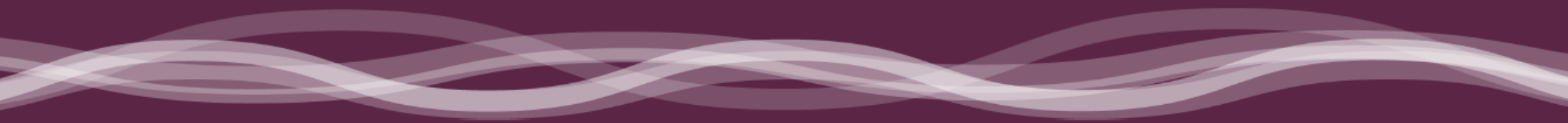


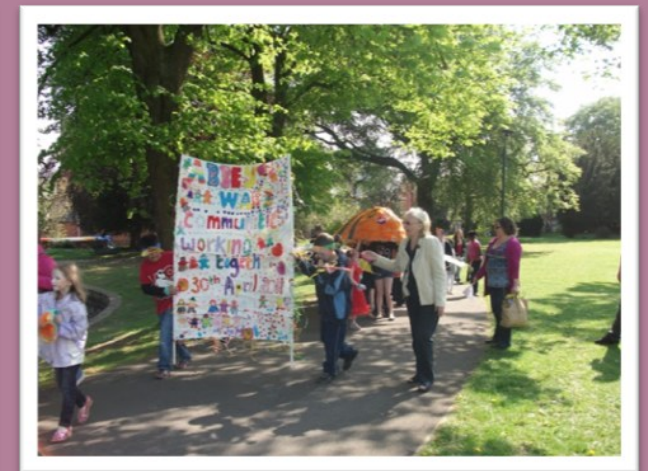
development**plus**TM

“Helping, empowering and supporting people through community projects and engagement
across the County of Lincolnshire”



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Introduction

This portfolio was created to introduce developmentplus and showcase the services we can provide to Lincoln and the surrounding localities. It is our goal to improve the lives of as many individuals as we can, but we can't always do this by ourselves, and that's where you come in. We are looking for new partners and funders to work alongside us in our future projects.

If you would like further information relating to developmentplus and are interested in working with us in the future, please check out our website www.developmentplus.org.uk or contact us via the details at the end of this portfolio. We'd love to meet you and share ideas.



Who are developmentplus?

Lincoln Community Development Worker Project (trading as developmentplus) is a community development organisation, which has worked across the county of Lincolnshire since 1997.

We are a registered charity and company limited by guarantee.

We work alongside people in their community, facilitating their involvement in decisions that affect their lives, supporting them to identify and develop initiatives that they feel will improve their quality of life socially, environmentally, economically and through learning.

All of our work is based on the values of community development, working alongside people and not imposing our views on them, but valuing their skills and abilities, ensuring their participation and providing opportunities for their personal development.



Lynsey Collinson
General Manager

Vision, aims and objectives

Our vision...

“To help, empower and support people through community projects and engagement across the County of Lincolnshire.”

Our aims...

“To inspire the development of community groups and facilities, whilst building self-esteem, confidence and a sense of mutual responsibility.”

“To promote education and training opportunities for individuals and groups with the aspiration of improving the local economy.”

Our objectives...

“To empower residents in the community to acknowledge, talk about and address their health issues, including signposting them to the relevant health professionals.”

“To provide programs of training and support to enable individuals to overcome personal barriers.”

“To work with strategic partners to tackle deprivation across the County.”

“To develop volunteers to ensure sustainability of support groups/community groups.”

Our 4 main work streams

Success Training

Success training is for those who want to make a difference in their own lives and to the lives of the people they live and work for. We work with individuals, groups and organisations to:

- Raise skill level and knowledge.
- Build confidence and motivation.
- Develop community involvement.
- Improve personal wellbeing.

Our training provides opportunities for learning, personal development and supporting people to take the path towards their own goals. We work to make positive and lasting change with individuals, groups and organisations.

Health & Happiness

Health and Happiness are key to wellbeing. If our communities are well, they are confident, competent and resilient. We provide opportunities for:

- Increasing community wellbeing.
- Increasing confidence and motivation.
- Supporting access to services.
- Working with service providers to ensure their services are accessible and appropriate.
- Increasing personal wellbeing and resilience.

Developing Communities

To work alongside people of all backgrounds in their communities and with the organisations that affect their lives.

By doing this we:

- Improve quality of life and pride in communities.
- Promote equality, inclusion and community cohesion.
- Empower local people to take control and play an active part in the decision making process.
- Develop effective and sustainable multi-agency networks.
- Work alongside people to address issues.

Research & Consultation

Listening, understanding and capturing local voices. Supporting decision making at all levels and using innovative ways of gathering information to:

- Capture people's BIG IDEAs
- Involve local people in the issues that affect their lives.
- Work alongside people in their communities to identify problems and find local solutions.
- Inform policy and strategic decision making.

Success training

Looking after Yourself

This course focuses on Health & Wellbeing. A range of topics are covered, including:

- Exploring self-esteem and how to improve it
- Recognising stress and how to cope with it
- Different ways of relaxing
- Staying safe in the sun
- Body image
- Skin care
- Cancer awareness
- Nutrition and healthy cooking

Each of the above can either be accessed / funded individually or as a complete package.

Time for Me

This is a personal development course, which gives participants the opportunity to reflect on the way things are for them, right now.

It helps identify their strengths and weaknesses, support them to make informed decisions, set goals and take actions that are meaningful to them.

A Step in the Right Direction (STEPS)



A 'Step in the Right Direction' is a process our trainers work through with individuals, to help them self-assess 'where they are' in their life.

It can take people from chaos to stability, through flexible one-to-one support and the use of the Rickter Scale, a recognised motivational and evaluation tool that assesses 10 different areas from employment to health, to personal health and wellbeing. This provides the participant with a point of focus, engaging them very effectively whilst encouraging them to take responsibility for their personal self-development.

A Step in the Right Direction gives people an opportunity to explore possibilities, make informed choices and set a realistic action plan, working at a pace to suit each person.

Outcomes of the project are different for every individual, but the aims are to give both practical and emotional support. This may support participants into volunteering, work, training and improved health and wellbeing.

The key to the success of this programme is the individual coaching and mentoring participants receive. They can work on whatever aspect of their life they want to change; we help them to set goals and pinpoint the specific areas of their life that are preventing them from moving forward and we are able to assess these outcomes.

Health and Happiness

Delivering Race Equality in Mental Health

The Department of Health programme, “Delivering Race Equality in Mental Health”, supported the development of a better and more responsive mental health service in Lincolnshire for members of the Black and Ethnic Minority (BME) Community.

Community Development values and principles were used to implement the following activities for the BME communities:

- Supporting individual clients to access services
- Organise informal language learning activities
- Organise Health & Wellbeing Events
- Hold regular drop-in sessions
- Co-produced and distributed a Lincolnshire Health Guide in 6 different Languages
- Set up a mental health self-help book prescription scheme with books in English and Polish
- Produced and updated a service directory for BME community members
- Supported the setting-up of community groups

Early Presentation of Cancer (EPOC)



This programme was built to push forward cancer awareness and early presentation messages in a ways that are appropriate to individual communities.

How we put this into practice:

- We used community development approaches and training to ensure signs & symptoms were made known in communities
- We encouraged volunteering to ensure the long term sustainability of the programme.
- We worked with screening teams to improve access to and taking up of screening appointments.
- We worked with Clinical Commissioning Groups (CCGs) and General Practitioners (GPs) to identify hard to reach communities at higher risk of developing cancer and we also promoted the continued use of the Rapid Referral Guidelines to support the early diagnosis of cancer.



We learned that the EPOC model is very transferrable, and lends itself to other long-term conditions such as heart disease or dementia, where awareness is an issue, and early intervention could make a difference.

Developing Communities

Tower Action Group

In 2010, the Tower Action Group (TAG) formed with the main aim of “bringing the community together and to encourage resident participation in raising the spirit of the estate”.

We supported the group through the initial set-up, provided general support and advice and helped the group organise some fantastic events through the first year. Now in 2016, the group are still going strong and are financially self-sufficient.

Community Development Training (CDT)

Engaging with the community



Delivered either individually, or as a series of 6 sessions, our CDT is ideal for new community groups, existing groups who want to brush up on their knowledge, and organisations who work within the community and may encounter groups along the way.

Each session explores a different aspect of community development and contains practical exercises to support learning, the sharing of knowledge, and to demonstrate the need for the use of participatory tools when working within diverse communities.

Putting Abbey on the Map

Following a number of public consultation events, it became apparent that residents of Abbey Ward cared a lot about their mental health and well-being and were eager to explore a number of courses that would benefit them in this area.



Working with several partner agencies, we were able to put on a number of courses which included Mindfulness, Herb Study Workshops, Nutrition, Chair Yoga, Art Therapy Classes, Drama Therapy, Poetry, Vitality and Holistic Therapy Sessions.

Developmentplus facilitated the promotion, distribution of brochures and bookings and over the course of 3 years we had over 400 people attend our sessions.

Neighbourhood Management

Working in partnership with the City of Lincoln Council, our community development workers supported people to get involved in decisions that affected them and subsequently allowed them to become more active within their communities and aid in its improvement.

Research and Consultation

Placecheck

In 2001, developmentplus and Lichfield Planning applied to the Urban Design Alliance, to take part in the national pilot of Placecheck. Across the country ten Local Authorities were chosen, of which Lincoln was one.

Placecheck is a tool to use with the community, to find out what they think about the place where they live. It focuses on people, place and movement and asks local people to identify what is good about an area, what is not so good and how it can be improved.

The area the first Placecheck covered was the South High Street area. Local residents felt that there needed to be some sort of 'gateway' to the city at the South Park roundabout, and thanks to funding gained from the government, the South High Street sculptures were designed, made, and erected on the bridge. This funding also enabled Altham Terrace to be resurfaced and adopted by the local authority.

developmentplus have since carried out a further nine Placechecks across different areas the city, including Monks Road, Stamp End, Tower Estate, Moorland, St Giles, Sincil Bank and Bracebridge.



Room Hire: for Meetings, Conferences, Training & Workshops



Meeting room

Room size: 4.45m x 4.25m
Layout: Board / Theatre / Custom
Capacity: 8 people maximum



Conference room

Room size: 6.50m x 3.83m
Layout: Board / Theatre / Custom
Capacity: 12-14 people (board), 20 people (theatre)

What we can offer you...

Our rooms provide an ideal and flexible space for a variety of uses, whether it be for a meeting, conference, community gathering, training session or workshop.

In addition to the building having full wheelchair access, room hire also includes access to our kitchen (where you are welcome to store your external catering arrangements), and our beautiful garden, which provides an ideal break-out space, or an area you can use within your workshop or meeting.

developmentplus welcomes you...

So if you're part of any of the following, we'd love to hear from you, and provide a great space for you to meet in:

- Registered charities
- Educational establishments
- Local authorities
- Voluntary and community organisations
- Charity event organisers
- Cultural organisations

Costs and features

Meeting Room: £12 per hour
Conference Room: £15 per hour

Costs include:

- Use of the car park (spaces limited)
- Tea, coffee and water
- Flipchart and projector
- Use of the kitchen
- Use of the garden and patio area

Internet available, at an additional cost, by prior arrangement

Full terms & conditions are available on booking



developmentplus™

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