

Lancashire Sport Partnership Ltd, CSI Project Proposal for Waterside Youth Centre

CSI Overview

CSI is a bespoke behaviour change programme for people in recovery: mostly from substance and alcohol misuse. However the programme has adjusted and works with people with Mental Health issues and families too. The implementation model which is supported within a framework of specialist support agencies is led by support workers who are themselves in recovery. The Support Workers work with peer support volunteers to help navigate people (and their families) into local provision and enable the development of self-sustaining activity based groups. Our key focus is to get participants who are often in poor mental and physical health engaged in physical activity and sport to improve their long term health and economic profiles. CSI fills an NHS Commissioner identified gap and has proven outcomes for clients; prior to the programme, services in Lancashire had been providing some physical activity for clients but this was only available in one or two “hot-spots” and did not happen on a regular basis. Over the last 30 months we have engaged with 2400 new participants and over 80 peer support volunteers. Key impacts have been a marked reduction in readmission to specialist health services and increased levels of employment in the target group.

CSI Pendle Project

This is a project that targets people whose low level health conditions are a barrier to accessing employment, who are currently claiming Employment Support Allowance and reside in the target Wards of Southfield and Waterside. This will be achieved through mentors, establishing links with Pendle’s local job centres and GP practices to engage those currently excluded from the jobs market, offering them a range of free local physical activity opportunities to support them on their employment journey. Engaging Pendle Leisure Trust, the sports provision will be tailored and reflective of the age and health profile of ESA claimants and will be held in a range of community venues, including parks and greenspaces, delivered/facilitated by CSI Support Workers.

What is CSI about?

CSI provides much more than a way of getting active. For some participants, it is the first time they have engaged with anything in their community and for most it provides a new support network; something which motivates them to lead a healthier lifestyle; an opportunity to gain and build self-confidence and esteem and then to consider developing their skills. All CSI activities are offered free to participants.

Waterside Youth Centre

The centre would give CSI a hub which they would be able to share with other groups/organisations in the community as CSI believe in partnership working. We wish to provide activities to our target groups and as requested by our groups social gatherings of the activity group. The hub will provide CSI with stability in the area to enable them to network in the community and engage with local clubs. We wish to run taster sessions run by the local clubs for our clients to gain confidence to start on a pathway to begin to integrate into their clubs.

CSI has also learnt that by working with other organisations much more can be achieved. Therefore we would be very open to including other groups etc in the use of the building to make sure it is used to its full potential and all people benefit from it. There will be flexibility options for use during the day or the evening. We have no operational hours as our activities would be decided after consultation with our target groups and availability of Support Workers & Volunteers.

The garage at the rear of the building will provide a great storage place for our equipment as there is not enough space in the hub. We will also be running bike maintenance workshops working in partnership with LCC Environmental Waste who will provide us with bikes to be worked on and given back to the community. The garage will be ideal to store the bikes.

Our project is an ever changing one as we learn something new every day which helps us to improve the service we provide. This is one of the reasons our project is so successful and recognised by many for the good work it does and the outcomes it achieved.

If you require any more information please get in contact with Jane Moodie:- CSI Project Coordinator on 07940549439.

Please follow the link below and watch our short promotion film which says it all.

https://youtu.be/f1A5606K2_o