COMMUNITIES ACTIVITY AND BUDGET

1.0 EXECUTIVE SUMMARY

1.1 This report provides information and offers recommendations to South Lakeland Local Committee for approval from the following working groups;

- Children & Young People’s Working Group – 7th December 2016
- Strategic Planning Working Group – 6th December 2016

1.2 This report also provides Local Committee with an update on previously agreed activity supported with the latest financial statement.

2.0 STRATEGIC PLANNING AND EQUALITY IMPLICATIONS

2.1 The Local Committee’s 2016-17 proposed cash limited budget was agreed by County Council on 18th February 2016. The Local Committee is able to vire funding between budget lines during the course of the financial year, subject to Corporate Policy and service standards. The Local Committee is not able to vire money from capital budgets into revenue budgets.

2.2 Improved locality working is one of the ways the council is delivering on its priorities. The county council vision, included in the Council Plan, sets out that it will be ‘… an effective and efficient organisation that delivers the best possible services for the people of Cumbria within its available resources, protects the most vulnerable, and works with others in the community to shape services and help find solutions for the future.’ The approach and work of the Local Committee directly contributes to this vision.

2.3 The locally devolved funding is available for Local Committees to allocate within the area to support positive outcomes, targeted and mainstream, designed to improve outcomes for the communities of South Lakeland. This funding can be targeted to initiate new activity or to enhance/compliment existing provision according to locally determined need.
2.4 *The South Lakeland Area Plan sets out the four targeted priorities for the area, which are Health and Well-Being, Education and Skills, Economic Development and Transport, and details how the Council is delivering its services in support of them.*

2.5 *A separate Equality Impact Assessment is not required as equality issues are dealt with at a project level.*

3.0 **RECOMMENDATIONS**

3.1 Members are asked to note the budget update for 2016-17 including the commitments and expenditure to end of December 2016 (Appendix A).

*Children and Young People’s Working Group*

3.2 That members note the work of the Children & Young People’s Working Group as set out in the minutes at Appendix B.

3.3 That Local Committee agrees to commit £5,000 to CADAS for the drug and alcohol project from the 0-19 Services Budget 9 (Appendix D).

3.4 That Local Committee agrees to commit £634 to Brathay towards the impact evaluation study of the Kendal Schools Student Engagement Scheme from the 0-19 Services Budget (Appendix E).

3.5 That Local Committee agrees to commit £1,000 to the South Cumbria Breastfeeding Support group towards the South Cumbria Breastfeeding Support Programme from the 0-19 Services Budget (Appendix F).

3.6 That members note the work of the Strategic Planning Working Group as set out in the minutes at Appendix G.

3.7 That Local Committee agrees to commit £10,000 towards the Kirkby Lonsdale Feasibility Study from the Economic Initiatives Budget.

4.0 **BACKGROUND**

4.1 The discretionary 2016/17 budget delegated to Local Committee is detailed at Appendix A, which provides the latest financial position including the committed expenditure and remaining unallocated resources up to 31st July 2016. Of the total Communities revenue budget delegated to Local Committee, £211,060 has been allocated as discretionary revenue budget and £228,628 earmarked to specific activities.

4.2 The Children and Young People’s Working Group held its meeting on the 7th December which is detailed at Appendix B. The update regarding the A2B Now Transport Scheme was presented (Appendix C) which indicates that the current trajectory of spend will be no more than £30K in this financial year.
4.3 The Monitoring Report at Appendix I sets out previous decisions taken by the Local Committee which enables members to track progress against agreed outcomes and ensure that regular performance reporting is taking place.

5.0 OPTIONS

5.1 The Local Committee may choose to support the recommendations to a greater or lesser extent subject to available funding and in line with corporate policy and service standards.

6.0 RESOURCE AND VALUE FOR MONEY IMPLICATIONS

6.1 The financial position of Local Committee’s community budgets as at the end of December 2016 is as set out in Appendix A.

6.2 If recommendations 3.3 to 3.5 are agreed the amount in the 0-19 Services budget available for future commitment would be £71,856.

6.3 If recommendation 3.7 is agreed the amount in the Economic Initiatives budget available for future commitment would be £3,240.

7.0 LEGAL IMPLICATIONS

7.1 The Local Committee is authorised to accept the recommendations.

8.0 CONCLUSION

8.1 This report provides the Local Committee with a comprehensive update on the functions and budgets relating to Communities and delegated to the Local Committee.

Brenda Smith
Corporate Director for Health, Care and Communities

15th December 2016

APPENDICES

Appendix A – Financial Statement to September 2016
Appendix B – Minutes of the Children & Young People’s Working Group, 7/12/16
Appendix C – A2B Now Update Report
Appendix D – 0 – 19 Funding Application
Appendix E – 0 – 19 Funding Application
Appendix F – 0 – 19 Funding Application
Appendix G – Mins of the Strategic Planning Working Group, 6/12/16
Appendix H – Kirkby Lonsdale Report
Appendix I - South Lakeland Monitoring Report
Electoral Division(s): All in South Lakeland

Executive Decision

Key Decision

If a Key Decision, is the proposal published in the current Forward Plan? N/A*

Is the decision exempt from call-in on grounds of urgency? No

If exempt from call-in, has the agreement of the Chair of the relevant Overview and Scrutiny Committee been sought or obtained? N/A*

Has this matter been considered by Overview and Scrutiny? No*

Has an environmental or sustainability impact assessment been undertaken? N/A*

Has an equality impact assessment been undertaken? N/A*

PREVIOUS RELEVANT COUNCIL OR EXECUTIVE DECISIONS
No previous relevant decisions.

CONSIDERATION BY OVERVIEW AND SCRUTINY

Not considered by Overview and Scrutiny.

BACKGROUND PAPERS
No background papers.

REPORT AUTHOR
Contact: Karen Johnson, 01539 713157, Karen.johnson@cumbria.gov.uk
## APPENDIX A FINANCIAL OUTTURN STATEMENT TO 31ST DECEMBER 2016

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APPENDIX B

SOUTH LAKELAND LOCAL COMMITTEE CHILDREN AND YOUNG PEOPLE’S WORKING GROUP

Minutes of a Meeting of the South Lakeland Local Committee Children and Young People's Working Group held on Wednesday 07th December 2016 at 2.00 pm in Committee Room 1, County Offices, Kendal.

PRESENT:

Mrs S Evans (Chair)  
Mrs Annie Rawlinson (SLDC)  
Cllr Claire Feeney Johnson  
Cllr Bill Wearing

Also in Attendance:-  
Cllr Jim Bland  
Cllr I Stewart  
Cllr G Cook  
Mr M Conefrey Public Health Locality Manager  
Miss Gill Holmes Community Development Officer  
Ms Caroline Jolley Community Development Assistant  
Mr Cameron Yazdi South Lakeland District Council  
Mr G Bassett Targeted Youth Support Team Leader  
Ms J Gawne Children’s Rights Worker  
Ms L Bush Targeted Youth Support

1 APOLOGIES FOR ABSENCE

Apologies for absence were received from Cllr James Airey and Karen Johnson

2 MINUTES

The minutes of the meeting of the Working Group held on 19th October 2016 were presented to Local Committee on 17 November 2016 and were confirmed as a correct record.

SLDC’s Draft Children & Young People’s Plan had been circulated by Cameron Yadzi and is still being worked on.

Youth Club funding for Flookburgh and Milnthorpe is being progressed with Leigh Williams of Young Cumbria. There is a good possibility that the training for quality standards can be provided free of charge. Gill Holmes to report back at the next working group.

It was agreed that future meetings will start at 2pm.
3 BUDGET UPDATE AND PERFORMANCE MONITORING REPORT

Since the Inspira contract ended in September 2015 the CYPWG has supported 13 youth groups with training for quality standards, advice and youth work.

100 mile challenge - 17 schools in South Lakeland have so far signed up for the challenge, delivered by Active Cumbria. This equates to 2534 pupils and 35% of the total 49 schools signed up countywide. Schools in South Lakeland that haven’t yet signed up are to be encouraged by councillors/governor’s to take part. It was noted that some schools may be accessing other projects of a similar nature and may be reluctant to take on too many schemes. **Action:** GH to email all members with details of which schools are taking part plus information on excess weight and obesity figures relating to each ward. Also to check OFSTED status of schools signed up for challenge.

Following the re-distribution of £40,000 from Young Person’s Transport funding, a balance of £78,490 remains. After a discussion on how this can be spent, officers were asked to find out where the gaps are in our targeted youth work and other areas of Children’s Services. That amount of money can make a big difference if spent strategically.

We need to ensure any funded project has sustainability and will not require further funding further down the line. Suggestions were made which included: Inspira working with children and young people with disabilities on the Citizen Charter, excluded from school young people, support for targeted groups, the Red Shed scheme which, following over two years’ funding, was a great success and showed improvement in children’s wellbeing, Youth Council Peer Mentoring.

It was suggested that 2 sizeable projects are chosen - perhaps 1 on Poverty and 1 Social, linked with other projects to maintain longevity and successful outcomes. We will aim to make recommendations for any such projects by mid- January 2017.

4. SOUTH LAKELAND CHILDREN IN CARE COUNCIL UPDATE

The new forum structure has been well received by the young people who are eager to engage and get others involved. The idea is to run forums where larger groups get together and for the young people to highlight areas they want to work on and then work in smaller groups to deliver these changes. The current plan is to book an activity with young people from both South Lakeland and Barrow on the 21st January 2017. This will be at Zero gravity in Barrow in Furness and transport will be arranged for those young people from South Lakeland. This will be closely followed by a hub meeting at the Brewery Arts Centre in Kendal, held the week beginning 6th February 2017, with a similar hub meeting the following week in Barrow in Furness.

Joanne Gawne presented feedback on work she is undertaking at the moment. There is a committed, core group of young people that have been nurtured through the CiCC and they want to continue having their views and opinions sought and heard, enabling positive change in their care to happen
and support to be given in areas identified by them. The plan is to have an
activity booked for the juniors by early January giving enough time to
advertise and promote before it takes place during February half term. Some
early ideas for this at the moment are the Steam train at Havertonhaite, the
Aquarium or Water Park. There will be a consultation element to the junior
events where the voice of the children will be heard and recorded in a fun and
engaging way.

5. CADAS
Hilary Southward from CADAS (Cumbria Alcohol and Drug Advisory Service)
gave a short presentation to support a programme to work with young people
and their families who are at risk or who have problematic alcohol or
substance abuse issues. This programme has been developed following a
large increase in the number of referrals to the service by various agencies
and would be substantially different to the work done by the Council’s
Targeted Youth Support team who have only one worker dedicated to risk
awareness around these issues.

Members were minded in principle to support the request but asked if there
would be sustainability. Hilary explained that CADAS had applied for
corporate funding from other North West establishments and that applying for
funds was a continuous process within the team. £5000 will help establish
demand and how CADAS will work with that demand. Referrals are received
via Impact Housing, Drop Zone, Unity, parents, College. CADAS allocate a
worker for 22 paid hours to work with young people in crisis, helping them
develop coping strategies. They provide workshops in schools and colleges,
work with partners and young people who have parents with drug
alcohol/substances problems. They also meet on a 1-2-1 basis if more time is
needed for additional support. It was felt that there was a need for this project
but that there should be a coordinated approach with our Targeted Youth
Support Team who should be informed of young people accessing the project.
Recommendation that Local Committee agree to award £5000 to the
project with the proviso that CADAS meet with Graham Bassett’s team
to plan a strategy to achieve optimum results from both resources

6. BRATHAY – Student Engagement Scheme
Cllr Clare Feeney-Johnson had learned from numerous sources of a recent
and troubling rise in the availability and use of illegal drugs amongst young
people in Kendal of around Key Stage 3 (KS3) age confirming that there is an
increase in the availability and ‘normalisation’ of class B drugs use. There is a
small cohort of Y8 and Y9 students of particular concern, but whose behaviour
and attitudes are judged to be still receptive to change;
As a result, Brathay ran a programme for 6 consecutive weeks in June and
July 2016 to support a number of KS3 students in Kendal’s secondary
schools. There has been positive feedback but we now need to evaluate the
impact of the scheme to ensure longer term benefits.
Claire Feeney-Johnson has committed £566 of her LMR and is asking this
working group to fund the deficit of £634 required to carry out this evaluation.
ACTION: meeting to be scheduled with John Owen, Brathay, Graham Bassett, CS Targeted Youth Support and Claire Feeney-Johnson to develop this further.

Recommendation that Local Committee agree to award £634 to the project

7 A2B Now Update
Stagecoach reimbursement figure during November is £1,627.12 for a total of 350 passengers. This suggests an estimated annual forecast of around £28,000. Promotional literature has already been sent out to all Libraries in South Lakeland and further work is needed to distribute across all schools in the area. Members who are also school governors have been asked to help promote the scheme.

8 South Lakeland Youth Council Update
On Friday, 11th November 2016, at the Annual UK Youth Parliament, House of Commons Sitting in London, members of the UK Youth Parliament debated a range of topical issues, including the need for cheap, accessible public transport and tackling racist and religious discrimination. Our three UK Youth Parliament Members, Jacob Reid (Carlisle & Eden), Lucia Harrington (Barrow & South Lakes) and Matthew Suddart (Allerdale and Copeland) represented the Young People of Cumbria. Lucia was the first Member of the Youth Parliament to be chosen to speak which was a real honour. In the afternoon, Jacob was chosen to speak on Tackling Racism and Religious Discrimination. To have one Member of the Youth Parliament from Cumbria chosen to address the House of Commons was great; to have two chosen was fantastic.

Eight young people from Furness and South Lakes travelled to Penrith to the LSCB Youth Forum. The event was called ‘The good, the bad and the ugly’ (growing up in Cumbria) and there were three workshops designed and run by young people. These were First Aid, Disco and Patchwork Quilt Art activities. The underlying theme was around the dangers of alcohol.

We are delighted to announce that a panel of young people, on behalf of the British Youth Council, chose the Blink Magazine Mental Health issue, published by Lakeland Youth Council as the winner in the “Inspiring” category. These Youth on Board Awards celebrate organisations and projects that support youth participation in innovative and exciting ways, and mark the fantastic achievements that can happen because young people are supported to get involved. The awards are special because all of the selection and judging is done by young people, and we hope that flagging up these projects will encourage other organisations to follow their example. Congratulations to all involved.
ACTION: Youth Council members to be invited to attend the next Local Committee so that Members can congratulate in person

9 Targeted Youth Support Early Help 11-19
A short update on Targeted Youth Support Early Help 11-19 was given by Laura Bush. There are 12 members in the team, 3 for South Lakes and 4.5 for Barrow plus a lead person for each school and they are receiving numerous referrals. The service started last year, Targeted Youth Support can be 1-1 or group dealing with drugs & alcohol, anger management, risk taking behaviour, CSE. Referrals can be made by police, social care, CAHMS. Laura presented 2 case studies that she was involved in that resulted in positive outcomes such as young people now attending school regularly. Autistic young people are actively being encouraged to attend College by the team. They have now started working closely with Barnardo’s with young people under 12. They hope that their future remit will involve working with whole families. There are 152 cases open at the moment in Barrow and South Lakeland with the split roughly 50-50 with numbers increasing weekly. The numbers stepping down from social care to this service, considering where we were last year service is wonderful.
Action: GB - Laura to be invited back in 12 months to review. Jonathan Taylor, Senior Manager of Early Help 11 – 19 and Targeted Youth Support is to be invited to a future meeting

10 South Cumbria Breast Feeding Support
South Cumbria Breastfeeding Support offers skilled help for mothers in South Cumbria (and their families) who breastfeed or wish to. Whilst breastfeeding is natural, it isn’t always easy. Members were asked to consider funding the group to support a new project, in which they will support young mums in particular. They will research how best to support young mums and formulate a strategy – this will include meetings as well as desk-based research e.g. visiting the Children’s Centre staff, working with a young mum contact, identifying other similar groups – regionally and/or nationally and speaking with them about what they do. Her sessional fees are £35 per hour which would amount to £560 in total. If it was felt that there was a strong need, they would then look for further funding to put that support in place. Currently, funding runs out at the end of February 2017 so if they can secure further funding, the research would begin in March 2017. They are reluctant to charge attendees in order to make it accessible to all mothers. While the promotion of breastfeeding is a National and County Public Health priority it has not been identified by the Health and Wellbeing Forum as a local South Lakeland priority. Initiation rates in South Lakeland are 78.9%, significantly higher than the national rate of 74.3% and the Cumbria rate of 64.9%, they are the highest of any district in Cumbria. The Public Health Locality grant has been provided to address local priorities identified by the Health and Wellbeing forum thus it would be inappropriate to support this proposal, therefore the funding is being sought through the 0-19 stream
Recommendation that Local Committee agrees to the award of £1000 to the project
11 ANY OTHER BUSINESS
Apprenticeships – experience of local employers alerts us to the fact that young people are not ready for work, they are lacking in basic skills. Inspira are working on this issue and would like to give a short presentation to the CYPWG.
Action: Annie to email info to Gill Holmes - Gill to contact college

12. DATE OF NEXT MEETING
The next meeting will take place on Tuesday 21st February at 2.00pm
APPENDIX C

A2B NoWcard Progress Report to 31 October 2016

Card Statistics

A2B NoWcards issued per month

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*60 renewed on-line

Distribution of cardholders

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Passenger Journeys

The graph shows the difference in passenger numbers since April 2013.
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<th>May-16 Trips</th>
<th>Full Fare Equivalent</th>
<th>Jun-16 Trips</th>
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Budget and Expenditure

Breakdown of reimbursement and journeys per month

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<th>Reimbursement</th>
<th>No. of journeys (across all services)</th>
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<td>March 2017 (forecast)</td>
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<td><strong>Total</strong></td>
<td><strong>£28,308.42</strong></td>
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Reimbursement to date totals £17,850. The figures above for November 2016 to March 2017 are based on 2015-16 reimbursement and usage, based on those figures the projected reimbursement for 2016-17 will be approximately £28,300.

Income and Expenditure

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<tr>
<th>Cards Produced</th>
<th>Card production costs</th>
<th>Card Income</th>
<th>Surplus to Local Committee</th>
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Olive Ashbridge
20 November 2016
South Lakeland Local Committee
Children & Young People’s Working Group

0 - 19 Funding

Meeting Date
19 October 2016

Name of Organisation
CADAS

Project description and benefit to the community

CADAS is a well-respected and registered charity who has helped thousands of people and their families over the last 35 years offering holistic and strengths based approaches supporting individuals in recovery. Their approach is underpinned by the Asset-Based Community Development Model (ABCD). Their core service comprises of individual and group support, volunteering, peer mentoring and mutual aid via peer led support groups, programmes and workshops of educative and preventative initiatives. Cadas offers a range of support primarily delivered by trained volunteers to enable people in recovery to improve their emotional, physical and mental health. Cadas Workers have all been through the organisation’s award winning ‘Understanding and Working with Addictive Behaviour Course’; This covers a range of therapeutic models and how to use them whilst working with people to help them develop healthy coping strategies. Most also have other qualifications such as Neuro-Linguistic Programming Practitioner, Counselling, Mindfulness and have been trained in Black Box use and Tapping. All Workers are subject to an Enhanced DBS check, mandatory monthly clinical supervision, as well as separate monthly Line Management appraisals.

CADAS has received requests for services for young people from a number of agencies and parents to deliver a programme to work with young people and their families who are at risk or who have problematic alcohol and substance use issues. They are overwhelmed with the level of linked carer, community and school referrals that they are unable to meet. Cumbria Health and Wellbeing Strategy 2016 confirm that the rate of hospital admissions for substance misuse for 15 to 24 year olds is higher than the English average. Alcohol misuse is an area of significant concern: hospital admissions for those under 18 related to alcohol is almost 70% higher. The need for the service has been developed with local agencies across Barrow and South Lakes. These include Youth Offending, Children’s Services, CAMHS, South Cumbria schools, local colleges, the police and South Cumbria alcohol strategic partners. There is currently only 1 Alcohol and outreach worker based in Children services in Barrow covering South lakes. This service supports their bid to strengthen the services to educate and raise awareness with young people and for those young people with alcohol and substance use issues.

The organisation is applying to Children & Young People’s Working group for funding towards the programme. They will offer young people aged 10-18 years a combination of structured group workshops (over 6 sessions) and 1 to 1 support (over 8 sessions) in which they can learn about emotional resilience and how it relates to themselves. There will be outreach workers who will deliver the service where it is most accessible and safe for the young person (eg Schools, youth clubs, carers homes). The programme aims to improve coping strategies and/or an ability to make positive decisions to improve self-esteem and confidence. The project will
enable the group to identify those at greatest risk of developing substance use problems and offer them and their families targeted preventative support.

This project aims to improve the health and emotional wellbeing of the increasing numbers of young people and their families within the community who are at risk or who have problematic alcohol and substance use issues. High levels of poverty and social disadvantage in this area creates risk factors to using drugs and alcohol.

Cadass has extensive experience of working with young people and has learnt what works well. They use creative tools (such as drawing, collage making and play-doh) to help engage young people so they can safely express what is happening in their lives and develop understanding of their internal and external responses to these experiences. They also teach simple concepts to help understand how feelings, thoughts and behaviours work together. Through this work they gain new coping strategies & effective communication skills, improving their relationships with themselves and others. We aim to support those who are vulnerable to developing mental health issues due to their present circumstances.

Two unique interventions we use are:

1. **Black Box (Acu-Stimulation) Treatment** – this involves having small electrical impulses delivered to various points around the ear using a professional tens machine. This helps the body to produce natural endorphins and serotonin that reduces stress, anxiety, cravings and helps with relaxation.

2. **Tapping (Emotional Freedom Technique)** – This involves gentle tapping on Meridian Points and is done by the person themselves. We will teach them the process so they are able to use it outside of the sessions. Tapping is well used globally, backed by scientific research and produces excellent (and quick) results for reducing anxiety, stress, depression, physical pain, cravings and negative thought processes. This technique will empower young people to actively and quickly reduce their own levels of stress and anxiety in a variety of settings e.g. at home or in the school toilets.

It is important to us that our work helps to reduce stigma around mental ill health and break down barriers that prevent access to support, to challenge myths and judgemental attitudes and provide correct information. This is a key part to the group and 1-1 sessions. All young people will be worked with safely and their individual physical needs, cultural beliefs and sexual orientation are taken into account and respected.

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<th>£23659.10</th>
<th>Grant requested</th>
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<td>October 2016</td>
<td>Wards:</td>
<td>South Lakeland</td>
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Source(s) of other funding:

- Funding of £5000 has been agreed by the Barrow CYPWG
- £8,659 to Walney Windfarms applied for
- £5000 to Freemasons applied for

**Does the project meet any of the following priorities?**

- Benefits Young People in South Lakeland ✗
- Demonstrates community support & evidence of need ✗
This grant recommendation is to help fund a 3 year programme to work with young people and their families who are at risk or who have problematic alcohol and substance use issues. The project's target is to support 250 children and young people aged 10 to 18 (40 aged 10 to 11 and 210 aged 12 to 18) in South Lakeland.
APPENDIX E

South Lakeland Local Committee
Children & Young People's Working Group
0 - 19 Funding

Meeting Date 7 December 2016
Name of Organisation Brathay Trust

Project details: Impact evaluation on the Kendal Schools Student Engagement Scheme delivered up to the summer of 2016.

Background

Cllr Clare Feeney-Johnson had learned from numerous sources of a recent and troubling rise in the availability and use of illegal drugs amongst young people in Kendal of around Key Stage 3 (KS3) age. Meetings with QKS’s Assistant Headteacher/Head of KS3 and KKS’s Deputy Headteacher (Pastoral/behaviour for Learning) confirmed that:

- The Cllr’s picture of an increase in the availability and ‘normalisation’ of Class B drug use is accurate;
- There is a small cohort - predominantly of Y8 & Y9 students - in both schools of particular concern, but whose behaviour and attitudes are judged to be still receptive to change;
- There is a receptiveness to work in partnership / accept support (e.g. from Brathay Trust), and to release identified students from lessons etc in order to get these students back onto positive trajectories;
- Additionally, both schools identified a staff training need in relation to drugs education which if met would initiate a ‘cascade’ of training within each school;
- Both colleagues also remarked upon the scope for the proposed activity to be a catalyst for greater levels of inter-school co-operation around pastoral/behavioural issues, with a range of associated benefits (intelligence sharing, economies of scale e.g. in joint commissioning etc).

As a result, Brathay ran a programme for 6 consecutive weeks in June and July 2016 to support a number of KS3 students in Kendal’s secondary schools to make positive decisions in relation to how they spend their time and to help reduce the likelihood of them misusing substances/illegal drugs.

Proposed Impact Evaluation

This research aims to understand and evidence the impact of the Kendal Schools Student Engagement Scheme delivered by Brathay Trust, ending July 2016.

Research Questions:

1. What is the impact of the programme on young people’s school engagement?
2. What outcomes have had most impact?
3. What in particular attributed to this impact?

This will involve a triangulation of data collection from the following:

- **Young people**
  - Quantitative self-scores against each outcome, in order to compare to end of course scores.
  - Qualitative interviews, using photo elicitation (or other creative method, to elicit memories, application, etc.) to gather richer understanding and any attribution of any change to the Brathay intervention.

- **Teacher or significant adult**
  - Quantitative score of the above outcomes
  - Qualitative pen portraits of young people (or interviewing) to gather richer understanding and attribution of any change to the Brathay programme

- **School data**
  - Attitude, attendance and attainment
  - Pupil Premium or other relevant data
  - Compare pre and post programme data

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<tr>
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Date the project commences: **End of January 2016**  
Wards: **South Lakeland**

Source(s) of other funding:

- Clare Feeney-Johnson LMR £566
- Brathay fund raising £1200

**Does the project meet any of the following priorities?**

- Benefits Young People in South Lakeland  
- Demonstrates community support/evidence of need
- Demonstrates a range of funding support
- Provides Young People with a voice
- Supports Young People’s attainment
- Enables young people to access services in the District

Officer’s comments / recommended conditions if grant approved

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It is important to measure the success of the programme by following up how the young people who were targeted are managing to put their experiences from the course into their everyday lives and how their behaviour and attitude at school has changed. If Brathay are successful with their funding application, they will set up the meetings for the end of January and look to producing the final report by the end of February 2016. Perhaps this is something that we could look at extending to other schools in South Lakeland.
South Cumbria Breastfeeding Support offers skilled help for mothers in South Cumbria (and their families) who breastfeed or wish to. Whilst breastfeeding is natural, it isn't always easy. We want to:

1) Continue running free weekly drop-in groups at Windermere & Kendal for women who experience breastfeeding problems, want to build their confidence in breastfeeding in an understanding environment and who want to meet like-minded mothers. It is an important network for new mums who can often feel isolated and vulnerable (which coupled with wanting but being unable to breastfeed can be a high risk for postnatal depression). Some of the mums we support don't have the confidence to breastfeed in public, which can have the effect of isolating them in their own homes and some are the only mum in their circle of friends who is breastfeeding. By linking mums with each other, we enhance their social network and reduce their isolation. We also help mums to continue breastfeeding after they return to work. By providing free help, we aim to ensure that all mums who want our support can access it.

2) Continue training mums to become 'Well Informed Friends' who offer voluntary mum-to-mum breastfeeding support within their own community and at our weekly drop-in sessions, which frees up our breastfeeding counsellor's time to focus on more complicated feeding cases. Our training began in 2016 with 25 mothers taking part and more wishing to do so.

3) Research how best to offer support to young mothers (under 19 years). They tend not to go to playgroups and can find it hard to start breastfeeding, especially if there is no recent family history of it or if they are the only one in their peer group.

The World Health Organisation advises exclusive breastfeeding for the 1st 6 months but only 25% of UK babies are receiving any breastmilk at 6 months, and Cumbria is below the national average for breastfeeding initiation and continuation. A midwife or health visitor who has had the standard breastfeeding training (the Baby Friendly course) will have had 2 days training in breastfeeding. Our specialist support is provided by a dual qualified Breastfeeding Counsellor and International Board Certified Lactation Consultant. This entails several hundred hours of training and clinical practice over numerous years and our groups are available for mothers to attend for as long as they wish.
**Population Group Impact** Drop in groups: There are approximately 500 attendances each year by mothers and family members (including some return visits).

Training: In 2016 we had 8 training sessions for 25 people in total and we hope to do the same in 2017. The aim is that they can support other mums locally, spreading the support net wider. It also acts as a springboard for those wishing to undertake further training by the Association of Breastfeeding Mothers.

**Young Mums support is a new project.** We have estimated that our Breastfeeding Counsellor (Ann Bruce) will spend 4 hours a week for 1 month researching how best to support young mums and formulating a strategy – this will include meetings as well as desk-based research e.g. visiting the Children’s Centre staff, working with a young mum contact, identifying other similar groups – regionally and/or nationally and speaking with them about what they do. Her sessional fees are £35/hour, this would amount to £560 in total. If it was felt that there was a strong need, we would then look for further funding to put that support in place. Our funding runs out at the end of February 2017. If we can secure further funding, Ann would begin her research in March 2017. We would love to receive at least £560 from your grant to help cover this piece of work.

**Research**
There are breastfeeding support groups but this is the only one in Kendal, Windermere and environs. The groups in Kendal (Ghyllside Neighbourhood Centre) & Windermere (Manor Hotel) have been run since 2010 on a voluntary basis, but this became unsustainable as significant ongoing commitment was required from the Breastfeeding Counsellor, and so in 2016 we became a charity and developed the Well-Informed Friends scheme to relieve some of the work of the counsellor. In October 2015 we conducted an online survey to explore where and when people found out about the groups. We had 95 responses which helped us to develop how we make our group more visible and the comments showed the impact e.g. ‘Thank you so much for helping me breastfeed. I couldn’t have done it without your support.’ ‘The only way I fed my baby for so long, and even went back to work whilst feeding him, was because of the group.’ ‘The groups are invaluable. So supportive. Couldn’t have managed without them.’ We are currently conducting a similar survey which is also asking for qualitative feedback and so far the results are very positive; 80% of mums said that the group increased their confidence in breastfeeding, and 75% said that they got help or support that was not available elsewhere. We are involved in the local Maternity Services Liaison Committee which gathers feedback from parents about local services and we liaise with local Health Visitors and Midwives and we are a member of Cumbria County Council’s Breastfeeding Strategy Group and get feedback from these. We can also see the results at our drop-in groups as mothers become increasingly able to feed their babies and more confident about getting out and about with their babies.

**Anticipated outcomes**
- More mothers able to breastfeed their babies and offer support to other mothers
- A strategy on how best to support younger mothers wanting to breastfeed
- Continued involvement with local health trusts and health care professionals to encourage better training and practices.
- Healthier, happier mothers and babies, a greater understanding, appreciation and acceptance of breastfeeding in general.
Sustainability
We anticipate the project being a long-term venture since difficulties in breastfeeding won’t miraculously disappear. We recognise that charging attendees would help to finance our work however we are keen to make it accessible to all mothers, especially when new mothers’ finances can be particularly pinched following or during maternity leave. We hope that the Well Informed Friends training will help to spread the support further, and that continued and greater working relations with the healthcare professionals and their improved training may help some of the problems we see but there will still be the need for somewhere for mums to go where breastfeeding is normal.

Proposed evaluation methods: By repeating our 2015 survey & asking people how and when they found out about the group and what impact it has made to their breastfeeding experiences and then analysing the differences between the 2 surveys to see what has changed and why.

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<tr>
<th>Total Cost of Project</th>
<th>Grant requested</th>
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<tr>
<td>£11,000</td>
<td>Minimum of £560</td>
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We are looking for approximately £11,000 in total for our charity for March 2017-Feb 2018. This is broken down into the following:

- Breastfeeding counsellor sessional fees: £7840
  Ann is paid £35 per training session and drop-in group; the rest of her time e.g. meetings, research etc. is currently voluntary.
- Rent & rates: £1700
- Insurance: £200
- Promotional material (including design & production of leaflets, flyers, banner): £500
- Volunteer expenses e.g. DBS checks: £180
- Website hosting & maintenance: £70
- Reference books (we lend these to mothers) and some fundraising equipment e.g. hook-a-duck (so that we can do more fundraising events): £350

Date the project commences: March 2017

Source(s) of other funding

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<th>Source(s) of other funding</th>
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<td>After March 2017 we will not have any funding left for the project (we received Awards for All funding last year). We have recently applied to several grant-giving bodies including:</td>
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<td>• The Frieda Scott Charitable Trust £9340, should we receive offers of support from the other potential funders, I shall inform the FSCT so that this can be taken into account in their assessment of our application.</td>
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<td>• Windermere Taverners £680 - we received £250 last year and expect a similar or lesser amount if we are successful.</td>
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<td>• Lakeland Ltd and Kendal Rotary Club for any support they can give.</td>
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<td>• we have approached Asda about their token scheme</td>
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We attend various events to raise funds and raise our profile e.g. we raised £200 at Ambleside Winter Lights last weekend and we will have a tree at Kendal Parish Church Christmas Tree Festival this December, and we will continue to do more of these events in the future in order to raise funds ourselves and increase our profile, so some of the donations we are asking from funders will help us to buy equipment to do this.

Does the project meet any of the following priorities?
Benefits Young People in South Lakeland
Demonstrates community support/evidence of need
Demonstrates a range of funding support
Provides Young People with a voice
Supports Young People’s attainment
Enables young people to access services in the District

Officer’s comments / recommended conditions if grant approved
APPENDIX G

Notes of the meeting of South Lakeland Local Committee Strategic Planning Working Group held on 6th December 2016.

Attended by: Cllrs N Cotton, S Sanderson, I Stewart, M Wilson
Also attending: Cllr B Gray
Karen Johnson, Area Manager
Gae Hicks, Community Development Assistant
Richard Johnston, Senior Manager Active Cumbria
Colin Renshaw, Chairman Sandgate Hydrotherapy Trust
Gretl Cook, Manager, Sandgate Hydrotherapy Pool
Jenny Wain, Project Officer, Morecambe Bay Partnership

1. Apologies and Declarations of Interest
No apologies were received. Cllr Stewart declared an interest in the discussion around the funding request from the Morecambe Bay Partnership and left the meeting at that point.

2. Sandgate Hydrotherapy Pool – Annual Report and Update
Sandgate Hydrotherapy Pool is a well-established and well-used facility which is run by Cumbria County Council with support from the South Lakes Hydrotherapy Trust.
Colin Renshaw, Chairman of the Trust reported that since 2012/13 the Trust has raised £190k which has been put towards refurbishment work at the pool, including, among other things, a new chlorine dosage system, new boilers (which have significantly reduced heating costs) and upgrades to the changing rooms.
The County Council and the Trust have well defined roles in relation to the pool and this makes it easier for the Trust when fundraising and promoting the pool. There is also a Friends group which raise funds through producing craft items to sell and holding quizzes and coffee mornings.
The Pool is a “jewel in the crown” for Kendal but is also very well-known and appreciated outside the local area for the work it does. The Pool team and the Trust have an ambition to have the facility recognised as a Centre of Excellence and have already hosted a specialist training event for physiotherapists. A short video of the pool in use is available at: https://youtu.be/ApXp3VLAlCg. This link was circulated to all members after the meeting.
Over the coming year the main focus will be work based on recommendations in an energy survey, carried out by Cumbria Action for Sustainability (CAFS) which will help to reduce costs even further, and make the facility more energy efficient.
The pool receives the support of all tiers of local authority as well as the local CCG but with changes in how services are commissioned and funded likely to be introduced from 2018 the Trustees and CCC realise there is a need to steer away from grant funding towards becoming a commissioned service, across the whole of the Morecambe Bay Health area. To help build a case for this CCC and the Pool staff have introduced a system to capture evidence of the overall improvement and benefits the pool brings to its users. Using the MYOP (Measure Yourself Medical Outcome Programme) system, an academically recognised survey method, pool users are encouraged to complete 2 questionnaires with the help of pool staff. The questions track the difference people feel in the severity of their symptoms when they first come to use the pool and the second is a repeat of the same questions when they have been using the pool for some time. The first batch of data registered an average of 2.2 points of improvement for users most severe symptoms – an improvement of more than 1 point is considered to be statistically significant.

Staff will continue to capture this data on a regular basis to form part of ongoing monitoring and result will be included in future Annual Reports. Correspondingly there are also potential savings to be realised in other areas of NHS care and treatment by users not having to visit their GP or hospital so frequently.

Members asked that the Annual Report be shared as widely as possible, especially through GP surgeries, maybe in an A5 booklet format as this was felt to be better than the leaflets which are currently circulated to advertise the pool. They were also pleased to note the active and positive involvement of the SLHT which has led to such a transformation of the pool over the last four years or so. Members asked that as much as possible is done to explore the idea of the pool gaining savings for the wider health system and to widen the sources for referrals – at present the majority come from the physiotherapy team at Westmorland General and the James Cochrane GP practice. Members were advised that regular visits are made to GP practices to try to raise awareness and promote the importance of the pool and its facilities but it is not always possible to speak directly to the GPs themselves.

The pool is open 7 days per week and from Monday – Friday is open 12 hours each day.

3. Kendal Strategic Transport Infrastructure Study
Cllr Cotton asked for this item to remain on the agenda but there was no further update as the next joint meeting is being held on 7th December to present the interim report.
4. 2016/17 Monitoring Report and Budget Update

The Area Manager presented her monitoring report which includes current budget balances and advised members to seek to commit remaining balances before the end of the financial year in March. As always there is a risk that any unallocated funds may be clawed back.

Members asked about Item 5 on the report regarding the South Lakes Credit Union and the latest report that it is to join forces with the Eden Credit Union. The Area Manager advised that £10k was still being held in reserve to support the Credit Union but they had not yet drawn on this. A suggestion was made that some funding could be committed to a Community Transport Study.

The Area Manager also advised that she had been contacted by Kendal Rugby Club which is looking to a second phase of development involving a new building on its new site offering facilities to bring in between 7 and 9 other sports clubs and a community gym. They are currently £250k short of the estimated funding required and a formal request for Local Committee funding needs to be worked up. Members agreed to this request for funding being brought to the next working group and asked that a detailed plan and a site map also be presented to the next meeting.

Members were provided with a breakdown by area of spending year to date on Community Grants. A total of £42,154 remains unallocated across seven of the eight areas (Grange and Cartmel has allocated its funds) and members were asked to promote the availability of these grants for capital spend to any interested community groups in their divisions.

5. Funding requests:

Morecambe Bay Partnership

Jenny Wain, Project Officer for Morecambe Bay Partnership, presented members with a request for funding to commission a feasibility study on the potential of opening up a shared cycle and walking route around the Bay using the railway viaducts across the River Kent at Arnside and across the River Leven estuary.

There is a need to understand more fully what economic benefits such a project could bring to the surrounding areas and the study would have to be carried out to an appropriate level of detail. There would be a requirement for a business case which meets Network Rail standards and ensure they were able to commit to their infrastructure becoming the core link in the project. However, whilst the use of the viaducts is central to the planned route the study would need to have a broader view in ascertaining if additional economic value could be added to facilities and communities along and near to the route. This could cost an additional amount.

£30.5k of funding for the £45k study has already been secured and alongside the request for £10k from Local Committee the Partnership is also in discussion with landowners including the Dallam Estate and Holker regarding contributions to the shortfall in funding.
It was confirmed that this new route would be an addition to the Morecambe Bay Cycle Route launched in June 2015 and might join up with the proposed route for the English Coastal Path. Members were generally not convinced about the need for another route and in Ulverston they are already having separate discussions firstly with Highways England about improving options for cycling along and adjacent to the A590 and secondly about bringing more cyclists and walkers through the town centre rather than using routes which bypass it completely. Other communities and landowners have strong feelings about the intrusion of the English Coastal Path in particular and might be unhappy about yet another new route. In general it was felt that missing links on existing routes should be addressed before any additional route was developed and members decided not to make any recommendation for funding.

Kirkby Lonsdale Institute
Kirkby Lonsdale is one of the 8 key service centres in South Lakeland as identified in the Local Area Plan and Local Committee has adopted an asset based approach to community development to enable communities to realise their aspirations and develop their assets. The Area Manager reported that Kirkby Lonsdale Town Council had recently held a well-attended meeting to discuss its Community Pan and a recurring point was the need to update the Lunesdale Hall. A feasibility study would identify the most effective means of carrying out modernisation to utilise the building to its full capacity and ensuring its long term viability as a community asset. Whilst no formal request for funding has been received such a study would enable the Town Council to assess the future benefits of upgrading this essential community facility and enable it to support bids for other funding to carry out the work. Members were pleased to agree their support for a feasibility study.

Recommendation
That Local committee agrees to award £10k to Kirkby Lonsdale Town council towards the costs of a feasibility study on the modernisation and future use of the Lunesdale Hall.

6. Date for next meeting
Members agreed that the next meeting will take place on Tuesday 7th February 2017, at 3.00 pm in Committee Room 2 at County Offices, Kendal
1. INTRODUCTION

Members will recall that some time ago, as part of its area planning activity, this Local Committee recognised the 8 main towns across South Lakeland. These towns continue to serve as important centres for the surrounding communities who travel to access health services, banking, shopping and a wide range of services not available in the surrounding rural areas.

At the same time this Local Committee has adopted an asset based approach to community development which will enable and support communities to build on their assets. Working with town and parish councils to help them realise their aspirations for their area is a key priority of this Local Committee.

2. KIRKBY LONSDALE TOWN PLANNING

The Kirkby Lonsdale Town Council is presently developing a Community Plan which will explore a number of opportunities in the local area, including economic development, community cohesion, infrastructure development etc. In 2015 the town council held a community consultation meeting to learn how local people viewed the town at present and how they see it growing and developing in the future. Over 80 people took part in that exercise which provided a number of areas for further exploration.

One of those opportunities focuses on Lunesdale Hall, which is a centrally located community hub, which provides the setting for public meetings and is also as a venue for a range of community run clubs. The building itself has not been modernised for many years and due to changing needs/interests of the community, not all of the space is used to maximum benefit.
Now that the town is expanding and drawing in greater numbers of residents, there is an opportunity to look again at the space at the Lunesdale Hall. Re-imagining the space to maximise use and provide a vibrant area for community and business use will not only serve the local community well but will also ensure the long term viability of the building.

Should a reconfigured Lunesdale Hall be able to offer the space required, it will create an opportunity for other complementary community services to be placed within it, for example the Library and Community Learning.

At present the Library is a few yards away, set back from the road in a detached building owned by SLDC. It has been broken into on a number of occasions with the computers stolen each time. Co-location with other services would, through self-serve, enable the Library to be ‘open’ more than the 17 hours it is presently, including weekends potentially. Community Learning opportunities could also be developed with computer tablets being on offer through the library.

Small/medium sized businesses which need a space in the town centre but don’t want a full building may be attracted to this hub if modernised to a professional standard, again drawing in annual revenue.

3. **Next Steps**

Before this can proceed any further it is necessary for a full feasibility study to be carried out on the building, identifying opportunities, highlighting barriers and providing an analysis of the viability of a re-configured community and business space.

As this is a speculative approach, should the feasibility study prove that this is a viable proposition, the Town Council will have the evidence to support capital grant bids to large funders.

4. **Recommendation**

The cost of a study will be no more than £15K and therefore a contribution of £10K from Local Committee, along with a request to SLDC for the remaining £5K, is being proposed.
## Priority: Promoting sustainable economic growth and creating jobs

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<tbody>
<tr>
<td>1</td>
<td>Kendal Divisions</td>
<td>January 2014</td>
<td>Business Improvement District</td>
<td>Businesses within Kendal BID reporting increased revenue and footfall</td>
<td>On-going interest from Local Committee re. the development of the BID and its impact on the economic growth of the town. £5K contributed in 2012 to support the creation of a Kendal BID. 1st year of BID charge (2014/15) paid centrally. Last update - June '16</td>
<td>£5K Economic Initiatives plus £4,882 per annum (2015/16 to 2019/20) Economic Initiatives</td>
<td>Karen Johnson</td>
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<tr>
<td>2</td>
<td>Ulverston East &amp; Ulverston West</td>
<td>28th January 2015</td>
<td>Business Improvement District</td>
<td>Businesses within Ulverston BID reporting increased revenue and footfall</td>
<td>Decision from LC (28/01/15) to vote in favour of an Ulverston wide BID. Voting took place by post between 26/02/15 and 26/03/15. Yes vote received. Last update – August ‘16</td>
<td>£5K Economic Initiatives plus £861 per annum (2015/16 to 2020/21)</td>
<td>Karen Johnson</td>
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<tr>
<td>3</td>
<td>Kendal Divisions</td>
<td>18&lt;sup&gt;th&lt;/sup&gt; May 2016</td>
<td>Kendal Strategic Transport Infrastructure Study</td>
<td>In support of the Local Plan refresh, identify options to deliver i) Strategic growth of the town ii) Reduce congestion iii) Improve resilience &amp; accessibility to existing employment areas iv) Consider resilience of M6 corridor in Kendal area</td>
<td>£60K cost of study to be shared between Local Committee, SLDC (£20K) and Kendal Town Council (£10K). Consultants, Mott McDonald, commissioned and started August ’16. Steering Group meeting and Member Workshop help in September and October ’16. Interim report to Steering Group on 7/12/16.</td>
<td>£30K Economic Initiatives and General Provisions (50/50)</td>
<td>Karen Johnson / Michael Barry</td>
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**Priority: Improving Health and Well-being and Tackling Poverty**

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<tr>
<td>4</td>
<td>All</td>
<td>April 2016</td>
<td>Money Management Advice &amp; Support</td>
<td>People able to get out and stay out of debt</td>
<td>Delivered through Citizens Advice Bureau. Annual updates on progress to LC (last report July 2015; next September ’16)</td>
<td>£47,550 Money Advice Contract</td>
<td>Julie Batsford Tel: 07824 821450</td>
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<tr>
<td>5</td>
<td>South Lakeland</td>
<td>24&lt;sup&gt;th&lt;/sup&gt; March 2014</td>
<td>South Lakeland Credit Union</td>
<td>South Lakeland residents able to</td>
<td>Liaison with Credit Union Steering Group and key</td>
<td>£10K ring-fenced</td>
<td>Karen Johnson</td>
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<td>6</td>
<td>All</td>
<td>April 2016</td>
<td>Sandgate Hydrotherapy Pool</td>
<td>Improve the health and mobility of people with disabilities</td>
<td>Trustees and Active Cumbria manager working together to consider continual improvement and greater sustainability of the pool. Request to CCG for continued financial support to the pool.</td>
<td>£33K (Revenue) £11K (Capital) Sandgate Pool</td>
<td>K Johnson Tel: 713157 / Richard Johnston</td>
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access affordable credit and savings stakeholders to propel this forward. Funding gap filled by Local Committee and SLDC to enable group to submit application to the Prudential Regulation Authority (PRA) September 2014. Approval received from PRA August 2015. Launched November ’15.

CCC supporting to find suitable collection points in communities and through libraries. Last update July ‘16

Latest announcement: SL CU to merge with Eden CU. Details to be confirmed.
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<tr>
<td>7</td>
<td>All</td>
<td>July 2016</td>
<td>School Crossing Site Assessments</td>
<td>Improved road safety around local schools</td>
<td>Highways identified schools across South Lakeland which currently have flashing safely lights. Agreed that they are in the right places. Speed awareness signs outside schools require attention - some are in a poor state of repair. Members to identify which signs require attention and if possible send in photographic evidence to Highways for action.</td>
<td>£10,664 allocated 28/01/15</td>
<td>K Johnson / Victoria Upton</td>
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<tr>
<td>8</td>
<td>South Lakeland</td>
<td>19th January 2016</td>
<td>Flood Recovery</td>
<td>The Local Committee is able to respond quickly to emerging need and support local initiatives which will help affected people to return to normality.</td>
<td>Red Cross co-ordinator for South Lakeland – John Milburn - in place and working closely with Area Team. Supporting Flood recovery work, ensuring all flood affected individuals and families are registered and receiving support. Total of 150 homes remaining unoccupied as at Nov ’16. Ambleside Group supported in immediate aftermath of floods to produce film for widespread</td>
<td>£10K (Economic Initiatives and General Provision)</td>
<td>Karen Johnson</td>
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<td>use demonstrating the area is open for business.</td>
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