cricket Club committee representative be Councillor A Watson.

32. Football Pitches - To review and approve football pitch allocations and prices for the 2019/20 season

RESOLVED consideration of this item be deferred to a future meeting.

33. Spokesperson of the North East Party's Report

Councillor A Watson reminded colleagues it was Armed Forces Day on the 29th June 2019. He thanked the Rugby Club for allowing PTC the opportunity to display tractors etc at their recent event. He reported Councillors Duffy had arranged a foodbank collection at their local shop and lots of food had been collected. He re iterated the need for PTC to be part of meetings to plan the "leavers" night for 2020. **RESOLVED the information given, be noted.**

34. Spokesperson of the Labour Political Party's Report

Councillor L Fenwick reported on the opening of the Edenhill People's Centre and how she felt this was going to be jewel in the Peterlee Community. **RESOLVED the information given, be noted.**

THE MINUTES OF THE MEETING OF THE
RESOURCES COMMITTEE HELD IN THE COUNCIL CHAMBER,
SHOTTON HALL, PETERLEE
ON MONDAY 1ST JULY 2019 AT 6.30PM

PRESENT:- COUN A WATSON (CHAIR)

Mesdames:- S Simpson, K Liddell, L Fenwick & K Hawley

Messrs:- G Carne, S Miles, S Franklin, R Moore, T Duffy & S McGlen

16. Apologies for Absence

Apologies had been submitted and accepted from Councillors A Wilkinson (Work commitments), S Meikle, A C Long, (holiday), C Watkins, (holiday), S McDonnell & R Kyle.
RESOLVED the Council approve the reasons submitted at the meeting for absence received from the Councillors listed, and their apologies for absence be recorded.

17. To receive declarations of interest

Members were reminded of the need to disclose any interests in items on this agenda, whether pecuniary or otherwise. Councillor K Hawley declared an interest in item 8(ii) as the Chair of Haswell MENCAP and also in 8(i)b Bring ya Thing; Councillor S McGlen in item 8(i) a & b, being a member of the applicant's yoga class and his wife part of Bring ya Thing (and he left the meeting during consideration of this item).

18. To approve the minutes of the previous meeting

Members approved the content of the draft minutes as a true and correct record of the last meeting of this Committee held on 3rd June 2019.

Matters Arising
Youth Council

The Town Clerk reported he had received two positive replies from Schools so far and he agreed for the Council to provide several weeks work experience for a local student and he suggested this work could be used as a project.

Member's training

Members asked about undertaking food hygiene training. It was agreed Members contact the Democratic Services Team to arrange this.

19. 2018/19 Outturn budget

Consideration of this item was deferred.

20. Report of the Finance Sub Committee of the 20th June 2019 a copy of which had been circulated to each Member, was agreed.

21. Neighbourhood Engagement Project

Concessionary use

(i) CALM in East Durham request to use The Pavilion for:-

(a) Yoga – cost of hire is £12.00 an hour; one and a half hours every week

(b) Children's PATHH – cost of hire either £6.00 or £12.00 per hour for ten hours

RESOLVED consideration of these applications be made following consideration of the PATHHs final evaluation report by Council.

Councillor S McGlen retired from the meeting during consideration of the following item.

(c) Bring ya Thing, 3 hours every other week) cost of hire £6.00 an hour

RESOLVED free use be granted for this activity and this be reviewed at the end of March 2020.

(ii) Use of the MUGA 10th July 2019 5.30-6.30pm

Walking Football Game to raise fund for Haswell MENCAP (cost would be £38.40)

RESOLVED free use be granted for this event and they be requested to provide picture for use on social media and the web site.

Powers used:- Under the power of GPC, The Localism Act 2018, as 1-8.

THE MINUTES OF THE MEETING
OF THE COMMUNITY & ENVIRONMENT COMMITTEE
HELD IN THE COUNCIL CHAMBER,
SHOTTON HALL, PETERLEE ON MONDAY 8TH JULY 2019 AT 6.30PM

PRESENT: COUN M A CARTWRIGHT (CHAIR)

Mesdames:- K Liddell, S Simpson, K Hawley & K J Duffy

Messrs:- G L Carne, C Watkins, S D McGlen, S Miles, R Moore,
A Watson, A Wilkinson & T Duffy

The Chairman advised Members of the committee that part of the meeting may be recorded by both audio and video, and it may be that photographs were taken.

9. Apologies for Absence

Apologies had been submitted and accepted from A C Long (holiday), S McDonnell, S Franklin and L Fenwick. **RESOLVED the Council approve the reason submitted for absence received from the Councillors listed, and their apologies for absence be recorded.**

10. To receive declarations of interest

Members were reminded of the need to disclose any interests in items on this agenda, whether pecuniary or otherwise. None were given.

11. To Approve the Minutes of the Last Meeting

Members agreed the attached minutes as a true and correct record of the meeting subject to the following amendments being made:-

Matters Arising

Minute No 6 – Update on Sports Development Activities

RESOLVED the minute be amended to read the Roy Simpson OBE Cricket Oval.

12. Smoke free Play Areas

The Chair welcomed Kirsty Wilkinson, Public Health Portfolio Lead from Durham County Council, who gave a presentation on the smoke free play areas initiative with the ambition of a tobacco free generation. It was stressed this was a voluntary code and the only cost to the Town Council would be signage. The Chair opened the meeting for a question and answer session. She then thanked Ms Wilkinson for her attendance. **RESOLVED a report be**

prepared for consideration at the Council Meeting, with a view to adopting the smoke free play areas initiative in Peterlee.

13. PATHHS Final Evaluation Report

The Chair welcomed Ms Barbara Chrisp who presented the final report on the PATHH Project, Positive Attitude to Holistic Health Pilot Programme Report and went into details on the positive results contained in the report.

The Town Clerk commented on the excellent evaluation report and commended the work of the PATHH Project.

The Chair thanked Ms Chrisp and her colleagues for coming along to the meeting and it was agreed that the Town Clerk provide advice to the Calm CIC on the options for funding to take the second year of the project forward. **RESOLVED the information given be noted.**

Consideration was then given to two requests for concessionary use of rooms at The Pavilion in connection with the programme as below:-

- (i) Children's PATHH – Family Sessions, The Pavilion, Summer 2019, 5 weeks
- (ii) PATHH Continuation of Care, Yoga Class, The Pavilion, every Friday

RESOLVED concessionary rate of 50% the hourly rate of room hire be agreed for these two activities.

14. Parks Department Fleet arrangements

To provide Members with a summary of the Parks Department vehicle fleet and proposals for changing from ownership to hire arrangements. **RESOLVED consideration of this item be deferred to a future meeting.**

15. Minutes of the Woodhouse Park Working Party of the 12th June 2019 a copy of which had been circulated, were noted.

Matters Arising

(i) Minute Number 3 – Anti social behaviour

Councillor A Watson commented there was always something that could be done to tackle issues. The Town Clerk made reference to a report presented by him in February 2018 where he had outlined safety improvements that could be made to Woodhouse Park. It was suggested this report be re submitted to a future Council meeting for further consideration.

(ii) Period Poverty

It was felt this issue needed further consideration by Council before the options considered at the Working Party could be agreed and implemented.

RESOLVED this be reported back to the Working Party.

16. Minutes of the Events Working Party of the 26th June 2019 a copy of which had been circulated, were noted.
Matters Arising
Oktoberfest III 26 October 2019
RESOLVED this event be cancelled.
17. Legionella Update
The report of the Facilities Manager, (Shotton Hall) providing Members with details of a recent legionella review and ongoing activity to mitigate the risk of legionella in all of the Town Council's buildings was considered. **RESOLVED the contents of the report be noted and a further report be awaited when the final costs of the works was known.**
18. Peterlee Town Council Procurement
Members received a verbal report from the Town Clerk on the Town Council's current arrangements for procurement following this item being requested by Resources Committee on the 1st July 2019. **RESOLVED this item be placed on a future scrutiny committee meeting agenda to allow full consideration and debate on it.**
19. Extension to the Bistro Area, The Pavilion
Members considered the proposal to extend the Bistro Area at The Pavilion as requested by County Councillor Hawley. Councillor Hawley hoped to support the project with funding from the allocation made to her as a County Councillor towards neighbourhood projects. Council felt this was an excellent opportunity to improve the facilities at this community building and it was **RESOLVED approval be given to accept the tender received from Space ID at a cost of £7,500 for the design and concept work for the project.**

Report to: Peterlee Town Council

Date: 22nd July 2019

Report of: Ian Morris, Town Clerk

Subject: Grant funding request – CALM in East Durham CIC

Report Purpose: To present Members with a request for grant funding from a local Community Interest Company, CALM in East Durham, to support their delivery of community-based holistic educational programmes, creative arts classes and projects in Peterlee.

Background: Members are aware that the Town Council funded a ‘Positive Attitude To Holistic Health’ (PATHH) pilot project in Peterlee in 2018, with the intended aim of evaluating the effectiveness of a yogic based holistic health improvement programme for adult residents of Peterlee.

The pilot project was delivered to 46 local residents between July and October 2018. In April 2019 the Council received the evaluation report from the pilot project, and on 8th July 2019 the Council’s Community & Environment Committee received a presentation on the evaluation from the pilot project’s lead as well as hearing from several participants from the PATHH pilot project.

Since the delivery of the PATHHS pilot project the project lead has established a Community Interest Company (CIC) called CALM in East Durham CIC. The company was registered as a CIC with companies house in April 2019¹. CALM in East Durham has been established to provide emotional, mental and physical health improvements to the people of East Durham through holistic health education programs, creative art classes and projects as well as yoga, meditation and chi kung. CALM in East Durham has approached the Town Council for grant funding to support its activities in the first two years of trading.

As agreed at the Community & Environment Committee meeting, the Town Clerk and the CALM in East Durham CEO have met and discussed the

¹ See: <https://beta.companieshouse.gov.uk/company/11971828>

potential for funding, and CALM in East Durham has submitted a written proposal and grant request (attached as appendix 2 to this report).

Proposal: CALM in East Durham CIC has requested grant funding of £10,000 in year 1 (September 2019 – August 2020) and £5,000 grant funding in year 2 (September 2020 – August 2021) to provide revenue support for their proposed program of activity in Peterlee.

Further detail of the wide range of activities is provided in the attached proposal document.

The CIC is also pursuing other avenues of grant funding from housing providers and the NHS, as well as from private income sources such as local businesses. Once the CIC has completed a full year of trading and has a set of audited company accounts it will also be able to bid for mainstream funding sources such as national lottery, children in need, etc.

The grant funding being sought from the Council is to help sustain the CIC during the first two years of trading, enabling it to deliver PATHHS and other related activity in the local community while pursuing a range of revenue funding streams to enable it to be self-sustaining in the future.

The CIC has proposed to bring a quarterly progress report to Council for consideration, plus an annual report at the end of year 1 to ensure that the Council is able to evaluate the effectiveness of the grant funding in sustaining this local CIC start-up.

Members are asked to note that there is no budget in the current financial year for this proposal. If agreed, this funding would be added to the budget from reserves.

If approved, the grant would be awarded under the General Power of Competence, pursuant to the Localism Act 2011.

Recommendation:

Members are recommended to note the contents of this report and to approve:

- (i) Grant funding for CALM in East Durham CIC for £10,000 for the year September 2019 to August 2020;**
- (ii) Grant funding for CALM in East Durham CIC for £5,000 for the year September 2020 to August 2021; and**

- (iii) To delegate the monitoring of the effectiveness of this grant funding to the Community & Environment Committee via quarterly progress reports, with an annual report to be presented to full Council in due course.**

Appendix 1: Implications

Finance – Members should note that the grant funding of £10,000 is not included in the 2019/20 budget, and is approved this would be taken from reserves and added to the current year's budget. Provision would be made in the 2020/21 budget for the £5,000 requested for year 2.

Staffing –none.

Risk – none.

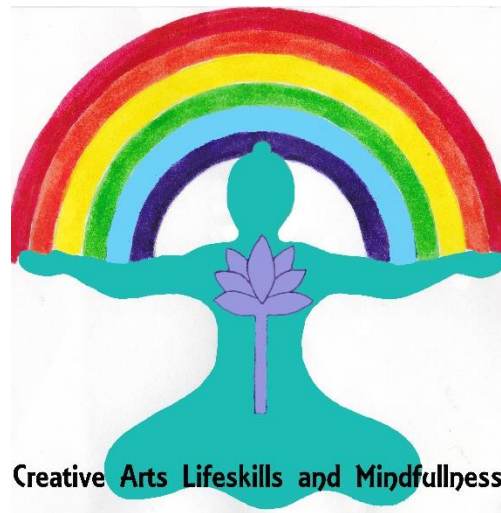
Equality and Diversity, Cohesion and Integration – part of the PATHHS philosophy is of inclusion and accessibility. The proposed activity includes specific courses designed to reach marginalised sections of the community, including young people, adult males, and people with chronic health issues.

Crime and Disorder –none

Consultation & Communication – none.

Procurement – none, as grant awards of this nature do not constitute an award of contract and so are not subject to the council's procurement regulations.

Legal – if approved this grant award would be made under the General Power of Competence as provided for in the Localism Act 2011.



CALM in East Durham CIC

Grant request from Peterlee Town Council

14th July 2019

Prepared by Barbara Chrisp CEO

PATHH results, recommendations and actions following the pilot program;

Between July and October 2018 PATHH empowered clients to take ownership of their health ailments, build resilience and experience a realistic alternative to prescription drugs and clinical treatments. Peterlee Town Council paid for the PATHH pilot and in partnership with four Peterlee GP practices PATHH was delivered successfully with 45 adults. We also, since May 2018 we have established a well attended holistic arts and crafts group, which offers friendships, skill swaps and support.

Areas highlighted in the pilot were;

Week 1 Loneliness Table

Wk 1 Loneliness Grouping	%	No of Clients
0 to 14	23%	9
15 to 21	15%	6
22 to 29	31%	12
30 +	31%	12
Grand Total	100%	39

Week 12 Loneliness Table

Week 12 Loneliness Grouping	% of Clients	No of Clients
Null	5%	2
0 to 14	44%	17
15 to 21	21%	8
22 to 29	26%	10
30+	5%	2
Grand Total	100%	39

During the course of the program we were able to support 20% of starting clients move from the extreme loneliness bracket and finish with 49% feeling no loneliness or be within the normal range.

Week 1 HADS Anxiety Table

Wk 1 Anxiety Category	Wk 1 Anxiety Score	%	No of Clients
Normal	0 to 7	23%	9
Borderline	8 to 10	18%	7
Abnormal	11 to 20	59%	23
Grand Total		100%	39

Week 12 HADS Anxiety Table

Wk 12 Anxiety Category	Wk 12 Anxiety Score	%	No of Clients
Null	Null	5%	2
Normal	1 to 7	51%	20
Borderline	8 to 10	26%	10
Abnormal	11 to 20	18%	7
Grand Total		100%	39

At the start of the program, **59%** of participants rated themselves with abnormal levels of anxiety (23 clients), at the end of the initial 12 weeks only **18%** (7 clients) remained within the same bracket. A further reduction was seen after a further six months where participants who continued with our support saw 16 out of 17 with further reductions. Final evaluation saw **only 3** participants with extreme anxiety. We

continue to work with them each week. This was our biggest reduction area, as participants stated they felt relaxed and supported.

Week 1 HADS Depression Table

Week 1 Category	Wk 1 Score	%	No of Clients
Normal	No Depression	3%	1
	1 to 7	36%	14
Borderline	8 to 10	26%	10
Abnormal	11 to 21	36%	14
Grand Total		100%	39

Week 12 HADS Depression Table

Wk 12 Category	Wk 12 Score	%	No of Clients
Null	Null	5%	2
Normal	No Depression	5%	2
	1 to 7	72%	28
Borderline	8 to 10	10%	4
Abnormal	11 to 20	8%	3
Grand Total		100%	39

At the beginning of the program, there was an even split between normal range and abnormal of 36% each. After 12 weeks it became a 72% normal versus 8% abnormal. Over the following six months, the remaining clients saw 6 out of 7 move away from the abnormal bracket.

The formal report presented by Barbara Chrisp to the Town Council on Monday 8th July 2019 also identified the following;

1. PATHH proved to be a 'gateway' program and we therefore feel very strongly that it should remain free.
2. Sustainability of activities after the initial 12 weeks has proven vital for many participants to support their long-term health improvement and not just a short term fix. Many attendees stated their fears that at the end of the program, their support would stop and they would return to their original mindset. We have committed to continue supporting clients for as long as they need it. We have also promoted that they can return in the future if/when ever they feel they need to.
3. After the presentation of PATHH in November 2018 we have been in conversations with Wingate Primary School and Shotton Hall Primary school who feel yoga and mindfulness would greatly support their most vulnerable children within the school. We would aim to align the adult PATHH with the parents of the children when appropriate.
4. Low finishing rates for male participants.- we would look to identify ways of making PATHH more attractive to men by looking at developing a group just for them. We will change the process and delivery to support male thinking and mental processing. We are in talks with Caterpillar in Peterlee to look at how to engage their male staff.

In May 2019, Senses Health and Wellbeing Services has established a Community Interest Company with an excellent board and we are currently looking at ongoing funding for the 'gateway' program and sustainability of the classes.

CALM in East Durham CIC

'CALM in East Durham' has the following aims:

- To be open and accessible to everyone, regardless of age, gender, ability or health;
- To prioritise people living, working or accessing education in East Durham;
- To improve participants emotional, mental and physical health via a range of holistic health activities, and;
- Through holistic health activities, empower participants to develop the skills to make sustained positive improvements in their own lives.

'CALM in East Durham' offers a community focused approach to improving a sense of belonging, reduce feelings of loneliness and support the development of confidence and empowerment within our community to enable people to live their lives well and with purpose.

Our services include, holistic educational programs, creative art classes and projects as well as yoga, meditation, and Chi Kung.

Intended program of activities within the next 12/18 months;

1. **PATHH in Peterlee.** Since the pilot program there has been a continued interest in taking part in the program by Peterlee residents, however, we currently do not have funding in place within this area. We have a list of potential participants.
2. **Creative Arts Program.** Once a fortnight, CALM hosts our holistic arts group called 'Bring Ya Thing'. This group offers a relaxed, friendly atmosphere of like minded people who bring their craft/art and spend three hours chatting, sharing skills, learning new ideas, and creating strong friendships. Over the next 12 months we aim to expand this model by offering 'introduction to...' workshops and short programs with the aim to establish at least one more self-supporting group in the area.
3. **Intergenerational Bring Ya Thing** as part of the 'introduction to....' Activities our aim, with the support of the school is to run a BRING YA GRAN project to

get senior members of the community to come into child environment and teach crafting skills to the children.

4. **Development of PATHH for Men.** We are currently in talks with Caterpillar to look at an alternative approach to PATHH which would suit a male orientated group. The aim is to run a number of focus groups with male staff and find out what they feel would engage them best. We observed the highest drop out rate was men, most of which before we started, and we are acutely aware that male mental health issues are on a dramatic increase. We are putting this as a priority.
5. **Continued supported Yoga.** Yoga is a family. As people progress through PATHH, especially, they create very strong bonds of trust with each other. We offer, currently, two continuation classes for PATHH participant who feel they need to remain within their group. They tend to be the people with low self-esteem, low confidence, body image issues, weight issues, potential depression or anxiety concerns. A standard, open yoga class is not a suitable environment for them to continue to improve and develop. We feel these classes are an essential part of CALM CIC as it is our long term support option for participants, and this was highlighted as the main priority for people.
6. **Introduction of yoga in schools.** Shotton Hall primary's head teacher attended the PATHH presentation in October 2018 and has continued to be in contract with us in the hope that they would be able to obtain some services within the school for their children and also the parents. They have identified an ever growing number of families with mental and emotional issues and they feel PATHH could support them. We would like to be able to work with them in the near future.

Requested support

Rational

The next 12 months will be a pivotal point for CALM CIC as we are limited in the funding stream opportunities available to us as there are currently no audited accounts available as only established since May 2019. However, our team have excellent experience in education, finance and running a business and we feel very confident that we will be able to succeed in establishing CALM in East Durham CIC as a thriving, truly community focused organisation.

Ellen Foxton, the CEO East Durham Partnership, based in Horden has over 35 years of experience with her charity and has offered to mentor CALM to ensure we have the right procedures in place and work in partnership with us where-ever and when-ever appropriate.

At present we have two tutors, Barbara Chrisp for holistic health and Lynn Barlow for creative Arts and Crafts. To ensure the longevity of the CIC we will be starting a teacher training program at the beginning of August to develop our team of tutors (male and female). They will be embarking on a 12 month yoga /yogic philosophy course, which is accredited to level 4 through BSY, with tutorials by Barbara Chrisp, and will gain the skills, processes and understanding to ensure CALM in East Durham CIC can continue to offer the same level of support, knowledge, principles and ethics as it does today with a wider group of tutors.

The grant funding

To enable us to keep a strong presence within Peterlee until we are able to fully stand independently, we request the Town Council continue their, much appreciated, support by granting us financial support for the first 12 -18 months.

This would enable us to continue to offer the following to Peterlee residents;

- PATHH within the community as a whole to support the improvement of mental and emotional health.
- PATHH within Shotton Hall Primary school (initially) for parents also living in Peterlee.
- Bring Ya Thing – expand and grow participation within the town through workshops and support the work against loneliness and isolation.
- Offer us time to bed into the community interest company and learn to be the best we can be for our town and grow at a steady rate.
- Offer continued support for people who rely on us to social interaction and maintenance of friendship groups.

Spreading the financial burden

We are currently working hard to build relationships with other funding streams to support our projects, plans and development.

BELIEVE housing group – have financed PATHH program, childrens yoga (30 hour pilot) and supported PATHH continuation yoga class in WINGATE for the next 12 months. This commenced June to the total of £10,000.

AAP – we are awaiting a small grant application for 5 family yoga taster sessions during the summer holidays.

AAP – we are preparing a submission to support ‘Bring Ya thing’ workshops with the resources needed to be run.

ASDA – we are currently working with Sam, the community engagement officer, on an application for resources for school activities.

Grant amount requested from Peterlee Town Council

To enable us to offer our proposed activities within Peterlee for our residents we calculate we would need the following;

Year 1 - £10,000 (from Sept 2019)

Year 2 - £5,000 (from Sept 2020)

This amount would secure the future of CALM in East Durham CIC within Peterlee and give us time to establish long term funding streams as well as the ability to generate our own income to support projects going forward. The request, therefore, would offer full support in year one and 50% support in year two as we develop more revenue options within Peterlee.

Reporting to Council

We suggest the as part of the grant agreement, that we provide the Town council with a short quarterly report with updates of activities and progression of projects and a formal annual report at the end of the financial year.

Continued support of the GP practices

We currently have a waiting list for PATHH within the GP consortium of the local CCG at Peterlee health centre. Dr Dagny Samuel, Clinical lead for East Durham Medical Group for Wingate, Peterlee, Horden, Wheatley Hill, Thornley and Kelloe has recently confirmed her support by referring 6 patients to the PATHH program recently started in Wingate.

Over the next 12 months we intend to grow our relationship with the CCG and build their confidence in the work we offer to their patients. Our intention is to eventually gain at least 50% funding for GP referrals onto the program.