



Carlisle City Council

Report to People Panel

Report details

Meeting Date:	14 th July 2022
Portfolio:	Health & Wellbeing
Key Decision:	No
Policy and Budget Framework	Yes
Public / Private	Public
Title:	THRIVING COMMUNITIES
Report of:	The Deputy Chief Executive
Report Number:	CS 24/22

Purpose / Summary:

To report outcomes from the first phase of Thriving Communities Carlisle and to update the Committee on plans for next stages.

Recommendations:

The Committee is invited to note the successes of Thriving Communities Carlisle; support short term extension of the project through 2022/23; and support proposals for using our learning and experiences from the original project to increase scale and scope of delivery through funding opportunities and joint working with the Sovereign council's that will make up Cumberland.

Tracking

Executive:	
Scrutiny:	14/7/22
Council:	

1. Background

The overarching aim of the Thriving Communities Carlisle was to help deliver Healthy City outcomes by developing a network of social prescribing partnerships and activities that meet the needs of residents in Carlisle & North Cumbria, with a particular emphasis on people impacted by loneliness and isolation following Covid-19.

It was a partnership project involving Carlisle City Council, Susie Tate, Carlisle Healthcare, Prism Arts, Tullie House and Cumbria Wildlife Trust. Funding was secured from the Thriving Communities Fund, thanks to the National Academy of Social Prescribing, Arts Council England, Natural England and Historic England, with support from NHS England, NHS Improvement, Sport England, the Office for Civil Society, the Money and Pensions Service and NHS Charities Together.

2. Thriving Communities Carlisle



2.1. The Carlisle programme had two strands: (i) Connectivity; and (ii) Co-production

Strand 1 – Connectivity

- Development of the Carlisle & North Cumbria Arts, Health and Wellbeing Partnership – creating new partnerships and pathways
- Mapping exercise
- Formation of a Community Steering Group
- Delivery of two Social Prescribing Seminars / Symposiums
- Sourcing onward funding

Strand 2 – Co-Production

- We are taking two approaches to delivery: upscaling existing activity and piloting new approaches. Upscaled activity includes:
 - Carlisle City Council & Carlisle Healthcare: Space to Talk
 - Tullie House: Afternoon at the Museum & Tullie on Tour
 - Cumbria Wildlife Trust: Growing in Nature & the Nature Café in partnership with Susie Tate Dance
- Healing Arts at NCIC: Dementia Ward programme
- Prism Arts: Combined Arts Workshops

- Nine six-week programmes of mixed events delivered in partnership with eight community venues:



Varying models and styles of engagement were used to maximise attractiveness to different audiences and to provide opportunities to test and learn from the process. Flexibility allowed tailoring to hyper-local variations in population needs, interests, etc.

Some examples of activities delivered:



2.2. Outcomes

Inside Out findings

Referrals: 50% self-referral, 25% third-sector, 24% health & social care sector

Short Warwick-Edinburgh Mental Wellbeing:

- 5 point Likert scale evaluating 7 domains
- 0.5 – 1.1pt increase across all domains
- Greatest increases were in **“feeling useful”** (+1pt) and **“feeling relaxed”** (+1.1pt)

“I loved it. Really enjoyed joining the group and meeting new people. Wouldn't change a thing.”

“This for me has been the most enjoyable, relaxing and personal fun.”

“Now if I pass you in the street I will say hello”

“It's nice to come and meet new people and just be comfortable. I usually like a one to one situation, groups scare me.”

“It's given me a reason to get up showered and dressed”

“The people who run the course are important they need to be 'people' people and be sociable like you two”

“Feeling relaxed and calm”

Unexpected Legacy Outcomes:

- Lasting on site interventions e.g. hedgerow in Botcherby, adding to the Incredibly Edible Project at Brampton, mural at Longtown
- New partnerships / connections between community centres and practitioners
- New ‘Reading & Conversation’ group at Brampton

3. Conclusion and reasons for recommendations

3.1. Following the successes of Thriving Communities Carlisle there has been a short term extension of the project through 2022/23 using part of the additional revenue budget for supporting mental health.

3.2. The team would like to look for further opportunities for using our learning and experiences from the original project to increase scale and scope of delivery through seeking funding opportunities and joint working with the Sovereign councils that will make up Cumberland.

4. Contribution to the Carlisle Plan Priorities

4.1. "We will continue to prioritise the current response to and rapid recovery from the health and wellbeing impacts of Covid-19 pandemic"

Contact details:

Contact Officer:
Jeannie Pasley

Ext:

Appendices attached to report:

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Note: in compliance with section 100d of the Local Government Act 1972 the report has been prepared in part from the following papers:

- None

Corporate Implications:

Legal -

Property Services -

Finance -

Equality -

Information Governance-

