



# Resilience and Community Development

October 2011

A response to the  
Annual Report of the Director of Public Health  
Brighton and Hove 2010

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# Who we are

The Trust for Developing Communities, the Hangleton and Knoll Project and Serendipity are community development organisations in Brighton and Hove delivering work at neighbourhood level. This report is their joint response to the Resilience (Annual Report of the Director of Public Health) report published by the Brighton and Hove Council (2011).

Neighbourhood community development work supports local community groups to develop and flourish and represent their own neighbourhoods in local governance bodies and city wide strategic partnerships.

During 2010/11, we supported 13 neighbourhoods, approximately 2,130 people, 189 community groups, 303 community events and 148 funding applications, which have brought in an additional £346,148 into neighbourhoods in the city.

Currently the Trust for Developing Communities delivers in Bevendean, Coldean, Hollingbury, Hollingdean, Moulsecoomb, Peacehaven, Portland Road and Clarendon, Portslade, Queen's Park and Craven Vale and Woodingdean. The Hangleton and Knoll Project delivers in Hangleton and Knoll. Serendipity delivers in Brunswick and Regency, Bristol Estate and Whitehawk.

## Community development and wellbeing and resilience

Our community development approach encourages communities to identify issues of concern and to find their own solutions. Because communities have developed these solutions, they are likely to be sustainable and directly meet the needs of local people.

Through community development we help build capacity within a community. This might be by developing support mechanisms, fostering a sense of belonging and building empowerment generally. All this enables a community to respond to issues in a resilient and positive way.

Community development work builds the capacity of communities which in turn strengthens community resilience. We have found that engaging in community activities brings wellbeing and resilience advantages for both individuals and communities. In general as the level of engagement increases so does the level of resilience.

The following page shows how levels of resilience grow along the ladder of community engagement.



| Ladder of engagement   | Link with resilience   |
|--|--|
| <p><b>Empowering</b> the community to make decisions for themselves such as running a community café or a drop-in around mental health issues.</p>                                   | <p>An empowered community will have the resilience to tackle issues and crises as they arise; identifying solutions for themselves and drawing in support when needed. They will have developed resilience in all three areas of <b>self, supports and systems and structures</b>.</p>   |
| <p><b>Collaborating</b> and working together to make decisions such as residents and services jointly tackling anti-social behaviour through a local action team.</p>                | <p>By collaborating with service providers, communities can develop robust <b>systems and structures</b> that particularly help to develop resilience around the <b>local economy, public services, crime and anti-social behaviour</b> as well as the <b>infrastructure</b> itself.</p> |
| <p><b>Involving</b> individuals and groups in making changes or setting up something new together. For example involving residents in distributing spare food from supermarkets.</p> | <p>Involvement in their community can start to make a difference for individuals by <b>improving life satisfaction, education, health and material well-being</b> as well as for the <b>supports</b> in a community through <b>strong and stable families and belonging</b>.</p>         |
| <p><b>Consulting</b> local people and groups about activities and services. For example consulting a community about a local healthcare services</p>                                 | <p>Through consultation local people are able to voice their thoughts about issues of concern. This helps to develop <b>systems and structures</b> in the neighbourhood.</p>   |
| <p>Providing <b>information</b> to individuals and community groups about activities and services. For example newsletters provide information about community groups</p>            | <p>With information individuals can see that activities and support exists in their area. They begin to develop a sense of <b>belonging</b> and may start to join groups.</p>  |

This range of engagement from 'informing' through 'involving' to 'empowering' is part of the City's Community Engagement Framework<sup>1</sup> which recognises community development as being about

**'building active and sustainable communities based on social justice and mutual respect.'**

This role is very different to delivering a service in an area as it builds communities and individuals that are resilient, viable and sustainable. For example a service provider might produce a flyer about local exercise classes which they were providing. If a community development approach were used the community would be involved in identifying the need for the classes, organising them and producing the newsletter. As a result of strengthening the community's capacity in this way the classes would be more likely to meet local need and interest and be more sustainable in the long term.

The two following extracts develop the link between community resilience and the need to build the capacity of a community. They are taken from the Annual Report of the Director of Public Health, Brighton and Hove 2010

**'Community resilience means the capacity of communities to respond positively to crises. It is the ability of a community to adapt to pressures and transform itself in a way which makes it more sustainable in the future.'**<sup>2</sup>

**'The resilience of a community is influenced by its social relationships, networks and social capital. Strengthening community resilience involves recognising the strengths or assets within that community..... This is different to many approaches (...) which focus more on identifying gaps in services or needs.'**<sup>3</sup>

The following sample case studies show how community development support can be the key to building capacity and developing resilience in a community.

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<sup>1</sup> [http://www.brighton-hove.gov.uk/downloads/bhcc/BH\\_CEF\\_Community\\_Engagement\\_Framework.pdf](http://www.brighton-hove.gov.uk/downloads/bhcc/BH_CEF_Community_Engagement_Framework.pdf).

<sup>2</sup> (Extract from Australian Social Inclusion Board. Building inclusive and resilient communities. Australian Government. June 2009)

<sup>3</sup> (Extract from Morgan A, Ziglio E. Revitalising the evidence base for public health: an assets model. IUHPE – Promotion and Education Supplement 2 2007; 14:17-22.)

# The case studies

We have selected 12 case studies of our work to highlight the link between community development and wellbeing and resilience.

| Domain                 | Component                       | Community Development Case Study  | Indicator |
|------------------------|---------------------------------|---|-----------|
| Self                   | Education                       | Moulsecoomb Bangladeshi Women's Group                                       | Red       |
| Self                   | Education                       | Hakit   | Amber     |
| Self                   | Education                       | Whitehawk Neighbourhood Forum Training sub committee                        | Red       |
| Self                   | Health                          | Whitehawk Neighbourhood Forum Health Sub-committee                          | Red       |
| Self                   | Health                          | Hangleton and Knoll's Parent Drop in  | Red       |
| Self                   | Health                          | Bristol Estate Survey Work  | Red       |
| Self                   | Material wellbeing              | Queens Park and Craven Vale's Fairshare Project                             | Red       |
| Supports               | Strong and Stable Families      | Hollingbury's HAPPI group (Hollingbury Active Parents for Park Improvement) | Red       |
| Supports               | Belonging                       | Turner Health and Wellbeing Research Project                                | Red       |
| Systems and Structures | Local Economy                   | Woodingdean's JAVA café   | Red       |
| Systems and Structures | Crime and anti-social behaviour | Bevendean Local Action Team (LAT)   | Red       |
| Systems and Structures | Infrastructure                  | Brunswick and Regency Neighbourhood Action Group                            | Red       |

Based on The Wellbeing and Resilience measure (WARM) developed by the Young Foundation and adapted for Brighton and Hove)

## Education

**Moulsecomb Bangladeshi Women's Group** – we support a group of isolated Bangladeshi women to run a group and arrange educational speakers, fundraise and organise accessible activities.



**Hakit** – offers free community based IT access and training in Hangleton and Knoll. Learners often become volunteers supporting the paid tutors.

**Whitehawk Neighbourhood Forum Education/ Training Learning Subcommittee** – We support a resident led forum that brings together those with a stake in education and training locally. Recent successes include a network of front line services 'Frontliners' providing activities for families and a community cafe with training opportunities for young people.

**We found that community development support increases the involvement of residents in informal and formal education.**

## Health

### Whitehawk

We support local residents and involved professionals to identify issues and jointly work on solutions to them. This includes encouraging community use and ownership of the Health Care Centre as well as projects such as working with young mothers and the formation of the nationally acclaimed Red Tarts Mobility Scooter Display Team. This has been at the forefront of promoting the positive image of the elderly and those with mobility problems.

### Hangleton and Knoll's Parents Drop-in

We support a group of local people who have suffered or continue to suffer with mental health problems and are reliant on a safe, confidential local space where they can get support from others who know what they are going through.



**Bristol Estate Survey Work** – with residents we carried out a full survey of all local families. The survey was on behalf of the PCT as part of research into the accessing of Health Services by BME families and individuals.

**We found that participating in community activities helps overcome isolation and develops a sense of belonging. Residents described feeling healthier resulting in less visits to health professionals.**

## Material Wellbeing



**Queens Park and Craven Vale's Fairshare Project** – we have supported community volunteers to redistribute food from supermarkets at a local community venue to around 50 local families.

**We found that economic poverty can be tackled with community development support.**

## Strong and Stable Families

**HAPPI - Hollingbury Active Parents for Park Improvement** We support this group to bring parents and residents together to improve Carden Park. They have successfully installed new play equipment creating better opportunities for play and regular physical activity for children.



**We found that community development support builds social relationships and networks, promoting community identity and building resilience and wellbeing.**

## Belonging



**Turner Health and Wellbeing Research Project** – key findings are that being part of a group leads to feeling part of the community and that once you participate in one activity you are likely to participate in more. Participating in community activities also has health benefits and that generally keeping active reduces visits to health professionals.

**We found that community development increases an individual's sense of belonging.**

## Local Economy

**Woodingdean's JAVA café** – We support residents to run this community managed internet café that is also a UK online learning centre. Organisations, such as Varndean College deliver computer training to local residents and the youth club also meets there each week.



**We found that social enterprises can flourish when community activists are supported.**

## Crime and anti-social behaviour

**Bevendean Local Action Team** – We support residents to hold bi-monthly open public meetings bringing residents and service providers together to discuss the local policing priorities for the area. Through the work of the BLAT, the perception and fear of crime has been reduced, contributing to the general wellbeing of residents.

**We found that community development supports communities to reduce anti-social behaviour and fear of crime, while strengthening community pride.**

*“The Bevendean Local Action Team is exactly the sort of project that the Big Society awards are about – local people taking action to tackle local issues at a local level”* David Cameron, Prime Minister

## Infrastructure



**Brunswick and Regency Neighbourhood Action Group** – we support this umbrella group to raise issues of concern in the area. These include reporting anti-social behaviour, enforcing safe cycling and administering healthy neighbourhood funds.

**We found that, with community development support, residents develop a sense of ownership and invest in their neighbourhoods.**

# The Case Studies – in detail

| Component                       | Community Development Case Study  | Page |
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| Crime and anti-social behaviour | Bevendean Local Action Team (LAT)   | 21   |
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## [Self] Education – Moulsecoomb Bangladeshi Women’s Group

| City rating                        |   |
|------------------------------------|---|
| Amber                              | <b>Assets:</b> Low proportion of people without qualifications and high proportion with the highest qualification levels<br><b>Vulnerabilities:</b> Poor results at GCSE levels |
| <b>Moulsecoomb &amp; Bevendean</b> |   |
| Red                                | Is recognised as the most vulnerable ward regarding Education.  |

Moulsecoomb Estate is an area of recognised deprivation and high levels of child poverty and not unsurprisingly makes up a large part of the ward recognised as having the lowest rating in the city for educational attainment.

There is a small but significant Bangladeshi community in this vastly majority White British community and they had experienced significant isolation through issues such as language, literacy, culture and income. The women of the Bangladeshi community were particularly affected by these issues as they were often couldn’t access activities involving men and frequently had language and literacy issues. These factors affected how they could support their children in education.

With community development support they formed a group with the intention of providing a safe space for the women to get together and socialise and offer support to each other. Over the last couple of years this has developed into a public meeting that has guest speakers from organisations, such as the local authority, the primary care trust, the partnership community safety team, black & minority ethnic community partnership and other Bangladeshi groups. This enables the women to access all sorts of information and training that can address issues affecting their health and well being.



Alongside this the group has established a constituted committee that with worker support has fundraised and put on activities that the women wanted to access. These have included English lessons, food & hygiene training, self development courses, committee skills training, swimming and gentle exercise sessions and complimentary therapy sessions.

The group has also organised fundraising events that have been open to the wider community and then they have used this money to fund family outings to places like Tilgate Park, which they would not otherwise be able to get to.



They have been encouraged to participate in wider community activity, the most recent examples being their participation ‘healthy curry’ food stall during healthy curry week at the local family fun day. This helped the group raise funds but also enabled them to share knowledge about cooking healthily.

*“We like having a Community Development Worker, it has been a good experience for us and the group is happy”.* Shiria, Group member

## [Self] Education – Hakit

|              |   |
|--------------|---|
| <b>Amber</b> | <b>City rating</b><br><b>Assets:</b> Low proportion of people without qualifications and high proportion with the highest qualification levels<br><b>Vulnerabilities:</b> Poor results at GCSE levels |
|--------------|---|

|              |   |
|--------------|---|
| <b>Amber</b> | <b>Hangleton and Knoll</b><br>Is recognised as an area with poor results in Education |
|--------------|---|

The Hangleton and Knoll estates have a combined population of around 15,000 people and 2010 IMD data puts 20 % of the ward in the worse 10% of the country with high numbers of older people and children.

The Hakit project started to give local people the chance to get online and trained in IT by providing community based free IT access and courses. Hakit has two fully equipped IT training rooms located in each of the local community centers which offer open access free drop ins. The below case study outlines, in a Hakit volunteers own words, how she experienced the opportunities offered by the project and how these have impacted upon her health. She is also giving a significant amount back to the community by supporting the paid tutor at drop ins, allowing for much greater capacity to help all those that come along.



*'Volunteering was something that I had been thinking about for a while. Following a long term health problem it was suggested to me that I might find volunteering a way of building my confidence after being out of work for quite some time.*

*I chose to come along to HaKIT after doing a free course at the drop in. It was a friendly, small group that I felt comfortable with and felt I had something to offer in the way of helping others with the free courses.*

*I have gained experience and knowledge during my time with HaKIT also my confidence is growing and I have discovered that I enjoy being able to contribute my skills in order to help others and build their confidence too. I have also made new friends and learnt to become part of a team.*

*Up to now I haven't joined in any activities other than the drop in centre and occasional help in and around the office including helping with survey results and office admin. As my health improves and my confidence grows I may join in other activities. For now I am happy and comfortable with what I am contributing.*

*I try not to look long term but I guess if I did, I would say my aim is to first, get back to full health and then keep on learning and expand my knowledge in office work and computer skills/people skills in order to find employment in the future and to get help finding the money to go on courses that may help to improve my skills and gain qualifications.'*

## [Self] Education – Whitehawk Neighbourhood Forum Education/ Training Learning Sub-committee

|                                   |   |
|-----------------------------------|---|
| <b>City rating</b>                |   |
| <b>Amber</b>                      | <b>Assets:</b> Low proportion of people without qualifications and high proportion with the highest qualification levels<br><b>Vulnerabilities:</b> Poor results at GCSE levels |
| <b>Whitehawk in East Brighton</b> |   |
| <b>Red</b>                        | Has the largest number of those categorised as NEET, not in employment, education or training   |

The Whitehawk and Manor Farm estate consists of four Super Output Areas within the East Brighton Ward, three of these being in the worst 5% and one in the worst 10% nationally in terms of deprivation - this being the largest, most deprived estate in the city.

Despite the closure of the local secondary school educational attainment has got worse among young people and the area has the largest number of those categorised as NEET, not in employment, education or training.

The formation of a resident led neighbourhood forum after wide consultation by SES has been instrumental in the formation of a number of subject specific sub-committees. These have been instrumental in bring together local residents and involved professionals to identify issues and jointly work on solutions to them. The ability to bring together for the first time all those with a responsibility for or a stake in, education and training has enabled the development of new local initiatives.

This work has been supported through the formation of local network Frontliners, which involves people who work with children and families locally, and now plans joined up activities and provisions which has been responsible for increased activities in the summer for children and families in Whitehawk.

The Crew Club, voluntary sector youth provider, has established excellent working relationships with two of the feeder secondary schools, and is providing joint work with one, Varndean, in relation to NEETS. This has now expanded with the gaining of a contract to run a community cafe in the new Co-location Hub building by SES in a partnership with local groups. The cafe will be used as to offer training to young people in Customer Service towards future employment opportunities in the city's thriving hospitality and leisure sector.

*The creation, support, and servicing of the sub-committee, and the support and servicing of the Frontliners group where such opportunities are identified and created are provided by the Community Development worker operating on the estate.*

## [Self] Health - Whitehawk Neighbourhood Forum Health Sub-committee

|              |   |
|--------------|---|
| <b>Amber</b> | <b>City rating</b><br><b>Assets:</b> High self reported health<br><b>Vulnerabilities:</b> Poor mental health, health and disability and years of life lost scores |
| <b>Red</b>   | <b>Whitehawk in East Brighton</b><br><b>One of 5 wards to have a red rating in the City</b>   |

The Whitehawk and Manor Farm estate consists of four Super Output Areas within the East Brighton Ward, three of these being in the worst 5% and one in the worst 10% nationally in terms of deprivation - this being then largest, most deprived estate in the city.

The opening of a new health centre on the estate to provide Doctors Surgeries, Dental Surgery and Pharmacy services had been the cause of major concern to the local community due to very limited consultation, re-location of previous services, and serious access problems for those with mobility issues.

The formation of a resident led neighbourhood forum after wide consultation by SES has been instrumental in the formation of a number of subject specific sub-committees. These have been instrumental in bring together local residents and involved professionals to identify issues and jointly work on solutions to them. The ability to bring together for the first time all those with a responsibility for or a stake in health issues has enabled joint solutions to be identified.

In addition support has been given by the Community Development worker to the practice manager to look at ways to encourage community use and ownership of the Centre. This has included bring together all responsible parties to revise the physical access to the building, the running of a local art competition to display works by local people in the new building, to broker a meeting with the regional managers of Lloyds pharmacy to tackle concerns over stock levels and opening times, and working with one of the GPs to develop a project for working with young mothers on the estate.

In addition work developed and supported by the community workers impacting on health targets have included the formation of a young parents group for mutual support and activity<sup>4</sup> and the formation of the nationally acclaimed Red Tarts Mobility Scooter Display Team which have been at the forefront of promoting the positive image of the elderly and those with mobility problems.

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<sup>4</sup> Also impacts on the Strong and Stable Families domain

## [Self] Health – Hangleton and Knoll’s Parents Drop in

| City rating              |   |
|--------------------------|---|
| <b>Amber</b>             | <b>Assets:</b> High self reported health<br><b>Vulnerabilities:</b> Poor mental health, health and disability and years of life lost scores |
| Hangleton and Knoll Ward |   |
| <b>Red</b>               | Hangleton and Knoll is one of the 5 wards recognised as one of the most vulnerable wards regarding Health.                                  |

The Community Drop in was set up by a local volunteer supported by the Hangleton and Knoll project.

It takes place weekly at St Richards Community Centre and aims to support Parent and Carers in the community.



Many of the group have suffered or continue to suffer with mental health problems and are reliant on a safe, confidential local space where they can get support from others who know what they are going through. The group is open to everybody.

The group works together to put on events that support good mental health in the community notably its famous and very well attended Parents Pamper events where local therapists come together to showcase their stress relief and pampering therapies. The group works hard to be inclusive and recently worked with the Hangleton and Knoll project on making links with the Multicultural group and have amended their publicity to make the group more welcoming to local men who are underrepresented.

Recently the group identified the need for some personal development training and the Project were lucky enough to recruit a professional trainer who was willing to volunteer to provide sessions on goal setting and motivation. This has enabled the group to think about their own individual goals as well as supporting the groups' process.



## [Self] Health- Bristol Estate Survey Work

|                      |   |
|----------------------|---|
| <b>City rating</b>   |   |
| <b>Amber</b>         | <b>Assets:</b> High self reported health<br><b>Vulnerabilities:</b> Poor mental health, health and disability and years of life lost scores |
| <b>East Brighton</b> |   |
| <b>Red</b>           | East Brighton is one of the 5 wards recognised as one of the most vulnerable wards regarding Health.  |

The Bristol Estate consists of a number of low and high rise blocks of flats located behind the Sussex County Hospital. Part of the East Brighton Ward it consists of 365 dwellings in a 50's built social housing estate. Work was carried out on behalf of the PCT as part of the research into the accessing of Health Services by BME families and individuals.

Serendipity co-ordinated a partnership involving the Novas Scarman Trust, the BME Community Project, and the Bristol Estate Community Association. The work involved an attempt to carryout a full survey of every household to identify household makeup, age and gender, ethnic origin, and identified needs. It also considered feelings of safety, on the estate and in the home, perceptions on the area, feelings of involvement, and access to services. Serendipity designed the questionnaire, trained local residents in interview techniques, analysed the results, and produced a detailed report that compared results between different ethnic groups and between different parts of the estate. In this way details of similarities and differences between BME families and indigenous population were able to be compared, a number of areas of concern were highlighted for immediate and future action, and individuals and families requiring support identified.

For this work Serendipity, the Residents Association, and the BMECP were nominated for, and won the Elspeth Kyle Award for best partnership - 2009



## [Self] Material Wellbeing – Queens Park and Craven Vale’s Fairshare Project

| City rating      |   |
|------------------|---|
| Amber            | <b>Assets:</b> Relatively low exposure to debt. Claimants for short duration.<br><b>Vulnerabilities:</b> Higher claimants for income support and incapacity benefit. When exposed to debt is at higher levels |
| Queens Park Ward |   |
| Red              | This ward ranks highly in terms of deprivation and receives a red rating in material wellbeing.   |



The Queens Park and Craven Vale Ward is the second most deprived ward in Brighton. This however covers substantial variations – two pockets in particular are in the most deprived 5% in the country, which is attributed to health and disability, living environment, employment, income and crime.

With support from The Trust for Developing Communities, the FareShare Community Café was set up in 2010 by a group of residents. The FareShare Project Food Bank redistributes food from supermarkets which is close to the sell by date, or for other reasons is taken off the shelves, to local community outlets. In 2010, The Trust for Developing Communities supported residents to set up a local Community Café at the local community centre, The Haven on Pankhurst Avenue. Residents have also been supported to arrange training in food hygiene to enable them to run the café.

The Café, which has been open every week for 8 months now, has been a big success locally. It is always well visited, and a large proportion of the residents who come to the café have never used the community centre before. Some residents stay for the free coffee and chat at The Haven, others just come to collect a bag of free food and then leave again.

*“I have no food in the cupboard to get to next week. I am really grateful [for your service]. I don’t know how I would get through without it.”*

Resident and user of the FareShare Café, 2011

The feedback from visitors is that the project has made a real difference to their ability to cope with the daily struggle of putting food on the table for their family. All the food provided is healthy and fresh, and the variety of fresh fruit and vegetables as well as more unusual foodstuffs had encouraged people to try different foods and recipes.



An added benefit is that the café has become a hub for socialising in an environment free from the stigma of poverty. Residents who return again and again are beginning to access other services, activities and training. Leaflets and information about other services, locally and citywide, is made available at the cafe.

In the 8 months the Community Café has been running, more than 50 families have been supported in this way.

**[Supports] Strong and Stable Families – Hollingbury’s HAPPI group (Hollingbury Active Parents for Park Improvement)**

|                                     |  |
|-------------------------------------|--|
| <b>City rating</b>                  |  |
| <b>Amber</b>                        | <b>Assets:</b> Lower proportion of lone parent and carer claimants.<br><b>Vulnerabilities:</b> Higher proportion of divorced residents |
| <b>Hollingbury and Stanmer Ward</b> |  |
| <b>Red</b>                          | Is recognised as one of the most vulnerable wards regarding Strong and Stable Families   |



H.A.P.P.I. (Hollingbury Active Parents for Park Improvements) group has brought parents and other residents together to improve Carden Park.

The women that compose the group are from a diverse mix of backgrounds, age, skills and origin (from the Baltic and other European countries). For example, the Chair is a retired teacher and also Chair of the school governors which enhances the skillset of those involved.

The group has worked with the Council and the contractor to identify new play equipment and design the park, based on the residents’ needs.

The group contributes to parents’ and children’s health and wellbeing. It has brought parents together around the goal of an improved park.

*“I joined this project to have a better place to live in for my children.”* .Carmen, HAPPI group

With the support of the development worker, parents have worked hard, volunteering their time, to consult with residents, other parents and children around the park and to organise community events such as the park opening and tree planting event. This has contributed to building social capital. With the successful installation of new play equipment, the improvements have meant better opportunities for play and regular physical activity for children.

*“We’ve had a really good time doing this. The park is looking fabulous. We’ve got loads of new equipment. My kids have a whale of a time down there”*. Gina, HAPPI group

Getting involved in community groups such as the HAPPI group has positive health benefits, contributing to social and mental wellbeing:

*“The TDC have done a lot for the people of Hollingbury, like getting various groups set up. I am really pleased to be in contact with Linda because if I hadn’t, I’d probably suffer with depression, but luckily I’m involved in a few groups in Hollingbury which can actually make a difference to the area we live in and get people out of their four walls and into the community to help make improvements*



.Jo Cressweller (local resident, mum of children at Carden School and member of the newsletter group)

TDC continues working with HAPPI to support the sustainability of the group, meeting regularly with Parks to organise planting, negotiate remedial works and continue the consultation with the residents, this time specifically with young people to find out what they would like for a 3<sup>rd</sup> phase of the project.

## [Supports] Belonging – Tarner Health and Wellbeing Research Project

### City rating

|            |  |
|------------|--|
| <b>Red</b> | <b>Assets:</b> None<br><b>Vulnerabilities:</b> A low proportion of people feel a sense of belonging to their neighbourhood. Low proportion of people part of decision making groups. |
| <b>Red</b> | <b>St. Peter's and North Laine</b><br>Tarnershares the border with this ward which has been recognised as one of the most vulnerable wards regarding Belonging.                      |



England has 32,483 Super Output Areas, Tarner was ranked 1 in 2004, and 39 in 2007 in relation to overall deprivation. As a result of these statistics, an agreement was made through the Public Service Board and Local Strategic Partnership. As part of this agreement, the Sussex Foundation Partnership NHS Trust supported a 6 month project in 2010 to compile a profile of Tarner residents.

The Trust for Developing Communities was then commissioned by NHS Brighton and Hove (former Primary Care Trust, PCT), NovasScarman and the Brighton and Hove City Council to explore the impact of participating in community activities of Tarner' residents.

Residents were approached through door knocking, open air events and during their participation in some local events. 5% of the residents of the Tarner Super Output Area (SOA) provided the data which was the focus of the study

The final report presents the baseline to understand the involvement in community activities by Tarner residents and to evaluate the impact that their involvement has in their feelings of belonging, health and wellbeing. Below are a few of the recommendations from the research. A full copy of the report and further information are available at

<http://www.trustdevcom.org.uk/area/tarner>

|   |   |
|---|---|
| <b>1 – Participating in community activities is good for your health</b>                                  | Attending groups and activities helped residents to fight isolation, feel part of the community and provided opportunities to learn more about health issues.   |
| <b>2 – Keep active and you will visit the doctor less often</b>   | Being active made residents feel healthier and more aware of their needs which resulted in less visits to health professionals.   |
| <b>3– Being part of a group leads to feeling part of the community</b>                                    | Participating in community activities supported residents to feel part of the community and enabled them to meet like minded people.  |
| <b>4 – Lots of support for local community activities even if residents cannot personally access them</b> | Residents were pleased that community activities were available, and thought they might join in the future.   |
| <b>5 – Residents with children are more linked to community activities</b>                                | Many community activities are attended by families and this has encouraged more activities to be provided for families. Community activity tends to reflect the needs of those that participate rather than those not yet involved. |
| <b>6 -Once you participate in an activity, you get involved in more</b>                                   | Those residents that attended one group became “hooked” and they were more interested in trying other activities.   |

## [Systems and Structures] Local Economy - Woodingdean's JAVA café

### City rating

**Green**      **Assets:** Good accessibility and low walking/public transport travel time. High number of vacancies and high number of small industries.  
**Vulnerabilities:** None

### Woodingdean

**Red**      Woodingdean is recognised as being vulnerable due to geography and distance to travel to opportunities. As well as lack of local enterprises.

Woodingdean's most significant issues remain linked to its geography and accessibility. Whilst people generally express satisfaction with living there, there are always issues around access to education, training & employment and the lack of local opportunities, particularly for young people leaving school, who often find the cost and convenience of transport into central Brighton prohibitive.

Java Café is a community managed internet café that is also a UK online learning centre. This provides opportunities for local young people to look up information on the internet and even take up e-learning courses. Organisations, such as Varndean College deliver computer training to local residents. The youth club also meets there weekly to take advantage of these facilities.



Its situation on the main high street supports shopping trade as it encourages people to that area, as an alternative to driving into town. Due to popularity it is now opening every day of the week. This also creates employment & volunteering opportunities locally.

This community managed space also offers vehicles for promoting other social enterprises through notice boards, community newsletter and community website access. A course on community journalism was also delivered here by Sussex Community Internet Partnership (SCIP).

The Trust's worker in this neighbourhood works along side youth workers and adult learning providers to help address gaps in provision locally so that people can access appropriate opportunities. They also support other social enterprise initiatives and recently this has included looking at the business options for the local community centre, gym and community swimming pool.

*'The Java Café is a lifeline for people who suffer isolation in Woodingdean'*

Helen, resident

## [Systems and structures] Crime and Anti-Social Behaviour – Bevendean Local Action Team (LAT)

| City rating             |  |
|-------------------------|--|
| <b>Amber</b>            | <b>Assets:</b> General fear of crime low and below average domestic burglary offences.<br><b>Vulnerabilities:</b> Poorer overall crime, anti-social behaviour and violent crime rates and child wellbeing crime score. |
| Moulsecoomb & Bevendean |  |
| <b>Red</b>              | One of only three wards to have crime and anti-social vulnerabilities across the board when compared to the city as a whole  |

The Trust for Developing Communities has worked in Bevendean since 2006, supporting residents to find solutions to tackle the issues and problems they face for themselves to increase satisfaction with living in the area. Anti-social behaviour and fear of crime is one of these issues.

The Bevendean Local Action Team (BLAT) was set up with support from The Trust for Developing Communities, to work to reduce anti-social behaviour and fear of crime in their local area while strengthening and promoting community pride. It is entirely volunteer led by local residents. Through bi-monthly open public meeting the BLAT brings residents and service providers together to discuss the local policing priorities for the area. Residents concerns are always taken seriously. Through the work of the BLAT, the perception and fear of crime has been reduced, contributing to the general wellbeing of residents.

Over the years the BLAT has developed strong partnerships, in particular with the police around local crime stats - the local PCSO always attend their meetings – and the universities. While a few years back students were perceived as a threat to the peace and stability of the local community, through the work of the BLAT that perception is now been changed, so that students are seen more and more as an asset.

The BLAT has also run a number of projects. Some of the more recent successes include a community safety calendar, and the Leybourne Parade. The Community Safety Calendar displayed basic information about twelve topics, one for each month. The topics included how to deal with noisy neighbours, stray firework, anti-social behaviour and crime, empowering residents to take action for themselves and thus building resilience locally.



The Leybourne Parade Regeneration Project is regenerating an area around the few local shops, which has attracted vandalism, fly-tipping and graffiti. Locals reported that they did not feel safe there. A number of improvements have been made, including raising funds for a gate to seal off the back of the row of shops, and planting trees to avoid vehicles driving on the pavement<sup>5</sup>

The BLAT was awarded first place in the Local Community Empowerment Award, and second place in the Regional Community Empowerment Award, in 2011. They were also awarded the Prime Minister's Big Society Award in March 2011.

*"The Bevendean Local Action Team is exactly the sort of project that the Big Society awards are about – local people taking action to tackle local issues at a local level"* David Cameron, Prime Minister<sup>1</sup>

<sup>5</sup> <http://www.youtube.com/watch?v=D5Gc1mi4KLw> [accessed August 2011]

## [Systems and structures] Infrastructure - Brunswick and Regency Neighbourhood Action Group

| City rating |  |
|-------------|--|
| Amber       | <b>Assets:</b> High satisfaction with parks and green spaces<br><b>Vulnerabilities:</b> Condition of housing. Poor score for barriers to housing and services. |
| Red         | <b>Brunswick and Adelaide and Regency</b><br>In the central sea front area these wards have particular high barriers to housing and services scores            |

Serendipity was instrumental in establishing this group (B&R NAG) as an umbrella group supporting other groups based and working within the area. It functions as a point of reference and information, provides a structure for joint actions and campaigns, and supports individual resident and tenants groups active in the area. It functions through just four meetings a year supported by a web-based information centre and a monthly, award winning, ebullition. It has run successful campaigns that while targeting seemingly minor issues have dramatically impacted upon the lives and wellbeing of local residents and communities. These have included the promotion of reporting anti-social behaviour, the enforcement of licences for street furniture along Western Road, the banning of disposable barbeques on the gardens and parks in the area, and campaigned for enforcing safe and legal cycling. In addition B&R NAG have administered the health funded Healthy Neighbourhood Grants within their area. The large impact of this work has been achieved for a very minimal amount of funded community development support.