

# COMMUNITY GRANTS NEWSLETTER

A monthly publication by Landau Limited

## SUMMARY

**ESF Community Grants, funded by the European Social Fund, is a programme that aims to support small and voluntary organisations with grants of £5,000 – £20,000 for local initiatives that will move unemployed people towards employment, training, or education.**

We are now in the final stages of this exciting project delivery & working towards meeting contract targets in the coming months working closely to support all current partners.

We are looking forward to supporting new & existing partners to continue the amazing work of our Community Grant partners, if you have any queries please don't hesitate in contacting us at Landau grants for any further help or advice:  
**landaugrants@landau.co.uk.**

## HELPING HAND

As you move throughout your project journey, our team will contact you to organise meetings in order to discuss the progress of your delivery, monitor your performance and ensure your outcome targets are on track. Please refer to your contract.

We will provide support for outcomes, financial expenditure and paperwork training. We will also be reviewing and monitoring on a monthly basis for the next 6 months, with a focus on outcomes as well as delivery.

## PARTNER KEY DATES

**BBO Workshop:** 28th September, Shrewsbury Football Ground

**Shropshire ESF Celebration Event:** 4th October, Shrewsbury Football Club, 1:30-4:30pm

**Herefordshire ESF Celebration Event:** The Green Dragon Hotel, Wednesday 12th October, 1:30-4:30pm

## IMPORTANT NEWS AND UPDATES

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- BBO Support in Herefordshire and Shropshire



Contact the team at:  
**landaugrants.co.uk**



**of total  
grant fund  
awarded**

## EVENTS

### BACK TO SCHOOL

#### ***Looking after yourself as a parent***

Finding time to recharge and staying kind to yourself are important for your wellbeing and for helping your children. This can also set a good example for your children to cope in a positive way.

#### ***Self-compassion***

You might have been required to juggle childcare, work and home-schooling demands while trying to understand the pandemic situation yourself. Acknowledge your feelings and try to treat yourself the way you would treat a good friend.

#### ***Focus on the present***

Try to forgive the past that cannot be changed and let go of worries for things that are beyond your control. Focus on the things that you value and what you can do in your "here and now". Listing things that you are grateful for can also positively shift your perspective.

#### ***Stay connected***

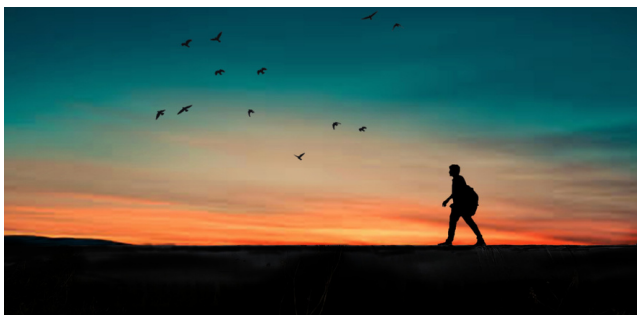
Try to schedule time to connect to people who make you feel good and look for support if you feel like you are struggling.

#### ***Make your own coping cards***

You can create a coping list that can remind you of your own helpful strategies when things get difficult.

#### ***Self-care and self-rewards***

Taking time for a brisk walk outside, chat with a friend or a soothing bath can recharge your energy that you can give out to your loved ones. Try to find time to do things that make you feel good: a little goes a long way.



## PARTNER FOCUS

### ***Helping Communities to Train (Herefordshire Project)***



Helping Communities to Train was set up with the vision to strive to help people who want to learn with exposure to meaningful learning and skills which will ultimately inspire positive change, improve life opportunities, general standard of life and the society in which people live.

Helping Communities to Train's mission is to provide a mechanism to support and assist in creating opportunities for learning skills by organising events, programmes and activities which promote further education, employment training and greater integration.

Working in partnership with organisations and service providers to seek solutions to tackle potential barriers faced by people and to inform and connect them to opportunities of advancement.

We want to retrain people with soft and sector specific skills in industries such as construction, rail, IT and project management.

At our centres we offer a range of skills to be taught depending individual needs. For example, where we see a need for skills such as IT skills, CV writing, Coding, Digital Marketing or Music we cater towards this. We are based on a needs-specific way of teaching.

***For more information please contact:***

✉ [rav.bougan@hctotrain.co.uk](mailto:rav.bougan@hctotrain.co.uk)





## NICK'S STORY - ETHOS

Nick was referred to Ethos by Herefordshire Council Housing Solutions team. He had a severe alcohol dependency and had been admitted to hospital due to physical health problems. During his time in hospital, he had accrued significant rent arrears and he was in the process of being evicted from his home. Nick had prior employment experience as a safeguarding officer for Herefordshire Council, however he said the job caused his mental health to deteriorate. When we first met Nick, he was at a critical point of seeking new accommodation and purposeful activity.

His goals were to find purpose in his life, be it hobbies or volunteering opportunities that could build his confidence and lead to employment in the future. His other goal was to stay sober.

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 of chatting to customers, meeting new people and engaging with the other volunteers. 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 – ensuring they know the daily tasks, maintain cleaning standards and daily reporting.

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 still actively struggling with dependency and encourages them to get sober. He has now maintained a tenancy at Pomona Place for over a year and has recently started up his own eBay shop selling second-hand trainers.

## LEON'S STORY - HELPING COMMUNITIES TO TRAIN

Leon regularly visited the local library in Telford and through our publicity outreach, he was able to approach us and enquire about our help. He informed us that he was more experienced in the labour market, doing jobs such as warehouse work and carpentry. He stated that he wanted to learn more about how to manage projects, as he wanted to progress into a higher position. Leon was a quiet learner, who found it difficult to speak up when questioned.



He stated that he was easily intimidated by answering questions as it would trigger his anxiety. We told Leon that we could help him grow more confident in understanding project management and how to initiate projects but our main goal was to help him overcome his anxiety and build more confidence to be able to speak out and step out of his comfort zone.

Leon engaged in our course which helped him understand the basics of what a project is. He completed activities whereby he was taught what a project is, how to initiate projects and how to create his own and execute it. Leon also participated in planning a project with his group which visibly helped him expand his boundaries, and we saw him gain the confidence he needed to actively participate. He was able to present and execute his own project, after planning, and this has helped him gain more stability in his own voice. Leon engaged in 1-2-1 sessions, as well as group work which improved his communication and has helped him manage his anxiety effectively.





## NEED HELP GETTING BACK INTO WORK?

**CONFIDENCE  
TRAINING**



**CV  
SUPPORT**



**EMPLOYMENT  
SUPPORT**



**WORK  
PLACEMENT**



**NUMERACY +  
LITERACY  
SKILLS**

**IF YOU ARE 19+ AND NOT WORKING YOU ARE ELEGIBLE FOR OUR FREE SUPPORT!  
PLEASE CONTACT US FOR MORE INFORMATION:**

✉ [BBOPROJECTS@LANDAU.CO.UK](mailto:BBOPROJECTS@LANDAU.CO.UK)

☎ 01952 221 468



**BBO Herefordshire  
BBO Shropshire**  
where will your journey take you?



**COMMUNITY  
FUND**



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