

COMMITTEE: CENTRAL AREA **REF NO:** CAC/19/09
DATE: 11 SEPTEMBER 2019
SUBJECT: FUNDING REQUEST: FOOTBALL &
WELLBEING PROGRAMME
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HEAD OF SERVICE: JAMES FAIRCLOUGH

Short description of report content and the decision requested:

This report requests that the Central Area Committee consider allocating £1,345.32 to the Caribbean and African Community Health Support Forum (CACHSF) to enable the delivery of a Football and Wellbeing Programme.

The programme provides young people from all communities within Ipswich an opportunity to access structured physical activity and education in health and wellbeing.

List of Appendices included in this report:

None

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This report was prepared after consultation with:

Internal consultees

External consultees

Clem Turner, Caribbean and African Community Health Support Forum

The following policies form a context to this report:

(all relevant policies must also be referred to in the body of the report)

Building a Better Ipswich 2017

LIST OF BACKGROUND PAPERS AS REQUIRED BY LAW

(papers relied on to write the report but which are not published and do not contain exempt information)

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OTHER HELPFUL PAPERS

(papers which the report author considers might be helpful – this might include published material)

1. Introduction

- 1.1 This report requests that the Central Area Committee consider allocating £1,345.32 to Caribbean and African Community Health Support Forum (CACHSF) to enable the delivery of a Football and Wellbeing Programme.
- 1.2 The programme provides young people from all communities within Ipswich an opportunity to access structured physical activity and education in health and wellbeing.

2. Background

- 2.1 The Caribbean and African Community Health Support Forum (CACHSF) is a charity in Ipswich that aims to raise the profile of health and wellbeing within the Caribbean and African community living in Suffolk. Their objectives revolve around promoting awareness of the major health issues (such as heart disease, diabetes, hypertension, prostate cancer and mental health) that impact disproportionately within the various communities.
- 2.2 CACHSF engages in partnership working with health and social care practitioners, organisations and agencies that provide services to its target group with the aim of having an impact on service delivery and how this can be made more accessible for the community it represents.
- 2.3 The organisation conducts research and acts as a first port of call for the exchange of health-promoting information amongst the community. It encourages community group members to become more proactive in taking care of their own long-term health conditions and that of their families.
- 2.4 The work of CACHSF benefits people from the Caribbean, African, African-American, and Mixed Heritage backgrounds living in the various boroughs and districts of Suffolk.



Figure 1 – CACHSF and clients ([CACHSF website](#))

- 2.5 The project proposed is a football and wellbeing programme looking to make an impact on the young adults within the community. These young people

come from several different backgrounds and cultures, including asylum seekers and refugees.

- 2.6 The programme entails provision of a venue to participate in regular football and sporting activity, and regular educational sessions on a number of relevant issues including mental and physical health, drugs and alcohol abuse, and nutrition.
- 2.7 Over the course of the year, the programme will be split into 32 weeks of football and 10 weeks of health and wellbeing. The wellbeing sessions will be compulsory for participants of the programme to ensure both elements are well attended.
- 2.8 The football sessions are proposed to take place at Goals Soccer Centre, and the wellbeing sessions will be held at CACHSF's office location of 17 Tower Street.
- 2.9 Suffolk Football Association are committed to working with CACHSF to ensure that the programme is sustainable and regulations around safeguarding are met, along with providing coach education and equipment where possible. CACHSF will also work with health and wellbeing providers in the county to deliver workshops to young people on mental and physical health, with topics around healthy lifestyles, diet, and drug abuse.
- 2.10 This project is needed as the current climate within Ipswich portrays a very negative image of young people. Resources and opportunities are very limited, and young people feel detached from local groups and societies. The project will create positive opportunities in an inclusive environment which will be accessible to all, enabling those who are financially unable to participate and be physically active, coupled with mental and physical wellbeing support.
- 2.11 The programme will be promoted through social media outlets, posters, flyers, local radio, and drawing on relationships with other partners.
- 2.12 Four pilot sessions have been run with over 59 young people attending in total, covering 14 different nationalities. These were between the ages of 16 and 26 years, which is felt to be reflective of the current demographic of the disengaged youth who are the main target of the programme. Ipswich Town Football Club offered use of their training pitch outside Portman Road during the Easter holidays as part of the Football Welcomes initiative which provided a venue for the sessions, however this was only a temporary arrangement whilst other bookings were not taking place.
- 2.13 Weekly football sessions are currently still being offered in Christchurch Park, however this is not following the structure of the football and wellbeing programme detailed as they don't have the funds to secure a regular venue or bring in professionals for the wellbeing delivery.
- 2.14 The organisation has a very committed team consisting of football coaches, health and wellbeing professionals and group leaders to create an

environment promoting togetherness, rather than the gang culture that is prevalent.

2.15 The amount requested of the Central Area Committee budget is £1,345.32.

3. Relevant Policies and Area Action considerations

- 3.1 Building a Better Ipswich underlying principles:
- Priority 3: An Enjoyable Place to Live, Work and Study
 - Priority 4: A Healthy Community
 - Priority 7: Safe Communities

- 3.2 To alleviate deprivation in the domain of:
- Education, Skills and Training
 - Health and Disability

4. Options Considered / Under Consideration

- 4.1 **Option 1** – Approve allocation of funding of £1,345.32.
- 4.2 **Option 2** – Approve allocation of a lesser amount than £1,345.32 towards the same.
- 4.3 **Option 3** – Do not fund.

5. Consultations

- 5.1 Four pilot sessions have been run to gauge interest and uptake, with over 59 young people attending in total, covering 14 different nationalities. These were between the ages of 16 and 26 years, which is felt to be reflective of the current demographic of the disengaged youth who are the main target of the programme. This is expected to increase once a regular venue and timeslot has been secured.

6. Risk Management

- 6.1 The risks outlined here relate to the Committee providing funding to this project; the risks associated belong to CACHSF.

Risk Description	Consequence of risk	Risk Controls	Probability of risk occurring taking account of controls (1: almost impossible - 6: very high)	Impact of risk, if it occurred taking account of actions (1: negligible - 4: catastrophic)
Failure to secure a regular venue	Poor use of funding	Block booking with venue	2	2
Actions to mitigate risk	The organisation has already had contact with a potential venue who has availability to accommodate the sessions.			

Lack of participants	Poor use of funding	Promotion through social media, local media, flyers, existing partners	2	2
Actions to mitigate risk	Pilot sessions have been delivered to gauge interest, and through this the organisation already has participants regularly attending their sessions.			

7. Environmental Impact Assessment

7.1 The impact on the environment would be negligible as the majority of participants attend the sessions by using public transport or walking.

8. Equalities and Diversity Implications

8.1 This project provides football and health and wellbeing to all young people within the Ipswich area who are wanting to participate. Every participant will be given the opportunity to thrive and develop individually, and as part of a wider group. The organisation is already engaging with a regular client base that varies widely in race and nationalities. Therefore, this project would have a positive impact on race, which is one of the protected characteristics under the Equality Act 2010.

9. Financial Considerations

Item	Cost
Venue hire 3 x 5-a-side pitches at £150 per session x 32 weeks = £4,800	£4,800.00
Wellbeing hire £16 per session x 10 weeks = £160.00	£160.00
Coaches costs 2 Coaches at £40 per session x 32 weeks = £1,280	£1,280.00
Refreshments	£700.00
Total project costs	£6,940.00
Amount requested	£1,345.32

- 9.1 The amount requested of the Central Area Committee is £1,345.32.
- 9.2 The proposal is also being put forward to the four other Area Committees in Ipswich, which adds up to a total of £4,440.00 requested from all Area Committees to contribute towards project costs.
- 9.3 There is sufficient budgetary provision in 2019/20 to fund the £1,345.32 cost that is being requested from the Central Area Committee.

- 9.4 The organisation has already secured £500.00 from Suffolk Football Association towards the project and is awaiting the outcome of an application to Suffolk Community Foundation for £2,000.00.
- 9.5 Any remaining costs will be met by donations from the young people attending and small funding pots from Suffolk Football Association and Football Foundation.
- 9.6 The successful delivery of this programme would allow the organisation to confidently seek further funding and sponsorship with evidence of progress.

10. Legal Considerations

- 10.1 The Council has the power to make grants to community projects through the Area Committees. The Area Committees have delegated Executive powers and devolved budgets.
- 10.2 Area Committees have the power to award grants in accordance with part 3, section 2 of the Council's Constitution i.e. the Area Committee terms of reference.
- 10.3 The Funding Guidelines expectation of the applicant being a constituted organisation with named post holders was met by the Register of Charities through the Charities Commission Service ([1162605](#)) and articles supplied. Year-end accounts were also supplied and the named bank account was already verified through the Council's payments system.

11. Performance Monitoring

- 11.1 CACHSF would be required to complete the Area Committee monitoring report as part of the standard funding agreement and may be invited to present to the Central Area Committee after a year.
- 11.2 Participants will be required to enrol, and the organisation will record attendance every week. To measure the health and wellbeing aspect, questionnaires will be conducted at various points throughout the project in conjunction with the health care professionals that CACHSF is working with.

12. Conclusions

- 12.1 The Central Area Committee is asked to consider allocating funding to Caribbean and African Community Health Support Forum to secure a venue and bring in professional staffing to enable delivery of the Football and Wellbeing Programme for young people in Ipswich.

13. Recommendation

- 13.1 That the Central Area Committee consider the options set out in Section 4 and determine the allocation of funding from the Central Area Committee budget to the Caribbean and African Community Health Support Forum towards the delivery of a Football and Wellbeing Programme.**

Reason: The football and wellbeing programme will provide young people from all communities within Ipswich with an opportunity to access structured physical activity and education in health and wellbeing.