

network news

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Welcome to the third edition of the Regeneration South West Network's bulletin.

This edition provides the latest news on creating:excellence and the development of the Regeneration South West Network. It also includes brief reports from the key sessions at our very successful Health and Regeneration event last November.

South West Award Winner

Beacon Community Regeneration Partnership in Falmouth is the overall winner of the British Urban Regeneration Association Awards for Best Practice in Regeneration. Also commended was the Millennium Library Quarter, Calne, Wiltshire. Both projects were presented with their awards by John Prescott.

FMI: www.odpm.gov.uk/stellent/groups/odpm_communities/documents/page/odpm_comm

Launch Event DVD

A digital report (on DVD) of the Network's launch event last May will be available very shortly. Contact Jessica Perkin on the phone number and email below if you would like a copy.

As always, if you have any news, information or practical experiences that you would like to share with others through network news, please contact the editor, Deborah Harrison via info@regenerationsouthwest.net or the Network Administrator Jessica Perkin on 01392 254244.

Update 1

creating:excellence

The formal launch of the South West Regeneration Centre, creating:excellence, is planned for the second half of 2004. Look out for details of local/sub-regional launch events across the region during the summer. Look out too for the first core posts – due to be advertised in the next couple of months.

During the coming year creating:excellence will be working with regional partners including local authorities and Local Strategic Partnerships to enhance its contacts database and communications networks. Partnership mapping will be extended to identify local level partnerships to complement current information at regional and sub-regional levels. The new creating:excellence website will provide access to information and resources on networking, learning, partnerships, funding and the built environment. Everyone working in regeneration and renewal will be able to self register on-line.

Learning and training opportunities will be made available including customised training on Partnership Working Skills and exchange visits between regeneration projects. Satellite outlets offering public access and computer links are being planned to offer greater access to the 'learning network' and information resources. A series of regeneration cafe events, a Regeneration Library, signposting guides and contacts directories will also be developed during 2004.

FMI: Dominic Murphy, Development Manager, creating:excellence, 0117 9330241, dominic.murphy@southwestrda.org.uk; www.creatingexcellence.info

Update 2

Regeneration South West Network

During 2004 the Network Project will be working with a range of partners from every sector to develop an expanded programme of networking events and learning workshops addressing the big issues in regeneration and renewal. We have been listening to your requests and will be offering a variety of half day network meetings, a series of talks on new thinking and innovation as well as more one day learning workshops across the region. The new events programme will tackle key themes in greater depth for example: health; housing; diversity; funding and partnerships. The idea is to offer everyone working in regeneration and renewal access to networking and learning opportunities in their area.

During February and March Regeneration South West Network will be recruiting a fulltime co-ordinator to plan, develop and deliver the new events and communications programme for 2004/5. If you have any ideas on topical issues – or are interested in working in partnership on a workshop or seminar in your area – please contact Regeneration South West Network.

FMI: Jessica Perkin, 01392 254244, info@regenerationsouthwest.net

Grants from Lloyds TSB Foundation

Lloyds TSB Foundation has published new guidelines for 2004. Grants are given to grassroots charities which help disadvantaged and disabled people to play a fuller role in the community.

FMI: www.lloydstsbfoundations.org.uk



An Invitation to attend the next Networking Event at the Eden Project

The next Regeneration South West Network event is taking place on Saturday 28 February 2004 at the Eden Project in Cornwall.

The focus will be on regeneration, creative enterprise and the cultural industries. We are planning an exciting and stimulating programme which will appeal to a wide range of people and inspire some new thinking about the role of culture, the arts and creativity in the regeneration of our rural and urban communities.

We hope that by holding the conference on a Saturday we will attract people not normally able to participate in weekday events but not exclude those who can.

Please note there are only a few places left, so book now if you want to be there!

FMI. Jessica Perkin, 01392 254244, info@regenerationsouthwest.net or visit www.regenerationsouthwest.net

Wessex Reinvestment Trust Conference

The 'Putting Rural Communities in Control - Developing New Solutions' Conference is being held on 19th February at the Enterprise Centre in Taunton. The Wessex Reinvestment Trust has designed the event to offer delegates the opportunity to learn about innovative solutions to rural regeneration through new approaches to land and property issues including community land and property trusts. The cost of tickets ranges from £60 to £100 for voluntary and private sector organisations.

FMI: Alistair Mumford at Envolve on tel: 01225 484444 or email: business@envolve.co.uk

South West Observatory Conference

The 2nd Annual South West Observatory conference 'Sharing in the Region's Prosperity' is being held at the Thistle Hotel in Bristol on 5th March 2004. The conference will seek to inform regional policy making by addressing the extent to which different groups and areas in the region have been able to share in its economic prosperity. The programme will review major concerns including equality of access in terms of geographical disparities, age, qualifications, ethnicity and health current concerns explore how these issues are interlinked.

The conference is aimed at supporting policy making around economic growth and social exclusion and the event will be of value to those working in the fields of economic development and regeneration. Digby Jones, Director General of CBI, will speak on industry's social responsibility. Jonathon Porritt, Programme Director of Forum for the Future, will talk on the need to integrate social and economic progress in order to achieve sustainable development. Bookings can be made online www.swo.org.uk/conference/registration.asp

FMI: South West Observatory, Tel 01823 447390
Email: enquiries@swo.org.uk

Partnerships between Crime and Health Seminar

A Health and Crime seminar is being held on 10 March at the Winter Gardens Centre in Weston-Super-Mare to discuss the growing links between crime, health and deprivation. The event has been organised by the Public Health Observatory and the Drugs and Crime Team in the Government office. It will consider a wide range of issues including the new responsibilities for Primary Care Trusts to work under the Crime and Disorder Reduction Partnerships.

FMI: www.gosw.gov.uk

New Health Forums Established

The new Patient and Public Involvement in Health Forums were launched on 1st December 2003. The Forums are new independent local bodies set up in each NHS Trust and Primary Care Trust in England by the Commission for Patient and Public Involvement in Health. They are made up of local people who have an interest in health and who use NHS health services. The Forums will represent the diversity in communities, monitor and inspect NHS health services from a patient's perspective and play an active role across the whole spectrum of health related decision making within their communities.

A massive effort to recruit volunteers has resulted in 500 people being recruited to 61 new forums across the South West in recent months. While many Forums are now complete there are still a few vacancies, particularly in Dorset and South Wiltshire. Members of PPI Forums will be expected to devote around eight hours a month to their role, and will be provided with training and development opportunities.

FMI: John Skrine, Commission's Regional Centre tel: 01392 322106 or 01392 332100 or visit www.maketimeforhealth.org

Regional Health Indicators

A national report commissioned by the Chief Medical Officer published recently shows that overall health in the South West is good compared to other regions in England. The report, produced by the Association of Public Health Observatories (APHO), compares the nine English regions across a number of key public health indicators. The use of 'traffic lights' in relation to the indicators is a new approach to public health performance management.

Highlights are that life expectancy in the South West is the highest compared to other regions and good progress has been made on reducing deaths from cancer and heart disease. However, the South West has the second highest proportion of fatal road traffic accidents. View the full report and summary on www.pho.org.uk/documents/indicators.pdf

Partners in Leadership Programme

If you are a leader of a community enterprise you could meet with a business manager to share ideas and learn new business skills, to set goals and develop action plans.

FMI: contact Business in the Community on 0117 989 7749

European Social Fund

Innovative approaches to management of change can be funded under Article six of the European Social Fund from the European Commission. Deadline for proposals is 18 February 2004.

FMI: www.europa.eu.int/comm/employment_social/esf2000/article_6-en.htm



Cycling Towards Healthy Futures

Cornwall Health Action Zone (HAZ) has been working with Sustrans on the Mobilise! project to encourage people in Cornwall to switch from using cars to walking and cycling. 'If we don't do something serious about mass participation in physical exercise we are going to pay the price in public health terms.' says Lindley Owen the Director of HAZ.

Mobilise! aims to have 30,000 participants in walking and cycling projects by December 2005 by developing safe routes to school, physical activity projects and sustainable tourism initiatives. For example, Pedal Back The Years is targeting people with sedentary lifestyles by offering group rides on Cornwall's cycle routes, making it easy for people to hire a bicycle and join in. Every general practice in Cornwall is being sent information about these schemes to encourage patient referrals.

Mobilise! is working with Cornwall's leading visitor attractions to promote cycle and pedestrian access. The Eden Project is encouraging visitors to switch to bicycle travel by creating good cycle trails and providing incentives including ticket discounts, fast-track entry, luggage lockers and bike storage facilities. Sustrans sees the work in Cornwall as a test-bed for new approaches.

FMI: Linley Owen, Mobilise! and Cornwall Health Action Zone tel: 01726 627979 or email: lindley.owen@nepct.cornwall.nhs.uk www.cornwall.nhs.uk/haz

Innovation for Post Custody Resettlement

The 'Life Change Programme' is a pioneering initiative that provides a residential and integrated programme of personal development, health care, life skills training, education and empowerment for young persistent male offenders aged 18 to 24. The programme is managed by the Centre for Adolescent Rehabilitation (C-FAR) and accepts referrals from regional prisons, Youth Offending Institutions and the Courts.

The residential programme is followed by 9 months of one-to-one support provided by a team of volunteer mentors from the Centre to help clients find new homes and take up new opportunities in education, training and employment. Building bridges and opening doors to new futures is an essential feature of the project that requires effective partnership working with a range of statutory and voluntary sector organisations to ensure success.

"Currently the level of understanding around motivational training and education for young offenders is very limited. Patterns of criminal behaviour can only be changed by tackling the 'real' causes of crime. Until there is a real understanding that people need to be treated as unique individuals and that anti-social behaviour is triggered by emotional, physical and social needs not being met, then crime will persist. Punishment alone fails to meet these fundamental needs and only serves to demoralise, de-motivate and depress, thereby perpetuating the existing situation."

FMI: Trevor Philpott, C-FAR, tel: 01409 231665 email: info@c-far.org.uk

Comic Relief

Deadlines for applications to Comic Relief in 2004 are 15 March (summary), 6 May (full application) and 7 July (summary) and 2 September (full application).

FMI: www.comicrelief.org.uk

The Network's Health and Regeneration workshop held in Exeter on 27th November attracted around 100 participants from all parts of the region for a varied and stimulating programme of "big picture" and case study presentations and discussion sessions. Here are some highlights of the day.

Strategic Overview from the Health Development Agency

The Health Development Agency is working in partnership to look at the most effective ways of delivering improved health for the whole population by 2022. Work is being undertaken to identify the priorities for public health and the key challenges and barriers to implementing cost effective solutions.

FMI: Maggie Rae, Regional Director HDA tel: 0117 900 3500 or email: maggie.rae@had-online.org.uk

Cornwall Health Action Zone (HAZ) Experience

The Cornwall HAZs is focused on 'working together to improve the health and well-being of the people of Cornwall and the Isles of Scilly to modernise the services on which they depend and to reduce health inequalities across the county'. Priorities include work on children and young people, eldercare, primary care and community services in rural areas, plus the Healthy Living Initiative.

The HAZ is pioneering new ways of working to promote effective local action for public health by: 1. Developing strong partnerships between the NHS, local authorities, voluntary groups, local business and communities to tackle the root causes of ill health and link the HAZ with other initiatives. 2. Cutting health inequalities and promoting equal access to services. 3. Involving communities in planning and developing services and taking responsibility for their health. 4. Involving frontline staff in all

partnership organisations in identifying new and innovative ways of working to better meet patients' needs.

FMI: Linley Owen, Cornwall Health Action Zone tel: 01726 627979 or email: lindley.owen@nepct.cornwall.nhs.uk www.cornwall.nhs.uk/haz

Building Community Capacity

'Improving public health is not about money and targets. It's about attitude and shared vision. The only resource you'll ever need is the community itself.' Community action transformed the Beacon and Old Hill Estate from being one of the most deprived communities in Cornwall with high levels of unemployment, ill health, crime and poverty into a place with renewed community spirit. Working in partnership local people have developed the Beacon Resource and Care Centres, reduced crime by 50%, generated £2million in funding and improved 900 homes. Their success is partly the result of community consultation, local engagement and building effective local partnership.

The Peninsula Medical School is undertaking a health needs assessment of one thousand health service users and providers, action research to identify community and multi-agency learning needs and piloting the transfer of successful 'Beacon' approaches to a scheme in Redruth North.

FMI: Hazel Stuteley email: hazel.stuteley@cornwall.nhs.uk - or contact Katrina Wyatt tel: 01392 241460

Rural Outreach Services for Healthy Living

Penwith Healthy Living Network (PHLN) is one of many initiatives developed by the Penwith Community Development Trust. The £1.4 million project is funded by the New Opportunities Fund and consists of 20 individual projects addressing

a wide range of health related issues including: disability; elderly care; teenage pregnancy; drugs and alcohol prevention and health promotion; homelessness; housing needs; access and rural transport. The Healthy Living Network offers local people the chance to be actively involved in their own health and well-being. Last year the project benefited 4,245 people and deployed 180 volunteers. The Penwith Volunteer Bureau, part of the Healthy Living Network, has won awards from Volunteer Development England for its success.

FMI: Sue Guard or Dilys Down tel: 01736 330045/330198 - email: pcdt@supanet.com

Integrating Health with Community Enterprise

'The Jan Cutting Healthy Living Centre and Scott Business Park have been developed by the Wolseley Community Economic Development Trust working in partnership with Plymouth City Council, the Primary Care Trust, the Health Action Zone and a wide range of local projects. Plymouth City Council invited the Trust to redevelop the Scott Hospital site to generate local employment by providing health related services and lifestyle improvements. The project provides a community centre and cafe where local people can meet and socialise, plus a range of services including support and advice for the elderly, youth activities, employment and training schemes, healthy diet and exercise, child development and community business development. The Centre is partly sustained by trading surpluses from lettings to local projects. 'It is an imaginative concept that responds to a wide range of economic, anti-poverty and health related issues. The project provides an integrated location for a wide range of services that can be easily accessed by local people as well as providing outreach services into the area.' (NOF)

FMI: Peter Flukes or Wendy Smith tel: 01752 607449 email:peter@wolseley-trust.demon.co.uk

Network Delivering Community Based Services

The Gloucestershire Neighbourhood Projects Network supports 6 urban and 3 rural community estates and provides home grown solutions to disadvantage and social exclusion. Each neighbourhood project has developed its own unique set of services and activities in response to locally identified needs. Projects are managed by residents and provide a range of services including Learning Centres, Healthy Action Centres, Advice Centres, community businesses together with other locally determined activities on each estate. All the projects offer integrated approaches to health, education and employment issues and are based in communities with high concentrations of social housing, on the outer edge of major towns or in rural neighbourhoods.

FMI: Mark Gale, Director, Gloucestershire Neighbourhood Projects Network tel: 01452 541295 email: mark@gnpn.co.uk

Role of the Arts in Community Health

Arts for Health uses creativity to promote healthy communities. It develops projects with local communities, offers training to health workers and artists, develops work opportunities for creative practitioners and celebrates creativity. Currently, Arts for Health is improving health environments in consultation with local communities, developing Art on Prescription for vulnerable groups, engaging young people in creative media projects and working with isolated groups experiencing mental illness, homelessness and poverty.

FMI: Clive Parkinson, Arts for Health, tel: 01872 274592 email:clive@artsforhealthcornwall.org.uk

Community Action for Healthy Futures

The Knowle West Health Park has been developed in consultation with local people to provide services that people need and value. Knowle West is in the top 3% of the most deprived wards in the country and features high levels of health deprivation including high rates of premature death and illness. The Health Park combines a Healthy Living Centre, renal dialysis unit, park and gardens, allotments, BMX and football pitch and theatre. The Healthy Living Centre offers an innovative mix of advisory services, counselling, complementary therapy, creche and cafe. It is in the process of developing a new fitness centre, family services and children's play facilities.

FMI: Mark Baker, Knowle West Health Park tel: 0117 3772253

Email: mbaker@kwhlc.gifford.co.uk

Forging Links Between Food and Health

Primary Care Trusts (PCTs) in the South West are developing 5 A Day projects including fruit and vegetables on prescription, vegetable box schemes, grow your own, cooking groups and school fruit tuck shops. The National School Fruit Scheme is also part of the 5 A DAY programme to increase fruit and vegetable consumption. Under the Scheme, all 4-6 year old children in state schools will be entitled to a free piece of fruit or vegetable every day. The scheme is being launched in the South West in Autumn 2004. Work is on-going in the region to support public procurement of local food and to help local growers and wholesalers to bid for the

National School Fruit Scheme when it starts in the South West.

FMI: Zoe Griffiths tel: 0117 900 3506 or 07779 037379, zgriffiths.gosw@go-regions.gsi.gov.uk - www.doh.gov.uk/fiveaday

Healthy Living Initiative

The Healthy Living Initiative in Cornwall is a pioneering health promotion project and part of the work of the Health Action Zone for the area. The initiative delivers a range of services including the Eat Some (5 A Day) school fruit scheme, Eat Well promoting healthy eating in local communities and a Local Exercise Action Pilot to encourage more people to become active.

The Initiative supports local people working together at community level and in partnership with service providers, to focus on health in its broadest sense and to improve both health and the quality of life of local communities. The Healthy Living Initiative programme helps local people and groups to take an active part in the regeneration of their area through community health development. The overall aim of the Healthy Living Initiative is to stimulate and support local communities in actions, which will reduce health inequalities, improve quality of life and quality of opportunity for people experiencing disadvantage.

FMI: Alex Ollivier, Healthy Living Initiative tel: 01209 216967 email: alex.ollivier@centralpct.cornwall.nhs.uk

Grants for Young People

The Princes Trust is offering grants to young people wanting to run community projects, providing up to £1,200 to set up Community Projects or up to £10,000 to start a social business.

FMI: Anna Massey tel: 020 7382 5157 or email: Anna.Massey@princes-trust.org.uk

Grantsnet

Online grant Database

www.grantsnet.co.uk is an online directory of grants available to non-profit making organisations and charities. Grantsnet provides comprehensive information about UK grant support schemes.

FMI: www.grantsnet.co.uk



Regeneration South West Network, a core part of creating:excellence, is designed to make it easier for people working in the fields of regeneration, renewal and social inclusion to share experience, learn from each other and find out what is going on in the region.

www.regenerationsouthwest.net

For further information or any questions please contact:

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info@regenerationsouthwest.net
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