

engage

Community Planning in Ards and North Down #myvoicemyAND

DATE: August 2019

Welcome... to the summer 2019 edition of engage! Keeping you up-to-date with the Big Plan and all things community planning in Ards and North Down.

In this edition ... we highlight the level of poverty experienced in our borough and showcase some of the great work that is taking place to help individuals and families in need of a little extra support.

We discover the importance of play and its role in helping to promote good health and wellbeing amongst children and young people.

And finally... we tell you about an exciting funding opportunity that you can get involved with, whether you are a resident or a local community group!

For the first time, we are giving you a say on which projects you would fund: how should £14,000 be spent in Ards and North Down?

Keep reading to find out more!



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Poverty in AND

When you live in poverty, you do not have the same opportunities as others to fulfil your potential and this can affect you throughout your life, including in education and employment. It has also been proven that your health and general wellbeing will also be affected and this may lead to mental health issues or other poor health conditions.

Here, in Ards and North Down there is a preconception that everything is fine, that people do not live in deprivation, poverty or hunger. Unfortunately, for some, this is not the case.

Ards and North Down Poverty Forum

Ards and North Down Poverty Forum has recently been established to help address some of the issues experienced by individuals and families who need a little extra support at a difficult point of time in their lives. Working with statutory, community and voluntary partners one of the key priorities for the poverty forum is to promote the great work and services already available here in the borough.

Services including...

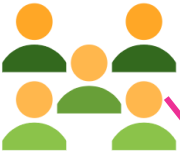
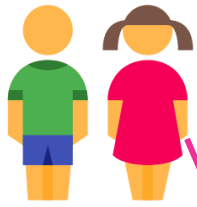
Local foodbanks... who provide support and guidance to people and families in crisis. For those who are struggling to afford everyday life, finding their next meal can be challenging. Hard working people find themselves choosing to pay bills before feeding themselves. Please get in touch with your local foodbank (contact details on next page) if you need assistance, the service is free and confidential.

Foodbanks welcome all food donations and you can contact them directly or pop a few items in the foodbank trolley at your local Tesco's, Sainsbury's or Asda store.

The Red Box Project... was set up in Ards and North Down in 2018 to tackle period poverty. It is estimated that 137,000 girls in the UK miss school each year due to their period. The Red Box works like a foodbank for sanitary wear. The community can donate sanitary products and pants at local collection points and these items will be distributed to local schools. It is estimated that 48% of teachers said period poverty is a common problem in their school. Help the Red Box Project (contact details on next page) to supply much needed sanitary products and keep girls in school.

School Uniform Project... providing **free** school uniforms including bags, shoes and PE kits to families in need. There are a range of uniforms available from primary to post primary. Uniforms can be viewed at Ards Community Network, Newtownards from the start of August onwards and Maxwell Court in Kircubbin from 5-8 August 2019. (Contact details on next page).

Did you know in AND...



Males living in the 20% most deprived areas would expect to have a shorter lifespan of **3.8 years**

(NISRA: 2012-2014)

18% of children live in poverty

(NISRA: 2012-2014)

16% of individuals live in poverty

(NISRA: 2012-2014)

557 adults and **306** children were provided with food between 1 October 18-1 June 19

(Bangor Foodbank 2018-19)

Females living in the 20% most deprived areas would expect to have a shorter lifespan of **1.9 years**

(NISRA: 2012-2014)

Useful contact details:

Service	Contact no.	Website
Bangor Foodbank	02891 271800 07821 791 674	www.bangorni.foodbank.org.uk
Storehouse	07526 541168	www.storehousenorthdown.com
Newtownards Foodbank	028 91817487 079 0293 3297	www.newtownards.foodbank.org.uk
The Red Box Project	07791 248011	Facebook: @RedBoxProjectNINorthDown
School Uniform Project Ards and North Down	028 9181 4625	www.ardscommunitynetwork.com
School Uniform Project Peninsula	028 4273 9021	www.peninsulahealthyliving.org

Play, play, play...

With greater access to technology and over-scheduling in organised activities such as dance class, football, music lessons etc. more children and young people are playing less. Do we as a community fully understand the importance of play and the positive impact it has on the development of children? We explore the reasons why play is so important and give you some practical tips on how to encourage play.

What is play?

Play can be anything from doing nothing to climbing trees, playing chases, skipping and playing ball games. It can sometimes be viewed as an organised activity such as a being a member of a dance or football club or even playing at the park, but play is so much more! **'Real play'** directly lead by the child and is something which **they** choose to do in **their** free time.

Play is becoming an "endangered species" - CEO, Lego

Why is play so important?

Every child is born with the desire to play, explore and learn. Through play children have the opportunity to develop new skills, friendships, test their own abilities and explore their imagination. This has been proven to be essential in establishing the foundations of social, emotional and academic learning. However, children today are getting less and less unsupervised play time, especially in the natural environment. Studies have shown that those deprived of contact with nature are at greater risk of anxiety and depression. This may explain why increasing numbers of children and young people are dealing with poor mental health issues and heightened levels of anxiety.

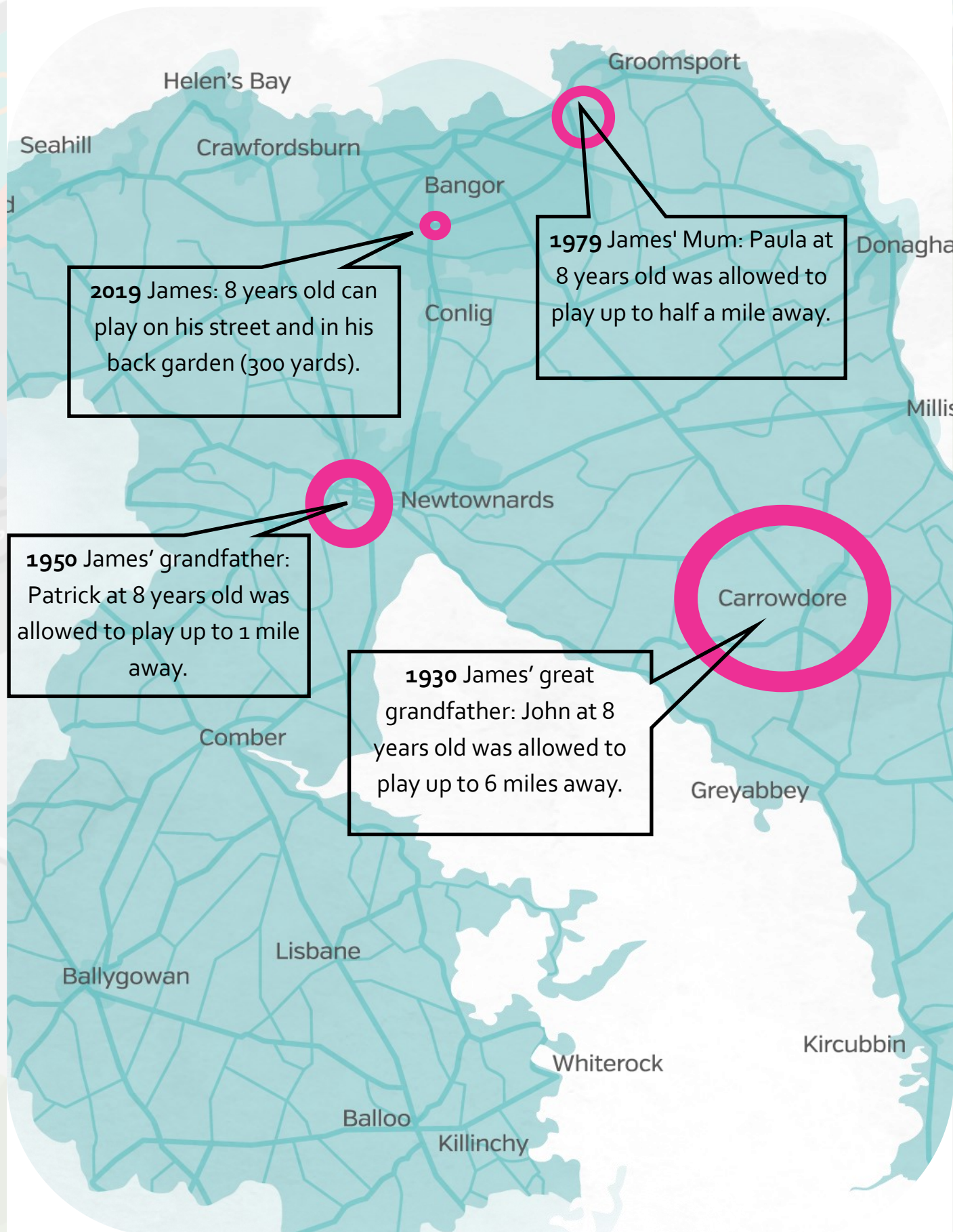
What can we do?

The great thing about play is that it costs nothing!

1. Getting outdoors and in contact with nature will help children and young people cope with stress.
2. Drawing and dancing allows children to express feelings and creativity.
3. Build a den with cardboard can help to develop motor and problem solving skills.
4. Role play, sock puppets etc. builds relationships, empathy and sharing skills.
5. Reduce screen time, leave the tablet and phone behind and go exploring!

How play has changed in four generations...

We take a look at James and his family and discover how the freedom of play has changed from his great grandfather's generation in 1930 until the present day.



How could £14,000 be spent?

In 2015...we embarked on a journey to find out the issues most important to you. Your feedback, via the Big Conversation helped us to develop the Big Plan and the five outcomes that we will focus on over the next 15 years.

During the Big Conversation you told us you wanted to be more involved in local decisions. Ards and North Down Borough Council has decided to experiment with how funding decisions are made by letting you tell us how **£14,000** (provided via Ards and North Down Borough Council's Recycling Community Investment Fund) of public money should be spent across the borough. This is known as participatory budgeting.

We want **you** to come up with ideas for projects that benefit the community, develop these ideas into a project bid, and then encourage communities across Ards and North Down to get behind your initiative and vote.

The projects with the most public votes will then be awarded funding to make their initiative happen.

What type of projects could get funding?

We aim to make this whole process as barrier free as possible, but there are inevitably some 'Rules' for both applicants and voters.

Any project you think will have a positive long-term effect on the community can be considered. However, your project should be able to demonstrate how it will contribute to **at least one** of the Big Plan outcomes.

Your project could **help people**:

- Fulfil their lifelong potential
- Enjoy good health and wellbeing
- Live in communities where they are respected, are safe and feel secure
- Benefit from a prosperous economy
- Feel pride from having access to a well-managed sustainable environment

How much funding can projects apply for?

£8,750 of funding is available across each District Electoral Area (DEA) (7 DEAs) meaning a maximum grant of £625 per project is on offer.

£5,250 of funding is available for members of the 3rd Sector Community Planning Forum meaning a maximum grant of £2,625 per project is on offer.

Who can submit a Project Bid?

Almost anyone. Communities, special interest groups and organisations (more information on this will be provided in a guidance document that should be read before submitting an online project bid).

Who decides where the £14,000 is distributed?

You, the public have the final say.

At the end of August more information on the process, rules of eligible projects, the online application and details on voting will be released.

The Process

#myvoicemyAND

Participatory budgeting

1 Identify a project that contributes to one of the Big Plan outcomes

2 Fill in an online Registration of Project Bid form by **30 September 2019**

3 Promote your project to potential voters and gather community support

4 Come along to the #myvoicemyAND public vote event (**November 2019**) and showcase your idea to voters—you will have a small stand and should consider what information to provide to demonstrate your project

5 Sign and return the Participatory Budgeting Letter of Offer, along with other information that has been requested to allow ANDBC to deposit the money in your designated bank account

6 Take part in the voting. If your Project Bid is successful you will be issued with a Letter of Offer and we may ask you to provide additional information

7 Put your project into action

8 Submit your proof of expenditure and a brief summary of how your project worked by **30 June 2020**

Keep an eye on social media and Ards and North Down Borough Council's website for more information Coming soon!



CONTACTING US

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Community Planning update:

Two years on from the launch of the Big Plan, we are starting to review how far we have come... looking at the achievements and challenges to date.

As part of this process we will be asking for your feedback once again through the Big Conversation and the Big Game. This will help all community planning partners focus on a number of key priority issues most important to you!

We will be using statistics to tell us what issues are getting better or worse and we will be chatting to experts and local people to find out the story behind the numbers, exploring the reasons why.

We will keep you informed every step of the way!



We want to hear from you!

We are taking the Big Game on tour around the borough to find out if the issues you told us about in 2015/16 are still the most important ones to you. If you are a community group/ church group/ youth group etc. and fancy playing the Big Game, please get in touch!



Ards and North Down's strategic partners include:

