



Naya Savera

# HARNESSING THE POWER OF COMMUNITIES SMALL GRANTS

Final Report November 2023

Produced by  
**Leeds**  
Community  
Foundation



**Leeds Community Foundation is delighted to have worked with partners on the Harnessing the Power of Communities Small Grants Programme.**

Delivered in partnership with Forum Central, the programme was established in 2020 with funding from West Yorkshire and Harrogate Health and Care Partnership and NHS Leeds Clinical Commissioning Group (now the ICB in Leeds). The grants programme aimed to develop, strengthen and sustain health focused Third Sector community activity in Leeds, improve the health and wellbeing of people in communities identified as the most disadvantaged in the city and build the capacity of the Third Sector as an integral part of the health and care system.

This report summarises final outcomes and learning from the 31 Small Grants awarded to Community Organisations for 1 or 2 years of activity, funded through the 2020 and 2021 rounds of the programme. Summary information from the additional grants awarded in 2021-22 is included at the end of the report.

We hope that the following information gives you an overview of the valuable contribution made through Harnessing the Power of Communities Small Grants, and the ways in which your support has enabled Community Organisations to work with, and make a difference for, people in their communities.

On behalf of the grant holders and all the people supported through this programme, thank you.



## THE WIDER PROGRAMME

Harnessing the Power of Communities (HPoC) is a health and care transformation programme for West Yorkshire that embeds the Third Sector within all areas of health and care activity through inclusion and investment. The HPoC vision is to build a new relationship with communities through the co-production of services and care. HPoC contributes to the ambitions of the NHS Long Term Plan to join up community services, prevent ill health and enable more people to take an active part in managing their own wellbeing.

Forum Central and partners are implementing a bold strategic plan to achieve long term change by ensuring that all the actions and decisions of the system support a strong and thriving Third Sector. HPoC is building a stronger Health and Care Third Sector in Leeds, learning from involvement in the national NHS Third Sector accelerator programme and Transforming Healthcare Together. HPoC commits commissioners and partners to work collaboratively with the Third Sector through investment from the wider health and care system in the future.

HPoC maximises the capacity of the Third Sector to deliver meaningful outcomes for people and creates activity that reduces pressure and demand on other parts of the system. HPoC recognises the vital role that Third Sector organisations have in the system, the reach they have into communities and into the lives of people facing the greatest health inequalities.



## THE CONTRIBUTION OF GRANTS INVESTMENT

A key strand of the HPoC programme is investment in small grants funding. The work funded through the 2020 and 2021 grants provides a body of evidence around the contribution towards health outcomes made by Third Sector organisations that meet the Leeds System health and care priorities.

The impact can be seen through the reporting made by grant holders, both for local people and in the capacity and capability of Community Organisations.

Over 7,000 people have benefitted from involvement in community projects and services, with over 2,000 reporting better mental health, over 650 improved physical health and a similar number saying they are looking after themselves better or managing their health better.

22 Community Organisations increased or maintained their capacity; 28 organisations reported new or strengthened relationships with other agencies and 29 increased their expertise. 14 organisations secured additional funding.

These impacts will be fed back to decision makers and other funders to review what works and absorb learning from what could be better. This will support the establishment of a strong pipeline of funding to reduce the likelihood of short-term planning and investment.



## LOOKING AHEAD KEY MESSAGES

The evidence and learning from the small grants programme provides a guide to future investment to support the continued integration of the Third Sector within the health and care system.

- > Community Organisations are well placed to deliver health outcomes and to reach people in communities most at risk from health inequalities. These outcomes are achieved through relatively modest amounts, demonstrating that investment in the Third Sector represents good value.
- > The grass roots approaches of many Community Organisations generate both innovation in delivery, and inclusive practice that supports shared approaches to service design and production.
- > Investment in Community Organisations builds capacity and expertise within those organisations, promotes effective partnership working with mainstream health providers and prompts Third Sector alignment with strategic priorities within the health and care system.
- > To sustain the boosts in capacity and resilience achieved by Community Organisations, and to secure the long-term contribution of the Third Sector within wider change programmes, investment is required both in service development and delivery and in multi-year core funding.
- > The achievements of the small grants programme can support Third Sector infrastructure providers in Leeds in championing the role of smaller organisations in the delivery of good health outcomes.



West Yorkshire  
Health and Care Partnership



**NHS**  
NHS West Yorkshire  
Integrated Care Board



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## GRANTS AWARDED FOR COMMUNITY PROJECTS

# £245,855

Awarded in grants\*

# 31

Organisations funded

# £7,931

Average grant size

\*A further £60,000 was awarded in 12 additional grants in 2021 and 2022  
See slides 35–37 for more information

# GEOGRAPHICAL DISTRIBUTION OF GRANTS

West Yorkshire  
Health and Care Partnership



**NHS**  
NHS West Yorkshire  
Integrated Care Board



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# SUMMARY OF FUNDED ACTIVITY 2020

Organisation	Activity Summary	Activity Area	Amount Awarded
Community Matters Yorkshire	Developed an accredited training course “A Badge of Excellence in Community Development and Health Inequalities”. The course taught people how to engage with marginalised groups, understand health inequalities, and how grassroots organisations can support health and wellbeing.	East Leeds	£9,460
DIAL Leeds Ltd	DIAL continued their successful Peer Power project, working with people with impairments and long-term conditions to resolve social welfare problems, improving health and wellbeing.	North Leeds	£10,000
Humans Being	The Men’s Health Activists project provided training and opportunities for four groups of men in a peer-led environment to focus on their mental health and enable them to better support other men.	Harehills	£9,889
Incubating Arts CIC	Creative Community Connectors empowered artistic people who have had mental health issues to host their own exhibitions or events as part of the Love Arts Festival. One-to-one and outdoor sessions were delivered, producing a wall hanging and an online exhibition about families.	Middleton Park	£4,900
Kirkstall Valley Development Trust	A varied events programme developed to engage a wide range of local residents and raise awareness of the organisations working in the area. The events increased community involvement and activity and tackled isolation and mental health problems.	West Leeds	£8,000

# SUMMARY OF FUNDED ACTIVITY 2020

## CONTINUED

Organisation	Activity Summary	Activity Area	Amount Awarded
Leeds Bereavement Forum	Delivered training sessions for staff and volunteers at 17 older people's organisations across Leeds to develop basic bereavement skills and learning in setting up and facilitating peer bereavement support groups.	Leeds-wide	£9,380
Leeds Bosom Buddies	A 'Train the Trainer' course enabled experienced peer supporters to become Peer Support Facilitators. Facilitators ran four peer support courses expanding the reach of Leeds Bosom Buddies in communities with high social deprivation and low breastfeeding rates.	LS11	£9,961
Leeds Mindfulness Cooperative CIC	Delivered seven 8-week courses, one 4-week course and various taster and follow-on sessions teaching mindfulness skills and compassion. The courses helped people develop strategies to cope with pain, fatigue, stress, anxiety, depression and long-term health conditions.	Seacroft, inner East Leeds, Chapeltown and Harehills	£10,000
New Wortley Community Association	Piloted a Women's Group to build friendships, social connections and peer to peer support. Sessions, including crafts and skills sharing, ran in person when safe, and online during lockdowns when pamper packs and wellbeing kits were also delivered to members.	New Wortley and Armley	£4,892
Pingpong4u	Delivered table tennis sessions and provided kit for various organisations across Leeds, working with people who are homeless or at risk of becoming homeless. Taking part increased physical activity and reduced loneliness and isolation.	Harehills, Gipton, Burmantofts, Lincoln Green	£10,000

# SUMMARY OF FUNDED ACTIVITY 2020

## CONTINUED



Organisation	Activity Summary	Activity Area	Amount Awarded
Seacroft Community On Top	Delivered activities that brought local residents together, addressing isolation and improving wellbeing. Included 'Tots Sports', children's football and a boot camp for adults.	South Seacroft	£10,000
Sing & Shine	'Stay Connected' used three activities to bring together people over 50 to build friendships and improve wellbeing, tackling issues linked to loneliness and retirement. 15 people received Reiki qualifications, 30 benefitted from Thai Chi and new friends were made through singing.	Leeds-wide	£5,000
The Conservation Volunteers	TCV supported five community gardening groups, providing support, mentoring and training in to help them become independent. Developed a fledging process for how to reduce the support they offer to groups over time as they prepare to be self sufficient.	Leeds-wide	£9,840
The Lippy People Charitable Trust	Employed a Learning Manager who shifted the way the team and organisation learn and evaluated and reported on the impacts of the video storytelling projects they deliver. More than 50 videos are created about the learning gained from their 'Life, Loss, Learning and Legacy' project.	Leeds-wide	£10,000
The Neighbourhood Project	Supported older people to gain skills and confidence in using tech and the internet. Tech loans and Zoom training were used through lockdowns, but people were reluctant to meet face-to-face. Combined with the organisation's suggestion that the project compete with other digital inclusion services, resulted in the decision to end the project after a year.	South Leeds	£9,315 (£4,657 paid for year 1, remainder contributed to 'Additional Grants' round)

# SUMMARY OF FUNDED ACTIVITY 2020

## CONTINUED

Organisation	Activity Summary	Activity Area	Amount Awarded
The Tribe Youth Group	Delivered sessions for young people to support their mental health and fitness, through the 'I Am Me' project. Included circuits, yoga, boxing, learning about healthy eating, muscle groups and looking after your body and mind. Young people were also encouraged to engage with community forums and local councillors.	Osmondthorpe, CrossGates, Swarcliffe, Burmantofts, Gipton, Seacroft, Halton	£10,000
Yorkshire Life Aquatic CIC	Bramley Mermaids Club is a synchronised swimming group improving health and wellbeing for women and girls. Learning routines over Zoom as well as in person, the group met regularly and held a number of performances at Bramley Baths.	Bramley	£7,920

# SUMMARY OF FUNDED ACTIVITY 2021

Organisation	Activity Summary	Activity Area	Amount Awarded
Baby Week	Baby Week commissioned a multi-functional website to host information about Baby Week events and other resources. Baby Week took place in November 2021 and Children's Centres hosting events in the week reported that new families accessed their services as a result.	Inner city and outer areas of Leeds	£5,000
Connecting Crossgates	Project connecting people with mental health problems, social isolation and / or disabilities with both paid and voluntary work through various projects that support health and wellbeing, including 'Craft & Chat' and 'Mind Matters'.	Seacroft, Swarcliffe, Stanks and Crossgates	£10,000
East Leeds Project	KIOSK, a mobile makerspace, delivered free artist-led workshops in East Leeds. It generated a relaxed, creative environment for conversations on mental health, social isolation, self-confidence and enabling new friendships.	East Leeds	£9,859
Halton Moor and Osmondthorpe Project for Elders (HOPE)	HOPE employed a Community Engagement Officer who worked with people whose poor health and wellbeing had been exacerbated by the pandemic, through groups, trips and one-to-one work.	Halton Moor	£10,000
Leeds Destitute Asylum Seekers Support (LEDAS)	Supported residents who had experienced street homelessness to develop healthy lifestyles and maintain their homes. People joined gyms and took part in sports and learned to cook healthy meals.	Harehills	£6,504

# SUMMARY OF FUNDED ACTIVITY 2021

## CONTINUED

Organisation	Activity Summary	Activity Area	Amount Awarded
Naya Savera	Naya Savera delivered a weekly peer support group for South Asian elders, removing stigma around mental health, reducing isolation and empowering people to improve their mental and physical health.	Leeds-wide	£10,000
Nowells Community Group	Developed a programme of activities at Nowell Mount Community centre. Provided opportunities for people to come together to improve health and wellbeing, reducing isolation.	Nowells, Cliftons, Torres – Burmantofts	£5,000
Pudsey Community Project	Built on existing food provision to provide holistic support for local communities, including the launch of their 'Pudsey Pantry'. Activities included a food club, teenage cookery lessons, youth clubs and support groups around mental health and bereavement.	West Leeds	£10,000
ReCreate	ReCreate delivered art sessions that promoted health and wellbeing. They delivered sessions for men in recovery from drug and alcohol dependence and families living at a supported housing project.	Armley	£1,950
Sanskar (Ethos)	Delivered activities including arts and craft sessions, chair-based exercises and socialising to improve the physical and mental health of older women from the Gujarati community.	Burley, Kirkstall and Horsforth	£5,000

# SUMMARY OF FUNDED ACTIVITY 2021

## CONTINUED

Organisation	Activity Summary	Activity Area	Amount Awarded
Shine Bright (NS) Ltd	Delivered WRAP ('The Wellness Recovery Action Plan'®), a prevention and wellness programme, for adults and teens. Some participants were trained as facilitators and many young people have moved to the ongoing peer support group.	Leeds-wide	£4,980
Speak With IT	Restarted their aphasia cafés, with two running each month. One session was delivered in person and the other online. The sessions helped to reduce isolation and improve wellbeing. Volunteers involved also gained employability skills and work experience.	Middleton Park	£4,206
Sumangal Group	Encouraged their members to take part in more physical activity, through weekly indoor and outdoor walks. Offered group and one-to-one walks. Sessions provided opportunities to socialise and connect.	LS6, LS7, LS8, LS9, LS16, LS17 and LS14	£5,000
That Name Woman	Delivered weekly Zoom meetings for women to talk openly about their experiences in a supportive environment, as well as groups for teens. They also delivered activities for mental health week and held a mini conference to raise awareness of gender based violence.	Leeds-wide	£9,800

# LEARNING AND OUTCOMES

# LEARNING

## Context

The grants programme began at the time of the COVID-19 pandemic and has concluded during the cost-of-living crisis. This context shaped the delivery of the work of each of the grant holders as they responded to changing circumstances and the experiences and needs of those they worked with.

**Organisations learnt to work flexibly to meet need; adapting to changing circumstances has provided opportunities to improve engagement.**

Adjusting practice, firstly to online or remote provision, and then to re-engaging face to face, provided learning for organisations about which approaches proved effective and which limited engagement. Many participants were anxious about being together with others again and organisations have learnt to be agile in responding to changing, and increasingly complex, needs.

*“We’ve been able to meet many of our beneficiaries face to face and start to signpost them to further help as the Food Pantry scheme is at our base, whereas the food parcels we delivered during COVID were to people’s doorsteps.”* Pudsey Community Project

**Both the pandemic and the cost-of-living crisis have hit hardest those already facing difficulties, particularly around mental health and wellbeing.**

*“We have learnt that disabled people and individuals with long-term conditions including mental health issues are being disproportionately adversely affected by the financial impacts of COVID, the current cost-of-living crisis and a cumulative background of successive welfare reforms and wider austerity measures within health and social care.”* DIAL Leeds

Organisations within the programme have learnt a great deal about the circumstances of those they work with over the period of the grants. A common learning point has been around the time needed to properly connect with and engage people in project activity as needs have become more acute.

*“It took patience and understanding and lots of tea over several weeks to get people to engage.”* Halton Moor and Osmondthorpe Project for Elders

Within this context, organisations have reported learning about the need to increase the range of opportunities and options for people experiencing health and wellbeing challenges and noted the value of the HPoC programme in enabling new services and innovations to be developed.

# LEARNING CONTINUED

## Engaging health partners can be challenging, though is possible through time and partnership building

A strong illustration of the value of building relationships with mainstream health providers comes from the East Leeds Project, which engaged a local GP Practice in dialogue about their KIOSK project.

*“We learned that we needed to develop longer-term relationships in order to build meaningful dialogue and close partnership working towards shared goals. To this end we have specifically focused energies on deepening our partnership with Bellbrooke Surgery, forming a promising model for the future. We are currently in talks to expand this partnership to other Surgeries within the LCP.”* East Leeds Project

## Delivering activities can take a lot of time and effort

A number of organisations have recognised through their HPoC work the challenges, sometimes internal, sometimes linked to engagement, of establishing and delivering new activities.

*“We have learned that starting new dimensions always takes longer than expected - whether down to volunteer recruitment, staffing capacity, or finances.”* Pudsey Community Project

## The value of investing in engagement, building relationships, and listening to people. This is a core skill of Community Organisations.

A strong theme within the reported learning by organisations is of the value of building connections, dialogue and trust with local people which, in turn, enables project delivery and outcome achievement.

*“We learned that through building rapport, people can trust who they work with.”* That Name Woman

This theme emerged through many reports, illustrated in different settings and with different groups:

*“The ongoing peer support offer has proven vital to maintain the opportunity for wellness.”* Shine Bright, referencing support within groups of young people recovering wellness

*“Ensuring we keep the community involved has meant we have needed to work with people more and manage them to ensure they work in way that meets standards and expectations that are required, this has required more time and follow up than expected.”* Nowells Community Group, noting the need to keep community involvement central to project planning

*“What worked particularly well was the fact that we had a dedicated paid member of staff who was able to invest time in getting to know and listen to the service users she supported.”* HOPE, affirming the value of listening and investing time in relationships

# PEOPLE SUPPORTED BY THE PROGRAMME

7,027\*

People supported in total, of whom there were...

1,159

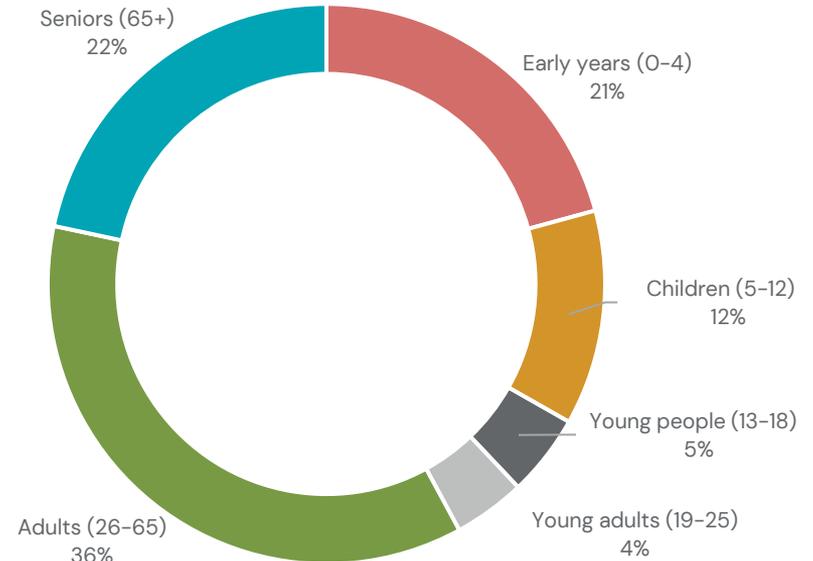
People with mental health issues

249

People with learning disabilities

\*1,600 of these people were supported by Kirkstall Valley Development Trust who ran a number of large-scale events.

People supported by age group



\*The chart is based on data provided for 5,661 people

# PEOPLE SUPPORTED BY THE PROGRAMME

384

People with physical and multiple disabilities

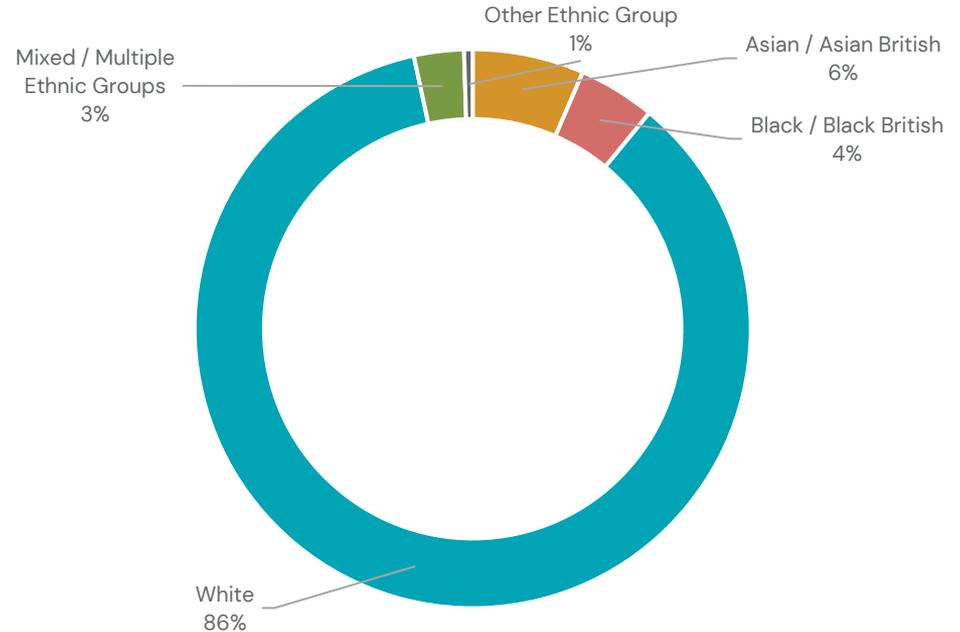
1,012

People in poverty

384

People not in education, employment or training

People supported by ethnicity



\*The chart includes data on 3,824 people whose ethnicity was known

# IMPACT ON FUNDED ORGANISATIONS

## 28

Organisations reported new or strengthened relationships

## 20

Organisations increased their capacity

## 22

Organisations established new services/activities with their grant

## 29

Organisations reported an increase in their expertise

## 14

Organisations reported securing additional funding

## £151,087

Additional funding secured\*

\*This total is based on amounts reported by 10 organisations where the amount raised was known

# IMPACT ON FUNDED ORGANISATIONS

## New, stronger relationships with key agencies

“We have stronger connections with PAFRAS (Positive Action for Refugees and Asylum Seekers) and Red Cross who do case work to progress the men’s asylum cases and refer new residents to us. We can get mental health advice from PAFRAS and the NHS. One of our trustees has a medical background which helps greatly in contacting sources of advice. We network with other asylum seeker organisations such as LASSN (Leeds Asylum Seekers Support Network)”  
LEDAS

## Securing new money

“We applied to the Flint Family Fund with Leeds Community Foundation for a new project “You Are Not Alone” that was born as a result of working with black teenage girls and young women through the Support and Information project. The Flint Family Fund bid isn’t connected to Harnessing the Power of Communities but the idea was born through it.”  
That Name Woman

## Increasing expertise

“We have learnt more about how art-based activities can impact the lives of vulnerable people. We will take this experience into future projects.” ReCreate

## Building capacity

“We have grown the number of projects, developed the projects, increased our training of volunteers and seen more participants at our groups. We have employed staff for more hours. We have recruited and trained new volunteers.” Connecting Crossgates

## Creating new services

“Managing a mobile project enabled incredible learning that migrated directly into producing ‘Moon Palace’ for LEEDS 2023 Year of Culture, with potential for major socio-cultural impacts in East Leeds for the next 10+ years.” East Leeds Project

## Evidenced health gains through evaluation

“19 young people completed the programme and provided two measures using evidenced based outcome tools [The Warwick-Edinburgh Mental Wellbeing Scale](#) and [Goal Based Outcomes \(GBO\)](#). These measures alongside traditional evaluation feedback evidence the impact of this support. Examples of outcomes included a mean mental wellbeing increase for the group of over 15 percentage points and a mean improvement of 39% in relationship and friendship goals.”  
Shine Bright

# 2,174

People reported improved mental health

# 658

People reported improved physical health

# 659

People reported improved self-care and / or self-management

# 1,378

People reported an increased sense of belonging to the community

## HEALTH & WELLBEING OUTCOMES

The Harnessing the Power of Communities Small Grants Programme has brought about positive change for many people across the city, and for the Community Organisations working to make those changes happen.

The headline outcomes and the number of people reporting those outcomes are noted here and are indicative of the reach of the programme and the skill of Community Organisations in engaging people in communities.

Beneath the headlines are many other changes brought about by the programme for individuals, groups and organisations, which are illustrated below.

### **Community Organisations are delivering health and care activities and outcomes**

The organisations involved in the programme have created new services and activities that are supporting good health for Leeds residents. A range of support services has been trialled, established, supported, strengthened (in the case of existing activities) and, in some instances, sustained.

“By creating new projects and increasing capacity at existing projects, we have placed health care solutions in accessible places right at the heart of the community.” Connecting Crossgates

# HEALTH & WELLBEING OUTCOMES

## CONTINUED

### People are feeling happier

Happiness is expressed in different ways across the different projects, in some instances as being joyful, or in smiles or laughter. It has also been described as feeling calm or being generally in a better mood.

“I’m unrecognisable now! It’s given me confidence to showcase my knowledge and skills and helped me to volunteer and work within a team. I now feel a part of a larger family of community and am making new friends. My mental health is more stable now I’m socialising more. I’ve come out of my shell!” Volunteer, Connecting Crossgates

### People are better connected

Being better connected to others is a pillar of good mental health. Sometimes referred to as being less isolated or lonely, or as having made new friendships or joined new groups, references to feeling connected are common throughout the programme.

“The elderly people have especially benefited from weekly gatherings with their peers, leading to increased happiness and decreased feelings of isolation. They now feel more connected to their community and peers.” Sanskar (Ethos)

### People feel better about themselves

The programme has supported people to develop a more positive view of themselves, often reported as confidence, pride in achievements, feeling valued and being able to talk about their health.

“Women have been able to take ownership of their feelings with the understanding that it can change as long as they can identify their clutter and with support, navigate out of their present situations. Asking for help is now becoming normal. Some women we support now understand that mental health is an illness as any other illness and can be managed with the help of a doctor, therapy, and debunking myths surrounding their situation.” That Name Woman

### People are physically healthier

Project participants have become more active as a result of involvement in the programme. Other reported physical benefits include eating more healthily, learning about nutrition, stopping smoking and sleeping better.

“Our walking group has successfully encouraged people to get outdoors and enjoy the fresh air. Participants have thoroughly enjoyed the walking sessions and have benefitted from developing their social network, becoming more confident, and improving their physical health” Sumangal Group



## HEALTH & WELLBEING OUTCOMES CONTINUED

### People are more skilled

In addition to gaining a range of new skills, participants have begun volunteering (411 people reported this) and found work and reported a sense of achievement and pride. Others have noted improved control over their finances and an ability to cope with their mental wellbeing through self-care and management (659 people reported improved self-care and management).

“With a lot of encouragement J was able to come and access the Pantry scheme which means she saves £800 a year on food bills, so has more to support her family. She needed a lot of support to come as she felt too anxious to visit a new place but is a regular member now and values coming.” Pudsey Community Project

### People at risk have access to basic healthcare

The circumstances of some of those supported through the grants have meant that access to essential health providers (GP’s, dentist) has been a critical outcome.

“I have had access to a doctor”; “I have had medicine if I need it”; “I have been able to see a case worker”; “I have had a feeling of hope for the future”; “I have had a feeling that other people care about me.” Men supported by LEDAS

# CASE STUDIES AND QUOTES



## EAST LEEDS PROJECT

The East Leeds Project is a practitioner-led visual arts organisation based in Gipton. The East Leeds Project aims to achieve positive change in local communities through sustainable, equitable and accessible creative approaches.

East Leeds Project's Harnessing the Power of Communities work involved a series of pop-up, hands-on, creative workshops using KIOSK, a mobile makerspace. The organisation's experience of using techniques such as KIOSK is that the approach brings many mental health and wellbeing benefits for participants including reduced stress and anxiety; distraction from health issues; improvements in conditions such as depression; encouraging and increasing social interaction; raising self-esteem and confidence; encouraging self-expression; improving communication skills and strengthening individual and community resilience.

Delivering the workshops has enabled East Leeds Project to build and strengthen their networks with local people, groups and communities across East Leeds, in particular Cross Gates and Whinmoor Good Neighbours Scheme, who have invited return visits, and the Bellbrooke GP Surgery in Harehills as partners in delivering a range of activities at the Nowell Mount Community Centre. Building relationships has led to acceptance from the local community, a working partnership with a GP practice and discussions about expanding the work across the Local Care Partnership.

“In year 1 we began a relationship with Cross Gates and Whinmoor Good Neighbours Scheme. The organisation works with and for older people and invited us to bring KIOSK to 'The Hub', their new social space within Cross Gates Shopping Centre. We piloted two KIOSK workshops there to gauge interest from users of the space and begin building relationships with the community created around it. The workshops engaged participants in conversations about the places where they live – what they liked and didn't like, their hopes for the future of those places, and about the language that is imposed on them, e.g. through Council signage that focuses on what 'not' to do. These conversations were translated into artworks by participants using collage, drawing and stencilling to propose more positive, welcoming signs for local places, which were then displayed within The Hub to generate wider conversations.

In Harehills, additional resource to support delivery is now also possible, post-proof of concept, through funding accessible to the Surgery which would not have been accessible to us as an arts organisation applying alone. This is evidence of HPoC funding leveraging in additional resources to support longer-term delivery after the end of the current funding period. In terms of our beneficiary group, KIOSK workshops appeal to all ages but we feel work particularly well with older participants where we can take time to build relationships slowly with smaller groups that enable one-on-one development.”

## East Leeds Project

## BABY WEEK LEEDS

“Gipton South Children’s Centre have been an active Baby Week host over the last six years. They left a ‘Wish Tree’ in the lobby following Baby Week 2021. Steph, a young mum, and her new baby attended the events taking place at the centre during Baby Week. Steph says it was transformational in that it was a lifeline that the Children’s Centre has given her as social contact became possible after the pandemic. Steph had never been to the Centre before and ventured out into the community for the first time. Leading from this she has gone on to attend more courses including Amazing Babies parenting program and Baby Massage and is learning a lot. Steph added her message to the ‘Wish Tree’ – ‘Support from Children’s Centre! Always an ear to listen’.”

Gipton South Children’s Centre, as part of  
Baby Week

Baby Week is a registered charity which aims to bring sectors and services together to promote the best start in life. By celebrating services and raising awareness about the importance of early childhood, Baby Week aims to create the best places to grow up in.

The Harnessing the Power of Communities grant strengthened communication about Baby Week with parents, carers, families and professionals by engaging an agency to build and create a new website to help reach more families and professionals. The new website enables Baby Week to deliver a slicker, more effective and informative experience, to showcase different services, and to connect parents to sources of support.

The website also provided the space for resources, promoting events during the week, and information and offers from NHS Leeds Community Healthcare, Leeds Maternity Care, Leeds Best Start and the teaching hospitals.

The website has proved to be highly effective, attracting over 5000 visitors, enabling connections for parents to over 100 events (with half of these being fully booked), and feedback from Children’s Centres in the city that 65 new starters were now regularly attending groups. Baby Week believe this is their strongest outcome – helping new families to access services and support in their communities – illustrated by 100 parents reporting an increased sense of belonging to the community.



## LEEDS DESTITUTE ASYLUM SEEKERS SUPPORT

LEDAS is a charity that provides housing and support to homeless and destitute asylum seekers who have no right to work and no right to state benefits. LEDAS offer social activities, access to education and training in English language, IT skills and various chosen subjects, and access to physical and mental healthcare, vaccinations and health education.

Those LEDAS support are “at the bottom on the inequalities pyramid” with no income or means to earn. A hostile culture towards asylum seekers, traumatic histories for many and destitution mean that access to both mental and physical health support is essential. The HPoC grant enabled LEDAS to provide fresh fruit and veg on a daily basis, bus passes to encourage residents to move about the city, gym membership to aid physical health and funds to meet energy bills. 15 people were supported by the work over the life of the grant.

This highly practical approach has enabled the project to focus on different aspects of developing a healthy lifestyle. Food sharing has provided a way of learning about different cultures; trips out as a group have built connections, friendships and peer support; exercise has boosted both physical and mental wellbeing, and meeting energy costs has meant warmth and security.

“Three of the residents who participated in outings to the seaside reported feeling happy at being on the beach, in the fresh air, walking and playing frisbee which was new to them. Four who participated in outings to a farm where there was an arts centre had positive experiences of the countryside, and watching participatory theatre which they had not seen before. They also expressed pleasure at seeing farm animals in their natural habitats in Yorkshire. The fact of these men living together enabled them to have these new experiences together and to discuss them with each other.”

**Leeds Destitute and Asylum Seeker Support**



“Mrs T, an expert on knitting, has now set up free sessions within our group and is helping people to learn from scratch or for those wanting to learn new patterns. This skill sharing session is very popular and enjoyable by all, making impact on the mental health of the one teaching too as she feels more confident, happier and content and worthy.”

## Naya Savera

Note: Despite the good work achieved through HPoC and other initiatives, the Trustees of Naya Savera were unable to sustain the organisation and made the decision to dissolve in October 2023. This reflects the precarious nature of many small Community Organisations.

# NAYA SAVERA

Naya Savera is a charity that provides support to older people and their carers through activities, workshops and social opportunities to reduce isolation and improve wellbeing.

Naya Savera’s Harnessing the Power of Communities work brought together older South Asian people to tackle health inequalities and support each other to discuss wellbeing issues. A peer support group, physical activities, awareness raising workshops and social groups created a setting where participants felt comfortable to open up and not feel ashamed to talk about wellness. The project also encouraged volunteering, building skills through mentoring and training. Eight new volunteers became involved and two service users joined the management committee to help steer the organisation. All the participants reported stronger social connections, an improved sense of belonging and a more positive attitude towards other groups in the community.

Learning for Naya Savera included the need for adequate resources as some participants have become frail and home visits have become needed to maintain contact and support. The organisation have also worked to ensure the project is culturally sensitive and have noted the value of appropriate language skills and awareness of the cultural needs of participants: “Our members have poor language skills and we supported them by providing interpreting so they can express their views and concerns.”

“My daughter has benefited one hundred fold in terms of social confidence and ways to manage her levels of anxiety. We are hugely grateful and indebted to the wonderful WRAP leaders who have provided this invaluable service without which we would be continuing to struggle. We now have hope for the future not just for my daughter but for us as a whole family.”

### **Parent, Shine Bright**

“When I met you, I was struggling with a lot of factors including my health and finances. Your team offered us cultural food to celebrate Christmas. You don't know what this meant to me. I was feeling so low and didn't even know about Menopause. Your referral was very helpful. I attended the event last July and met people from other countries. The International Women's day event was a good experience as I saw joy in women. Please do not stop what you are doing for your people. God will bless you my sister.”

### **Participant, That Name Woman**

“Yesterday, my little one joined Leeds Libraries. She got: her own library card, a free Bookstart gift from BookTrust, a leaflet to collect star stickers every time she borrows books (when she has six she will get a certificate), a sticker, a pile of borrowed books! Thank you to the librarian at Moor Allerton Library, who couldn't have been more helpful. What a lovely experience. It is so nice to have some new books to read. There are no late fines and no need for identification to join the library. Many libraries are now holding Rhyme Time sessions for pre-schoolers again. Why not go along, join in, join the library and enjoy!”

**Mum, Leeds Baby Bank**

“I don't know how a managed before I became involved with HOPE, my whole life has changed for the better. I felt so low before and would binge eat and drink too much. I am eating much healthier, don't drink so much and even taken part and enjoying walking activities for the first time.”

**Participant, HOPE**

# ADDITIONAL GRANTS

# THE THIRD SECTOR VISIBILITY PROJECT



Building on learning from the State of the Sector Research, the LOOP work, previous HPoC grant funding rounds and existing web-based resources including [Mindwell](#) and [DoingGoodLeeds](#) – the vision of this project was to:

- > Collate and share an understanding of Third Sector health and care related assets across the Local Care Partnership (LCP) and Leeds Place area to better integrate the Third Sector into local and citywide health and care activity and planning
- > Test a new way of working in partnership: bringing assets and knowledge together and allocating resources collaboratively as Third Sector organisations for common benefit and ultimately for people across our diverse communities.

The project co-produced a Third Sector led compilation of existing knowledge and visual asset mapping, building on the innovative digital initiative LOOP (Leeds Open Online Platform). The demo version can be viewed at <https://localleeds.org.uk/services>.

A number of local Third Sector organisations supported this work, including Inclusion North (Linking Leeds Social prescribing collaborative), Nifty Sustainability CIC (State of the Sector research) and Shantona / Black Health Initiative. The project also had significant support from Third Sector Leeds.

Forum Central and Third Sector infrastructure partners can use the information gathered to better support small organisations to engage with a range of conversations, including those with citywide commissioners and local decision makers in the 15 Leeds LCPs. This work complements and builds on the mapping completed by the ward based Community Care Hubs supported by Voluntary Action Leeds / Leeds City Council, as well as the Third Sector Resilience Survey and State of the Sector report.

Forum Central will continue to champion this approach and work with Leeds City Council, local and national NHS and other system partners, making the best possible use of limited resources. The sector is a fluid ecosystem, so the picture is never still and some organisations have limited capacity to engage. Yet this is such a pivotal time to present and develop what we know as clearly and confidently as possible, ensuring future investment and visibility.

# SUMMARY OF FUNDED ACTIVITY

## THIRD SECTOR VISIBILITY PROJECT



Organisation	Activity Summary	Amount Awarded
Black Health Initiative Hamara Healthy Living Centre Leeds Asylum Seekers' Support Network LS14 Trust New Wortley Community Association Shantona Women and Family Centre Touchstone	Worked with Forum Central and a group of third sector organisations to test, learn and shape a sustainable approach to information gathering and sharing (asset mapping) for the Third Sector, in order to enhance a collective understanding of Leeds Third Sector health and care related assets.	£6,000 to each organisation, other than Shantona (£3,000)
LS14 Trust	Developed a website and database which can integrate with other websites as part of the Third Sector Visibility project.	£9,000
Nifty Sustainability CIC	Worked with Forum Central to develop the proposal for co-production of a Third Sector led asset map. Collates and shares our understanding of Leeds Third Sector health and care related assets.	£5,000
Nifty Sustainability CIC	Supported Leeds Third Sector Visibility Project with evaluation, co-facilitation, methodology design, collating shared learning and reporting.	£3,000

# SUMMARY OF FUNDED ACTIVITY

## OTHER PROJECTS

Organisation	Activity Summary	Amount Awarded
Leeds Older People's Forum	Bridging funding for the Men's Health Unlocked city-wide network that connects all involved in the field of men's health and wellbeing.	£4,000
Voluntary Action Leeds	Covered 50% of the annual cost of running the Be Collective volunteering brokerage platform, accessible to organisations who need to recruit volunteers and members of the community who wish to volunteer.	£1,561

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