

Falmouth Community Needs Working Group Project April-June 2016

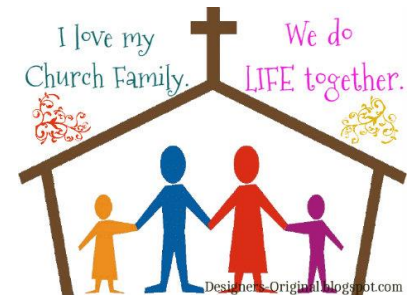
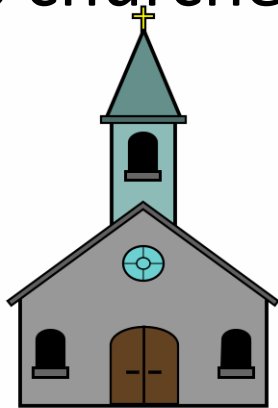
Falmouth
& Penryn
Churches
Together

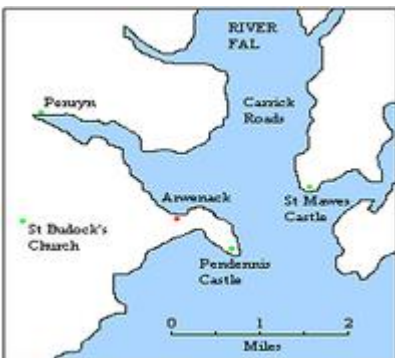
Key Findings



Background

- 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





5 Priorities

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

Methodology

Undertook the project over 3 months from 19th April – 23rd July

Group formed of 4-5 people representing different churches in Falmouth and facilitated by Transformation Cornwall

- Initial discussions and mapping exercises of existing services in Falmouth and observed needs
- Carried out interviews with the general public
- Carried out interviews with relevant statutory government and non governmental organisations. Emailed simple questionnaire to relevant agencies and organisations
- Identified existing sources of data – Falmouth Methodist Regeneration Project/Cornwall Council/Neighbourhood Plan/local information and publications
- Drew out some key themes
- Carried out thematic analysis
- Analysed data under the themes
- Produced report and presentation



LONELINESS & ISOLATION

- All Ages
- Making New Connections
- Transport
- Health Impact

TRANSPORT

- Inadequate Bus Services
- Cost
- Inaccessibility
- Barrier to Independence

POVERTY/WELFARE

- Financial
- Incidence & issues arising
- Family

BEREAVEMENT

- What do you do?
- Who can you trust?
- Isolation/loneliness



MENTAL HEALTH ISSUES/PROBLEMS

- Stigma
- Help available/support systems
- Lack of Support/understanding

COMMUNICATION

- Digital Age/Social Media
- Inter-generational
- Listening & Encouraging

Groups of people in our local community who are affected by all the issues we have identified

- Families
- Children
- Young people
- Older people
- Groups of people
- Hidden individuals – whose voices are not heard
- Vulnerable people
- Carers
- Students



LONELINESS & ISOLATION

- All Ages
- Making New Connections
- Transport
- Health Impact

“Sunday is a dreadful day to be alone”

“Loneliness has a bearing on health”

“One man had not seen anyone for 3 weeks”

“it is important that visits to the elderly are not for evangelisation, but for companionship and support”

“their lives have become isolated...their lives need to have some alternative activity that does not seem to be met in their communities”

“Single mums need support as they can be isolated”



“A patient phoned the surgery every day, was very demanding. What he needed was someone to talk to”

“older people need contacts they can trust”



TRANSPORT

- Inadequate Bus Services
- Cost
- Inaccessibility
- Barrier to Independence

"In some areas of Falmouth there are no buses on Sunday and at Easter"

*"My bus is my friend"
(meets many locals on the town shuttle bus and they are like friends)*

"Older people often need lifts to get to events"

"Many go hungry, they live a long way from Penryn and can't afford the bus fare and the foodbank service is not delivered"



BEREAVEMENT

- **What do you do?**
- **Who can you trust?**
- **Isolation**

“Who do you talk to? People are afraid of going to church in case religion is pushed on you”

“Bereavement can be sudden. Suddenly a spouse dies who ‘did everything’ – what do you do?”

“The Bereavement Group doesn’t currently exist. Perhaps as there are less Christian funerals, there are less people signposted to bereavement services offered by the church?”



COMMUNICATION

- Digital Age/Social Media
- Inter-generational
- Listening & Encouraging

“people need help filling in forms as many are online now... There’s a 30 minute limit on the computer at the library”

“There is a need for putting people in touch with services, support and treatment for example”

“Some older people do not have the knowledge or connections to meet others. The use, or lack of, computers also have an impact on people finding support as contact details and meetings tend to be online now and difficult for people who are not computer literate to find”

“We need to talk to each other so as not to duplicate... A lot can happen when people are working together...”

“We need open communication, regular networking and community meetings. We need to work together”

“some adults are vulnerable to scams, and personal security on the computer”

“we need to talk to one another and learn from one another”



MENTAL HEALTH ISSUES/PROBLEMS

- Stigma
- Help available/support systems
- Lack of Support/understanding

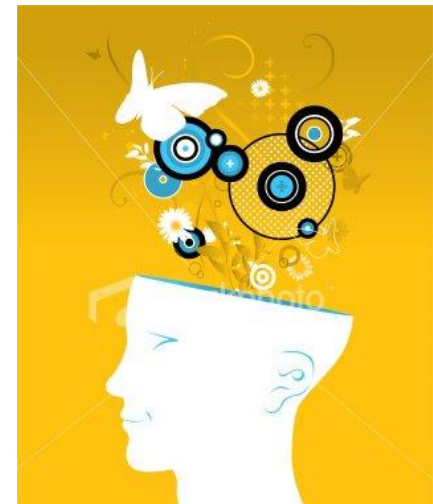
"It would be good to have training or support for people who come into contact with others with mental health problems, for example, mental health first aid"

"Issues that children are affected by are attachment disorder, and mental health in children and their parents"

"some clients have low levels of depression, mental health issues"

"one of the biggest observations at the moment is that there seems to be a rise in the amount of people we are seeing who are suffering from mental health problems"

"there's a lack of psychotherapy services and general lack of help for people with mental health problems"



POVERTY/WELFARE

- Financial
- Incidence & issues arising
- Family

“Universal Credit is now a lump sum and some spend it all at once, as rent is no longer paid direct to landlords”

“nowadays more people need extra help. Pressures of life – work, family, children – people forget to look after themselves”

“there’s already a lack of affordable housing as the student numbers encourage houses of multiple occupancy solely for student use”



“an elderly gentleman’s wife died, his pension was halved. He entered poverty, suffering loneliness, debt spiralling, so ate toast and drank tea only. He was suicidal.”

“we could do with more provision for the homeless in the area generally”

“No one knows what’s going on. There’s lots of people in crisis not picked up by the system”



MISSION

- Strong mission awareness
- Work for God, and with God
- Concerned with 'people'
- To be a beacon of light for others

EVENTS

- Cream Teas!
- Events on the Moor; Nativity and Easter
- Community Events; e.g. Easter Walk of Witness

PRACTICAL

- Communication
- Collective action – pooling our resources (people / places / financial)
- Good at asking for help
- Officers communicate well
- Sharing information
- Adapt to changing work

POSITIVE ATTRIBUTES OF FPCT

RESOURCES

- Huge variety of building sizes/rooms
- Huge variety of people skills
- People wanting to help

UNIQUE APPROACH

.. See next slide ..

RELATIONSHIPS/PARTNERSHIPS

- Town Manager is supportive
- Enjoy meeting each other at our meetings
- Good work with the Council and events on the Moor

Unique Approach (continued):

- People Centred
- Enthusiastic
- Outward focus (not just looking inside our churches)
- Not prejudiced
- Diversity of ideas
- Responds to needs identified
- Not stuffy
- Laugh and have fun
- Always on the move, not static in thinking
- Outward looking
- Innovative
- Adapt to changing work
- Supportive to the vulnerable
- Concerned with 'people'



What has been achieved and happened so far!

KCM Coffee Shop
has reopened once
a month

Engagement &
sharing information
e.g. linking up
Beacon Community
Regeneration
Partnership and the
Foodbank

Cream Tea!
Estimated 300
people engaged

Engaged with
people and agencies
widely and have
stirred their interest
in FPCT



**FALMOUTH
FREE
CREAM TEAS
ON THE MOOR**

Some examples of ideas for projects to address the needs identified

- Intergeneration integration
- Different activities on different days at an informal space / community coffee shop
- Mocktail Bar
- Undertake coffee morning event for further consultation
- Need for afternoon classes / activities. Older people don't go out in the evening
- Bingo/games/quizzes – for social purposes
- Tea bar with board games available
- Better advertising of youth groups that already exist
- Lifts to places/events
- Students to deliver IT support to older people
- Cookery sessions for all ages and food together
- Tea dances
- Support with form filling (benefits etc)
- Pasty making sessions - pasty bar
- IT skills training
- Bereavement group that is not in a church venue (non-stigmatised)
- Sports teams – e.g. walking football
- Café-style drop in
- Utilise our buildings for coffee mornings, drop-ins, whatever is needed!
- Self-help, but with a helping hand to do so
- “What's on” type newsletter of activities – free - Post cards that publicise activities
- Coffee afternoons/activity sessions for vulnerable people
- Bookshop – Christian bookshop / Book swap / book group
- More befriending
- Bread making



Continued...



- Safe space for students
- Men in sheds
- Going down memory lane
- Social afternoons – for old people
- Dating nights for each age group
- 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
- Charitable status
- 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.
- Many older people receive communion at home, but would appreciate receiving it as part of a group. Would help tackle social isolation.
- Should be run by ‘Churches Together’ as a FPCT initiative, not by individual churches
- Drop-in centre in Kimberley Park where there is more integration between young and old
- Sharing of skills- Skills don’t stop when the payslip stops – understand and tap into the skills

Funding sources to get things going

There are funds for constituted groups:

- Cornwall Community Foundation, smaller grants from £100-£5,000
- Awards for All £100-£10,000
- Cinnamon Network Micro Grants
- People's Health Trust
- Attend Transformation Cornwall's upcoming Meet the Funders Programme



What are the next steps?

- How do we take this forward?

**How do we
take this
forward?**

**What are
the next
steps?**

**Any ideas or
suggestions?**

Keep in touch?
Or further thoughts?



