



# COMMUNITY GRANTS NEWSLETTER

#### A monthly publication by Landau Limited

# COMMUNITY GRANTS CELEBRATION EVENT

We held two wonderful events last month celebrating the success of the Community Grants project since its launch in January 2020.

Funded by the ESF, the aim of the scheme has been to provide targeted support to small and voluntary organisations in the way of grants for initiatives which help move unemployed people, aged 18 and over, towards employment, training or education.

In Shropshire, the Community Grant scheme has funded 46 different projects and supported over 600 individuals. In Herefordshire, the Community Grant scheme has funded 31 different projects and supported 334 individuals.

#### **IMPORTANT NEWS AND UPDATES**

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Celebration Event Thank You



Contact the team at: landaugrants.co.uk

# PARTICIPANT START DEADLINES

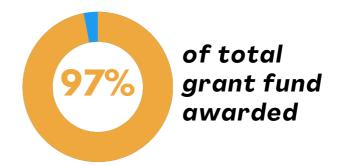
In order for your starts to count towards your target numbers you will need:

- Entry Form to be completed, dated before the 31/12/22 & uploaded
- Eligibility Docs to be completed, dated before the 31/12/22 & uploaded
- ILP to be completed, dated before the 31/12/22 & uploaded
- Initial Assessments to be completed, dated before the 31/12/22 & uploaded
- Remaining paperwork can be submitted after 31/12/22
- Delivery can continue after 31/12/22
- There will be no amendments to funding or further funding offered should you need to extend your project delivery.

### **OUTCOMES**

As you move throughout your project journey, our team will contact you to organise meetings over the next 6 months in order to discuss the progress of your delivery, monitor your performance and ensure your outcome targets are on track. We will also provide support for outcomes, financial expenditure and paperwork training.

This is a mandatory requirement as per your contract (see Evaluation & Monitoring section).















### **AUTUMN WELLBEING**







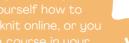
#### GO BIRDWATCHING

in the woods to appreciate
wildlife – building a
birdfeeder and hanging it up
in your garden is enough to
get you hooked on
birdwatching!

## BRING NATURE INDOORS

It's easy to bring nature into your home & make stylish decorations.

Pinecones can be placed in a jar or bowl to give a



area.

**GET CRAFTY** 







#### TAKE AN AUTUMN HIKE

Autumn is when our forests and national parks come into their own, with misty valleys and vibrant foliage.



#### ATTEND A CACAO CEREMONY

This is when cacao is consumed with mindfulness and intention Find out more here: https://ritualcacao.co.uk/what-is-a-cacao-



#### **WALK SLOWLY**

Take a break, even just for a few minutes & walk slowly while looking at the trees. Pay attention to the colours, allow yourself to stop and enjoy the change of season.













## **CASE STUDIES**



# CIAN'S STORY - YELLOW RIBBON

Cian had prior employment experience as a lifeguard and had achieved his A-Levels. He was facing some barriers before starting the project including social anxiety, with his goals to participate socially and ultimately raise his self-esteem.

While on the project, Cian participated in groups about anxiety, breathing exercises and self-help groups discussing how to move forward regardless of your past.

He mentioned his participation in groups raised his confidence as it got him out and talking to people. He also mentioned learning breathing techniques helped him with anxiety, as well as the workshops he completed on CVs and interview skills.

By the end of the project Cian had gained part-time employment, and also volunteers in Telford Minister. He was grateful for the staff at Yellow Ribbon who asked all the right questions and were able to refer him on the right path. He said his confidence and self-esteem has improved and continues to attend groups and discussions.

### **NICK'S STORY - ETHOS**

Nick was referred to Ethos by Herefordshire Council. He had alcohol dependency and had been admitted to hospital. During his time in hospital, he had accrued significant rent arrears and was in the process of being evicted from his home.

Nick had prior employment experience as a safeguarding officer however he said that job caused his mental health to deteriorate and led him to drinking. His goals were to find purpose in his life and build his confidence- ultimately leading to employment in the future.



We offered Nick the opportunity of volunteering in the community food larder. His confidence slowly started to build over time due to the social interaction. He took responsibility of cleaning the food larder, restocking the shelves and packing food parcels. He also showed interest in undertaking a food hygiene qualification, which we supported him to complete. Nick has improved greatly and he now supervises a new volunteer every Monday.

Nick achieved both of his goals; finding purposeful activity and maintaining his sobriety. He continues to volunteer in the food larder at The Living Room on a weekly basis and has recently become a Turning Point peer mentor. This scheme utilises individuals in recovery, to support individuals struggling with dependency. He has now maintained a tenancy for over a year and has recently started an eBay shop selling second-hand trainers.

Nick's confidence and social skills have improved drastically since the project. His mental health has improved as he is getting out more, meeting new people and has purpose in his life. Nick is keen to partake in further training opportunities or qualifications to move towards employment.













## **COMMUNITY GRANTS CELEBRATION EVENT**









### THANK YOU TO OUR PARTNERS

Well done for all your hard work supporting people toward and into work, you have made a significant difference to the people that you have worked with.











