

# IMPACT REPORT

SOUTH & NORTH TYNESIDE 2022/23



## **FOREWORD**

## Andrew Watts, Chief Executive Groundwork South and North Tyneside



Groundwork is committed to creating a future where every neighbourhood is vibrant and green, every community is strong and no-one is held back by their background or circumstances. Through our vision of 'Changing Places, Changing Lives' we help people in their local neighbourhoods to build community resilience, improve and protect green spaces, lead more active lives, gain confidence to get back into training or work and overcome significant challenges such as food or fuel poverty, isolation and loneliness, low skills and poor health.

The impact from the cost of living crisis and legacy of the pandemic for our most vulnerable communities has been significant, and these challenges alongside the climate emergency, has highlighted stark inequalities and need to target services on those most in need to create a fairer society.

We are conscious that as well as empowering local communities to take action, we need to lead by example in supporting our young people. This year has seen us grow to our highest number of employees ever, and we demonstrate our commitment to the development of young people as we now mentor 7 apprentices, "Growing our Own" skilled teams to deliver essential services and support our continued growth.

Working with our beneficiaries and stakeholders we have refreshed our strategy, launching our 2023-2026 goals. We will continue to tackle inequalities and work with partners to build green jobs and deliver across four main areas, Empowering Fair and Sustainable Communities, Raising Aspirations by Creating Better Prospects, Creating Better Places and Enriching Lives Through Culture and Heritage, in the places that need it most.

This report sets out what we have achieved in the last year across Groundwork and our associated subsidiaries TEN North East and Windmill Trading Company, as well as sharing some of the inspiring stories of change brought about through our projects, programmes and partnership working.

The Trustees and myself are so proud of the work and positive impact we make. Our services and programmes delivered would not be possible without the support of many partner organisations, funders and commissioners, and we would like to thank them for their ongoing commitment to helping communities and supporting us in delivering our vision of Changing Places, Changing Lives.



#### **IMPACT REPORT 2022/23**

## **WE ARE PASSIONATE ABOUT:**



#### **Empowering Fair and Sustainable Communities:**

Reducing inequalities by supporting and enabling individuals and communities.



#### **Raising Aspirations by Creating Better Prospects:**

Supporting individuals and families to be resilient, confident, ambitious and independent.



#### **Creating Better Places:**

Developing accessible high quality built and green spaces that provide natural capital and improve wellbeing.



## **Enriching Lives through Environment, Culture and Heritage:**

Inspiring engagement and discovery informed by our past, present and future.



### THE YEAR IN NUMBERS



227

Acres of land improved, maintained or actively managed



218

People helped to reduce domestic energy, water and waste



1005

Trees planted, reducing the impact of carbon emissions



86

People supported into education, training or work



579

Volunteers actively involved throughout the year



815

Young people supported to learn, achieve & thrive



47

Community groups supported, building pride of place



953

Carbon tonnes saved via Green Doctor





#### **IMPACT REPORT 2022/23**

Groundwork is a federation of charities mobilising practical community action on poverty and the environment across the UK.

We are passionate about a future where:

- Every neighbourhood is vibrant and green.
- Every community is strong and able to shape its own destiny.
- No-one is held back by their background or circumstances.

We believe that working with local communities to build their resilience is vital in facing up to the challenges of a globalised economy and a changing climate.

We know that the negative effects of climate change and environmental breakdown impact first and worst on those who have the least power in society, and who contribute least to the cause of the crisis. A 'just transition' to an inclusive, netzero economy must tackle, rather than entrench, this inequality and provide a springboard for better work and healthier, happier lives in the places that need it most.

This means creating green jobs that build wealth in local communities, changing behaviour to reduce wasted food, energy and water, providing biodiverse, accessible green spaces, supporting businesses to be more responsible and empowering communities to lead activities that improve their quality of life and promote health and wellbeing.



## **EMPOWERING FAIR AND SUSTAINABLE COMMUNITIES**

Reducing inequalities by supporting and enabling individuals and communities



#### **Green Doctor LEAP Programme**

Our mission to empower, enable and enhance local communities, is demonstrated with our Green Doctor LEAP programme. Green Doctors' are energy efficiency experts who support vulnerable people with the installation of energy saving measures helping to reduce bills and the amount of carbon produced by households. Working in partnership with Northern Gas Networks VCMA, Green Doctors supported a further 68 households across South and North Tyneside and attended partner events with South Tyneside Homes, Healthy Homes and Bread and Butter Food Banks, to promote the Green Doctor service.



177

Green Doctor house visits



£327,614

Total estimated energy savings



1468

Energy saving measures installed (LED lightbulbs, radiator reflectors, draft excluders, etc.)







""I am extremely happy with the service! The Green Doctor arranged for me to receive some fuel vouchers, which have really helped, and he also installed some draught excluders, which have been an absolute God send and completely stopped the draught from coming through. I have learning disabilities and the Green Doctor was patient and really took his time to ensure we understood what was being said and the help that was given. - 11 out of 10 to the Green Doctor!"

- Mrs Casey, North Tyneside.



## POWERING THE CIRCULAR ECONOMY

Reducing inequalities by supporting and enabling individuals and communities



#### The Groundwork Shop

Our aim to reduce waste and live more sustainably is demonstrated in our retail outlets, The Groundwork Shop based at South Shields Recycling Village, and the Pre-loved second-hand store based at Marsden Road Health and Wellbeing Centre, both of which power the Circular Economy. The Groundwork Shop channels thousands of unwanted household goods, appliances, furniture and toys, away from 'end of life' and recirculates them back into the local community as part of a Circular Economy.

A new partnership project with South Tyneside Council, South Tyneside Homes and Our 1 Community, has helped us achieve this goal by remodelling the bulky household collection service for South Tyneside. With support from National Lottery Community Fund, a series of Repair Workshops offer people the chance to upcycle items that would normally go to waste.



The Groundwork Shop nominated for a #LoveSouthTyneside Award 2023 for commitment to the community.







## **CASE STUDY**

In the middle of Winter 2022, a young woman and her two children fled domestic violence with nothing but the clothes on their back. Local charity, The People's Angels assisted the young woman and her two young children, with financial help and sourced some white goods for their new home.

Jed Tubman, Groundwork Service Manager for Commercial and Environmental Services, heard that the young woman and her two children, were sleeping on the floor in their new home. With support from The People's Angels, Jed and his team managed to source a bed for each family member, and arrange for furniture, sofa and television, to be delivered to their new home, in time for Christmas. With the fundamental pieces of household furniture and appliances in place, Jed and the crew, wanted to assist further by supplying the family with some other home comforts, such as mirrors, pictures, lamps and even a Christmas tree, for the family to enjoy.

The family were over joyed with the donations they received for their new home. Thanks to our partnership with The People's Angels, we are able to support the most vulnerable of people in our community, helping to raise their prospects and their spirits, during times of hardship and uncertainty.





# SUPPORTING INDIVIDUALS AND COMMUNITIES

Reducing inequalities by supporting and enabling individuals and communities



#### Marsden Road Health & Wellbeing Centre

The Health & Wellbeing Centre is a thriving hub of productivity and an excellent example of how we use a place-based approach to empower local community action. The Centre hosts a range of volunteer led services including a Community Café, Pre-loved second-hand store, gym and fitness classes, along with a range of groups and activities for all ages, with the aim of improving mental and physical health and wellbeing.

With support from National Lottery Community Fund, people can now access help understanding their finances and learn practical skills in cooking, all with the aim of reducing the impact from the cost of living and overcoming food and fuel poverty.



Centre volunteers gained confidence and improved mental health and wellbeing



100%

Centre volunteers consider the centre a valuable community asset







## MARSDEN ROAD HEALTH AND WELLBEING CENTRE







**516**Items of clothing given away to families in need



2836kg Textiles sent for recycling



**628kg**Bric-a-brac sent for recycling



**3830**Positive community sessions delivered



Volunteer hours committed to deliver health & wellbeing centre activities

3932



Volunteers feel they shape direction of centre, demonstrating community led approach

92%



86%

Volunteers said they had gained skills and qualifications





## **CASE STUDY**

When Janet first came to Marsden Road Health & Wellbeing Centre she was suffering from anxiety and depression. She felt like she had no purpose, had very little confidence in her abilities, and thought that having been 'just a mam', meant she had very little else to offer.

When Janet joined as a volunteer, we had not long opened our community shop so she decided to help out. Janet now runs the shop with help from other volunteers, including her daughters, and is responsible for the huge success we've had. This has been incredibly important for Janet's mental health as she understands how important the community shop is to the local residents and feels like she's making a real difference.

Janet built up her confidence enough to start applying for jobs, knowing she could get a reference from her work as a volunteer. At the end of last year, Janet got offered a job as a lunch time supervisor in a local school, which she is delighted about. Her new role means that she now has more money, has more confidence, but also means she can continue her volunteering role outside of work hours, which was very important to her.





## **REDUCING INEQUALITIES**

Reducing inequalities by supporting and enabling individuals and communities



#### **Big Local in Central Jarrow**

After 10 years, Big Local in Central Jarrow has achieved its goal to make a lasting difference within the Jarrow community, thanks to National Lottery Community Fund investment. The fund has helped the community pull together by listening to each others needs and working to deliver projects and activities that stand up to the challenge. Big Local in Central Jarrow has been a huge success with residents and young people, tackling many social and environmental issues that once plagued the town centre.

Groundwork South and North Tyneside are extremely proud to have had a helping hand acting as Locally Trusted Organisation (LTO), in the success of this multi faceted community group, who are now fully constituted and independent. Read <u>The Big Local In Central Jarrow Report</u>.



80% of residents said they are much happier with Central Jarrow because of Big Local investment and the opportunities it has brought to the community.



Jarrow Detached Youth Group hit the Toon for Pride Month.



"Genuinely don't know what I would do without the Jarrow Detached Youth Project... it is the only thing that keeps us going!"

- Young person, Central Jarrow

### **HEALTH AND WELLBEING**

Reducing inequalities by supporting and enabling individuals and communities

#### **Green Gym and Health Walks**

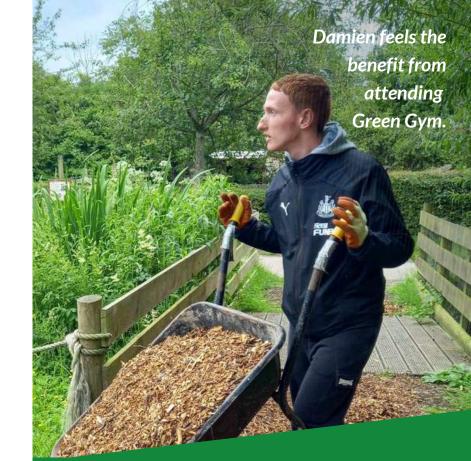
Our Green Gym project is well-established within South and North Tyneside, and differs from other environmental and conservation projects, being underpinned by social action theory. Having a strong health evidence base, it enables participants the opportunity to improve overall wellbeing as well as the local environment by taking part in practical environmental activities at Cleadon Park, West Boldon Lodge, Jarrow Hall and Monkton Community Woodland.

Our Health Walks are another popular and regular feature on our health programme, with walks taking place across South and North Tyneside on a weekly basis. We currently have 5 fully qualified walk leaders and a further 2 in training. Participants across the 5 walks vary from between 5 and 25 per session.

All Green Gym participants said they had tried new physical activities that had helped them to gain a greater understanding of healthy lifestyle choices and the benefits of exercising outdoors.









"I was dead shy when I joined Green Gym, but everyone is so nice that I feel really relaxed talking to people now. I love working outside, keeping the woodland tidy, it really helps".

- Damien, Green Gym Participant

## **CASE STUDY**

When Damien joined Green Gym in January 2023, he was very quiet and did not interact much with the other participants. Not discouraged, Damien continued to attend weekly sessions held at Monkton Community Woodland.

After a few weeks attending Green Gym, Damien was still very quiet but with some encouragement, he began chatting to the other participants. Soon, Damien began to build up his confidence enough to start to chat to others on his own. The last 2 months or so, Damien has been really chatty and started conversations with other people instead of just joining in with them. It is great to see him laughing and getting on so well with the other members of the group.

Just recently, Damien's carer mentioned that he wanted to attend more Green Gym sessions, throughout the week. Happy to help, we arranged for Damien to attend a further 3 Green Gym sessions. This is a massive step forward for his confidence and communication skills, and we can't wait to see how much further this will develop him.





### **ROUTE2WORK**

Supporting individuals to be resilient, confident, ambitious and independent





#### **Employment and Skills**

Our SEN specialist Route2Work College saw a growth in learners last year, supporting 29 young people through to summer 2022, increasing enrolment to 36 young people in September 2022. As a trusted and accredited training provider we have an exceptional track record of helping learners (post 16 SEN) gain qualifications, learn new skills and improve their chances of getting a job through participation in enrichment activities, aiming to develop employability skills and job prospects.

#### Of the 29 learners:

- 16 returned to complete another year
- 3 went on to a Supported Internship
- 3 went into Further Education
- 2 went on to alternative providers (Autism Able)
- 95% attendance record and 100% retention.



#### **R2W - Post 16 SEN Learner Qualifications**

- 16 learners achieved Foundation Stage Maths and English
- 21 learners achieved vocational qualifications in Animal Care, Customer Service and Land Based Studies.





# CASE STUDY

"I want to say a massive "thank you" to everyone at Route2Work College for making the last two years absolutely amazing for me! I am so grateful to all the staff and students here. When I first started, I was very nervous, but all the staff and students made me feel so welcome. There have been some tough times, and times when I felt like completely giving up, but with all your help, I have completed my journey here and I could never thank you all enough for believing in me. My confidence has really improved by going out with friends and trying out new things, I feel happier in myself, thanks to you. I am very pleased at how I have improved my skills and especially enjoyed learning about Customer Service and getting a work placement with 'Headliners'. Thank you to everyone who has supported me on this journey, I hope we can stay in touch. You are all amazing, never forget that!"

Callum Martin started R2W in September 2020. He achieved Level 2 English and Level 1 Maths and went on to work with Project Choice in a Supported Internship role and is also studying and working in Warehousing.





### **EDUCATION**

Supporting individuals to be resilient, confident, ambitious and independent



#### **West Boldon Lodge**

The Education team based at West Boldon Lodge and Jarrow Hall, has worked with a total of 6,923 school pupils from 116 different schools, helping children connect with nature and to learn about heritage, increasing their confidence and resilience.

1606 pupils visited West Boldon Lodge

A total of 1,583 visits were made to our Forest Playschool provision, where parents and toddlers can build relationships with each other, with other families, and with the natural environment.

 40 families attended Forest Playschool who would not have been able to access due to barriers, have attended with support from Children in Need.

A further 2,370 visitors attended other enriching activities at West Boldon Lodge, and in the local community - giving families wonderful memories and the chance to boost wellbeing, whilst spending quality time outdoors.







### **ALTERNATIVE EDUCATION**

Supporting individuals to be resilient, confident, ambitious and independent

#### **New Provision**

Jarrow Hall Farm successfully delivered a pilot programme to deliver Alternative Education (Alt-Ed) aimed at engaging learners that 'fall through the gap' of mainstream schooling. A total of 13 North Tyneside schools and 45 pupils successfully engaged in land based education, gaining skills in animal care, team work, confidence building and practical land improvement, raising aspirations.

Teachers and support workers who accompanied the Alt-Ed learners noted a drastic change in levels of engagement and behaviour when the pupils were engaging with the animals across the farm. One teacher noted that it's all about 'small wins' with this group of children and being able to give them an engaging task which they felt was rewarding for the children was a positive outcome. The provision manager felt that the activities offered at Jarrow Hall farm were particularly useful for those children with social and emotional difficulties and that struggled within a classroom environment.



45 pupils attended the Alternative Education programme at Jarrow Hall Farm - raising aspirations and creating better prospects.





# SUPPORTING CHILDREN, YOUNG PEOPLE AND FAMILIES

Supporting individuals and families to be resilient, confident, ambitious and independent \_\_\_\_\_

#### **TEN - Young Carers**



The Young Carers Service offer respite and emotional support to young carers aged 5 - 24 years in South Tyneside and is an excellent example of a beneficiary led service ensuring that the voices of young carers and their families are listened to and acted upon. This approach led to a blended model of virtual, online and face-to-face support, helping to reach a total of 343 individual young carers and engaging with a further 2131 people. Thanks to National Lottery Community Fund, Children in Need and donations from fundraising, 8 high need young carers benefitted from a two night residential break where they received self-development sessions alongside one-to-one and emotional support, the outcomes were transforming.



Young carers said the service made a positive impact on their lives



100%

Young carers said they felt supported as a family











"Young Carers has given Olivia the opportunity to experience fantastic things. It is something that she has for herself and allows time away from our busy home life. She thoroughly enjoys her time spent with the Young Carers".

tennortheast.org.uk



## **CREATING BETTER PROSPECTS**

Supporting individuals and families to be resilient, confident, ambitious and independent

#### **Employability**

TEN North East support people to achieve their employment goals by helping overcome barriers to employment such as improving motivation, confidence, self-esteem, skills and qualifications, addressing long term unemployment and disability, or any other issue that may cause obstacles to employment. Our Employment Advisors work with individuals to find a service that best suits their personal circumstances, needs and aspirations.



**Programme Participants** 



60

**Qualifications Achieved** 



European Union

European

Social Fund

26

Participants in education and training



**Engaged in Employment** 



9

**Engaged in Volunteering** 





## **CASE STUDY**

Brian registered with the Wise Steps Programme at TEN in April 2022. Brian was a refugee who had left his war torn country to seek asylum in the UK in 2018. A friend of Brian's had registered with the Wise Steps programme and recommended he get in touch to see if we could help. After a telephone conversation, an appointment was made to meet with our Employability Advisor, Simon.

Simon's first task was to help Brian find suitable housing, so a referral to a Housing Association was made. Securing accommodation would help to relieve the burden of sleeping on his friend's sofa. Having accommodation would also help Brian get back to work, as well as provide safety and security. It would improve his confidence and increase his motivation and help improve Brian's overall well-being.

Brian was found accommodation by the Housing Association within several weeks and this was a huge relief as he had been officially homeless since entering the country in 2018. With housing secured, Brian was keen to take advantage of the huge amount of training available to him with the support of the Wise Steps programme, and was underway with his first training course since moving to the North East.

After completing Wise Steps Assessments and several interventions, Brian started training on a Fork Lift Truck. He successfully gained a Level 1 and 2 Certificate in Warehousing and Storage, a Level 1 Award in Health and Safety Awareness along with the certificate of basic training – Counter Balance Fork Lift Truck. Brian was also keen to gain a First Aid Certificate so a referral was made to achieve the Highfield Level 3 Award in Emergency First Aid at Work (RQF).

Brian had previous experience working as a security guard and wanted to see if it was possible to gain his Security Industry Authority (SIA) licence. Lots of discussions were had between Simon and Brian and another referral was made to attain the SIA. This was a 16-day course and Brian was successful in completing the qualification and obtaining his licence in November 2022. In December he was offered and accepted a position to work as a full time Fork Lift Truck driver.

With support of the Wise Steps Programme at TEN, Brian has now secured a place to live and a full time job, and is highly qualified in several areas of employment.



### **CREATING BETTER PLACES**

Developing accessible high quality built and green spaces that provide natural capital and improve wellbeing

#### **Urban Regeneration**

With our Land and Farm Management team, we proudly support people into apprenticeships and alternative education programmes, helping gain skills and qualifications in land and farm based activities.

Working in partnership with South Tyneside Council, a total of 278 gardens belonging to empty properties, were cleared and tidied transforming approximately 50,040m2 of neglected green space, regenerating streets and communities.

Petrol driven tools were replaced with commercial grade battery operated equipment, reducing our carbon footprint, noise within the environment and vibration for the benefit of team members operating them.



### 79 Acres

Land maintained across 3 sites - Jarrow Hall, Monkton Woodland and West Boldon Lodge.





### **GROWING OUR OWN**

Developing accessible high quality built and green spaces that provide natural capital and improve wellbeing

#### Apprenticeships and Volunteering

The Land and Farm Management team supported 3 young people with apprenticeships, creating pathways into land management roles. Keon Burton-Calderwood, joined the team as an apprentice whilst studying horticultural at East Durham College. Keon attained a certificate in the safe use of a chainsaw allowing the Land team to carry out a greater scope of work within Monkton Woodland and the grounds of West Boldon Lodge. Keon completed his apprenticeship and is now a permanent member of the Land and Farm Management team.

With Know Your Neighbourhood funds, the Land and Farm Management team led 251 volunteers from Sage Foundation, Royal Sun Alliance and the local community, to carry out tasks around Jarrow Hall and Tile Sheds Nature Reserve, resulting in 2417 volunteering hours. The fund also supported a number of groups including the West End Refugee Service where 6 people visited Jarrow Hall to carry out work across the farm.

"They have very little income and are not allowed to work. By paying their travel expenses and offering them free activities, they are able to do something meaningful". Support Worker, West End Refugee Service







"Joining Groundwork as an apprentice has really helped get my career off the ground. Being a new father, I want to provide a good life for my family, and Groundwork are helping me achieve this." - Keon Burton-Calderwood, Groundwork Apprentice

# ENRICHING LIVES THROUGH CULTURE AND HERITAGE



Inspiring engagement and discovery informed by our past, present and future.



#### Jarrow Hall Anglo-Saxon Farm, Village and Bede Museum

We are delighted to announce Jarrow Hall Anglo-Saxon Farm, Village and Bede Museum is now recognised as a National Portfolio Organisation (NPO) with Arts Council England. The award is a big win for Groundwork and the local community as the 3 year investment will allow us to improve opportunities to access cultural and creative activities in Jarrow, driving forward Greening the Bede and Access for All.

The surprise success of our Young Archaeologists Club, allowed us to increase provision with the help from our team of volunteers. The club engages young people with discovering our past, and is aimed at those who are interested in archaeology or heritage as a career, but who are from an area of economic deprivation and therefore less likely to access pathways into this line of work.



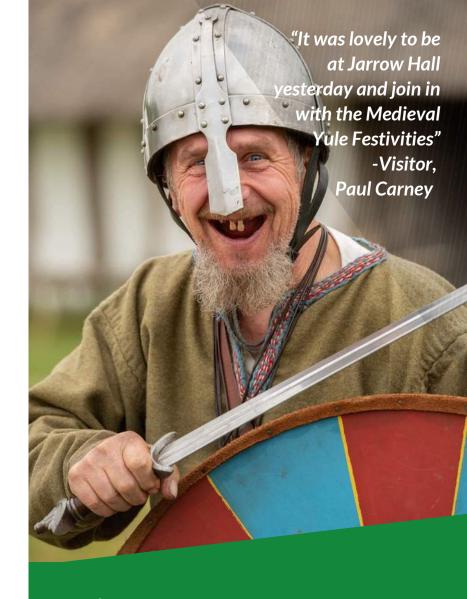
**4927**Pupils visited Jarrow Hall



**12,858**Season tickets sold







## Jarrow Hall

www.jarrowhall.com



## ENRICHING LIVES THROUGH CULTURE AND HERITAGE



Inspiring engagement and discovery informed by our past, present and future.



#### Skills from the past, for the future

Our Heritage Skills project offers people of all ages and abilities, the chance to learn skills in traditional crafts such as; basket weaving, thatching, metallurgy, embroidery, leatherwork and calligraphy. Working alongside specialists in heritage crafts, volunteers and visitors gain knowledge and understanding in heritage skills that can then be put to good use in shaping the future of Jarrow Hall's Anglo-Saxon Farm, Village. Jarrow Hall apprentice, Molly Wyatt, played a key role in the success of this heritage skills project.



2390 Volunteer Hours



**69**Heritage Skills
Workshops Delivered



**91**Volunteers
Recruited







# Jarrow Hall

### **OUR VALUES**

#### The Groundwork Approach:

We will deliver impact through a range of diverse local and national projects, programmes and services, responding to the changing needs of local communities and the opportunity to build powerful partnerships to unlock new resources.



## Wherever and however we deliver, our approach will be informed by the following commitments:



We will invest in the places and people that need us most. Prioritising our resources to bring about lasting change by building skills and capacity within local communities where we can make most difference.



We will work with local leaders and listen to local voices. Ensuring our work is shaped by those it is designed to benefit and adding value to the assets that exist in local areas.



We will grow a culture of equity and inclusion – operating transparently and with integrity, and seeking out a diversity of viewpoints, both in the work we do and the people we employ.



We will be committed to collaboration – forging strong partnerships, contributing to a thriving community sector and helping others lead where this will achieve greater impact.



We will act as environmental exemplars – championing practical action to combat the climate and nature emergency and measuring and reducing our own environmental impact.



## SUSTAINABLE DEVELOPMENT GOALS

We will prioritise our work and measure our achievements based on the difference we make to the lives of people, our impact on the environment and our contribution to UN Sustainable Development Goals.

We have identified six goals which align most closely with our work.

#### **GOAL1:** No poverty

Helping people into work and building the resilience of those who are most vulnerable.

#### **GOAL 7:** Affordable and clean energy

Improving energy efficiency and promoting renewables.

#### **GOAL 8:** Decent work and economic growth

Creating jobs and enterprise and helping young people into work.

#### **GOAL 11:** Sustainable cities and communities

Improving green spaces, promoting sustainable transport and improving air quality.

#### **GOAL12:** Responsible consumption and production

Reducing waste and promoting positive environmental behaviours among communities and businesses.

#### **GOAL 13: Climate action**

Promoting practical action and strengthening the resilience of communities to cope with climate-related events.





## **IMPACT REPORT 2022/2023**

#### **GROUNDWORK SOUTH & NORTH TYNESIDE**



### **THANK YOU!**

Working in partnership with public, private and community stakeholders, we improve, protect and enhance our local communities, partners and environment. A wholehearted thank you is extended to all the organisations and people we have worked with in 2022/23.

#### **CONTACT**

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