



CAN DO

Community Led Projects

2009-2016

(06 06 16 v6)

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1. BACKGROUND

1.1 The Healthy Borough Programme 2008-2011

In January 2008, in response to Britain's growing overweight and obesity epidemic, the Government published 'Healthy Weight, Healthy Lives: A Cross-Government strategy for England'. The strategy outlined the Government's approach to addressing overweight and obesity.

As part of the strategy, the Government invested £30 million over three years in a 'Healthy Community Challenge Fund' (HCCF), to provide funding for a number of areas to be designated as 'Healthy Towns' and to use this funding to take creative and innovative approaches to encouraging healthier lifestyles, addressing the environmental factors that contribute to overweight and obesity, and better understanding how to make physical activity and healthy food choices easier and more accessible for local people.

Tower Hamlets is a diverse, inner city London Borough that suffers from particularly high levels of obesity. In addition to estimated high levels of adult obesity, levels of childhood obesity are amongst the highest in the country. In November 2008, the London Borough of Tower Hamlets was named as one of the nine areas in England that had been successful in bidding for a share of the HCCF. Tower Hamlets was awarded £4.68 million of Department of Health (DH) funding, and was the only London Borough to receive HCCF monies. A similar amount of local match funding was also provided by NHS Tower Hamlets and LBTH, which together with DH funding, provided the funding for the Tower Hamlets Healthy Borough Programme.

The full Tower Hamlets Healthy Borough Programme (HBP) ran until March 2011, building on existing joint and multi-agency working between the Local Authority, Primary Care Trust (NHS Tower Hamlets), private, voluntary, and community partners, and local people, to address issues of overweight and obesity in Tower Hamlets, and encourage healthier lives..

The aim of the HBP was:

"To transform Tower Hamlets into a place that promotes and supports health and wellbeing and makes it easier for children, families and the wider community to be more physically active, eat well and maintain a healthy weight throughout their lives."

The Tower Hamlets HBP had sixteen overall strands, impacting almost every level of community and local authority structures from top down to bottom up strategies. One of these 16 project strands was an investment in 'Community Led Projects', led from within the community by local people, resident groups, community groups, or voluntary organisations.

There were three types of HBP "Community Led Projects":

- Project Grants: For supporting larger projects – providing funding of between £5,000 and £15,000.
- Small Grants: For supporting smaller projects – providing funding of between £1,000 and £5,000.
- Can Do Community Grants – providing funding of up to £500 - available to individual community members or informal community groups.

1.2 Can Do Community Grants since 2009 (CDCG)

This third aspect, the Can Do Community Grants, was the most fundamental grass roots bottom up approach adopted within the whole of the Healthy Borough Programme, the only one aiming to directly reach, inspire and facilitate local people including “mums at the school gate”. It was inspired by the Community Development approach, researched and championed by Wendy Sugarman. It emphasised a wider view of health promotion that encouraged local people to identify and make environmental changes, e.g. improving a local play area or setting up a food growing project, that would make healthy eating and physical eating easier.

Under this “Can Do” aspect of Community Led Projects strand, individual community members or informal community groups were invited to apply for Can Do Community Grants. These were awards up to £500, to fund projects which address at least one of the three HBP cross-cutting strands of Healthy Food, Active Lives, and Active Travel.

1.3 Can Do Community Led Projects (2011-present)

The external funding for the Healthy Borough Programme ended in April 2011. However, the findings of this external Evaluation Report summarised in Section 7, coupled with both the clear grass roots impact of the CDCG programme and the innovative Community Development approach, gave sufficient confidence to the Tower Hamlets Public Health (at that time in NHS Tower Hamlets) to continue with the programme. The other two categories of the Community Led Projects (Project Grants and Small Grants) were not extended as they were evaluated as less effective in reaching the grass roots.

In 2013, the old LAP areas were replaced by new Ward Clusters and the four host organisations became responsible for Ward Clusters across the borough’s four Localities, North West (Osmani Centre), South West (Stifford Centre), North East (Bromley by Bow Centre) and South East (Island House).

When Public Health transferred into the Local Authority in 2013-14, a full open re-tendering process was undertaken to select the Host Organisations who would take Can Do forward in the new NW NE SW AND SE localities that were replacing the old LAP areas. This was a 3 year commission, subject to annual budget reviews.

These new commissions started in October 2014. Since then two more rounds of Can Do applications have been advertised and awarded, in summer 2015 and February 2016. In the latest round, a fifth category of “Mental Wellbeing” was also added to the Can Do Project categories, where projects could be supported showing that they were specifically targeting a mental health need or target group.

2. PRINCIPLES AND APPROACH

2.1 The four key aims of Can Do are to:

- Improve public health /challenging obesity
- Identify & develop new volunteer community leaders
- Establish new & sustainable projects to promote healthy eating, physical activity and mental wellbeing
- Empowerment & changing a community’s ‘mind-set’ regarding responsibility for health from the grass-roots up

2.2 The grass roots community development approach is what makes the Can Do Community Led Projects both unique and effective. It reaches local people in the community, for example ‘mums at the school gate’, and inspires them to take responsibility to identify what would enable them to live healthier lives.. It motivates them to make a difference for their peers and then equips them through support, training, funding and by networking them together to deliver on their own project idea.

2.3 All the projects receiving support must meet at least one of the five core Can Do categories:

- 1. Active Lives** – projects encouraging regular physical activity prioritizing those currently inactive.

2. **Active Travel** – projects encouraging walking, cycling as alternatives to motorised transportation.
3. **Healthy Eating** – projects encouraging healthier choices and skills in preparing healthy food. This has a sub-category of **Food Growing** projects, which encourage people to ‘Grow their Own’ food and vegetables, often through residents groups on estates.
4. **Improving the Environment** – projects that encourage people to take responsibility for improving the quality of their local environment to support healthier lives (introduced as a separate category in 2003 although the original vision was always to make changes to the environment to make physical activity and healthy eating easier.)
5. **Mental Wellbeing** – projects that specifically target mental health and wellbeing activities or groups of people with particular mental wellbeing challenges, (such as social isolation).

2.4 Evidence of the positive health impacts gained from participation in new activities centred on these themes is well researched on a national and international level and evidenced in many ways beyond the Can Do project. For example, the compelling research into the benefit of relatively inactive people taking up new regular physical activity is widespread; as is the evidence relating to the benefits of choosing healthy eating options, or taking up walking or cycling instead of using a car. As such, it can be confidently said that through participating in projects that meet the themed criteria, participants are receiving positive health gains for themselves, their families and their communities.

3 GOVERNANCE STRUCTURE

3.1 Public health put in place a clear governance structure to support the Can Do awards process both across the borough and in each locality:

(a) **Can Do Commissioners:** LBTH Public Health

(b) **Can Do Programme Partnership Steering Group (PSG)** which comprises:

- Commissioner Lead
- 4 x Public Health Locality Managers [PHLM]
- 4 x Locality Host Organisation Managers (one from each locality)
- The commissioned Borough Can Do Coordinator

The PSG meets up to 3 times per year to confirm programme contract and budget is, to review terms of reference, progress in line with the delivery plan, and to develop future strategy. Any issues relating to contract delivery are raised, resolved or escalated through the steering group.

(c) **Can Do Coordinator**

- The Can Do Coordinator assists the Commissioners and PSG in formulating the Delivery Plan, calling meetings, administering the programme, providing training for CAP members and supervising the four locality Community Development Workers (CDWs).

(d) **Delivery Group:** The DG comprises:

- Commissioner Lead (Brenda Scotland)
- CDWs from Host Organisations
- Borough Can Do Coordinator

The DG meets regularly (at least 4 times per annum) to arrange and plan the day to day delivery of all aspects of the Delivery Plan. Contract monitoring takes place at the Delivery Group meeting. All KPIs are reviewed against delivery plan and targets. Outreach, project application progress, CAPs, training plans, and project funding and monitoring are reviewed. Where necessary recovery plans are initiated to address under performance or contract amendments.

(e) **Community Assessment Panels:**

- There are 4 x CAP's (one for each Ward Cluster Locality). They each consist of 5 to 12 local volunteers including the PHLM for that locality, a Health Trainers Rep, a rep from the Local host Organisation, local residents and other local volunteers.
- All CAP members are required to complete formal training to ensure equity across the borough
- The CAPs meet to consider and assess and recommend awards for all Can Do project applications in their locality. They have protocols to follow and can make recommendations or set conditions when making awards.
- The PHLM carries a veto over all awards if projects are deemed not to fit the core Can Do criteria and to ensure appropriate allocation of awards to volunteer led projects.

(f) Can Do Project Leaders:

- Each successful applicant becomes a project leader, signing a funding contract and carrying responsibility for delivering the agreed project outcomes and any other conditions set by the Community Assessment Panel.

4 DELIVERY METHOD

4.1 From October 2014 to September 2016, LBTH Public Health have commissioned a 2 year tender to the 4 locality Host Organisations, one of which also acts as the borough wide Coordinating Organisation. The four host organisations are:

Osmani Trust (north-west locality)

Island House (south west locality)

Bromley by Bow Centre (north-east locality)

Island House (south east locality)

Note: Island House won the contracts for both the south east and south west localities.

The 2014-15 round was extended to March 2016 after a temporary suspension whilst the programme was under review by The Commissioners. This led to an overlap with the 2015-16 round that is currently running from October 2015 to September 2016.

The Coordinator drafts the Delivery Plan for each round for approval by the Steering Group. This Delivery Plan then forms the basis for the Delivery Group to arrange its day to day delivery.

Community Development Workers facilitate the grass roots approach and ensure the project works to identify inspire and facilitate new volunteer community leaders who take the lead in developing, running and sustaining the impact of their healthy lifestyle projects.

5 PROJECT OUTPUTS (2009-2016)

5.1 In summary the Can Do programme has delivered the following:

- 428 Projects have been supported in total,
- 55% Active Lives; 24% Active Travel; 11% Healthy Eating (7% Food Growing);
- 4% Improving Environment (only introduced in 2013 round),
- 3% Mental Wellbeing (only introduced in 2015)
- £192,732 has been given out directly to projects (average £450 per project).
- 11,513 people have participated in Can Do projects since July 2009

See **Table 1** below for a full breakdown of the awards since 2009

Table 1

Grant round	Host Organisation	Area	Total no. of project grants awarded	Total value of grants awarded				Imp. Env.	Mental well-being
					Active lives	Active travel	Healthy eating		
5 HBP rounds from July 2009 to March 2011	Osmani	LAPs 1&2	40	£20,000	32	20	6		
	Stifford	LAPs 3&4	40	£20,000	26	13	8		
	BBBC	LAPs 5&6	41	£20,000	31	23	5		
	Is. House	LAPs 7&8	47	£20,000	16	29	5		
Apr 2011 to Sep-11	Osmani	LAPs 1&2	11	£5,000	6	1	4 (4)		
	Stifford	LAPs 3&4	10	£5,000	8	0	3 (0)		
	BBBC	LAPs 5&6	10	£5,000	8	0	5 (1)		
	Is. House	LAPs 7&8	14	£5,000	8	0	6 (4)		
Oct 2011 to to Mar 2012	Osmani	LAPs 1&2	~	~	~	~	~		
	Stifford	LAPs 3&4	~	~	~	~	~		
	BBBC	LAPs 5&6	~	~	~	~	~		
	Is. House	LAPs 7&8	10	£5,000	5	1	4		
Apr 2012 to Dec-12	Osmani	LAPs 1&2	11	£5,000	5	0	6 (3)		
	Stifford	LAPs 3&4	12	£5,000	6	1	5 (2)		
	BBBC	LAPs 5&6	13	£5,000	6	1	6 (3)		
	Is. House	LAPs 7&8	13	£5,000	3	2	8 (3)		
Jun 2013 to Mar-14	Osmani	LAPs 1&2	12	£5,000	8	0	4 (1)	0	
	Stifford	LAPs 3&4	10	£5,000	6	0	4 (3)	0	
	BBBC	LAPs 5&6	10	£5,000	6	2	2 (0)	0	
	Is. House	LAPs 7&8	13	£5,000	5	2	4 (1)	2	
Nov-13 to Jul-14 Ward Forum Round	Osmani	NW	12	£5,900	2	1	4	5	
	Stifford	SW	0	£0	0	0	0	0	
	BBBC	NE	4	£2,000	2	0	1	1	
	Is. House	SE	3	£1,500	0	0	3	0	
Oct-14 to Mar-16	Osmani	NW	18	£4,990	5	2	8 (2)	3	
	Is House	SW	8	£3,544	3	0	3 (1)	2	
	BBBC	NE	12	£5,000	7	1	2 (1)	2	
	Is. House	SE	14	£4,798	11	0	1 (1)	2	
Oct-15 to Sep-16	Osmani	NW	13	£5,000	5	1	3 (0)	0	4
	Is House	SW	10	£5,000	3	0	3 (2)	2	2
	BBBC	NE	11	£5,000	6	0	1 (1)	1	3
	Is. House	SE	16	£5,000	6	2	2	0	6
TOTALS	Osmani	NW	117	£50,890	63	25	35	8	4
	Stepney	SW	90	£43,544	52	14	6	4	2
	BBBC	NE	101	£47,000	66	27	2	4	3
	Is. House	SE	120	£51,298	54	36	3	4	6
TOTAL							116		
Borough			428	£192,732	235	102	(33)	20	15

Average number of	participants	per project	(based on 2011 stats)	Children:	9.4 per project	4,023	total
				Adults:	17.5 per project	7,490	total
Gender:	37%	63%	Male Female	Total	26.9 per project	11,513	total

6 Impact of the Can Do Programme

6.1 Can Do is uniquely and deliberately a grass roots community development programme. It aims to involve people who have not previously been engaged in delivering funded projects. The majority of applicants are volunteers with little or no experience of grant applications and monitoring, some even using English as a second language. The monitoring approach employed is therefore commensurate with the level of grants and designed to not be onerous or off-putting for participants. Soft tools are used as well as hard monitoring but all projects are required to provide an end of project report that self assesses what impact their project has made and what evidence they have been able to collect to support this.

6.2 End of Project Reports

Every project is required to produce an End of Project Report as a condition of the grant.

Before projects start, the Community Development Worker visits the successful applicant to sign the agreement with terms and conditions for the award, including any special conditions set by the Community Assessment Panel. Before the project commences, they agree with CDWs a main outcome (positive change) that they expect to see as a result of the project. This must be directly linked to one of the five Can Do priority categories. They are then asked to confirm how they will measure the outcome or change that will have occurred, and what evidence they intend producing to confirm this. This could include attendance registers, feedback forms, photos, case studies, completion of the Warwick Edinburgh Mental Wellbeing Analysis.

At this point, they are also asked to indicate if they, or any of their peers participating in their project, are interested in taking up places on the training courses. The subject preferences for the training themes are indicated on the Application Forms, collated by the Delivery Group and offered free to the new projects.

On completion of the project, the volunteer project leaders are required to complete an End of Project Report. The first part summarises the Outcome and Evidence agreed before the award is made. The second part gives direct feedback on the project that has been delivered. This includes:

- Q 5 & 6. Did you achieve your agreed Outcome?
What evidence can you provide to show this has been achieved?
- Q. 7. What activities (outputs) did you deliver?
- Q. 8 How many people benefitted (including LBTH Equalities breakdown stats)
- Q. 9 What changes have occurred – please give stories / quotes
- Q. 10 How did the project meet the Can Do priority?
- Q. 11 What challenges have you had to overcome and what skills have you learned as a community organiser / leader?
- Q.12 What are your ongoing plans for sustainability?
- Q.13 Opportunity for any other feedback / comments.

These End of Project (EoP) Reports and supporting evidence and financial information are collected by the locality's CDW from each project at the end of each round.

6.3 Additional Data collection

As well as the End of Project reports, other statistics are gathered by the Delivery Group. These include:

- the total number of projects applied for and supported per Can Do theme;
- summary lists of each locality's successful awards project by project including their Can Do theme;
- a breakdown of projects ward by ward across localities;

- the total value of awards given out and any underspend returned unspent (with reasons);
- the numbers of volunteers trained and participating in the Community Assessment Panels per locality;
- the numbers of project volunteers receiving training
- CDW Outreach plans and logs of their outreach work.

6.4 Case Studies

Each Locality collects qualitative feedback from projects about the impact the project has had on its participants through quotes and stories that are used to create Case Studies.

In each year this is done, these Case Studies are drawn from across all localities and cover the full range of project categories appropriate to that Round. They are very effective ways of sharing the Can Do stories. Due to the programme suspension in 2014 case studies for the past 2 years will not be available until April 2016. Case studies from previous rounds which demonstrate the social and health impact Can Do has had on individuals and groups can be provided.

6.5 Video

In the 2013-14 Can Do round, a wide range of projects from across each locality around the whole borough were followed by a video production team. Interviews with project leaders and participants were filmed and compiled into a 13 minute video production, directly showing the impact of the Can Do projects on participants. This followed seven projects from the 2013-14 Can Do round. They were:

- A school mum's football project in Cubitt Town (SE Locality)
- New children's Tae Kwon Do classes at the Bromley by Bow Centre (NE Locality)
- A new evening Zumba class for working women (NE locality)
- Gardening project at St Matthew's Church in Bethnal Green (NW locality)
- A Food Growing project at Vic Johnson House in Old Ford (NE locality)
- Badminton sessions in Stepney (SW locality)
- Chinese music classes for the elderly in Poplar (SE locality)

The video recorded direct evidence of the impact of the Can Do support and philosophy from these 7 sample projects, including:

- how they heard about the Can Do programme;
- the ease and accessibility of the application process;
- the reason why their project was needed and how it came about;
- the key role of the Community Development Workers in offering help and support;
- the impact the project has made on their participants and community.

The video evidence can be found here:

posted on You Tube and can still be accessed by clicking on the following link:

<https://www.youtube.com/watch?v=LlJocE8Rv5I>

available through a hyper-link from the Can Do website, at:

<http://www.island-house.org.uk/projects/can-do-projects/>

6.6 Training courses

Training provides additional benefit to both project leaders and participant in a number of ways, for example acquiring specific skills, improving employability, improving confidence, encouraging leadership and raising awareness about the needs of the local community.

In every round, two types of training take place.

6.6.1 Firstly, volunteers from each locality are trained to be members of the local Community Assessment Panels (CAPs). All panel members are required to complete this training before they can participate in CAPs. This ensures

- equality in assessing applications across the borough, and
- up-skilling of the volunteers involved.

6.6.2 Secondly, the volunteer project leaders and participants are offered free training in each round on themes they have selected and chosen themselves. These are spread across the borough in each locality but open to participants from all localities. They are designed to achieve the following impacts:

- build confidence
- up-skill volunteer participants
- connect them through networking to other similar local projects
- provide accredited certification for participants.
- encourage sustainability and on-going community activism / leadership

Themes have included:

- Project management
- Fundraising
- First Aid
- Food Hygiene, and
- Food Growing

In the latest completed round (2015):

- 4 free courses were run in related subject areas - one per locality,
- 53 local volunteers were trained,
- 39 achieved an accredited certification

6.7 **Warwick-Edinburgh Mental Wellbeing Scale**

From 2015, CDWs have been asking appropriate Can Do projects to complete the Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWS) analysis forms. These are designed to measure 7 areas of a participant's mental wellbeing both before and after their involvement in a Can Do Community Led Project in order to measure any improvement over the period of the project delivery on a 5 point scale.

This is part of a wider implementation of the SWEMWS evaluation tool across Tower Hamlets Public Health.

The first projects who have participated in this new Impact Evaluation methodology are due to report back in March 2016 and the results will be available shortly afterwards.

7. **External Evaluation**

7.1 In December 2009, the HBP commissioned NLH Partnership Ltd to conduct an external evaluation of the CDCG programme. NLH Partnership Ltd is a research and training organisation with particular expertise in researching and evaluating services for children and families, Children's Centres, health promotion and improvement programmes, and other community-focused, area-based initiatives.

The evaluation aimed to address the following key questions:

- How have the CDCGs supported the overall objectives of the HBP and the three HBP strands?
- How has the CDCG approach supported community leadership and achieved wider community benefit?

- What are the social and environmental observable differences as a result of the CDCGs?
- How effective have the community panels been and what is the key learning around CDCG decision-making processes?
- What impact has the dedicated resource of a CDW per locality made in relation to the success of the scheme?
- How effective has the capacity building support been from the local Host organisations?
- How does the delivery of the CDCGs differ within the four localities and what learning can be taken from one locality into another?
- How effective are the CDCGs as a model of Community Engagement in addressing health inequalities?
- What learning from the CDCG project would be useful to local commissioners and those further afield?

The evaluation utilised the following data collection methods:

- Incorporation of projects' monitoring data and projects' evaluation evidence
- In-depth, qualitative interviews with representatives from Host organisations
- In-depth, qualitative interviews with Community Development Officers
- In-depth, qualitative group interviews with successful project applicants
- Interactive focus group discussions (using participatory tools), with community members who have participated in the Can Do funded projects involved in this evaluation

The NLH Partnership research took over a year to conduct and evaluate and resulted in the publication of a major Evaluation Report on the Can Do programme in January 2011.

7.2 NLH summarised their evaluation findings as follows:

Participants' reasons for engagement with Can Do projects

- Word-of mouth was a particularly important route through which Can Do participants found out about the existence of CDCG funded projects
- Most participants who accessed projects, stated that the opportunity to meet other people and make new friends had been a key motivation in their initial or sustained engagement
- Participants also stated that the opportunity to gain new knowledge was a key motivation for their initial involvement

Key impacts of Can Do projects

- All Grant winners who had used CDCG funding to enhance an existing project, had been successful in extending the reach of their project
- Most of the community members who participated in group discussions, stated that participation had resulted in an increase in their level of health-related knowledge – in particular, changes in knowledge about healthy diets, healthy eating, and healthy lifestyles
- Data highlighted the impact that Can Do projects had had on participants' attitude to participating in physical activity, with participants in most of the exercise-based Can Do projects involved in this evaluation, stating that participation had increased their level of interest in physical activity, or motivation to engage in it

- Qualitative data from this evaluation highlighted a range of ways in which Can Do projects had impacted on the behaviour of participants and other community members, such as their friends and family - key impacts related to changes in shopping, food-buying, cooking or eating behaviour
- There was evidence that in some cases, Can Do projects were impacting on participants' home lives and health-related choices, as well as those of their friends and family, and in some cases, participation in a Can Do project aimed at a particular aspect of a healthy lifestyle, had led to participants' making health related changes in other areas of their lives
- One of the most commonly cited impacts of CDCG funded projects, was that they had enabled participants to extend their social networks, make friends, and meet new people from their local area - the vast majority of participants stated that Can Do participation had had this impact for them
- A range of stakeholders stated that Can Do projects had the ability to bring communities together, increase understanding and solidarity amongst different cultural and ethnic groups, and increase overall community cohesion, with a small number of participants felt that this had already started to happen
- Some projects have allowed young people to build friendly links with their peers from the local area, increasing how safe they feel on the streets and reducing tension and the chance of conflict between different groups of young people
- Encouragingly for community leadership in the future, findings highlighted the positive impact of Can Do projects on Grant winning community members' levels of skill and confidence in managing and coordinating a project - Grant winners generally felt more able and confident about undertaking a task like running a Can Do project again in the future
- Other impacts of Can Do projects included: Physical changes and benefits for participants; increases in team working amongst participants during the course of projects; increases in participants' levels of confidence; participants' sense of achievement at achieving an end goal; and increases in participants' feelings of 'general well-being'

Factors identified as important in bringing about impacts and Can Do project success

- Being involved in communal, group-based activities emerged as very important in bringing about project impacts – for example, the group-based nature of projects provided motivation to engage, encouraged ongoing participation, provided an opportunity for group learning, and meant that Grant winners were able to share the responsibility for coordinating projects with others
- The support of CDWs, Host organisations and other local organisations was important to the success of CDCG projects
- Most Grant winners stated that support from local organisations such as schools, Children's Centres and community centres, was vital to the success of their projects
- Some participants and Grant winners highlighted the input of individuals with specialist knowledge, as important for encouraging engagement with projects
- Some participants stated that for children, the reinforcing of Can Do project publicity and key messages by media, schools, or local publicity or advertising, was important in bringing about positive impacts

- There is a small amount of evidence from this evaluation to suggest that the impacts of Can Do projects for children may be enhanced if those projects have a specific 'end product' or goal that children can work towards
- Good leadership emerged as a factor that can be important in making a Can Do project successful and bringing about key impacts
- The fact that the Can Do projects are community-led and there is a sense of community ownership, was cited by a small number of stakeholders as important in bringing about project impacts

Barriers to engagement and involvement of community members in Can Do and similar projects

- The most commonly cited barrier to community members becoming participants in Can Do and similar projects, was that there was a lack of publicity about local projects
- Individuals' lack of confidence was highlighted by a number of stakeholders as a key barrier to their engagement with Can Do projects.
- A range of those we spoke with highlighted community members' work, personal circumstances, or other commitments, as potential barriers to whether or not they engaged with Can Do projects
- Language barriers were highlighted by a number of participants as key reasons why some participants without a good command of spoken English, or who have difficulty reading, may not engage with Can Do or similar projects.
- A small number of those we spoke to stated that they had found particular difficulty in engaging young people in Can Do projects, and particularly young men who were not engaged in employment or training and who spent a good deal of their time in the streets

Factors important in engaging local people and communities in Can Do projects

- There was widespread agreement amongst stakeholders that the friendly, welcoming and informal nature of Can Do projects was important in encouraging community members to engage with them
- An awareness of the potential impacts and benefits of engaging with particular CDCG projects, was sometimes important in encouraging participants to engage with them
- Findings suggest that enabling children to participate in Can Do projects alongside adults, helps to encourage community members to participate
- The flexible nature of Can Do projects that ran for a number of weeks, and the lack of a requirement for participants to commit to a certain amount of involvement, emerged as important in encouraging engagement.

8. Current Cost of the Programme

- 8.1 The current Can Do Community Development programme contracts were tendered in 2014 and run from October 2014 to September 2016. Contracts are subject to an annual review (Break clause) and the decision was made to continue the contracts until September 2016.

8.2 The cost of the four host bodies - one per each locality is :£21,000 per locality per annum x 4 localities each = £84,000 each year. From this sum £5,000 per locality p.a. is reserved for Project Support Awards (£20,000 pa in total across the borough). In addition one of the host bodies carries out an overall co-ordination and reporting function that costs an additional £8,760 p.a. The coordinating organisation is Island House. The total cost of the scheme therefore comes to £92,760 p.a.

8.3 The maximum award for any single project is £500.00. In practice the awards made are sometimes lower and the average project support award has been£450.31 per project since 2009 (428 Can Do projects @ £192,732)

9. **Future of the Can Do Community Development Programme**

9.1 The current contracts end in September 2016. Public health has been reviewing all externally commissioned contracts as there is a requirement to reduce expenditure in light of reductions to the level of public health grant from 2015-16 and for at least four further years.

9.2 Although the Can Do programme is regarded as a highly innovative and genuinely community-led programme with good evidence of impacts being achieved at the grassroots level it is considered that the health impacts are insufficient to prioritise this over some other public health interventions and it is therefore not proposed to extend or reprocur contracts beyond September 2016. Subject to consultation and Council decision the programme will be offered as a part year saving in the current public health savings plan for 2016-17. However there is considerable support for this programme from the local community and public health will be working with partner organisations from the voluntary and community sector to identify possible alternative sources of funding to continue the programme.

10. ANNEX Summary List of Projects Supported in 2015 & 2016

2015 Can Do Community Led Project Awards

NW Locality				
Application Reference	Applicant Name	Project category	Project Summary	Amount Awarded
OC/2014-15/003 Spitalfields & Banglatown	Karen Ritchie	HE	Teaching adults and YP with learning difficulties and disabilities to cook healthy meals and to experience varied sports activities	£160
OC/2014-15/004 St Peters	Muzzamel Hussen	AL	Badminton for male adults aged 18 and over for residents of weavers with low income.	£250
OC/2014-15/005 St Peters	Gerry Smith	AL	Healthy eating and exercise for local residents – walking around places of interest. Healthy lifestyle workshops.	£150
OC/2014-15/008 Spitalfields and Banglatown	Asma Ahmed	HE	Teach women how to plant and grow in pots, working with Spitalfields Farm. Learn to grow healthy herbs and vegetables. To build better communication skills & friendship between women.	£500
OC/2014-15/009 Bethnal Green Ward	Jane O`Sullivan	HE (FG)	Grow it - Eat It!: Food growing project/gardening and sharing food. Open to all residents in estate.	£400
OC/2014-15/012 Bethnal Green Ward	Shahanara Begum	AL	Healthy fitness session for women - aerobics: Delivery of weekly aerobics session for local woman in the locality. To encourage staying active and exercise.	£250
OC/2014-15/014 Spitalfields and Banglatown	Ferdous Ahmed	HE	Weekly fruit carving sessions, with tutor addressing good nutrition in fruits. To allow participants to try different fruits and encourage their families to eat more fruit.	£250
OC/2014-15/015 St Peters Ward	Atia Begum	HE	Weekly healthy cooking club: Delivering 8 cook and eat sessions for local community and residents. To help participants to eat more healthy.	£250
OC/2014-15/016 St Peters Ward	Rumena Akter	HE	Weekly Fruit carving sessions: Deliver regular fruit carving sessions to local participants. Women have an interest in fruit carving. Discussions will take place on healthy lifestyles, healthy eating and good food.	£250

OC/2014-15/ 017 St Peters Ward	Farhana Yeasmin	HE (FG)	Weekly gardening sessions for local residents on an estate empty space. Make the space into a gardening environment.	£250
OC/2014-15/019 Weavers Ward	Jarun Nessa	AT	10 week walking group for isolated people in the area. To encourage active travel and staying physically fit.	£270
OC/201-15/020 St Peters Ward	Rodney Baker	AT	Zacchaeus Bike Group: Weekly cycling group to purchase 3 new bikes – for members who do not own bikes. To continue with regular bike rides.	£300
OC/2014-15/022 Spitalfields and Banglatown	Shapla Bibi / Haleema Hoque	AL	To run 12 Yoga sessions for parents in their local school	£300
OC/2014-15/024 Bethnal Green Ward	Mumina Begum	HE	Cooking different south eastern dishes every week in a healthy and easy manner	£150
OC/2014-15/027 Bethnal Green Ward	Mohammad Mustaquim	HE	Bangladeshi Woman's Health Project: Deliver seminars, 2 hrs each for Health promotion, Tackling obesity, dietary & nutritional information	£160
OC/2014-15/029 Bethnal Green Ward	Ingrid Chen	IE	Tranzformers/ Columbia Composters: Composting food waste of plant in school environment. Get children and parents involved.	£500
OC/2014-15/031 Spitalfields and Banglatown	Junior	IE	The project will involve creating a food growing space on the roof of the Montefiore Centre/ possibly another venue.	£350
OC/2014-15/037 Spitalfields and Banglatown	Raja Pierre	AT	Cycling Club: Local residents cycling together. Different sites and pathways. Stay healthy & active	£260
18		TOTAL		£5,000

NE Locality				
BBBC 2015 /01	Sabiha Khanam	AL	Pilates for young women- Exercise session for women	£500
BBBC 2015 /02	Nadia Ali	AL	Somali traditional dancing for adults and children	£500
BBBC 2015 /03	Deanna Elliott	HE (FG)	Grow well- growing project for local residents who have been affected by mental health issues.	£250
BBBC 2015 /04	Farida Begum	HE	You are what you eat-healthy cooking class and sharing ideas session.	£470
BBBC 2015 /05	Zohra Khanam	AL	Body conditioning- Exercise session for women, aerobics/ keep fit.	£500
BBBC 2015 /06	Peter Thomas	HE / AL	Cricket club and healthy eating 40+, cricket and healthy cooking session for men over 40+	£500
BBBC 2015 /07	Rina Begum	AL	Boxercise - session for parents and carers of children attending	£500

			Malmesbury primary school.	
BBBC 2015 /08	Rimni Begum	FG	Healthy gardeners-Food growing for residents of a high rise block of flats who don't have much green space.	£500
BBBC 2015 /09	Mahamoud Hassan	AL	Father's football-football for fathers and young men in the St Pauls way area based at Mile end park.	£500
BBBC 2015 /10	Cecil Maitland	AT	SWP Walk and Talk- Mixed walking group for residents of St Pauls way.	£300
BBBC 2015 /11	John White		Regents Canal Bulb Mania (withdrawn)	
BBBC 2015 /12	Ferdosi Ali		Keeping fit during pregnancy (Withdrawn)	
10		TOTAL		£4,520

SW Locality				
Application Reference	Applicant Name	Project category	Project Summary	Amount Awarded
IH -SW-14/15/-01	Ripa Hussain	AL	Adult Zumba for Parents	£500
IH -SW-14/15/-02	Primela	HE/AL	Healthy Eating for Older People over 60s health and nutrition workshops/activities and exercise	£470
IH -SW-14/15/-04	Jabid Ahmed	AL	Junior Boxing and Football	£500
IH -SW-14/15/-05	Athiqul Alom	HE	Healthy Eating Young People -young people doing healthy cooking	£497
IH -SW-14/15/-06	Imran Khan	HE	Healthy Eating -young people learning about healthy diets	£500
IH -SW-14/15/-07	Molly Garenz	IE	Greening the Canals-litter picking and cleaning by using canoes	£500
IH -SW-14/15/-08	Mary Flanagan	AL/HE	Exercise & Nutrition for the over 40s armchair yoga and Healthy Eating	£500
IH -SW-14/15/-09	Anders Wickberg		Community Events	£500
IH -SW-14/15/-12	Mahfuza Anisa	IE	Gardening Project-young women's growing projects	£500
9		TOTAL		£4,467

SE Locality				
Application Reference	Applicant Name	Project category	Project Summary	Amount Awarded
IH.SE/2014/15-02	Freya Norton	AL	Girls Football Team-football practice and playing	£500

IH.SE/2014/15-09	Rene Felice	AL	arm chair Yoga for older people over 50s increasing mobility and strength	£500
IH.SE/2014/15-11	Geoffrey Juden	IE	Gardening/Seed growing storing Workshops	£388
IH.SE/2014/15-13	Louise Emms	AT	Take a Walk-parents and children walking group	£238
IH.SE/2014/15-14	Joseph Hassan	AL	Mot 2 Exercise & Wellbeing -yoga - reflexology and fitness.	£413
IH.SE/2014/15-17	Amanda Newbury	IE	Urban on the Roof-establishing a roof garden for all staff -volunteers- MC- to improve health & wellbeing in the workplace -reduce stress and have somewhere to eat, meet and socialise.	£350
IH.SE/2014/15-18	Ahmed Hussain	AT	Wharf Walkers-establish a walking group for older Asian men to improve their lifestyle and improve their health issues, and reduce isolation.	£170
IH.SE/2014/15-19	Soad Omer	AL	Exercise for Somali Women yoga	£300
IH.SE/2014/15-20	David Smith	FG	Cubitt Library Group- funds to buy compost /plants/materials/tools for group for over 50s who meet weekly at the library and who have established a small garden to use for food/plants to grow and to meet have a chat & discussions from visiting guests to their group.	£197
IH.SE/2014/15-25	Shahida Hussain	AL	Exercise pilates	£495
IH.SE/2014/15-26	Muna Mohammed	AL	Keep Fit-zumba/fitness	£450
IH.SE/2014/15-27	Sister Christine	IE/FG	Gardening Group- women's gardening group food growing project, some of the women have mental health problems. They have successfully established raised beds and amazing veg and fruit.	£500
IH.SE/2014/15-28	Muna Ali	AL	Older People Exercise and Health Group-fitness	£500
13		TOTAL		£5,000

2015 Totals

50 Projects

£18,987

AL	Active Lives
AT	Active Travel

FG	Food Growing
HE	Healthy Eating
IE	Improved Environment

2016 Can Do Community Led Project Awards

NW Locality				
Application Reference	Applicant Name	Project category	Project Summary	Amount Awarded
OC/2015-16/003	Syed Ahmed	AL, MW	Lunch Club – club for the elderly in the community. The primary desired outcome of this initiative is the establishment of a lunch club for the elderly. The establishment of the club will bring about benefits and health gains to the elderly. Additional activities such health trainers may be available.	£300
OC/2015-16/004	Wendy O'Donnell	HE	Healthy Foods- Cook & Eat Session: Run healthy cook and eat sessions. Cooking lead will discuss healthier, cheap and quick snack/ meal ideas participants can make on a daily basis.	£300
OC/2015-16/005	Nazma Kamal	AL	Off the beats – Dance workout: Aim of the project is to encourage parents to exercise. Classes are for beginners and will be delivered by a qualified instructor.	£250
OC/2015-16/006	Ruby Begum	AL	Carers Walking Team: Mental health carers to go on weekly walks. To encourage their own wellbeing and stay healthy. Tackle isolation.	£500
OC/2015-16/010	Syeda Tasmia	AL / MW	St Peters Community Wellbeing Projects: Deliver weekly stretch-based exercise (yoga & Pilates). Deliver health & physical activity workshops to encourage participants to live more healthy. Taking participants on walks around the local area to encourage more walking.	£500
OC/2015-16/011	Syeda Rowai	AL/ HE / MW	Brick Lanes Women's & Girls Project: Organise health sessions once a week, includes health trainers workshops, exercise sessions, coffee mornings with healthy snacks and healthy cooking	£500

			sessions.	
OC/2015-16/012	Sanowara Begum	AL / MW	Defence Classes promoting confidence and fitness: To deliver 8 Sessions of self defence classes to young people in the community.	£400
OC/2015-16/015	Mohammad Ismail	HE	Somali Healthy Eating Project: Run healthy eating workshops for members of the local Somali community in order to raise awareness about the nutrition element of foods and how participants can eat healthy food on a low budget.	£300
OC/2015-16/019	June Berry	AL / MW	The Wellbeing Group for the Chatter Natters!: Deliver 8 activity sessions at the wellbeing group for the elderly. Users are 50+ ages. Session will include reflexology & therapeutic activities.	£500
OC/2015-16/020	Suraj Ali	AL	Bancroft Elderly Club healthy living project: Exercise for elderly men & woman in the locality. Delivery of healthy eating and living workshops including stop smoking sessions.	£500
OC/2015-16/021	Shaheen Aktar	HE / AT	Sugar Smart – Healthy Choices for Snacks & Drinks: Run sessions for young people and adults with learning difficulties and disabilities to make healthy choices for snacks and drinks.	£300
OC/2015-16/023	Mir Shamsunnahar Begum	AL/ HE/ IE/ MW	St Peters North Community Gardening Club: Enable local residents to train and build up skills about horticulture and nature.	£350
OC/2015-16/026	Ferdous Ahmed	AL/ HE	Early Riser's project: Brisk walk & breakfast: Participants to take a brisk walk through local routes to encourage wellbeing and staying active. Followed by a healthy breakfast/Snacks.	£300

13		TOTAL		£5,000
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NE Locality				
BBBC16/01 ~ Bromley North	Nabil Elouahabi- Drama Workshop	AL / MW	Drama workshop. For young people 18-21yrs, encouraging them to express themselves through drama workshops, storytelling, theatre games, movement, conversation music & Collaboration.	£350
BBBC16/07 ~ Mile End	Rajaa Berezag-Dance to Fitness	AL / MW	2 hour sessions to encourage, young people's person and physical growth through using dance techniques such as Hip Hop, Ballet and various dance styles.	£500
BBBC16/08 ~ Bow West	Linda Snooks-St Barnabas Garden	AL FG IE MW	Gardening Project for age group over 60's at St Barnabas Church	£500
BBBC16/15 ~ Bow East	Roberta Antonaci- The Green Rocket	HE AL IE	Food Growing Sessions with local volunteers and open it up to the wider community regularly.	£500
BBBC16/17 ~ Bromley North	Syed Mostofa Kamal- Dads Badminton	AL MW	Badminton for dads at Old Palace Primary School	£240
BBBC16/23 ~ Bow West	Rojina Begum- Womens Keep fit Wellington Way School	AL	Keep fit activity for mums at Wellington way Primary School	£500
BBBC16/24 ~ Bromley South	Gem Pritchard- Mindfulness Photography	AL AT MW	Photography outings for people affected with Mental illness	£500
BBBC16/19 ~ Bow East	Zahra Nur-Somali Parents of Children with Autism Support Group	AL AT MW HE	Workshops for parents with autistic children	£500
BBBC16/25 ~ Mile End	Asia Khanom-Keep Active	AL MW	Keep Fit Classes for local residents of Southern Grove	£410
BBBC16/26 ~ Bow East	Laura Cullen-Active Autism Project	AL HE MW	Physical activity sessions for autistic children ages 10-16 years	£500
BBBC16/34 ~ Bromley North	Shabana Begum- Zumba	AL MW	Zumba for local residents at Old Palace Primary School	£500
11		TOTAL		£5,000

SW Locality				
Application Reference	Applicant Name	Project category	Project Summary	Amount Awarded
IH-SW-2016-01	Lukey Begum	AL	Zumba for parents	£500

IH-SW-2016-02	Farzana Khanom	HE	Healthy snacks /recipe book - cooking with parents and producing healthy cook book	£500
IH-SW-2016-03	Hahimul Islam	AL	Wapping youth fitness/circuit training	£500
IH-SW-2016-04	Michael Punter	FG	Stepney young Farmers -young children learning gardening and planting /food growing learning about where their food comes from and up skilling /educating young people.	£500
IH-SW-2016-07	Sultana Uddin	HE	Healthy mums & kids Healthy snacks /recipe book -cooking with parents and producing healthy cook book	£500
IH-SW-2016-08	Sadia Kuddus	IE	Reduce & recycle -sewing upcycling clothes	£500
IH-SW-2016-10	David Barraclough	IE	Composting food waste -pop up composting on estates in Shadwell for local people. Improving the environment and educating residents about food waste and composting.	£500
IH-SW-2016-11	Shipa Ahmed	AL	Keep fit for parents yoga	£500
IH-SW-2016-12	Anders Wickberg	HW	Stepney Community events - bring the community together reduce isolation and get to know your neighbours by sharing healthy food.	£500
IH-SW-2016-16	Lulu –Falbe-Hanson	HW	Shadwell community events =workshop on community ending in a large event for all the community to enjoy vegetarian healthy food.	£500
10		TOTAL		£5,000

SE Locality				
Application Reference	Applicant Name	Project category	Project Summary	Amount Awarded
IH-SE-16-01	Mohima Kamlay	MHW	Mums & Kids Autism - supporting parents to reduce stress and isolation caring for children with Autism.	£250
IH-SE-16-05	Bethany Summers	MW	Green Care -gardening club for adults with MH issues to reduce isolation -learn and develop new skills and knowledge around food/plant growing.	£350

IH-SE-16-06	Joseph Hassan	AT	Walk & shoot -men's group walking with photography, learning how to use digital camera photographing local area, whilst walking improving their health & wellbeing, reducing isolation and encouraging friendships with other isolated older men.	£345
IH-SE-16-07	Dyane Richardson	HW	Social events -to connect-build confidence for lots of older residents offer different social evening and weekend events getting over 60s out of the house reducing isolation and improving health & wellbeing.	£400
IH-SE-16-09	Rubina Begum	HE	Healthy cooking sessions -Asian parents learning to cook more English food, which their children enjoy eating at school -and use their skills at home.	£300
IH-SE-16-10	Christine Frost	MW	Choir -for older residents to improve their health both mental & physical - by reducing isolation getting people out of the house -supported by volunteers from the Olympic vol choir -& performing at local primary schools.	£360
IH-SE-16-12	Sharon Gibbs	AL	Parents exercise class - keep fit for mums in school	£300
IH-SE-16-14	Rina Miah	AL	Yoga / massage for women's group	£250
IH-SE-16-15	Kerry-Anne- Baldoni	AL	Kids Fitness -after school social girls group aged 5 -8 living in poplar & bow teaching kids gardening /cooking and life skills to increase their confidence and abilities.	£400
IH-SE-16-17	Joyce Ahnieh	MW	weekly Older people Chair Yoga / Exercise to increase mobility/strength and balance for over 60s	£350
IH-SE-16-18	Deborah Hopkinson	HE	Fruit carving -parents learning fruit carving skills with exotic fruit and making fruit kebabs/smoothies with left overs. Will show parents skills to teach their children and encourage them to eat /try new and different fruit, also skills to fundraise by demonstrating their skills at school events/fairs.	£350
IH-SE-16-19	Laura Tracey	AL	Boot camp -meet &greet then join boot camp-exercise in mudchute farm.	£300

IH-SE-16-21	Holly Higginson	AL	Gymnastics for young people to improve their skills, balance and flexibility for their Dancing	£166
IH-SE-16-22	Farhana Chowdury	HE	Healthy cooking -reducing salt/sugar for healthier meals.	£400
IH-SE-16-23	David Stackable	MW	Relaxation sessions for older people	£300
IH-SE-16-24	Una Noor	AL	Badminton - badminton equipment for women's group to keep fit / try a new sport for all ages and keep equipment for ongoing sessions.	£150
16		TOTAL		£5,000

2016 Totals

50 Projects

Awards made: £20,000

CATEGORIES OF AWARD KEY	
AL	Active Lives
AT	Active Travel
FG	Food Growing
HE	Healthy eating
IE	Improved Environment
MW	Mental Wellbeing