

## **ICF Third Sector COVID-19 Fund Summary 2020**

In 2017 GVS submitted a proposal for ICF Capital and subsequently managed a Third Sector Capital Investment Fund, totalling £50,000, across Cardiff and the Vale of Glamorgan. This Fund enabled the third sector to extend existing services or pilot new approaches and has supported innovation in service delivery. The Fund was increased to £100,000 in 2018 and has been provided each year since then.

For 2020, because of COVID-19, this fund was increased to £140K. This was a Capital (£100k) and Revenue (£40k) fund.

The 2020 fund was tailored to respond to the COVID-19 pandemic.

This report focuses on the 2<sup>nd</sup> round Capital (£49,857.78k) fund.

### **ICF Capital Fund 2020 (2<sup>nd</sup> Round of funding)**

16 organisations applied, totalling £95,806.95 and 11 were awarded funding from a total fund of £49,857.78. Funding was awarded to the following:

- Age Connects
- Bro Radio
- Cardiff and Vale Mental Health (CAVAMH)
- City Hospice
- Deaf Hub Wales
- Elderfit
- Forget Me Not Chorus (FMNC)
- Friendly Trust
- Headway
- Snap Cymru
- The Good Wash

### **Summary of Outcomes 2020**

Some of the proposals which were awarded funding have been delayed due to the COVID-19 crisis. The organisations concerned are keeping us aware of any progress that they are able to make and GVS has taken a flexible approach to the completion of the proposals.

GVS has received 11 out of 11 reports. In this document the *italicised* text is from the organisations' reports.

**Age Connects Cardiff and the Vale were awarded £4,800** to purchase 500 reusable nail nippers. A special coating on the nail nippers allows the items to be sanitised repeatedly for reuse.

The nail nippers will last over 2 years instead of being single use. This also saves on waste.

*In the year prior to the pandemic, we provided 4000 appointments so if we reach that level of service this year changing nippers will save us a further £5600*

This has allowed Age Connects Cardiff and the Vale to save on the cost of delivering their nail clipping service. With the added complication of the pandemic this saving, during a time where all charities are struggling for funding, means that the service continued during 2020.

*The good news is with the support of the grant we have managed to keep the nail cutting service going until things have improved (now considered a health-related service and can stay open in future lockdowns) and with vaccinations ongoing appointments and income are rising.*

*We have now also stayed open long enough to secured extra funding for 2021 into 2022 from another source, guaranteeing the service will stay in existence even if the pandemic continues for longer.*

**Bro Radio were awarded £6,000** to purchase equipment for a radio studio in the Western Vale – computer equipment, laptops, portable recording devices.

The funding allowed Bro Radio to develop volunteer opportunities in Llantwit Major. This removed a barrier for those in the Western Vale who could not travel to Barry.

The equipment also allowed Bro Radio to prepare for the future and allow projects and volunteering to be accessible for future lockdowns. These opportunities and new services will begin once lockdown restrictions have eased as the current crisis has delayed the project.

*'The items purchased will help kick start the stations community voices project, which aims to give local people a voice within their community. [...] The stations waiting list currently sits at 15 volunteers, many of whom have been affected by the coronavirus pandemic – either being furloughed, losing their job or lockdown having a negative impact on their mental health and wellbeing.*

*The additional laptops and portable equipment will allow for the dedicated space to be safe and socially distanced for local people to participate without the worry of coronavirus.'*

**Cardiff and Vale Mental Health (CAVAMH) were awarded £1,257.74** to purchase two laptops to create digital services for people with mental health lived experience during the COVID-19 crisis.

7 'tea and cake' online sessions were created. Over 60 people attended the sessions.

These sessions and short videos that were created allowed service users to connect and reduce their social isolation brought on by the lockdown and improve their wellbeing. Sessions and videos included poetry, arts and craft, dance, singing, cake baking and information about CAVAMH and other useful services.

*Alongside craft activities, staff have contributed videos such as portrait painting and bread baking - the latter a mini hit attracting 400 views after the event!*

*Some people have told us they have been living on their own during this lockdown period and greatly value the opportunity to link in an informal way that this has created and have really enjoyed the inclusive nature of the sessions.*

*'Thank you for showcasing my work and for being so encouraging and positive.'*

**City Hospice were awarded £4,429.87** to purchase PPE and Occupational Therapist equipment to allow staff to support terminally ill patients in their homes.

City Hospice has received 497 new referrals. 225 referrals went to the Occupational Therapist. Volunteers have provided support by driving the *CNS' and doctors to patients houses in a minibus (which has allowed the clinical staff to get changed in and out of their PPE before they see the patient).*

The PPE will also support the reopening of their Day centres when restrictions allow.

*"My grandmother has just had her first palliative care visit. The positive feedback from her and my mum is so reassuring to hear from 200 miles away."*

*"Thank you for taking care of my Aunty in her last days. I can't be with my family due to covid but I wanted to say thank you for your support."*

*"For lovely Aunty D who recently was cared for by your staff. Please know your work can make such a difference in sad times."*

*"Thank you for all the care you gave my brother. Despite there being a pandemic, your nurses were wonderfully caring and kind to Mr G and his family. You are much appreciated."*

**Deaf Hub Wales were awarded £9,735.68** to support development of a Deaf community café. Items included an alarm, CCTV, bilingual signage, freezers, baby changing station, tables, chairs, baby chairs and plates.

The current lockdown *has slowed the progression and development of the Deaf employed and volunteer teams that will be managing, working, and training within the Café.*

The café aims to provide support for the Deaf community by providing support and information and a place where BSL is the primary communication.

*The café will support the community, provide social space, enable us to offer support services in an informal setting but in a location that is 'safe' to D/deaf community and where all support is through BSL.*

*Excitingly it will provide employment, volunteering, training opportunities for Deaf people, to be supported by Deaf people.*

**Elderfit were awarded £1,944.82** to purchase PPE, logbooks and an online registration system.

The PPE and logbooks (containing COVID rules, information and exercises for staying active at home) will allow the sessions to run safely and COVID compliant once lockdown restrictions are lifted.

*There will be an element of fear even once restrictions are lifted so it is essential we have everything in place to maintain a safe clean environment.*

**Forget me Not Chorus (FMNC) were awarded £795.43** to purchase a portable PA system and protective case, mics, sanitation and PPE to hold outdoor concerts for patients/residents.

*Care home and Hospital 'Car Park Concerts' that allow patients/residents to participate in a live music session from the safety of their window, balcony or garden; nourishing a sense of community and reducing isolation.*

The equipment allowed these sessions to adapt and continue during the COVID-19 pandemic and lockdowns.

The PPE equipment has allowed FMNC to sanitise the equipment to protect staff.

*"I just wanted to express my gratitude for the amazing performance outside our ward... We have one lady on the ward who is usually uncommunicative, very wary of others and requires a great deal of encouragement to carry out everyday tasks, including feeding herself... Her response to the music Forget-me-not-Chorus performed was incredible. This lady danced for the entire session, she was the first to start moving with her expressive conducting. She didn't stop smiling and vocally was far more engaging and responsive. It was a*

*delight and a pleasure to watch and the effects continued well into the afternoon.”*

**Friendly Trust were awarded £5,712.72** for extra IT support, PC, laptop, equipment for home working, counter screen and PPE. These items were to help Friendly Trust revise their services to deliver online support during the COVID-19 pandemic. The PPE and counter screen were purchased to create a safe office environment for workers unable to work from home.

Friendly Trust continued to support *vulnerable people with advice and practical support with their welfare benefits.*

*The community support team in the Vale has fed back that the continued involvement of The Friendly Trust made a significant difference to the vulnerable people with whom we were able to maintain such contact via distanced visits and frequent contact by phone, email and various virtual apps.*

**Headway Cardiff & South East Wales were awarded £2,467.32** to purchase 3 laptops which allowed staff to run online zoom sessions and PPE.

8 sessions, including music therapy and Tai Chi, are run weekly allowing service users to socialise. 46 service users and carers have utilised these sessions which has helped their isolation.

PPE equipment was purchased to continue the weekly Pontcanna Fields Walking/Wheeling group when restrictions allowed. 42 service users utilised this service.

Headway Cardiff & South East Wales also continued to deliver one to one counselling sessions utilising the PPE when restrictions allowed.

*71 people with acquired brain injury, and their carers, benefitted from 8 weekly zoom sessions and a weekly walking/wheeling group in Pontcanna Fields. They reported that these activities were essential to them in: preventing isolation and the need for crisis or more intensive social or health services; maintaining and improving quality of life during the current COVID-19 pandemic and helped*

*to de-escalate its negative impact on their anxiety levels, mental health, and isolation.*

*“The walking group has been a fantastic help to me allowing me to socialize with people who are in a similar situation as myself.”*

*“The zoom sessions have been excellent. I found the Tai Chi excellent for my rehab and controlling my raised blood pressure. The singing has improved my confidence and I look forward to these sessions every week.”*

**Snap Cymru were awarded £9,069.20** to purchase laptops, monitors, docking stations, mobiles and mobile contracts to provide remote services.

The equipment allowed volunteers to volunteer from home with support from staff.

Snap Cymru support families, children, carers, vulnerable people and young people in Cardiff and the Vale. This included people who were self-isolating due to COVID-19 and communities *who have been disproportionately affected by the pandemic.*

The equipment supported 10 volunteers to work *remotely with children and families in Cardiff and the Vale throughout the pandemic.*

*“Since receiving the laptop and docking station etc for home use, the technology has enabled me to volunteer and work remotely to support families in a variety of ways.*

*The laptop has allowed me access to the secure database which I use to access, input and share information about cases. I have also utilised emails to liaise with parents (particularly those who work full-time and are not able to speak to me during my working hours), colleagues and other professionals such as school staff, Exclusion and Welfare Officers, Social Workers, as well as SENTW and Welsh Government personnel. [...] This software has also allowed me to access relevant ‘in-house’ training programmes and other professional development opportunities which I have been able to participate in via the laptop. All of which have informed and impacted my practice when working with families. Without this grant, the other SNAP Cymru volunteers and I would have been unable to continue to support people in the Cardiff and Vale area. Examples of these include;*



- *Attending a Pastoral Support Plan review for a secondary school pupil who had not been in school for many months. The child and family were extremely stressed. At the meeting I supported mum in working with the school to ensure that the CYP was able access the support she needed, building up from a reduced time-table and building the confidence to return to school. I was also able to support the family remotely once another shutdown was imposed, despite this being a serious blow for the family, I was able to empower them to negotiate with the school resulting to achieve regular on-line lessons and to receive regular pastoral support from school to ensure the YP engaged.”*

*“I am writing this to express my gratitude to SNAP Cymru in these unusual times, for being so caring and supportive. It has truly helped me and I honestly don’t know what I would have done without them. Who would have thought we would be living through a pandemic. None of us expected it and none of us were prepared, it has been frightening and emotionally jarring. However SNAP have helped me feel supported with regular phone calls and virtual meetings, offering help wherever I needed and where it was possible. Their support has helped me and my son to understand his emotions about the situation we all find ourselves in.” **parent***

**The Good Wash were awarded £3,645** to purchase a peloton bike, laptop, communication equipment and safety equipment (e.g. safety harness).

Online and outdoor land/sea endurance activities were organised which included *tailored personal development plans*.

5 new or additional services were created: Map reading, Virtual Yoga, Virtual Meditation, Virtual Core and strength sessions and a 10 week art and physical activity therapy.

21 service users were supported in the various activities and a total of 18 volunteers were involved.

COVID-19 has caused some delays in getting specialised equipment – the peloton bike.



*For example, the peloton bike has been ordered a long time ago and paid for but is not due to arrive in the country until the 1st week of April. We have however, purchased the app and piloted online sessions (via mobile devices / and laptop) that don't involve bike usage with individuals (i.e., yoga, meditation, and core and upper / lower body strength.*

*'Considering I did not take pe at school, preferring to music, one realisation I will take away is that I can do exercise, Yay! and it makes me feel super proud too :)'*

For more information on this report, contact:

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