

Falmouth  
& Penryn  
Churches  
Together

# Falmouth Community Needs Working Group Project April-June 2016



**Full Report**

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## **1. Introduction**

### *1. a) Background information*

This work has been initiated following discussions between FPCT and Debbie Croucher (Transformation Cornwall). FPCT were keen to identify the needs of the community before committing to undertaking a project, following a request. Those with an interest were invited to volunteer to be on the Working Group reflecting diversity across churches. The group was formed of Mary Bradley (St Mary's Church), Jane Charman (Falmouth Methodist Church), Sarah Corbett (King Charles the Martyr), Pat Fitzpatrick (St Mary's), Daniel Sherman (All Saints) and Lois Wild (Transformation Cornwall) facilitated the group.

### *1. b) Aims and objectives*

1. Establish what some of the social needs of people in the community of Falmouth are
2. Talk to relevant people, including local council and others to get their views
3. Pull together relevant data to help identify areas of concern/need
4. Produce some findings for the FPCT meeting in July
5. Pull together some ideas for projects/potential funders for the July meeting

### *1. c) Methodology*

The group undertook the project over 3 months from 19<sup>th</sup> April – 23<sup>rd</sup> July. The group was formed of 5 people representing different churches in Falmouth and facilitated by Transformation Cornwall. Initial discussions and mapping exercises of existing services in Falmouth and observed needs took place, which led on to carrying out interviews with the general public and with relevant statutory government and non-governmental organisations. Further to this, relevant agencies and organisations were emailed a simple questionnaire. In addition, the group identified existing sources of data (for example, Falmouth Methodist Regeneration Project/Cornwall Council/Neighbourhood Plan/local information and publications).

Once the data collection was complete, the group drew out some key themes and carried out a thematic analysis, analysing data under the themes.



## 2. b) Positive Attributes of Falmouth and Penryn Churches Together



### UNIQUE APPROACH (continued):

- |                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                             |
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| <ul style="list-style-type: none"> <li>• People Centred</li> <li>• Enthusiastic</li> <li>• Outward focus (not just looking inside our churches)</li> <li>• Not prejudiced</li> <li>• Diversity of ideas</li> <li>• Responds to needs identified</li> <li>• Not stuffy</li> </ul> | <ul style="list-style-type: none"> <li>• Laugh and have fun</li> <li>• Always on the move, not static in thinking</li> <li>• Outward looking</li> <li>• Innovative</li> <li>• <b>Adapting to changes in the world</b></li> <li>• Supportive to the vulnerable</li> <li>• Concerned with 'people'</li> </ul> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

### **3. Some examples of ideas for projects to address the needs identified**

Intergeneration integration	Pasty making sessions - pasty bar
Different activities on different days at an informal space / community coffee shop	IT skills training
Mocktail Bar	Bereavement group that is not in a church venue (non-stigmatised)
Undertake coffee morning event for further consultation	Sports teams – e.g. walking football
Need for afternoon classes / activities.	Café-style drop in
Older people don't go out in the evening	Utilise our buildings for coffee mornings, drop-ins, whatever is needed!
Bingo/games/quizzes – for social purposes	Self-help, but with a helping hand to do so
Tea bar with board games available	“What's on” type newsletter of activities – free - Post cards that publicise activities
Better advertising of youth groups that already exist	Coffee afternoons/activity sessions for vulnerable people
Lifts to places/events	Bookshop – Christian bookshop / Book swap / book group
Students to deliver IT support to older people	More befriending
Cookery sessions for all ages and food together	Bread making
Tea dances	Charitable status
Support with form filling (benefits etc)	Make better information available to the public about facilities at local churches, eg level access, style of music, etc. Would help people choose where to go if they are visiting/unfamiliar with the churches.
Safe space for students	Advertise church facilities available to hire.
Men in sheds	Many older people receive communion at home, but would appreciate receiving it as part of a group. Would help tackle social isolation.
Going down memory lane	Should be run by ‘Churches Together’ as a FPCT initiative, not by individual churches
Social afternoons – for old people	Drop-in centre in Kimberley Park where there is more integration between young and old
Dating nights for each age group	Sharing of skills- Skills don't stop when the payslip stops – understand and tap into skills
In walking distance to the people the group is aimed at	
One group who socialise then help run another group	
Clubs for those with a specific illness/disability	
Older people mentoring younger	
Activities for dads at weekends	
Mentors	
Weekend Community bus / phone for pick-up / door to door / Shuttle bus / Dial-a-ride / better Bus timetable / lift share	
Family centre	
Project Implementation Group	

#### **4. List of potential funds for projects**

**There are funds for constituted groups. Suggestions of places to start are:**

- Cornwall Community Foundation, smaller grants from £100-£5,000  
<http://www.cornwallfoundation.com/grants>
- Awards for All £300-£10,000 [www.awardsforall.org.uk/england/summary.html](http://www.awardsforall.org.uk/england/summary.html)
- Cinnamon Network Micro Grants <http://www.cinnamonnetwork.co.uk/micro-grants/>
- People's Health Trust <http://www.peopleshealthtrust.org.uk/>
- Attend Transformation Cornwall's upcoming Meet the Funders Programme  
<https://bookwhen.com/transformationcornwall>
- See Churches Together in Britain and Ireland's 'Faith Friendly Funders' list  
<http://www.ctbi.org.uk/374>
- ***See Transformation Cornwall's funding links document - Appendix 4***

#### **5. Next steps and event summary (following presentation at the Falmouth and Penryn Churches Together AGM 2016)**

The Falmouth and Penryn Churches Together Community Needs Working Group presented the Key Findings on 6<sup>th</sup> July at the Falmouth and Penryn 2016 Annual General Meeting held at the Falmouth New Life Church. There were 35 people present who then took part in some follow up group work and discussion, which is included below.

##### **Group work on "Next Steps" from post-it notes after presentation:**

##### **How do we take this forward? What are the next steps?**

- Ask members what they would be able to offer – skills. E.g. lifts to events
- Take a section of the report and ask the churches to work on it
- Build a team BEFORE starting a project
- How do we find the lonely/isolated who are not part of our churches? Partnerships
- Next steps – Ministers building strong relationships meeting regularly
- Get a team together to identify some ideas from the big list
- Need to find out what is already being addressed in churches
- Need to be focussed and realistic in what churches can do.
- Keep balance between social action and gospel proclamation
- Target SPECIFIC projects
- Intergenerational events/work
- Be convinced
- Don't try to achieve EVERYTHING in a short time
- Identify buildings could use – cheaply (!) – for e.g. café (internet or not), computer training, sports clubs
- Students as an asset – can we use them to address loneliness/isolation?
- Establish sources of income and pursue charitable status
- Falmouth Christian Union Advisory Group to consider a contribution in response
- Focus on one particular area of need. E.g. poverty
- Choose 2 or 3 needs to concentrate on first

- Prioritise – one topic for each ‘problem area’
  - Identify what can be done with other organisations
  - Suitable space – that’ nice warm friendly
  - Talking more together
  - Communicate with each other
  - Tell the congregations and encourage them
  - Lots more working parties like this – great way of getting things done
  - Resist the temptation to set up sub-groups or sub-committees
  - These are all things FPCT used to do – the fire has gone out – we need to rekindle it
  - Doing more things TOGETHER
  - Formalised relationships so company for the lonely is predictable e.g. 2pm on a Wednesday
- CONSISTENCY

### **Any ideas or suggestions?**

- ‘Growing Old Disgracefully’ – Retired Men’s Group
- Visit the Art Gallery
- Read papers in the library - reading is a great pastime
- Salvation Army lunches (Tues/Thurs) for anyone lonely
- Singes nights (with different age groups) would be fairly easy to organise. Little opportunity at present to meet a partner in a non-threatening environment
- ‘Who let the Dads out’ Toddler groups for dads, Saturday mornings
- As a widow coffee mornings would be a great idea. Not much fun going into cafes on your own
- Afternoon classes. Keep fit?
- Reinstate the “Cruse” as in the “widow’s Cruse” Bereavement group that used to meet at EBC
- We want to take part in visiting our neighbours and get to know them
- Need to make sure something happens from this – another deadline by which a second task group meets then take this forward
- Be fantastic to have a regular prayer meeting to help us go forward and be together in unity and see God answer our prayers
- Could we have a Churches Together discussion group
- Like the idea of intergenerational work/events
- Issues of ownership – FPCT is so good it needs to be deeply owned by average people-in-pews in all our churches. A job for the churches.
- Would like to better explore the current contribution of students and possibilities for the future. Will do some research!
- Plenty of good ideas. Reduce the focus. Too much!

### **Contact information:**

If you have any further thoughts, or would like a copy of the presentation or the Key Findings document, please contact Falmouth and Penryn Churches Together Secretary via email [info@falmouthchurchestogether.org.uk](mailto:info@falmouthchurchestogether.org.uk)



## **6. Appendices**

### **Appendix 1: List of groups / organisations and individuals consulted (see appendix 2 & 3 for responses)**

- a) Penryn and Falmouth Foodbank
- b) Kidz Klub
- c) Chaplaincy, Combined Universities, Cornwall
- d) Two local Care Homes
- e) Beacon Community Regeneration Partnership
- f) Surgery
- g) CCC District Leisure
- h) Dracaena Centre
- i) Age Concern
- j) Carrick Mind
- k) Magistrate
- l) Town Manager
- m) St Petroc's Society
- n) Active Plus
- o) Transformation Cornwall
- p) South West Methodist Communities and Families Team
- q) Cornwall Council
- r) Falmouth School
- s) 11 individuals from the local community (please see appendix 2)

## **Appendix 2: Responses from groups and organisations consulted**

- a) **Penryn and Falmouth Food Bank (FB)** - My visit appreciated. 'We need to talk to one another and learn from each other'. Encourage each other. Get out of our little corners. See what else is going on in the world. Need NGO forum.
- Penryn Experience*** (at the thinking scholar) – 'Penryn Network' meets for breakfast and talk (15-20 go). Re: projects needed, met with mayor. Built relationships with people in the community. 'Helping Hands' Project – small jobs, donations given. Go to sheltered housing Denyer Court, Westward Cornwall housing. Elderly – need someone to 'see' them. Loneliness – don't speak to each other. Need to 'plant seeds' – volunteers who have 'a heart for others'. Possible projects re this in the future. Get to know them first – have a cuppa with them. Foodbank – 10-4pm every day, people can 'pop in'.
- Mental health issues*** – Foodbank - seeing young men with issues. Universal credit now a 'lump sum' – some spend it all at once. Rent no longer paid direct to landlords.
- Cornwall Befriending Service*** – one trained person advises – signposts. Sarah Newton – Care worker – in Food Bank each week. 2010 – 2016 – 6,000 people fed. Some with psychosis.
- One of the biggest observations at the moment is there seems to be a rise with the amount of people we are seeing who are suffering from mental health problems. Isolation is always apparent. I also think (which I'm sure many agree with) is that we could do with more provision for the homeless in the area generally.
- b) **Kids Klub** – 75% children from broken families right across the social scale. May have excellent step-fathers. Step-father left to support another family said little girl said 'I don't know who I am' – cousins. Engage Holy Spirit – let them know that God/Jesus loves them. If ordinary people listen to God, God does amazing things. Tell story of the 'Paralytic' (not in that word) and four good friends. May want to talk or sit quietly. May come and tell teacher when some have a concern re one child – safeguarding officer. Engage children to ask questions. Work with God, not for God. 'Who do you think Jesus was?' – gentle approach – 'May I tell you what I have experienced – God prompts.
- c) **Chaplaincy, Combined Universities, Cornwall** - There is tension – 2 universities chose to be here. There is a legal and moral responsibility to students. If students' needs are met by others, university opts out.
- Foodbank debate – Former chaplain encouraged students to use foodbank. There are issues re vouchers. How to judge if students are really in need. University Chaplain met with foodbank coordinator – wants to encourage some students to become volunteers
- Development of student services - Welfare – counselling – mental health. Financial advice – access to bursaries. Draw on community sources? Psychotherapy not available – too costly.
- Pressures/Issues – Financial – juggling/job/study/play. Jobs – bar staff, hotel cleaner, waiter- campus too. Financed by parents and finding course not what they thought – parents could throw them out. Social difficulties with fitting in. Broken families – duel pressures/finance

Mental health issues – mental health – no rise in serious mental health problems, burdens & responsibilities. Good relationship with Penryn surgery. Chaplain spent one morning with student who had considered suicide the night before. More acceptance of mental health issues with increasing pressures on students. Problem; if not focussed on study due to bereavement – counselling provided, so once issue is resolved, may get back to study.

Much competition between universities – continually focus on more students, more money.

Non UK Students – bring in more money. Struggle with English – more sensitive culture. Isolation - Invitations to come to dinner? Britain does not have a high tolerance for everything that is different, e.g. meditation, food... University brings in more overseas students – more & more money. Support – coach to Heathrow – meet on arrival. Help with cultural events/visa/banking.

Post Grads – struggle. FPCT – do what already do – do it well. Some students want to go to another church – not the majority

Church – the church situation here is different from home e.g. Baptist. Christian Union events, e.g. Magnolia. Find out where students come from - e.g. Tuke House, near Methodist Church – Pizza Evening, sign post students. No obvious gaps to be filled

d) **Care Home 1** – Under new management since June 2015 – needed improvement.

Much improved. 39 residents: 30 with dementia others with nursing needs. 11 residents have no visitors. Lack of visitors due to: relatives finding hard to cope – like to remember them as they were – residents outlive friends and spouse- no family- no children. Actions to combat loneliness - Residents need communication with churches to ‘come here’ or go out to, e.g. stroke club. Calendar of events being planned to keep in touch with community. Spouse at home now on own has no one to talk to, except the dog. Family meetings to give support now encouraged. Time spent talking with relatives. Have three volunteers with special needs who can’t get employment.

***Elderly at home*** – those who see ‘Carer’ for 10 minutes when they should stay for half an hour.

***Befrienders*** – 2 from Tregony recently stole from a resident of a Care home– wealthy lady who gave them cheques – now a police case.

**Care Home 2** – School students on work experience. Intergeneration integration – work experience weeks from school – often keep visiting. Photojournalism students – visits. June 2017 Open Day – FPCT take part? To show care home is part of the local community. Some residents have no visitors – can’t always remember. Even those residents who never wanted children, want to share the joy of children – be connected with family life. Cubs in for Queen’s birthday. Cake decorating and residents expressed opinions! Visitors ‘drop off’ and residents loose ‘connections’. Need a ‘youth club leader’ for old people. Old people are young people in disguise. What are their interests? U3A cater for the intelligent and well heeled.

e) **Beacon Community Regeneration Project** - Centre has been running for 20 years. Registered charity. Functions – Benefit advice - CV’s (job centre 2) - Arts and Crafts 1to1 – children and parents. Bus outings, Food Bank vouchers. Many go hungry – live a long way from Penryn – can’t afford bus fare. FB service not delivered. Gives ‘Citizen’s Advice Bureau’ (CAB) advice. CAB 2 ½ hours per week only in Falmouth.

Resource centre – close October 16. Cost £10,000 per annum, £200 per week. Can cut down on water, electricity, photocopying and printing but can't do this with rent and insurance. More functions – part of Penwerris agency monthly meeting (with social workers etc). Dracaena centre monitoring this. Help with filling in forms – older people - computer illiteracy – can't do online applications, (30 minutes only on computer at library – elderly). Listening ear, help with problems, type letters, distribute gifts e.g. Baker Tom bread. Children's clothes event. Unwanted Dulux paint – handouts – bereavement; who do you talk to? Afraid of going for help to church' in case religion is pushed on you'. 'Open House'. Trustees 'walk' the estate, knows people – network of information. Goes round with housing officer and PSCO gives support. Bereavement\_ – Can be sudden – dead spouse, 'did everything' – what do you do? Funeral expenses - Pension halved. Go to someone you know you can trust. Have a 'cuppa'.

***Loneliness – poverty – poor diet- illness, depression, isolation.***

Case Study 1 – Elderly gentleman. Wife suddenly died. She managed all the finance and business matters. What to do when someone dies? Due to family troubles, couldn't see his grandchildren. Pension halved – lost £200 per week. Is a diabetic. Poverty, loneliness, debt spiralling, so ate toast and drank tea only. Suicidal: - helped by resource centre. Ok in two years. Befriending needed – without a 'church label'. 57% houses on estate, social housing sold – now owned.

Case Study 2 Dec 2015 – Mother and 2 boys, age 9 & 5yrs. On her own has obsessive compulsive syndrome. Relocated by council. Cornwall County Council gives no funds for furniture. St Mary's RC SVP group gave 2 beds/mattresses.

CASE Study 3 – FPCT 'Door Knocking/evangelisation'. On one of Old Hill Estate Roads, in 3 houses adjoining each other, (1) Gentleman whose wife has just left him. Disabled. Neighbour takes him shopping once a fortnight. (2) – Disabled gentleman – lonely. (3) Gentleman who could barely walk to the door – asked us in and to pray for his sister who was dying. So, three all men (all disabled) – isolated, physically and socially.

Case Study 4 – From a surgery Receptionist. Patient phoned the surgery every day. Was very demanding. What he needed was a friend to talk to – "He needs a dog".

- f) **Surgery** – The elderly who have no one around. No family. No one to talk to. May have retired to Cornwall and spouse dies. A lot of lonely elderly people seen at the surgery. Some have mental health problems and have no one to think about except themselves. Loneliness has a bearing on health. Minor ailment can assume great importance – major issues. Community Psychiatric Nurse/District Nurse could refer men to 'befriending'.
- g) **Cornwall County Council District Leisure** - U3A – reflects area it is in. Run by members in the locality. Falmouth not so inclusive in its membership Elderly/middle aged – assume that physical activity means tracksuits etc. Not computer literate. Best activity is dancing – co-ordinates social and physical activity and facilitates continues learning. Also chess.

***Dementia Carehome***\_ - Has room with replica station, Pullman coach etc. People can be taken there and think they have been out for the day – memories - Lunch is served in the Pullman.

***Young People*** – Part of their development is taking risks. So will still skateboard down the streets even if skateboard park available. Similarly, 'graffiti wall' will not

stop graffiti. Youth clubs 'not cool' – very difficult to hit the right note. Lack of viability of suggested things – e.g. Olympic swimming pool, ice skating rink, prevents freedom of choice. Gap year no longer taken – doesn't enhance CV. Get a degree and a job as soon as possible. World changing all the time.

- h) **Dracaena Centre** – Involved with local partnerships. Costs £100,000 annually; reliant on grants for funding projects. Monthly open meeting with council, social, probation, Penwerris multi agency group. 50 different groups use building. Saturday morning children's club stopped as funding finished (external funding). Mainly primary school age. Difficulties with restarting. As a registered charity, the centre has to balance the books. Responds appropriately e.g. if multi agency group/police report activity re drugs at night in a particular area, the 'elected' youth worker will drop around. Has to balance the books re staff, equipment. Also give support and training, mediation and family support. Nowadays more people need extra help. Pressures of life – work, family children – people forget to look after themselves. Most of the community are becoming more 'squeezed'. Austerity – if provision is not a statutory requirement e.g. youth work, government will not fund. Re-engage people – back to work. Future project – new scheme in the offing in a year or so. Will comprise, education, vocational activity, training, literacy, CVs, numeracy, computers, work experience references. Continued funding is a daily battle. Children's activities – funded by bursaries, £25 per day, e.g. outdoor adventure, sailing. Centre provide 'Pop up and play' – charge £1 - £2 for 2 hour session – 6-12 year olds in school holidays – affordable. Staffing – only 3 ½ full-time. Fifteen others part-time or seasonal. Fifteen volunteers needed to work with paid staff. People need to know what services are in their community. What is free? Where to go for help? Centre delivers 1/3 of activities at the centre. "How can FPCT help you?" – Open communication, regular networking, community meeting. Project/Activities – looking for funding. Need to talk to each other, not duplicate. A lot can happen when we work together. What is out there in the community? Who knows? No one knows everything going on. Lots of people in crisis not picked up by system. Advocacy – not on your radar. Need to know what help is available. Update and maintain this knowledge. New Activities/projects. How long can it run for? Need core funding for everything e.g. deliver top ten activities that will have impact and be good value.
- i) **Age Concern** - Befriending service started in 2005. – Not age UK (Day Centre Transport). Researched other befriending schemes – blind, stroke, Social Services, Churches, council, surgeries plus 20 individuals. Huge variety and level of need. Many on their own in the evening. Really severe need. One man (Old Hill) had not seen anyone for three weeks. People who don't see others – don't want, can't get out. Over 600 helped since 2005. Don't investigate level of income. 50-60 volunteers. Registered charity. 3 part-time staff, 1 full-time. Other costs; office, travel, phone. Christmas lunch, Princess Pavilion – subsidised. Film club 1.30pm Thursday - £8 for film and lunch. Book club, meet monthly, Palacio lounge. Art classes, Maritime museum, Tuesday afternoons. Difficult to involve folks. Once befriended, get into other things. Games afternoon, Princess pavilion. No charge but buy tea & cake. Excursions in summer. Trelissick, Pendennis, Potager, Tehidy. £2000 specifically for excursions. Donations: KCM and All Saints. New venture – walk: by sea, benches on the way – need volunteers. Work with other befriending schemes to establish bursaries. Need more volunteers. Yearly cost £20,000 (some donations). Referral –

friend, neighbour, District nurse, CPN, PHC, police, family. Many clients have low levels of depression, mental health issues.

- j) **Carrick Mind** - Recently relocated from Threemilestone to Penryn – more accessible on Jubilee Wharf, Penryn. Run social groups. Not a medically therapeutic service. Referrals – self referral – mostly through GP’s. Website has referral form. If risk is an issue GP’s involved. Staff includes ex community psychiatric nurse. Numbers of clients varies from week to week. Liaises with other agencies e.g. Pentreath and Be Me. Pentreath organisation for those with mental health problems getting back to work. Be Me – course for those with anxiety/depression. Befriending service for clients by volunteers, one to one. Group activities e.g. art café outing, allotment project. Client’s conditions vary – eating disorders, depression. Hope to start a ‘Wellbeing’ group for clients in 18 plus age group. No home visiting. For other details, see website.
- k) **Magistrate** - Aware of ‘cliff edge’ – 18/19 drop off – lower mental age. Released from court – nowhere to stay – bail hostel in Bristol. Need someone you can call – take to a place of safety. Case desk: advisory supervisor – in court – discharged – help – housing, benefits – like CAB. Gap for the more vulnerable people. “Hoarder” – debit cards – evicted on to street with nothing - need money to stay somewhere - while mental health report obtained for court in two weeks.
- l) **Town Manager** - In terms of the needs of the community the key point is the diversity in Falmouth. With such a mixed age range within the Falmouth/Penryn locality it is about finding a balance for the various demographics. This includes housing, hobbies, events, meeting venues (both community and professional), residential areas that are clean and tidy (this is an ongoing challenge in Falmouth), communication, services that are available to all e.g. public toilets. The last two points always arise when I give presentations to local groups.
- m) **St Petroc’s Society** - From a homelessness prevention perspective, with a projected increase in the town of 2000+ higher education places is the infrastructure in place to support that. There is already a lack of affordable housing as the student numbers encourage houses of multiple occupancy solely for student use. I have heard the comment that Falmouth is a victim of its own success. A thought occurs that the salvation army site could do with shower accessible to the homeless
- n) **Active Plus** - What we are finding in the areas we are working in is the difficulty to meet with older people, there seems plenty of organisations out there offering support but not many in groups so the support tends to be individually focussed. On our courses where we have worked with almost 50 older people in Penryn and Falmouth, the need seems to be around social interaction and friendship rather than advice and guidance. It seems that older people fall into some separate groups, people with families, people who are already involved with organisations and in Penryn I am seeing the same faces within different groups, these are usually mobile and have a good social circle of friends, and finally those that live on their own or with a less mobile partner, their lives have become isolated and although they do not need medication or support their lives need to have some alternative activity that does not seem to be met in their communities. We have also identified a group of older people living in retirement homes that do not usually meet the requirements for support and are not seen as a target group. However many people there live on their own and are new to the area with their families living away. They

do not have the knowledge or connections to meet others. The use (or lack of) computers (approx. 50% of people we have on courses do not use computers) also have an impact on people finding support, contact details and meetings tend to be on line now and difficult for people who are not computer literate to find.

- o) **Transformation Cornwall** - I think the Footsteps Coffee Shop was a great idea, it brought the community together and provided a much-valued facility, particularly to lonely isolated people. There were opportunities to just drop in for a coffee or to become a volunteer. FPCT could look at setting this up again but on a more regular basis. Perhaps with other income generating opportunities to enable it to be more sustainable. There are a large number of students in the town and not everyone wants to drink alcohol. Could an alcohol-free bar and drop-in facility give the students somewhere to go? Just a thought!
- p) **South West Methodist Communities and Families Team** - Without looking at the stats, first thoughts are the students (although they are likely to be well served, but it's worth checking), and then the pockets of deprivation and the needs in those areas, for example I believe Cornwall County Council has pulled all youth services from the Dracaena centre. I think it may be worth talking to the community centres and schools in these areas particularly.
- q) **Cornwall Council** - I'm sure this will come as no surprise but Falmouth and Penryn have some significantly deprived neighbourhoods which come out high on the list of multiple deprivation indices. These areas have high levels of low income, poor health, low education attainment and crime (although that seems to be lowering gradually).
- r) **Falmouth School** – In a rather crude way I shall bullet point some of the main issues that we feel as a community secondary school our children are affected by;
  - o Attachment disorder
  - o Mental health in children and their parents
  - o Consistent family supported attendance to school

### **Appendix 3: Responses from individuals from the local community consulted**

- a) Appreciate shuttle bus – ‘a happy lot’, all know each other. 1 bus ‘am’ now goes to Trelawny Road. No bus at weekends. Shuttle bus stops at Spar shop. Hate Sundays – no buses Conway road route. At Easter – no buses Friday, Sun, Monday. No papers delivered on Sundays – Budock papers. Day centre - can’t afford to go. Salvation Army lunches – Home League 20 now used to be 4 – lunch £4. Methodist -minibus outings. June – Buckfast Abbey, leaves at 9am - £8. Bus serves a lot of purposes – volunteer driver. St Mary’s coffee morning – appreciated talking to Priest. Chiropody – can’t reach toes, husband does them. Would like to learn to do things, eg make a pasty – something to do at home for yourself. Being in the house, would like to do something. Weatherspoon’s prayer meeting. Elderly people enjoy going out, so long in the house on their own. Would like Sunday changed to a weekday. Somewhere for advice (CAB 1 day a week). Filling in forms these days– reassurance needed. Online no, like to see things on a bit of paper. Swap books to read. Books 20p from Salvation army. Asda bus. My bus is my friend. Husband – wife can’t get out. Husband needs looking after. Being in all day – what to talk about? Would be nice to have a man talk to a man. Good to have a different face come in – talk about different things.
- b) Spouse just gone into a home, with dementia. Talked for 1 ¼ hours re the dreadful time she had - with his falls, calling paramedics. Dementia now in transition. Told to find a life for herself. Has re-joined local groups.
- c) Temporary immigrants. Live centrally. Have to walk to Kimberley Park playground. Few other families here. Have friends in Truro. Go to Maritime museum (£12 for family entry for 1 year) – warm and dry.
- d) There are lots available for mothers and babies. Nowhere to go in the evening now that Mango nightclub has closed due to 1 resident’s complaint about noise. She thinks Falmouth needs a proper market. Can only shop now at supermarkets.
- e) Bingo needed
- f) Elderly care home resident with 3 children, 1 child is local – doesn’t visit the care home. Children cleared out the house without her knowledge and dumped 2 suitcases of clothes at the home – no contact at all now.
- g) Mango night club closed. Shouldn’t have been as only 1 complaint from one Falmouth resident. Young people need somewhere to go, where drink is not the focus. Young people out on Saturdays late at night/early morning shouldn’t have to go home on their own.
- h) Working parents. Children need somewhere to go with mixed age groups. To go to somewhere where it is safe, where there is (parental) supervision. Kimberley Park – children have had some horrible experiences from other children, Children need older children as role models. St Mary’s School has a buddy system. New children in reception class given a ‘buddy’ from year 8. Timetable has ‘buddy time’ dedicated to the scheme. ‘Buddy remains with younger child for two years – works very well. Children need somewhere to go at the weekends in term-time. Many places too expensive, especially if paying for child care. Cinema too expensive - £10 adult, £6 child. St Mary’s has film night – £2 child, £4 per family with popcorn and a drink. Films need to be current ones.



- i) **Issues:** Tensions over proposed student housing in Falmouth which is needed because of the rapid expansion of the university. Building more student accommodation is not appropriate as there is a lack of affordable family housing. Proposed sites: Rosslyn Hotel and Falmouth bowling alley. Parking issues related to additional housing. Traffic congestion in Falmouth. Single mums need support as they can feel isolated. Pressure on GP surgeries – it is quite hard to get an appointment. However, this is part of a national issue. Pressure on Treliske as well. Would need to speak to doctors to fully understand these issues.
- Needs/possible actions:** Make better information available to the public about facilities at local churches, eg level access, style of music, etc. Would help people choose where to go if they are visiting/unfamiliar with the churches. Advertise church facilities available to hire. Older people often need lifts to get to events. Many older people receive communion at home, but would appreciate receiving it as part of a group. Would help tackle social isolation.
- Other comments:** Important that visits to the elderly are not for evangelisation, but for companionship, support, etc.
- j) **Needs:** Visiting the elderly. Suitable facilities for older people when they are out and about. Very important to know where the toilets are. Chairs with arms and higher seats to help with standing/sitting. A portable hearing loop so it can be taken to different events. Isolation is an issue. Older people need contacts they can trust. Methodist Church's pastoral care system was quoted as a good way of doing this. There's a pastoral care team leader, who oversees, say, four team members. Each team member has four people to keep in touch with and becomes their trusted contact. Mums can be isolated. Could be new to the town and not have family or friends nearby.
- Other comments:** Important not to duplicate services already available.
- k) Isolation seen as an issue for people who can't get out easily. Mental health – lack of psychotherapy services and general lack of help for people with mental health problems. There is a need for putting people in touch with services/support/treatment that does exist. Younger people – not so many needs for teenagers especially if they have a good group of friends. Opportunities to take part in sport and after school activities. Dancing is one of the best ways for older people to keep fit (disco dancing, doesn't need to be set steps). Was shown on the TV programme How to Stay Young which referred to research done in Germany.

## **Appendix 4: Morning/Lunch/After School Clubs offered at Falmouth Primary Schools**

### **Marlborough Primary**

- Table tennis ~ 08:00-08:30 ~ years 3-6 (maximum 4 places)
- Multi-sports £35 for 10 weeks ~ 15:30-16:45 ~ years 1 to 6 ~ provided by KM Sports
- Bridge Club ~ 15:30-16:30 ~ years 4, 5 & 6 ~
- Art £7.50 ~ 15:30-16:30 ~ years 1 & 2 before half term, juniors after half term
- Circus skills £2.50 p\wk ~ 15:30-16:45 ~ years 1 to 6 ~ provided by Charlie and David
- Netball for years 4 to 6 ~ 15:30years 3-6 (maximum 4 places)
- Chess - lunchtime - years 3 to 6
- Tag rugby 15:30-16:30 ~ years 3, 4, 5 & 6 ~ provided by Acorn multi-sports
- Table tennis ~ 08:00-08:30 ~ years 3-6 (maximum 4 places)
- Recorders £2.50 p\wk ~ lunchtime ~ years 1 to 6 (maximum 10 places) provided by Lucetta Radcliffe
- Gardening club £15 ~ 14:00-15:00 ~ for years 1 to 6 (maximum 10 places)

### **St Mary's RC Primary**

- Drama 3:30-4:30pm Hall Year 6
- Art Club 3.30-4.30pm Years 4, 5 & 6
- Sports Club 3.30-4.30pm Years 3 & 4
- Arts Award Discover 3.30-4.30pm Years 2 & 3
- Netball 3:30-4:30pm Year 5
- Multi Sports (David Welfare) 3.30-4.45 pm Years 1 – 6
- Recorder Club 3.15-4.15pm Years 1 & 2
- Rugby Club 3:30-4:30pm Years 5 & 6 (maximum of 24)
- Sports Club 3:15-4:15pm Years 1 & 2 (maximum of 20)
- Choir 3:30-4:30pm Yrs 3 - 6

### **Falmouth Primary Academy**

Can't get after school club information, however there is:

#### **Enrichment Afternoons**

Enrichment afternoons take place on a weekly basis, Wednesday afternoons for reception, year 1 and year 2, Thursday afternoons for year 3 to year 6. Children are grouped across year groups. Siblings are within the same groups. The purpose of these enrichment afternoons is to enrich our curriculum and most importantly develop a range of skills: perseverance, self-confidence, team work and independence. The children rotate the activities on a half termly basis.

Activities provided are reviewed each year based on the children's feedback. Some of the activities that the children have experienced are: archery, team games, animation, computer coding, music, samba, football, Zumba, Tae Kwando, design and technology, craft, dance, outdoor learning and cooking.

All these activities are provided free of charge. These afternoons are important part of our holistic approach to developing children's ability to become confident, independent and enthusiastic learners. We also feel that it is important for children to be able to calculate and take risks.

### **King Charles Primary**

- Feet Beat yr 1 and 2 12:30 – 1:00
- Sewing yr 1 and 2 12:30 – 1:00
- Story yr 1 and 2 12:30 – 1:00
- Choir yr 1 - 6 3:15 – 4:00
- Get Active (invited pupils) yr 1 and 2 12:30 – 1:00
- Gardening yr Rec - 6 3:15 – 4:15
- Gardens Art yr 3 and 4 12:30 – 1:15
- Italian yr 3, 4, 5 and 6 12:45 – 1:15
- Garden – vegetable beds yr 3, 4, 5 and 6 12:30 – 1:00
- Vegetable beds Construction yr 3 and 4 12:30 – 1:00
- Tag rugby yr 5 and 6 (5 weeks) yr 3 and 4 (5 weeks) 3:15 – 4:15
- Computer Coding (Advanced) yr 4, 5 and 6 3:15 – 4:15
- Book yr 3 and 4 5 6 lunchtime
- Cricket yr 5 and 6 3:15 – 4:15
- Zumba yr 5 and 6 (5 weeks) yr 3 and 4 (5 weeks) 3:15 – 4:00
- Athletics – running yr 5 and 6 8:30 – 8:50
- Homework yr 6 12:45 – 1:15

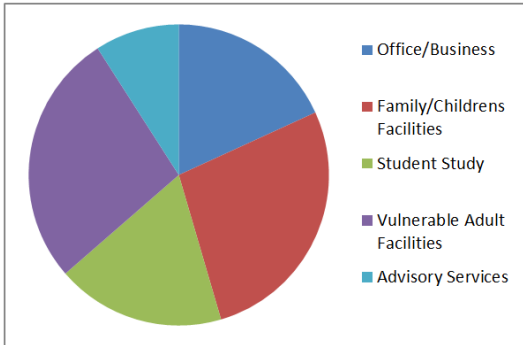
### **St Frances C of E Primary**

- Gardening Club 3.30 – 4.30pm (maximum of 8 children from Year 3 to 6)
- Gymnastics 3.30 – 4.15pm Y4, Y5 and Y6.
- Pyramid club 3.30 – 5.00pm invitation only. The children participate in full craft and cookery activities and games, purposefully designed to enhance their confidence and self-esteem.
- Ball Skills 3.30 – 4.15. KS1
- Code Club 12.20-12.45pm. KS2 max 20 Pupils
- Sewing Club 12.30 – 1pm. KS1 Only
- Hockey League 3.30 – 5pm. By selection
- Storytelling 12.20 – 12.40pm. Years 1 & 2
- Table Tennis – KS2 12.20 – 12.40pm.
- Skipping Club 12.20 – 12.40pm. maximum 20 children.
- Hockey 3.30 – 4.15pm Years 5 and 6 – maximum 30 children
- Choir 3.30 – 4.15pm (KS2 only)
- Guitar Club 12.30 – 1pm. KS2 only (maximum 6 children)
- Eco Club 3.30 - 4.15pm Years 3 & 4 max 15
- Running Club 12.20 – 12.50pm KS2 only

**Appendix 5. Falmouth Methodist Church: FMC Regeneration Consultation Results (taken from FMC Analysis, 2015)**

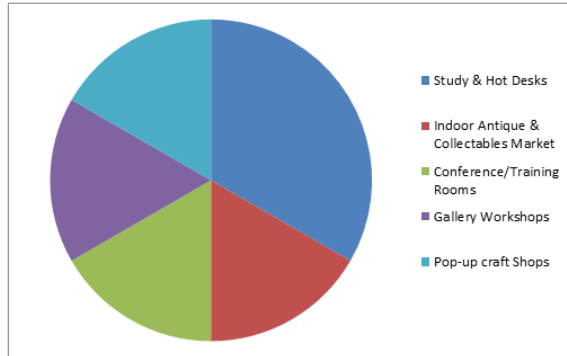
**From the General Public:**

**What Facilities are lacking in Falmouth**



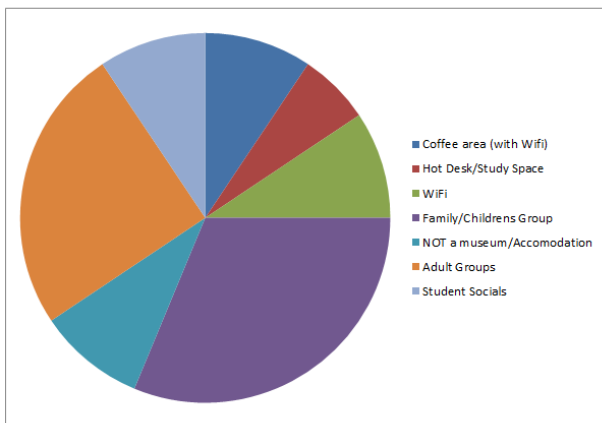
**From the Council, Town Manager BID & Art Gallery:**

**What type of facilities are lacking in Falmouth**



**From Users of FMC Building:**

**What type of facilities are lacking in Falmouth**



## **Appendix 6. Community Needs Working Group's mapping exercises:**

### **a) Observed needs:**

Loneliness

Safe Space and Footsteps have recently closed. Does this identify a need, or a lack of need?

Council cuts

Increasing number of shops shutting in Falmouth

Vulnerable adults – scams/computers/personal security

Social media presence of churches required to engage with younger age group

Befriending

Mental health – better facilities needed. Dementia

Mental health services including training/support for people who come into contact with others with mental health problems.

Bereavement group – not existing - less Christian funerals – therefore people not signposted to bereavement services offered by churches (church correct place?)

Transport issues

Single mums

Shared communion

Care home residents – one care home where out of 39 residents 11 don't have any visitors (nearly ¼).

Care home residents lose connections

Low educational attainment

Threat of homelessness. Affordable housing - threatened housing tenants. Homelessness/rough sleeping – seems to have increased, more visible, seems to have increased in Falmouth and Penryn. Training needed – how to deal with situations – First Aid/homelessness/mental health

Not to emphasise evangelism

Traffic congestion

Low income

Student accommodation issues - Expanding University (up to 25% more students) Students' personal needs. Peer pressure in students. Homesick students. 20% students Cornish

Suicide

Pressure on GPs surgeries

Church people want to help

Isolated men

School age

Sunday – a dreadful day to be alone

Churches – better facilities for those who need e.g existing services. Facilities e.g. rooms/coffee shops

Spouse at home/relatives

People from other countries working at the docks may have social needs, eg loneliness/isolation, language skills. Would need to look into this further. Possible linkages with Mission to Seafarers in Falmouth, Apostleship of the Sea (Catholic)?

Need for afternoon classes / activities. Older people don't go out in the evening

Falmouth School – issues children are effected by: - 1) Attachment disorder. 2) Mental health in children and their parents. 3) Consistent family supported attendance to school.

Ethnic minorities

Learning disabilities and special needs  
Press and publicity  
Lack of funding  
Family support for students  
Attachment disorder (schools)  
Mental health  
Lonely men  
Lonely people from church – and others  
Problem with foodbank being in Penryn, not Falmouth  
Lack of expertise – e.g. in fundraising  
Transport to church  
Housebound  
Sunday transport  
Police cuts  
Beacon funding cuts  
Anonymity

**b) Existing Services:**

**Falmouth and Penryn Churches Together:** Foodbank. Street Pastors. Safe Space. Footsteps Coffee Shop. Care Home Ministry. Kidz Klubs. Falmouth School Chaplaincy. University Chaplaincy. Falmouth Christian Union. B:Beautiful. Men's Breakfasts. Prayer Tent. United Services & United Prayer Group. Week of Prayer for Christian Unity. Filling Station Door-to-door visiting Justice & Peace Action Group. Prayers for Persecuted Christians. Fair Trade. Women's World Day of Prayer. Live Nativity. Easter Live. Beach Labyrinth. Tall Ships Mission. WW1 Commemoration. Samaritan's Purse: Operation Christmas Child.

**Coffee Shops** - It is said that there are 180 coffee shops in Falmouth

**Falmouth Fair Trade town**

**Dementia Friendly Town**

**Over 50s Forum**

**Care Homes** - open day. Visiting service

**Falmouth Methodist Church** – coffee morning

**Salvation Army** – coffee morning

**All Saints** – monthly coffee mornings open to all.

**URC** – coffee morning

**Light and Life**

**Baptist Church** - Memory Café. Play equipment for school age children. 'Wednesday Welcome' once a month.

**King Charles the Martyr** – coffee shop space, 'Charlie's Angels' toddler group, deliberately kept low cost. Grans and tots group, KCM. Brings different generations together, open to older people who don't have children as well as those who do.

**Highway Church** - Children's group at Highway Church. Financial skills support offered.

**Olive Branch Café**, Penryn. Held in St Gluvias Hall. Workshops and activities. Talks, socials, community garden, soup at 50p a bowl.

**Narcotics Anonymous**

**Victims of rape and sexual abuse**

## **U3A**

### **Memory Café**

### **Age UK**

### **Beacon Community Regeneration Partnership**

**Dracaena Centre** –Community café, training courses, sport

**Help the Aged Centre, Killigrew St** - offers hair cuts, podiatry, painting sessions, companionship, someone who visits the elderly.

**Guides and Brownies** (Falmouth and Penryn)

**Scouts** (Falmouth)

**Army Cadets** (Penryn)

**Badgers**, St John Ambulance group for children (Penryn)

**King Charles Mummers** (amateur dramatics, KCM)

**Foodbank**, Penryn (Highway Church)

**Jobcentre Plus**, Penryn

**Jubilee Warehouse**, Penryn. Range of activities: yoga ('regular' and prenatal), Bump to Breast (breastfeeding support group), Story Sacks (reading for 1-4 year olds), stress reduction course, dance (adults and children), choir, Jumblies Nursery (£10/session). This is taken from their website. Cost could be a barrier to these activities for some people. Would need to investigate further.

### **Doctor's surgeries and chemists**

**Bingo** at the Temperance Hall, Penryn

**Penryn Camera Club** at Methodist Church, Penryn

**Helping Hands** – Penryn

**Link into Learning.** Adult education. Range of courses including literacy, numeracy and English as a second language held in Falmouth. They have had course in Penryn – not sure if these are still running.

**Adult education in Falmouth.** – priced themselves out of the market. Too much focus on 'learning achievement' and red tape. Non-academic, so Pilates classes no longer there.

**Falmouth Stroke club** (formed 14 years ago). Have about 7 well trained volunteers. Monthly committee meeting ensures pastoral care needs are met. Meets fortnightly (Friday) at St Mary's Church. Provides talks, outings, social events. Transport for disabled from Age UK (costly). Positive environment. Self-help, share experience with others. Spouse continues to come when partner/spouse dies – social support.

**Mabe Gardening Club** – Mabe village (3 miles from Falmouth) Mainly 80's age group. Interested in gardening but also social events, talks, tea & raffle, outings. 2 lunches a year, Outings subsidised..

### **Schools – lunch/after school events (see Appendix 4)**

**Decorative Arts Society** – Princess Pavilion

### **Churches**

### **Church Halls**

### **Volunteers**

## Appendix 7. Secondary data from various sources

### a) Falmouth Neighbourhood Plan Community Consultation

#### **Falmouth Neighbourhood Plan Community Engagement, Spring 2015 Feedback:**

A survey was carried out in spring 2015 to find out what local people feel is important to include in the Neighbourhood Plan. There were 1308 returns.

#### **Topics covered included:**

- Facilities and services that are missing or inadequate in Falmouth
- Housing: what type should be built, what should be considered when building houses (character if area, community balance), which areas are at risk due to changes in type of accomodation/occupancy
- Development of the docks and dredging
- Use of waterfront space
- Town centre redevelopment and planning policy for the centre of Falmouth

#### **Findings of particular relevance to the FPCT Community Needs Working Group:**

##### **Facilities that are missing/inadequate** in Falmouth. Main concerns:

- Shopping choice (57%)
  - Type of shops needed: clothing/shoes, department store
- Leisure (about 17%)
  - Standard pool (40%)
  - Theatre/music venue (22%)
  - Leisure/sports centre (21%)

##### **Services missing/inadequate:**

- Banking (40%)
- Business services (27%)

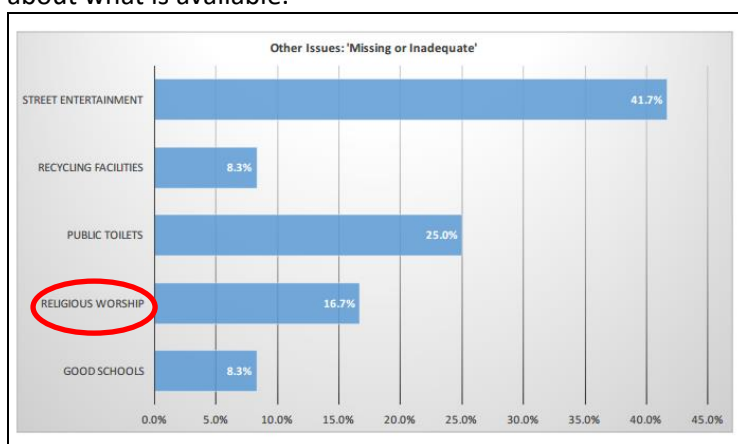
##### **Other issues:**

*(See figure below)*

Due to the nature of the group, a Churches Together in Falmouth and Penryn working group, this particular figure is of specific interest:

Almost 17% of respondents cited religious worship as 'missing or inadequate' in Falmouth.

The working group wonder this could be due to a lack of facilities for religions other than Christianity, a desire for a style of worship that is not offered by local churches or lack of awareness about what is available.





**Following Community Feedback Workshop October 2015:**

A set of objectives, on which to build strategy and policies were agreed to be:

- build a sustainable and balanced community
- integrate with the A4D and supporting policy
- direct development (new proposals, redevelopment, intensification) to specific locations
- support the maritime heritage, tourism and industry
- integrate infrastructure and strengthen connectivity
- give design guidance on achieving human scale, character and design
- high value employment
- tackling deprivation
- raising/delivering aspirations
- include the harbour within the boundary of the plan
- ensuring services are adequate for Falmouth and the surrounding area

**It was agreed the four working groups would be:**

- Economy (lead by Candy Atherton)
- Environment & Open Spaces (lead by David Yelland)]
- Housing & Sustainability (lead by Grenville Chappel)
- Spatial Strategy, Integration & Design Guidance (lead by Mike Jenks)

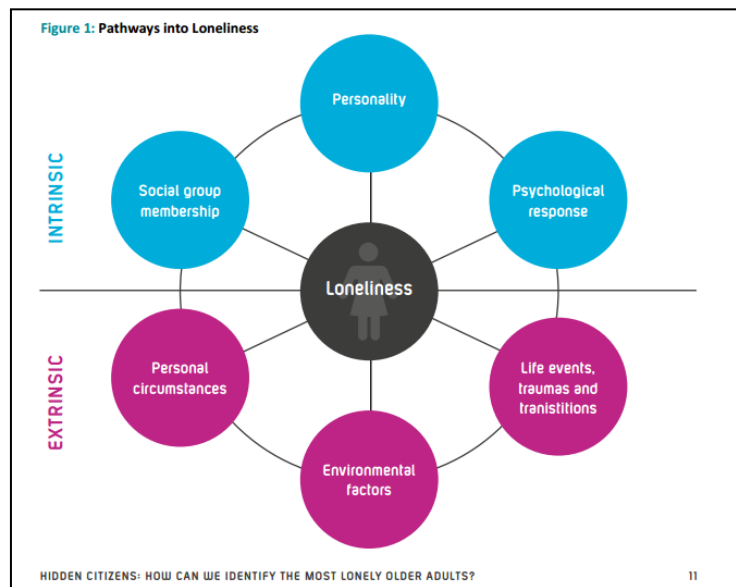
## b) Campaign to End Loneliness research project & Loneliness Maps

### Hidden Citizens:

Loneliness is a negative experience that involves painful feelings of not belonging and disconnectedness from others.

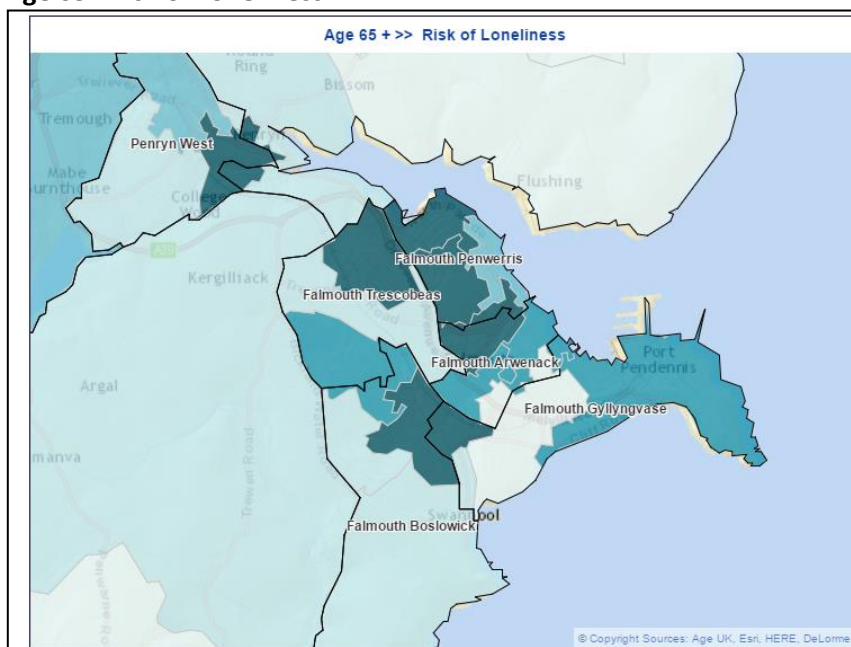
### What are the pathways into loneliness in older age?

Feelings of loneliness are usually triggered by a loss of a relationship or significant connection and may be compounded by the experience of other losses, which in turn lead to a lower self-confidence. Both the meta-review and the views of service providers, commissioners and older people interviewed made it clear that the experience of loneliness is likely to be a culmination of one or more factors, or set of circumstances. These are either intrinsic (internal) or extrinsic (external) and can combine to make preventing or alleviating loneliness a complex task (see Figure 1).



**Taken from:** Goodman, A., Adams, A., & Swift H.J. 2015. *Hidden citizens: How can we identify the most lonely older adults?* The Campaign to End Loneliness: London  
<http://www.campaigntoendloneliness.org/wp-content/uploads/CEL-Hidden-People-report-final.pdf>

### Age 65+ Risk of Loneliness:



**Very high risk areas in Falmouth (taken from the map above):**

Cornwall **062E (5,604)**,  
 062D (10,178), 062A  
 (7,620), 062C (9,406),  
 064B (10,022)

**High risk areas in Falmouth: 064D (15,677),**

063B (14,137), 063D (15,536), 063A (14,381)

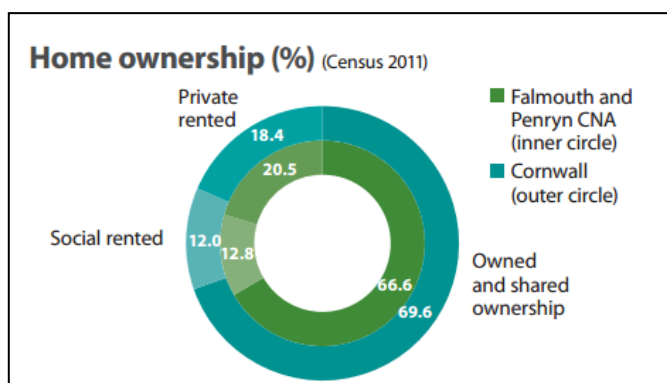
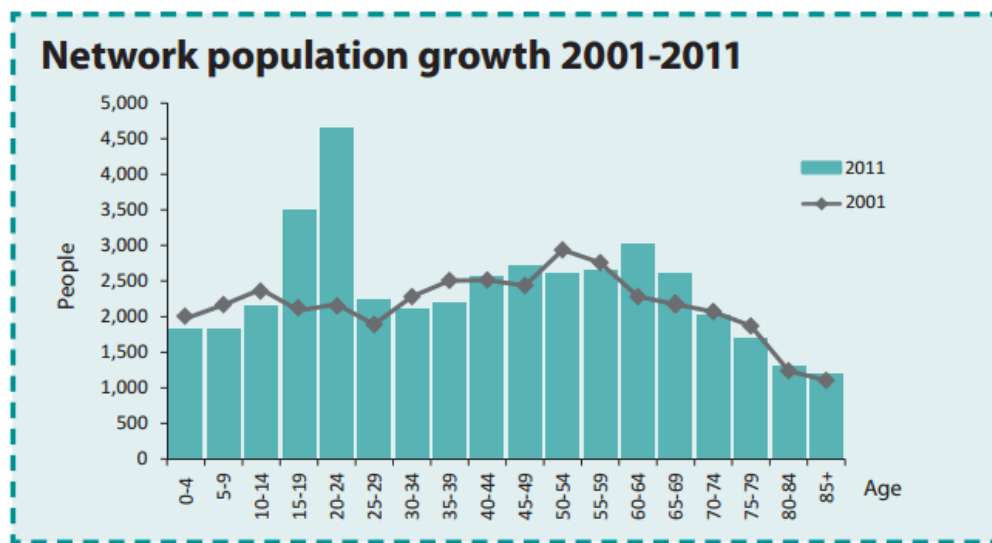
Displaying rank out of 32,844 wards in the UK, 1 being highest risk.

**Taken from:** *Risk of Loneliness in England 2016*

<http://data.ageuk.org.uk/loneliness-maps/england-2016/cornwall/>

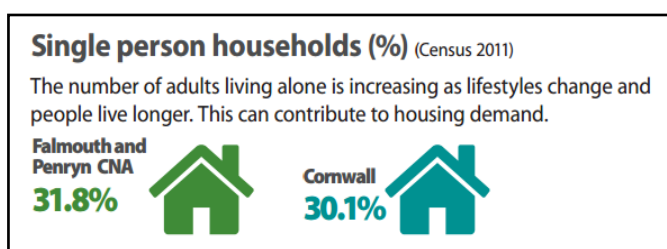
## c) Cornwall Council 'Falmouth and Penryn' Community Network Area (CAN) Data

Population 42,986



### Housing:

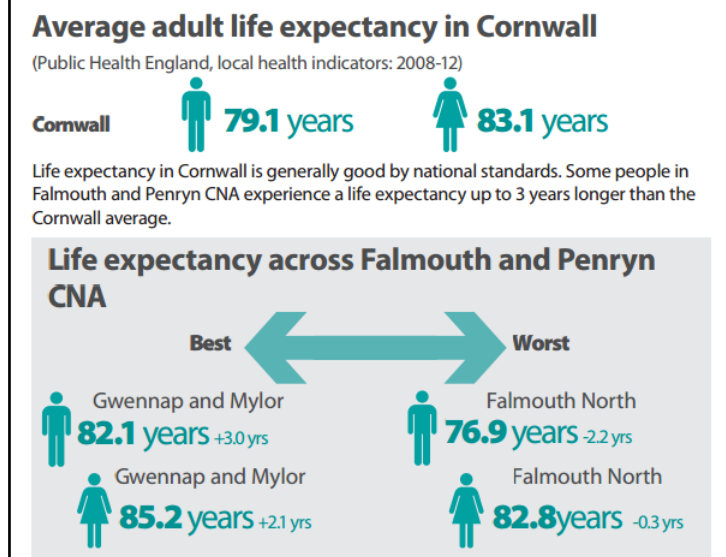
2,355 households live in social rented housing in the Falmouth and Penryn CNA which is higher (12.8%) than the Cornwall average (12%) as shown in the chart left. The range across the neighbourhoods is highest (17.1%) in Falmouth Laburnum Close, Acacia Road, Draceana Avenue (402 properties) and lowest (0.3%) in Falmouth Swanpool, Goldenbank and Maenporth (6 properties).



12,232 homes are owned or shared ownership (66.6%) compared with 69.6% average in Cornwall. The highest concentration (5.6% of this figure) is Constantine and Gweek (682 properties) and the lowest is (2.1% of this figure) Falmouth Old Hill (253 properties).

### Deprivation (Index of Multiple Deprivation (IMD) 2010, HMRC 2012/13)

15.1% of people in the Falmouth and Penryn Community Network live in a highly deprived area (in the top 20% most deprived in England), compared with an average of 9.8% across Cornwall. 17.5% of children aged under 16 in the CNA are living in poverty compared with 18.1% across Cornwall.



**Percentage of the population who fall into the top 20% most deprived areas in England (IMD 2010)**



Not every person in a highly deprived area will themselves be deprived. Equally, there will be some deprived people living in the least deprived areas.

There is variation across the network with some areas ranked as more deprived than others. The following neighbourhoods are ranked in the top 20% most deprived in England:

- Falmouth Old Hill
- Falmouth The Beacon and Grenville Road
- Falmouth Laburnum Close, Acacia Road, Draceana Avenue
- Penryn town, Saracen Way and Glasney

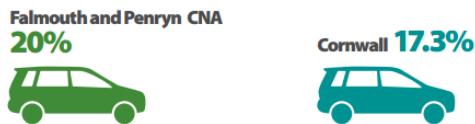
People in deprived areas are more likely to have a lower life expectancy and spend more of their life in poor health, having higher illness and disease levels.

**Economic activity**

There is a significantly higher number of full time students in Falmouth and Penryn Community Network, due to the university campus and student accommodation in the area. There are also almost 6% less people in employment in the network than the Cornwall average. An estimated 1.6% of young people aged 16-19 are not in education, employment or training in the network, compared to the Cornwall average of 3% (March 2014).

**Access to services – Transport (Census 2011)**

**Households without access to a car (average)**



**Households without car access across the network**



Taken from: *Falmouth and Penryn Community Network Profile (September 2014)*

<http://www.cornwall.gov.uk/media/10088344/Falmouth-and-Penryn-Network-proof-6.pdf>

## **Appendix 8: Funding resource from Transformation Cornwall**



# **MEET THE FUNDERS 2016**

## **Some useful links and contacts regarding funding:**

(They will not be relevant to everyone but we have tried to give a broad range of options)

### ***Websites:***

- [www.fundingcentral.org.uk](http://www.fundingcentral.org.uk) (free)
- [www.dsc.org.uk/FundingWebsites](http://www.dsc.org.uk/FundingWebsites):
- [Trustfunding.org.uk](http://Trustfunding.org.uk) from £315 per year (£378 inc VAT)
- [Grantsforindividuals.org.uk](http://Grantsforindividuals.org.uk) from £315 per year (£378 inc VAT)
- [Governmentfunding.org.uk](http://Governmentfunding.org.uk) from £315 per year (£378 inc VAT)
- [Companygiving.org.uk](http://Companygiving.org.uk) from £315 per year (£378 inc VAT)
- [www.ffhb.org.uk](http://www.ffhb.org.uk) Funds for Historic Buildings (free to access online)
- [www.unltd.org.uk](http://www.unltd.org.uk) Support for Social Entrepreneurs

### ***Mailings:***

- [www.grin.coop](http://www.grin.coop) (daily bulletin with a South West focus from £15 per year, and a 'Grants and Resources Database' at £100 per year)
- [www.i4bcommunity.co.uk](http://www.i4bcommunity.co.uk) (fortnightly)
- [www.livability.org.uk](http://www.livability.org.uk) (monthly) Christian disability and community engagement charity
- [www.faithaction.net](http://www.faithaction.net) network of faith-based organisations delivering public services

### ***DON'T FORGET YOUR LOCAL COMMUNITY FOUNDATION!***

- Cornwall Community Foundation - [www.cornwallfoundation.com](http://www.cornwallfoundation.com)

### ***DON'T FORGET YOUR LOCAL COUNCIL FOR VOLUNTARY SERVICES (CVS)!***

- Find your nearest one – [www.navca.org.uk](http://www.navca.org.uk)
- Cornwall Voluntary Sector Forum – [www.cornwallvsf.org](http://www.cornwallvsf.org)

### ***Funding Advice Websites:***

- <http://www.parishresources.org.uk/resources-for-treasurers/funding/> Anglican focus but useful for other denominations too
- [www.ctbi.org.uk/funding-links](http://www.ctbi.org.uk/funding-links) Churches Together in Britain and Ireland's list of faith friendly funders
- [www.ahsw.org.uk/funding](http://www.ahsw.org.uk/funding) Arts and Health South West – list of regional funds

### ***Diocesan Stewardship Resources:***

- [www.trurodiocese.org.uk/mission/stewardship/stewardship-resources](http://www.trurodiocese.org.uk/mission/stewardship/stewardship-resources) Truro Diocese
- [www.exeter.anglican.org/church-life/church-buildings/finance/](http://www.exeter.anglican.org/church-life/church-buildings/finance/) Exeter Diocese

The Big Lottery Fund [www.biglotteryfund.org.uk](http://www.biglotteryfund.org.uk)

- Awards for All [www.awardsforall.org.uk](http://www.awardsforall.org.uk)
- Reaching Communities England
- Reaching Communities Buildings
- Various funding programmes which change time to time
- Heritage Lottery Fund [www.hlf.org.uk](http://www.hlf.org.uk)
- Arts Council England [www.artscouncil.org.uk](http://www.artscouncil.org.uk)

#### Trusts:

- Esmee Fairbairn Trust [www.esmeefairbairn.org.uk](http://www.esmeefairbairn.org.uk)
- The Henry Smith Charity [www.henrysmithcharity.org.uk](http://www.henrysmithcharity.org.uk)
- Barrow Cadbury Trust [www.barrowcadbury.org.uk](http://www.barrowcadbury.org.uk)
- Comic Relief [www.comicrelief.com](http://www.comicrelief.com)
- Children in Need [www.bbc.co.uk/pudsey](http://www.bbc.co.uk/pudsey)
- People's Health Trust [www.peopleshealthtrust.org.uk](http://www.peopleshealthtrust.org.uk)
- Lankelly Chase Foundation [www.lankellychase.org.uk](http://www.lankellychase.org.uk)
- Allen Lane Foundation [www.allenlane.org.uk](http://www.allenlane.org.uk)
- Local trusts (*look at annual reports/accounts of charities in your area and see who they receive funding from*)

#### Trusts sensitive to faith based projects:

- **Tudor Trust** [www.tudortrust.org.uk](http://www.tudortrust.org.uk)
- **Pilgrim Trust** [www.thepilgrimtrust.org.uk](http://www.thepilgrimtrust.org.uk)
- **Sainsbury Family Charitable Trusts** [www.sfct.org.uk](http://www.sfct.org.uk)
- **Sir Halley Stewart** [www.sirhalleystewart.org.uk](http://www.sirhalleystewart.org.uk)
- **The Joseph Rank Trust** [www.ranktrust.org](http://www.ranktrust.org)
- **Church Urban Fund - Together Grants** [www.cuf.org.uk](http://www.cuf.org.uk)
- **The Mercers' Company** <http://www.mercers.co.uk/grants>
- **Jewish Trusts** [www.jewishcharityguide.co.uk](http://www.jewishcharityguide.co.uk)
- **Kathleen Hannay Memorial Charity:** G Fincham, Robert Fleming Trustee Co. 25 Cophall Ave. London EC2R 7DR
- **The Everard and Mina Goodman Charitable Trust:** E.N. Goodman, FCA 5 Bryanston Court George Street London W1H 7HE
- **Kingsgrove Charitable Trust:** W Smith, The Kingsgrove Charitable Trust, Odstone, 7 Bridge Farm Close, Grove Wantage, Oxford, Oxfordshire, OX12 7QF
- **St Jude's Trust:** R G Millman Messrs Arnold, Fooks, Chadwick and Co. 15 Bolton Street, London W1Y 8AR
- **The Salamander Charitable Trust:** J R T Douglas, The Salamander Charitable Trust, Threave 2 Brundenell Avenue, Canford Cliffs, Poole, Dorset, BH13 7NW
- **The Seedfield Trust:** K Buckler, The Seedfield Trust, Withybank 3 Woodland Vale, Lakeside, Ulverston, Cumbria, LA12 8DR
- **The Van Neste Foundation:** F J F Lyons, The Van Neste Foundation, 15 Alexandra Road, Clifton, Bristol, BS8 2DD
- **The NR Charitable Trust:** Andrew N Russell, The NR Charitable Trust, 37 Frederick Place, Brighton, BN1 4EA
- **The Laurie Nidditch Foundation:** Kenneth Keller, The Laurie Nidditch Foundation, 23 Allum Lane, Elstree, Hertfordshire, WD6 3NE

*Please note: These details were current at the time of collating February 2016*