

PORTFOLIO

HEALTH AND WELLBEING

Report of
Portfolio Holder

**COUNCILLOR
BLOXHAM**

Health and Well Being

Housing:

Housing and Health Partnership Manager – Simon Taylor started Monday 9th December. Actively pursuing Homelessness Strategy and future of Hostel provision as first priorities. Consultants appointed to assist in development of Homelessness Strategy.

All other appointments for the residual housing and homelessness function have been made and the full complement of staff is now in place.

Homeless Special Needs Officer – Linda Jervis
Special Needs Officer – Linda Ackley
Housing Services Strategy Officer – Kamla Pattni
Housing Development Officer – Kerry Courts

Consultations on the impact of the Regulatory Reform Order are being organised so that the Council can develop options and a policy for the improvement of properties in the Private Sector by the Government's deadline of mid July 2003. The Order effectively changes the current Home Repair and Improvement Grant schemes with effect from 2004. All local authorities have to develop and adopt policies for the future funding of private sector home improvements and repairs by way of alternative equity release or loan schemes as opposed to the current grant funding system.

Bereavement Services

Draft plans have been produced for the long awaited refurbishment of the Crematorium Chapel which has remained virtually unchanged since it was opened in 1956. Consultations on the final scheme and detailed costing will take place early in 2003 with a view to final proposals and estimates coming before Members at the end of March.

Food Safety

The section has been without two officers for several weeks following the move of one EHO to another authority and the absence of the second for medical reasons. Obviously this will impact on the performance statistics of the section in the 3rd quarter of 2002/2003. A report on the effect of staffing levels on performance has already been considered by Overview and Scrutiny and will be the subject of a follow up report to Executive.

HAZ & Local Health Group.

Carlisle Local Health Group see attachments.

The administration of the Local health Groups and the HAZ function are to be reorganized and will work more closely to the PCT's and the LSP'S, I will make members aware as and when the details are available.

Tullie House Museum's

On Wednesday the 18th December the Deputy Mayor, and Mr F Story the Leader and myself where present at the unveiling of sandstone panels produces by the artist Karl Fisher and sponsored by Story Construction. These six community panels have been designed by Karl Fisher with inspiration from Elizabeth Welsh Day Care Centre, Harraby Community Centre and James Rennie School.

A representative from the three organisations where present at the unveiling. I recommend that all members visit the Museum and see the work which is a tribute to all concerned.

R D BLOXHAM

Health and Wellbeing.

CARLISLE LOCAL HEALTH GROUP

Agenda Item
5(c)

PROJECT UPDATE 12TH DECEMBER 2002

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Wendy White
5th December 2002

Organisation	Project Name	Aims and Objectives	Update	Amount Awarded	Total Project Cost
	Clinical Exercise Practitioner Pilot	The CEP pilot was introduced in the Carlisle district to improve the quality of life for individuals who had already endured a health crisis or who were at significant risk. The CEP co-ordinator will work through GP surgeries to encourage people to increase their levels of activity. Offer advice, develop and recommend appropriate programmes	The LHG have received regular updates provided by Mr Brewis. A recent update is attached. Please see Agenda Item 7(b)(1)	£55,900	£66,800 over 2 years
	Domestic Violence	Through partnership discussions it has been recognised that the first stage is developing services for people suffering domestic violence would be the establishment of a Domestic Violence Strategy and Implementation Plan.	The project worker supplied an update to the Local Health Group in September. This outlined the following: <ul style="list-style-type: none"> co-ordination and the production of a baseline document for Domestic Abuse provision. This document would be used to prepare a County Wide Strategy Work has been undertaken in consultation with appropriate groups and organisations to identify gaps in provision Development of action plans to meet gaps and set priorities. 	£6000	£12,150
	Theatre in Education	A drama production to raise awareness of the effects of smoking. The production will take place at primary schools in cohort 1 and 2 of the Healthy Schools Standard	<i>Fiona Huntington, Smoking Cessation Co-ordinator for North Cumbria will supply an update for this project.</i>	£2504	
	Looking Good Feeling Great	To take place in secondary schools across Carlisle. Young girls will be identified by the school to benefit from this project. This initiative concentrates on highlighting the risks associated to smoking but also raising self esteem.	<i>Fiona Huntington, Smoking Cessation Co-ordinator for North Cumbria will supply an update for this project.</i>	£2160	
	Smoking Cessation Leaflets	Working with young people produce a leaflet which highlights the some of the facts and fictions about smoking. The leaflet will also provide information on where to get help.	<i>Fiona Huntington, Smoking Cessation Co-ordinator for North Cumbria will supply an update for this project.</i>	£294	
	Patient Group Direction	This project will enable Community Pharmacists in Carlisle to supply Nicotine	<i>Fiona Huntington, Smoking Cessation Co-ordinator for North Cumbria will supply an update for this project.</i>	£1554	

		Replacement therapy. The aim is to establish an accessible and improved quality of service to patients. The project has been funded as a pilot			
	Able to Play Scheme	Provides children with learning difficulties a safe environment for 10 days in the school summer holidays, allowing them to take part in activities that other children take for granted	There were 25 children who participated in the 2 week project, which has meant that the equivalent number of parents/carers had a respite period. 5 volunteers also supported the project each day. The project group report that all feedback was very positive	£5000	£27,000
	DACE – Advice Services	Provide regular welfare benefits advice sessions in each of the priority wards a full days session per fortnight. Provide home visits for those unable to attend sessions.	<p>Benefits advice surgeries have been set up in all the funded wards with variable success. There has been widespread promotion</p> <p>Surgeries have proven more successful where a local partner is identified and takes an interest in helping refer local people to the Adviser, the GP surgery in Longtown being a very good example.</p> <p>Advice surgeries.</p> <p>Welfare benefits advice surgeries have been set up in the following locations;</p> <ol style="list-style-type: none"> 1. Longtown at the GP surgery; this has been fortnightly since 20th May 2002. It is still running with good attendance. 2. Botcherby. At the community centre, fortnightly from 24th June – only ran for four sessions. Poor attendance, not renewed. Instead local people have been offered a home visiting service which has been widely publicised in the area. Links are now being established with the developing action group. 3. Upperby. Blackwell Road GP surgery was used as a venue in the area. This started on 9th July and ran initially fortnightly for five sessions. It was poorly attended and has since been discontinued. We are currently looking for an alternate venue. In the meantime local residents are offered a home visiting service. 4. Morton. It proved difficult to find a suitable venue in Morton. A possible GP surgery, negotiations for which took up a great deal of time, came to nothing. Space was eventually obtained in a sheltered housing scheme, Morton Court. This has been running fortnightly since the beginning of October and has a steady attendance. 5. Raffles/Belle Vue. Prior to the opening of the joint Advice Project fortnightly advice surgeries were held at the Living Well Café (this started in June). There was a good usage. Since the beginning of October this work has been incorporated as part of the Advice Project and is therefore reported separately. <p>The DaCE contribution to the Project is a weekly three hour session.</p>	£11595	£15,000

			<p>Client Numbers</p> <p>i) Currently the Adviser is working with 35 clients, most involving ongoing work, especially where complex benefits claims and appeals are concerned.</p> <p>ii) In addition, 29 clients have completed cases.</p> <p>iii) The type of service demanded and provided has divided approximately equally between surgery attendance and home visits. Of current clients 28 require a home visiting service, often requiring repeat calls as a claim progresses.</p> <p>iv) Type of claims: 21 clients have claimed Disability Living Allowance, the most time-consuming and complex claim, and their claims have either been completed or are progressing.</p> <p>Clients by area (surgeries and home visits)</p> <p>i) Longtown 22</p> <p>ii) Morton 10</p> <p>iii) Raffles 12 (up to October)</p> <p>iv) Botcherby 9</p> <p>v) Upperby 11</p> <p>Future plans</p> <p>A take-up campaign is being planned in each of the areas during February and March and additional funding to assist with this is being sought. The aim is to target particularly those areas where there has been a poor response to the surgeries. Follow-up work to information regarding the levels of additional benefit income as a result of the service is also planned.</p>		
	Door Step Walks	<p>To promote gentle walking as a simple, easy and fun way to get some exercise and improve health.</p> <p>Publish an attractive Walks Pack for urban Carlisle showing 6 "Doorstep Walks" around residential areas. 5000 to be published.</p> <p>Provide exercise opportunities for people recovering from illness</p> <p>Run a programme of walks with health and walking professionals present.</p>	<p>Final version of the pack have been completed and printed. The first 1000 have been delivered to the City Council. Discussions will take place in order to ensure this resource is effectively targetted through a variety of sources ie GP surgeries, food co-ops etc.</p>	£2500	£3500
	Partners and Parenting	<p>The Partners and Parenting Project uses trained volunteers to work in schools with small groups of young people in Year 10 and 11. The programme is presented over 6 weeks – one hour per week. Students meet with</p>	<p>The programme is currently being delivered to Year 10 pupils and the NCTC and Year 11 pupils at St Aidans Schools. Seven volunteers are working at the schools as group facilitators.</p> <p>Since the start of this academic year 48 pupils at the NCTC have participated and 54 at St Aidans. A timetable has been agreed with these schools for the spring term which will result</p>	£10500	£31080

		<p>volunteers. I discuss issues relating to:</p> <ul style="list-style-type: none"> ➤ The needs of a teenager ➤ The needs of a parent ➤ Assertive, aggressive and passive behaviour ➤ The needs of children. <p>The programme encourages the positive use of 'baby think it over'. The project success will be measured by completed evaluations from:</p> <ul style="list-style-type: none"> ➤ Participating Students ➤ Referring Heads/Heads of Department ➤ Volunteers ➤ Evaluation by Lancaster University Sept 2001/03 	<p>in a total of 200 pupils taking place in April 2002. Volunteers have been recruited and trained 4 in total. A further volunteer recruitment drive is planned with an advert being placed in the local press on 15th November. A training event will commence in January 2003. A new part-time co-ordinator has been appointed and will commence work in December. The project lead has made contact and continued to develop relationships with schools regarding their participation in the programme. However no response has yet been received from Lochinvar or Morton School. Now that a part-time co-ordinator has been appointed the project lead has set a target of 400 pupils to benefit from the services during this current academic year.</p>		
Longtown	Communitiy Network	<p>The overall aim of this project is to provide a local community facility which will encourage local skills and support community regeneration opportunities. The community network café will provide an informal relaxed venue to access information, attend advice sessions and enable local people to display local produce/crafts.</p>	<p>The community network café has folded. The resources allocated by Carlisle Local Health Group have been returned to the Health Action Zone.</p>	£3500	£25573
	Friends and parents of Longtown	<p>To provide a pilot course and establish a parent support group in Longtown. The course is entitled "surviving the under fives" which will last 12 weeks. From the course attendees will be encouraged to form their own parent support group</p>	<p>The project lead has now left without completing a project update. We are currently pursuing another contact to provide this information.</p> <p><i>Jacq Longrigg will provide an update</i></p>	£590	£1330
	Longtown Community Sports	<p>The project aims to renovate and improve the Community Sports Field in Longtown. The area is unfit for use at the moment because of drainage problem. Arthuret Parish Council would like to drain the field to improve facilities on offer. The group will then develop formal clubs and activity sessions for football,</p>	<p>We were informed in September that the new final date for completion of the work would be 31st October 2002. However since then the project have been informed by the contractor that he would not now be undertaking the work. Carlisle City Council has agreed to progress this work. Exploratory work has taken place but further developments will be subject to the weather. The project is behind schedule but progressing albeit slowly.</p>	£1250	£9863

		<p>cricket, kwik cricket, hockey, tag rugby etc. There is also access to the all weather pitches and the changing facilities.</p> <p>Success of the project will be measured by:</p> <ul style="list-style-type: none"> ▪ The number of existing groups using the facility ▪ The number of new groups accessing the facility <p>Additional funds being secured to develop the facilities</p>			
Belle Vue	Champs Camp	<p>The project aims to establish a programme to improve the health of those living on the Raffles estate through the provision of a low cost gymnasium. The programme involves the provision of an exercise regime called boxercise involving exercise without the physical contact or sparing. Exercise improves the cardio-vascular activity reducing ill-health.</p>	The project has now ceased.	£10000	
	Advice Partnership	<p>To provide advice and information services to Raffles residents. Three organisations will share the delivery of this project. Deliver 250 advice sessions. Recruit and train local volunteers. Reduce Social exclusion. Increase the skills of residents in meeting their needs.</p>	<p>The project secured SRB funding and was officially launched in October. The Disability Association Carlisle and Eden are acting as the lead agent for the project. Service Delivery Agreements have been drawn up between the three organisations. The project is delivered 3 days per week on a Tuesday, Wednesday and Thursday. Recruitment of Volunteers has begun. A steering group has been established to oversee the project. A full monitoring report will be submitted to the SRB Board in January, the LHG will receive copies.</p>	£14000	£36200
Botcherby	Sexual Health Awareness	<p>The project consist of a 20 week programme of activity including regular meetings, discussions, role plays, games and questionnaires, self evaluation and assessments. The focus will be on all aspects of sexual health and well being for young people covering gender, relationships, STD's including HIV, peer pressure, power sexuality, law and cultural differences. The project aims to increase knowledge, awareness as well as developing and improving self</p>	<p>The project has made contact with 30 young people aged 11 to 16 years. However the numbers have settled to one group of 6 and another of 10.. The young people attend regularly on a voluntary basis on a Sunday evening and have discussed issues in relation to general health, peer pressure, boys/girls attitudes, values and beliefs, alcohol, drugs and sex, being an adult, sexuality. The group meets regularly to discuss, share and learn using quizzes, role play, acting out situations, information sheets and drawing. A visit has taken place recently to another project in Manchester. Some of the feedback from participants has been:</p> <p>"better than anything done in school"</p> <p>"good time to learn things"</p> <p>"can talk about anything we want"</p> <p>There has also been positive feedback from parents too.</p>	£1500	£3109

		confidence, self worth and assertiveness. Two areas of good practice will be visited and will culminate in the production of a video by the young people charting their progress throughout the project.			
	Parent and Toddler After Schools Club	The project aims to increase and encourage physical activity in the mother and toddler after school club. New equipment to be purchased.	The allocation, which was made to purchase new equipment, has benefitted the Parent and Toddler Group, the Playgroup and the After School Club. A variety of equipment has been purchased although some of the larger items identified for purchase from the application were not made due to the lack of storage. The number of people benefiting from the new equipment are: <ul style="list-style-type: none"> The Toddler group has approximately 20 parents/carers with children. The Playgroup has 10 children The After School Club has 20 children. The equipment will also be available for use by the Playscheme held every summer. The After School Club and the Playgroup run games sessions. This involves both team games and sports as well as individual activity. Gymnastic equipment was purchased and is popular as is the soft play equipment.	£1237	£1756
	Breakfast Club	Provide nutritional breakfast including fruit juice and whole wheat cereals, encourage healthy choices by the children in what they consume	The breakfast club has 55 children on the register. Of these 45% receive free school meals. The Breakfast Club remarks that the club is proving popular amongst children who attend for breakfast rather than child care. They also comment that working parents are expressing their support for the project. There are currently 6 volunteers assisting with the project and a further 4 who are members of the Management Committee. The group is also considering extended their activities into an out of schools club.	£600	£3670
	BRAG Fit and Healthy	The community has devised this project to look at areas of improving health in the community. The different elements include: <ul style="list-style-type: none"> Fitness Sessions held at the Community Centre – one during the day and one in the evening Food Demonstrations in partnership with the Food Co-op WEA courses 'coping with kids' 	The food co-op is running on a Friday morning. There are approximately 50 members. Further publicity will take place to promote the food co-op. Report request August 02. At this time a Fitness Instructor had been appointed and the group were anticipating courses commencing in September. Members of Brag were also in discussion with Carlisle College to appoint a chef to deliver their healthy eating sessions. The a sub-group had been established to commence work on the newsletter	£5200	£6400

		<ul style="list-style-type: none"> Parent Support Group Health Newsletter 	<i>Jacq Longrigg will provide a further update.</i>		
	Youth Fitness Project	To provide easy and free access to new equipment, facilities and professional and volunteer instructors that will increase the level of physical of young people in Botcherby. Fixed term clinics in and outside of school times will be held. Regular short courses on healthy eating will also be included.	A formal update has been requested, but not yet received. The project lead has reported that some equipment has been purchased but the project has not yet started.	£1765	£2115
	St Cuthberts Sports	Promote and run safer cycling scheme for years 5/6 in school. Promote after school clubs and activities in basket ball and gymnastics	<p>An update was requested in August 2002 an reply has not yet been received.</p> <p><i>Jacq Longrigg will pursue this and provide an update</i></p>	£460	£860
Morton	Fitness for Health	Aims to improve health, fitness and well-being of Morton Community. It is hoped to achieve this through expansion of the gym facilities, running healthy eating, teenage fitness sessions, free gym sessions etc	<p>The improved gym facilities have proven a success. Comparative figures for this year and last year for people accessing the gym facilities demonstrates that -</p> <ul style="list-style-type: none"> In September 2001 there were 451 people compared with 676 in 2002. In October 2001 there were 533 people compared with 700 in 2002. <p>With regard to the voucher scheme for free session:</p> <ul style="list-style-type: none"> 19 people have taken up the offer for the over 50's 12 people have taken up the offer for the over 40's 14 people have taken up the offer for the over 30's There has not yet been any uptake of the smoking cessation 4 week offer. The teenage fitness sessions are running well, after an initially slow start. There are 5 to 10 regular young people accessing these sessions which run at 10.00 am on a Saturday morning. The over 60's fitness sessions is attracting 10 – 12 regular participants. The class meets on a Thursday between 1 and 2 pm. The Antenatal and Postnatal classes have not yet taken place due to the Instructor changing her working hours. This will be pursued later in the year. 'Coping With Kids' The Community Centre were not able to recruit anyone onto this course. This will be pursued again in the New Year. Healthy Eating demonstrations – one has taken place so far. The group hope to make this a regular feature after christmas. 	£8800	1600
	Food Coop	To run a food co-op on morton	The food co-op currently has 52 customers and has	£150	

		estate for on residents, the food co-op will operate once a week and be ran by volunteers	approximately 8 volunteers. The food co-op does however experience difficulties with people being able to volunteer on a regular basis. At present the co-op operates with 4 regular helpers		
	Stop Smoking Event	To run an awareness raising event on No Smoking Day to promote stopping smoking, getting fit and healthy eating.	Approximately 200 people attended the event. Smoking Cessation promotional material was supplied – however an advisor was not available to attend the day. Those attending the day also visited the gym and an instructor was on hand to give out information. A healthy eating demonstration also took place. The food co-op was also promoted.	£300	
Upperby	Early Birds	The project aims to ensure that all children in Upperby have access to and receive a healthy nutritious and varied breakfast. It is hoped that this will increase attendance at school, punctuality and also educational attainment.. By attending the breakfast club children will also be given the opportunity to develop both socially and emotionally.	Update requested August 2002. The Health Action Zone were informed that this would be provided once the School had returned from the Summer Holiday break. Report is still outstanding. <i>Jacq Longrigg to pursue and will provide an update</i>	£1080	£6833
	Petteril Bank Womens Group	The group aims to improve the health and wellbeing of women on the Petteril Bank estate. The project will run over a 12month period for 50 weeks and will comprise of two weekly sessions held in the community centre. Session one will include: <ul style="list-style-type: none"> ▪ A self help group to monitor weight and weight reduction ▪ Advice sessions with qualified dietician ▪ Food demonstrations ▪ Parent Support and Community activity ▪ Advice sessions Session two will include Exercise classes with childcare provision Fitness assessments, progress and review.	Report request August 2002 and is still outstanding <i>Jacq Longrigg willl pursue and provide an update</i>	£3797	£3797
	Cooking for One and Safer Cycling	Run an 'eating for one' cookery ocurse in the community to promote healthy eating to those living on their own. Run Safer cycling schemes to all ages	The Cooking for One sessions have not yet started. The group have experienced some difficulty identifying a chef to carryout the sessions. The safer cycling scheme has not yet started but is planned for early in the new year.	£799	£799

	Community Newsletter	The project aims to provide a community newsletter for Petteril Bank, Upperby and Currock. The newsletter will contain a page from each area detailing all the health related activities in the area. The back page will consist of a small local health directory	An update was requested in August 2002, but no reply received. The CDC have emailed to say that they have, as yet not been approached to be involved in the newsletter. <i>Jacq Longrigg will provide an update</i>	£1700	£1700
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Life Education Bus

Upperby, Botchery, Harraby and Currock	Life Education Bus	To promote the life bus to the wider community and parents. Ensure that 25% of the total number of pupils attending the bus is matched by community attendance. The bus will form part of the wider Healthy Schools Strategy.	<i>Jacq Longrigg will provide an update</i>	£6075	£6075
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Safer Cycling

Longtown, Belle Vue, Botcherby, Upperby and Morton	Safer Cycling	To enable children in the Carlisle District area to participate in Safer Cycling initiatives.	<i>Jacq Longrigg will provide an update</i>	£3,720	£3,720
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Healthy Eating Courses

Longtown, Botcherby, Upperby and Morton	Healthy Eating Courses	Working with the WEA, Community Centres and Food Co-ops deliver a range of healthy eating courses for people living the the Carlisle District area	<i>Jacq Longrigg will provide and update</i>	£11,800	£11,800
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CARLISLE PROJECTS

HEALTH ACTION ZONE FUNDED

The Following projects were developed and supported through the Currock and Upperby Health Partnership and funded by North Cumbria Health Action Zone

	Midnight Basketball	<p>The National Playing Fields Association sets out the aims of this project: "to stimulate behavioural and attitudinal change in young people, through the provision of combined recreational and learning opportunities, which encourage good citizenship". As well as community improvement and self-awareness from the participants, a long term aim is to develop Basketball in Carlisle, as there is currently no recognised junior Basketball team.</p> <p>The objectives are:</p> <ul style="list-style-type: none"> ▪ To support the learning needs of young people and encourage them to participate in mainstream society ▪ To provide a safe and positive environment for young people at times when they may be vulnerable to anti-social behaviour ▪ To divert young people from crime and anti-social behaviour ▪ To combat drug, alcohol and other physical abuse by young people. ▪ To help break the cycle of poverty for young people and families ▪ To provide Midnight Basketball as a free and accessible activity for the young people of Carlisle ▪ To give young people the opportunity to take part in structured Basketball and 	<p>The first of the 3 sessions supported by the Health Action Zone commenced in January 2002 and took place at the NCTC in Harraby over a 12 week period..</p> <ul style="list-style-type: none"> ▪ On average 20 participants took part in the NCTC scheme which involved educational workshop sessions, followed by structured basketball coaching. ▪ The topics covered in the workshop ranged from drugs awareness, team building exercises, relationship issues etc. ▪ The feedback from coaches and young people was positive, with 100% of participants saying they enjoyed Midnight Basketball. ▪ The outcome of the first Midnight Basketball sessions has been used to inform future programmes. ▪ The venue for the scheme has been rotated to enable maximum young people in the area to take part. ▪ A second scheme commenced in Petteril Bank, however this was cancelled due to lack of participants. The Steering Group acknowledged that this scheme had been 'rushed' with insufficient lead in time to develop this scheme. This scheme has now been relaunched at Upperby School an average of 15 people are participating and is proving more successful 	£15,580	£15,580
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		w	hop activities			
	Petteril Bank, Youth Outreach Worker	To employ and outreach youth worker to engage with young people on the estate who do not access other youth provision. To support the work of the current youth project.	An update has been requested but not yet received. However we have been informed very recently that the project worker has resigned. The steering group is meeting to seek a way forward	£16,000 over 2 years		
	NCTC Youth Fitness	To encourage youngsters to participate in sport and recreation.	The project team realized that there was little in the way of sport provision other than football and wanted to develop initiatives which would increase the opportunities for others to participate. Over 400 youngsters took part 100 trampolining 60 playing netball 50 basketball 50 tennis 60 cricket 30 in the girls football team 50 taking part in athletics	£5,000	£17,300	
	Drugs Reference Worker	The project seeks to develop an approach to tackle drug and alcohol issues by training local people as Alcohol Counsellors. A dedicated worker will be employed and will be responsible for advertising and promoting Stage I and Stage II courses along with. They will also be involved in organizing drug and alcohol education, talks and workshops in the communities at primary and secondary schools. CADAS will run Stage I 'Introductory Courses' on drug and alcohol awareness. From this the participants will be able to apply for Stage II CADAS counselling course. This can then be followed by supervised counselling practice. After 40 hours supervised counselling practice participants will be	A Drugs Reference Worker was appointed in January 2002. Drug and Alcohol sessions were undertaken as follows: 2 sessions at Botcherby Youth Club – 8 youths aged 13 – 15 took part. Currock Villa Youth Club – 15 young people aged from 12 – 17 were present. Two sessions at Harraby Youth Club – 7 youths aged 12 – 16 were present. One session at Plumbland School – 18 children aged 7 – 11 and two teachers took part. Stage I Drug and Alcohol Awareness Course was held in Carlisle South and Penrith. Nine people attended Carlisle and a further 9 at Penrith. Presentations have also been given and were structured according to the association and service provider. 9 Police Officer attended the Community Police Officers session. The presentation was held to inform how community police offers could utilize the resources that CADAS offers along with how they could work within the project. 15 members of the Harraby and Residents Tenants Association attended a session. A presentation was given to 10 Connexions Advisors	£15,000	£97,925 over 3 years	

