

**1. Group/Organisation Information**

Group/Organisation name: Church House, Bridgeton [SCIO]

Person Responsible: Angela Molloy

Address: Church House, 22 Queen Mary Street, Glasgow, G40 3BB

Phone: 0141 554 8045

Email: angela@churchhouse.plus.com

Is your group/organisation constituted? **YES**

If so, please give further information, ie. Charity Number etc. SC039112

If another organisation is supporting your proposal please give information below.

Organisation name: .....

Address: .....

Email: .....

Phone number: .....

Contact person: .....

Charity Number: .....

**2. About your proposal (please feel free to add extra sheets if necessary)**

Proposal title: C.H.A.N.G.E – (Children Help Adults Nurture Growing Experiences)

Tell us about your proposal - What will be done, who will do it, where will it take place, how long will it run for, how do you know that it is needed?

Church House, Bridgeton [SCIO] exists to help children, young people and families in Bridgeton and surrounding areas of Glasgow to find fullness of life (physically, mentally, spiritually, emotionally and socially) through recreational activities and informal education. It has been in the community for 76 years working alongside children, young people and families.

We strive to reach the most isolated and vulnerable families and work alongside them to deliver more and better outcomes: programme

- Children have improved life chances and enhanced levels of learning, communication, language, numeracy and social skills.
- Young people are more engaged in productive pursuits with long-term benefits and feel more involved and valued, are knowledgeable, confident, skilled, tolerant, positive and successful individuals and citizens.
- Parents feel more empowered and confident, less isolated and better able to cope.
- Families operate more cohesively with greater resilience.

Our warm and welcoming purpose built Family Support Centre is an outward looking and inclusive service conducted in a safe environment. Our centre is now open 7 days per week.

We have 27 different groups running each week during term time (including young leaders, Duke of Edinburgh, cooking classes, the MADventurers (outdoor activities programme), a joinery group, family night, parent and toddlers and P.A.L.S a group for isolated older people) and organise a fun-packed 7 days per week school holiday programme too including residential. Since August 2018, we have 132 children / young people and 14 adults registered with us and we were in touch informally with many more.

Here are just some of their quotes

- You all do amazing i know both my grandsons enjoy being part of the churchy family keep up the good work
- My kids love churchie, yous are all doing a fantastic job
- My Jamesy loved it, yous all do great for our kids
- Emily loved it staff are brilliant

We are seeking funding to employ a Family Worker for the C.H.A.N.G.E project to enhance the existing provision for children and young people, understand the holistic approach to working with children.

We will use the funding to provide a part time Family Worker to initiate and develop the C.H.A.N.G.E project, which will run over 7 days per week.

- This is a new development in the ongoing work of Church House, which started in 1942; it will allow Church House to establish a Family Support Centre.
- The programme will focus on early intervention and will work with parents, children, individuals, families and the community with the aim of improving outcomes and opportunities. Delivery will be through a structured programme, developed in response to local needs and drawing on feedback from children, parents and partners and could include:
  - Young Parent Group - working with young parents (16 - 25 years) from pre-birth to becoming a parent, supporting them through their pregnancy to give them the healthiest possible pregnancy, birth & baby. This group would run on a weekly basis offering an opportunity for participants to focus on their individual needs helping them make positive life choices for themselves and their children, this would be supported by a creche.
  - ESOL classes - some parents that we currently engage with do not speak English as their first language, often they ask their children to translate and also this causes problems when filling in forms required for their children. ESOL classes would be tied into different activities e.g. cooking to help improve their language barrier and enable them to feel more confident in their community.
  - 1:1 support - many of the parents and young people who are involved with Church House display/have spoken about mental health issue concerns and lack of professional support on how to deal with this. This includes bereavement/multiple bereavements which have a direct impact on emotional wellbeing.

- Focussed groups - including a space for children with additional learning support needs that may require a smaller group for them to thrive. Some of the children who attend Church House, who have Aspergers or ADHD, struggle with having 16 children in a group, it is too much for them to cope with and would benefit from a smaller group for a shorter period of time. A parents & toddlers group focussing on specific activity together e.g. cooking, music, crafts
- P.A.L.S (people are lonely sometimes) some of the elderly people in the community have identified that people of varying ages are lonely and suffer from isolation; we could extend our weekly group to meet more often to bring those people into a place which is welcoming and give the opportunity to meet new people and try new activities.
- Parent and Toddlers Group and Parenting classes will provide opportunities for young parents and their children to come together and supported by staff and volunteers to develop an innovative range of activity.
- Employability Support and Advice Surgeries – working with partners Thenue Housing and Citizens Advice Bureau
- Family activities - a chance for the whole family to participate together either at events or specific programmes e.g. John Muir Award, Community Lunches
- Free Breakfast Club & Walking Bus to local primary school twice a week.

Through the family support programme children will have improved life chances and enhanced levels of learning, communication, language, numeracy and social skills development. Parents will feel empowered, less isolated, more able to cope, better supported and more confident and skilled in their role as parents. Families will operate as a more cohesive and effective unit deriving mutual support and benefit from each other. Individual community members will feel better supported and informed and thus more able to recognise and utilise available local resources, to help each other build trust, confidence and the ability to find solutions to their shared problems.

We would use the funding as a pilot programme and if it is successful and there is still a need for this in the community we would look at other funding streams to sustain this programme.

Who in Calton Ward will benefit, and how?

Children, young people and families in the area who currently attend Church House and for those who choose to attend our services in the future. Our project is open to everyone regardless of race, religion or abilities.

While working with children we realise that parents are crucial in the development of the health and wellbeing of their children. We recognise that getting it right with the parents has a long-term impact on their children. From our previous evaluation and research, we realise we have 76 years of experience and skills working with children and young people, however the crucial link of working with parents is the new post of a family worker. They will be the link between parents, children and partner organisations to support parents who may not have had the best experience as children and now their attitudes are affecting their children's behaviour.

Many in our area do not have their own transport and public transport links can be poor. A local more diverse and inclusive service that meets the needs of a wider range of age groups. Churchy sits in the midst of the community is required to support local residents, to face and manage the challenges of their situation more effectively, to bring the community together in an environment where services are delivered and self-help can be developed to the benefit of the entire community.

Some of our existing parents talk about when they were pregnant, "how lonely I felt, especially after I gave up work and was used to seeing people every day, I felt that I never had anyone to talk to". They explained

that they felt there was a lack of support groups that they could attend that was about their needs, not just the babies needs and the pressures to feel amazing as they had a new baby and in reality some of them never felt this. Some parents said they would have felt more comfortable attending somewhere that they knew on their doorstep without the additional stress of travelling on two buses to get to a service, as they felt quite nervous.

Through the Family Nurse partnership, we would promote our new young mums support programmes and ask them to signpost parents that would benefit from our service ensuring a local organisation is supporting the Governments Pregnancy and Parenthood in Young People Strategy.

Some of our parents that stay in the high flats explained that they do not allow their children out to play as they cannot keep an eye on them, Churchy is a place that parents and children can play together in a safe environment.

Our previous 76 years we have experience of involving our children and young people in the decision making for their programmes, we now have a youth committee and young leaders group that drive our work forward. We would look to replicate this when developing the family work. Many of our existing parents/elderly group explain about the barriers using facilities like the Emirates, they feel inadequate using these facilities and lack confidence to go in and the cost is too expensive.

Start date: 01/04/2019

End date: 31/03/2020

### 3. About your proposal costs

Please split your costs into:

- a) Capital (ie. Building costs, equipment)
- b) Operating/revenue (ie staff costs, running costs)

*Please note that capital costs cannot be more than £62, 500 and operating/revenue costs cannot be more than £10, 000.*

	Item	Cost
<b>Capital costs</b>		
<b>Operating costs</b>	Family Worker 18 hours @ £9.08 per hour x 52 weeks & 15% employers costs & job advert	£10,000.00
<b>TOTAL BUDGET</b>		£10,000

Have you secured, or applied for, any other funding to deliver the proposed project? **NO**

Please let us know more about other funding you have, are applying for, or are expecting to have?

Church House has a range of funding: Bank of Scotland, BBC Children in Need, Impact Funding Partners (previously VAF), Church of Scotland, Go For It, Cashback for communities fund our existing staff team

including Project Manager, Children & Youth Worker, Trainee Youth Worker, Volunteer Coordinator & Health & Wellbeing Youth Worker.

All our programmes for children & young people are funded by cocktail of funders including: Area Partnership, Impact Funding Partners, Violence Against Women, Trust Funds, donations from Churches

**4. Does your organisation or group have a bank account with a least 2 unrelated signatories?**

Yes

**5. Are the staff and any volunteers who will be involved in delivering this proposal (if it was chosen through the public vote to be funded) registered with the Protecting Vulnerable Groups Scheme?**

Yes

**6. Do you have adequate insurance cover for this proposal?**

Yes

**7. Your Declaration**

If this proposal is funded, I will take full responsibility for the payment made on behalf of all those involved.

Signature: Angela Molloy

Date: 19/02/2019

Please return all completed forms to: [RIlett@cpagscotland.org.uk](mailto:RIlett@cpagscotland.org.uk) (note the R and I are capital letters, the rest is lower case)

or by mail to: Rosie Ilett, Child Poverty Action Group in Scotland, Unit 9 Ladywell Business Centre, 94 Duke Street, Glasgow G4 0UW

If you need any help – please phone Rosie on 0141 406 5050 or 0141 552 3303 – leave message if needed.

