



WolseleyTrust

Wolseley Community Economic Development Trust

Review 2015

What we did – and how
you made it possible

IN A NUTSHELL

Wolseley Trust is a Community Economic Development Trust dedicated to improving life for the people of North Prospect, Stoke, Ham, Keyham and Ford in Plymouth.

The grass-roots organisations we support and work closely with help the local people we serve overcome deprivation, social exclusion and mental-health issues to give them a chance of reaching their full potential.

Thanks to our major partner and supporter, Plymouth City Council, we have an 11-year track record of developing and managing business parks and community facilities worth more than £10 million, and we use the trading surplus that generates to give grants and further our work in the community.

Our aim is to help bring genuine lifestyle improvements to everyone in the community, in the form of jobs, health, wealth and business opportunities.

And we couldn't do any of that without you.

How to contact us

FOR MORE information about any of the activities run or supported by the Wolseley Trust, please contact the Trust offices on 01752 607449 (Wolseley site) or 01752 203670 (Scott site).

More information on the tenants of our business parks is on our website at www.wolseley-trust.org

Unit 3
Wolseley Business Park
Wolseley Close
Plymouth
PL2 3BY

01752 607449

admin@wolseley-trust.org

Jan Cutting Healthy Living Centre
Scott Business Park
Beacon Park Road
Plymouth
PL2 2PQ

01752 203670

hcadmin@wolseley-trust.org

WELCOME!

The difference you make touches so many lives

THIS REVIEW of 2015 isn't about us, it's about you... whether you fund us, work for us, work with us, support us, or rent one of our business units.

Without you, this inner-city area of Plymouth would be a poorer place in every sense of the word, with a massive black hole replacing the invaluable work you help us do to tackle social exclusion and isolation, limited life-chances and community cohesion.

The funding you give, the work you do, and the support

“

The funding you give, the work you do, and the support you offer makes a real, measurable difference at grass-roots level – often unseen, sometimes unnoticed, but always potentially life-changing for the people we're committed to helping

”

you offer makes a real, measurable difference at grass-roots level – often unseen, sometimes unnoticed, but always potentially life-changing for the people we're all committed to helping.

Our work, and that of our partners, touches thousands of lives every year in so many ways.

Some are very public, like the Summer Of Fun, the bingo sessions and the community café, while others are necessarily private, like the one-to-one counselling sessions, the debt advice and addiction support services.

The one thing these very disparate activities have in common is that they wouldn't be possible without you.

That's why, in this review, we're providing a snapshot of the difference we make so you can see that your money, your time, and your expertise is being used to such great effect.

If you or your organisation help to fund us, you'll see that your contribution doesn't go into a bottomless pit but helps real people with real challenges.

That's something Plymouth City Council appreciates, having supported us and partnered with us from Day One.

If anyone doubts our politicians' commitment to improving the lives of ordinary people – especially in this era of belt-tightening – we'd point to the impressive number of highly effective initiatives that Plymouth City



Council's support helps us undertake or commission for the benefit of the community.

And if you work for us, or with us in one of our partner organisations, you'll see that your efforts are making a genuine difference to the lives of our service-users.

So thank you for being there for us so that we, and you, can be there for the people who depend on the work we do and the life-changing facilities and opportunities we offer.

“

Plymouth City Council's support helps us undertake highly effective initiatives for the benefit of the community

”

As you'll see in this review, the Trust and you have a lot to be proud of, yet we're determined to up our game even more in the years to come.

SARAH TAYLOR
CEO, Wolsley Community Economic Development Trust

WHO'S WHO AT WOLSELEY TRUST



Veryan Barneby
Health & Wellbeing Projects Manager



Joanne Pickles
Finance Supervisor



Louise Billing
Wolseley Business Park Development Officer



Catherine Boxall
Receptionist



Julie Dawson
Health & Wellbeing Projects Adviser



Sharon Wood
Scott Business Park Development Officer



Joanne Bower
Health & Wellbeing Projects Administrator



Marie Gallagher
Health & Wellbeing Projects Fitness Instructor



Janet Taylor
Receptionist



Our Security And Cleaning Team

Back row (L-R):

Shane Buckingham, Martyn Walsh, Tim Wallbridge, Mike Bond, Geoff Fairman, Keith Jasper.

Front row (L-R):

Marie Reynolds, Karen Benwell, Teresa Walsh.

Not Pictured (but valued members of the team!):

Allan Joyce, Jackie Miller, Mark Hobbs, Ashley Hobbs, Doreen Hobbs.

We're proud of the feelgood factor we have at the Trust

OUR CEO and staff deserve congratulations for their continued loyalty and hard work throughout what has been a difficult year with many challenges, not least major changes in funding.

The Board of Directors have worked closely with Sarah and the management team in the spirit of a true partnership while we move the business forward.

There is a feelgood factor about the Trust which is in no

“

By reducing duplication and encouraging greater collaboration between our community partners offering activities throughout the year, we're able to promote a more cost-effective model

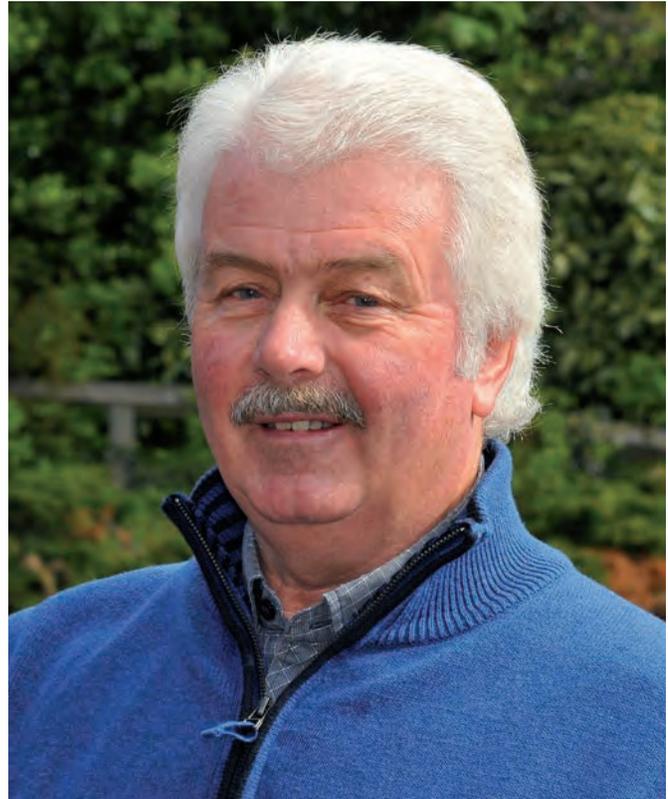
”

small measure due to the commitment of its staff. At the start of the year, following consultation with the Directors and the CEO, we restructured how the Board would interact with the Senior Management Team.

This included streamlining the committee structure, allowing us to develop a sharper focus that would both question and advise on the strategic goals of the business set by the CEO.

The changes have proved to be highly successful. The Policy and Standards Committee have worked tirelessly with the management team in reviewing and updating all the Trust's policies and procedures which have now been compiled in a new staff handbook.

The Strategy and Communications committee now oversees the Community Infrastructure Support Fund, awarding small grants and advising on the needs of the



community and how best these needs can be met with the resources available. A recent example of this work was the decision to extend the five-week Summer Activities Programme to approximately nine weeks.

By reducing duplication and encouraging greater collaboration between our community partners offering activities throughout the year, we're able to promote a more cost-effective model.

RICHARD WILLIAMS

Chair of the Wolseley Trust Board

“

The Board of Directors have worked closely with Sarah and the management team in the spirit of a true partnership while we move the business forward

”



Well, well, well, what

ONE OF our most important objectives at Wolseley Trust is to contribute to the health and wellbeing of our local community.

We're proud of the support we've been able to offer over almost two decades.

And as well as working in partnership with other local community organisations, we have a long-standing partnership with Plymouth City Council Public Health in delivering projects aimed at promoting health and wellbeing.

Pioneering Social Prescribing

Plymouth Healthy Futures is a health promotion programme funded by Plymouth City Council Public Health with particular emphasis on promoting healthy eating, physical activity and mental wellbeing.

In 2012 we were asked to develop this as a pilot to include Social Prescribing, which involves working with doctors' surgeries to offer extra support to people who need assistance with issues that may affect their health but don't require a medical intervention.

Our support workers help people address a wide range of issues including debt, housing, welfare benefits, employment and training.

As many of our service users also experience anxiety and

depression, we're able to offer initial support and direct them to specialist services.

Healthy Futures' Social Prescribing has helped almost 400 people since the programme started.

Other projects funded through Healthy Futures in 2015 included cookery classes for people with mental health problems; an exercise worker giving classes to young parents at the Lark Children's Centre; Winter Warmers and Step into Spring Events for older people; Active Steps and Tai Chi classes for the over-50s; healthy lunches for people on excursions; and the Livewell Mental Health Arts Festival.

“

The six learners on the cookery course loved it to much they 'did an Oliver' and asked for more, prompting us to fund four extra sessions for them

”

The six learners on the six-week cookery course provided by North Prospect Community Learning (NPCL) loved it so much that they "did an Oliver" and asked for more, prompting us to fund four extra sessions for them.

Apart from helping them learn new cooking skills and how to eat more healthily, the course gave them the chance to improve their literacy and numeracy to boost their confidence and self-esteem.

Tracey Archman of NPCL says the learners completed workbooks, researched recipes online, chose dishes from a cook book, and devised menus for each week.

"They all benefitted from the course so much and gained in confidence, using different fruit, meat and vegetables to make and enjoy healthy recipes.

"It had such a positive effect, enabling them to form friendships as well as gain skills and techniques to enhance their cookery at home."

The Active Steps and Tai Chi classes provided by Elder Tree Befriending Service at the Jan Cutting Healthy Living Centre helped the over-50s try their hand at low-impact exercise and meet new friends.

In its eighth (and most successful) year of partnership with the Trust, Elder Tree supported more than 90 people a week, every week, with an exercise and friendship group and a friendship and craft group at other sites.

"We have many productive partnerships throughout the city, but working with Wolseley has to be the most effective," says Robbie Nairn of Elder Tree.

"It delivers exciting opportunities for social engagement close to where people live – and it's great fun!"

LUCY'S STORY

LUCY, who was acting as a carer for a terminally-ill relative, was in financial difficulties and facing imminent eviction from her home because her Employment and Support Allowance and Housing Benefits had been suspended three months previously.

She had become confused about advice from Jobcentre Plus and had not completed all the relevant paperwork for her follow-on claim to be processed.

We arranged and accompanied her to a meeting at the Jobcentre, resulting in all the paperwork being completed so that her welfare benefits were restored.

We did the same to get her Housing Benefit reinstated and backdated to the day they were suspended, which enabled her to pay off the rent arrears and remove the threat of eviction that was hanging over her.

As Lucy was suffering from depression, she was signposted to the Eclipse free counselling service that we fund.

We also helped her get advice on the financial aspects of her caring responsibilities from Carers' Champions.

a healthy difference!



IN OCTOBER 2015 we were a partner in the Livewell Arts Festival organised by Plymouth Community Healthcare (now Livewell Southwest) to raise awareness of mental health issues.

We teamed up with Crossroads Fun and Friendship Centre and Cognivity to showcase work by their service users with experience of living with mental ill health, and felt the HLC would be the ideal place for it.

We received more than 40 entries and were delighted by the quality and the wonderful variety.

After exhibiting the works all week, we held a Meet The Artist event at which many came along to talk about their work with people who were viewing the exhibition.

We also used the Multi-Purpose Hall in the Jan Cutting Healthy Living Centre to host a therapeutic drama workshop by Amy Gunther of Scope.



Winter Warmers and Step Into Spring give older people a spring in their step

DURING 2015 we ran two events designed to provide older people with access to information and advice on a range of health and other practical issues.

In March we held Step into Spring, which was put on at the Jan Cutting Healthy Living Centre by the Healthy Futures team in partnership with the Elder Tree Befriending Service.

The event, which was attended by more than 40 people, offered social activities such as seated exercise to music, an Easter bonnet making competition and a healthy lunch together with services such as massage and manicure.

This provided a good environment for putting across a variety of health and wellbeing information with the support of other organisations such as the Stroke Association, Opportunity Knocks, Time Bank, The Alzheimer's Society, Carers' Hub and Age UK.

In December we held a similar event, Winter Warmers, which again provided a strong social element with singing led by the Music Zone, a Christmas quiz and a prize draw as

well as the opportunity to put across advice about keeping healthy during the Winter months.

We plan to continue to provide useful information for older people and entertainments as part of the popular

“

The events provided a good environment for putting across a variety of health and wellbeing information with the support of other organisations

”

monthly lunches held in our Community Resource Building.

We feel the new arrangement will provide more frequent opportunities to give out information as well as providing a regular opportunity for socialising.

PLYMOUTH HEALTHY FUTURES

PLYMOUTH University has made significant contributions to the Healthy Futures programme.

Staff from the university's Faculty of Health were closely involved in helping to set up the programme and monitor its progress, while the School of Social Work placed four students with the Healthy Futures programme to gain experience through working with our service-users – an arrangement of mutual benefit as the students made a strong contribution to our work in supporting local people.



University Partnership

Kyree Sanders, a student who joined us in October 2015, says: "I've greatly enjoyed my placement at the Wolseley Trust and I've learned a great deal from the experience I gained of working

with vulnerable people as part of the Healthy Futures team."

In a separate initiative, a team of post-graduate Information Technology students designed and built a website for Healthy Futures.

As well as providing information about the service, the site contains useful content and links on a variety of health and wellbeing topics plus a calendar of local community events and activities.

You can explore the new site at www.plymouthhealthyfutures.co.uk



Let's get physical... for our own good

Activ8 Community Gym

SET UP in 2008 with funding from Public Health, Activ8 provides exercise sessions for children aged 10 to 18 as well as a welcoming environment for people with learning disabilities, women who wish to exercise in a female-only environment, and people exercising to combat obesity or other health conditions.

In June 2015 we brokered Activ8's move into Ford Community Gym's premises in Wolseley Business Park. It slashed overheads, made each gym more cost-effective, and brought their offerings to a wider audience.

Marie Gallagher, our own fitness instructor, has worked with Activ8 since it opened.

She also offers women-only exercise-to-music sessions, some of which are provided as outreach at the premises of our community partner organisations.

Ford Youth & Community Centre

FORD GYM helps those in most need in our community through a gym fitness and healthy wellbeing programme that aims to raise their self-esteem and confidence, writes Richard Williams on behalf of the Management Committee.

It engaged with 217 youths and adults in the year and, thanks to funding from The Big Lottery, it was able to offer three months' free gym membership to more than 90 unemployed people and single parents.

And funding from Devon Community Foundation, Plymouth Community Homes, Plymouth City Council and Wolseley Trust paid for free-to-user youth gym fitness programmes on weekday evenings.

Its Young Martial Arts School run by two volunteer instructors in the Healthy Living Centre meets up to three times per week and has a membership of 40.

OUR COMMUNITY BUSINESS PARTNERS

Making change our business

Wolseley Community Catering Company

SYLVIA'S Café in Wolseley Business Park and its counterpart in Scott Business Park, the Meet And Eat Café, are key parts of our service to the community.

Tasked with providing a quality and affordable catering service to the whole community, they also act as safe and welcoming locations that support community and social development.

They cater for residents and local businesses and support all the membership meetings of our Trust, helping to bring the entire community together.

Owned and run by local people as a not-for-profit social enterprise co-operative, they employ local people and provide volunteering and developmental opportunities for people of all abilities.

"We're proud to be a Community Business Partner of the Trust," says a spokeswoman for the company, which promotes healthy diets at the HLC and encourages people to acquire cooking and learning skills.

Newly refurbished in 2015, the business also offers placements to rehabilitate offenders and job-seekers.



Plymouth Heartbeat is a huge success in our community, with 200 people a week using its facilities every week and 2,000 members from all walks of life.

As a cardiac rehabilitation centre helping cardiac patients on their road to recovery, it's open six days a week and supports people in reaching their fitness goals.

Heartbeat Gym

Through fundraising and a small grant, it has equipped its gym with a new treadmill and rowing machine, while the Trust has helped it keep its head above water by giving it a grant towards the rent of the unit.

Get Up & Go Community Nursery

We are so proud to have Get Up & Go Community Nursery as a Community Business Partner – an educational provider rated as Outstanding by Ofsted.

It aims to focus on the social considerations that enable children in the community to reach their full potential, seeing itself as a social enterprise in every sense.

And, in line with our aims of developing the community, three of the senior team have gained degrees in Early Childhood Studies and hold Early Years Professional Status (equivalent to teacher status).

"We are very proud of these achievements and, through our own professional development, aim to set a positive can-do attitude for our local community and the children we care for," says Viv Hill. "If we can do it, so can others in our community!"

The Trust has provided small grants for holiday care placements, a budget for healthy snacks, a larger grant to pilot the provision of an Additional Needs Worker, and initial funding that enabled Get Up & Go to apply for and secure a three-year grant from Children In Need.





We had joy, we had fun, in our season in the sun...

WE'RE DOING everything we can at Wolseley Trust to help make the long Summer holidays less of a daunting prospect for parents and a much more fulfilling time for everyone in our area, especially families.

Keeping bored children occupied is a challenge at the best of times, and trying to do that if you're on benefits, a single parent or struggling financially is even harder.

So we teamed up with community groups to offer a spectacular Summer Activities Programme, hailed in the Press as the Summer Of Fun, with more than 120 events and activities for local people - many of them free, and happening right on our service-users' doorsteps.

With our funding and the groups' grass-roots expertise, we gave families and children a chance to try activities and go on trips that might otherwise have been denied to them, as part of our mission to promote healthy and safe lifestyles and widen aspirations. They were able to try everything from camping, sailing and gym exercise to youth clubs, craft sessions, gardening and even pickling!

It was a huge success and a chance for people to try new things, discover talents they may not have realised they had, and step away from their day-to-day routine for a bit.

The activities were organised by our Community Partners – the Action Group for Halcyon, Free Spirit Youth Group, Ford/Activ8 Community Gym, North Prospect Community Learning, Horizons Children's Sailing Charity, and Keyham Green Places Community Centre.

Here's some of the feedback we've received:

North Prospect Community Learning

"Our Summer activities that Wolseley Trust funds are always well supported and valued by local residents," says Tracey Archman. "They provide a wide range of opportunities where the welcoming atmosphere at NPCL encourage people to feel relaxed in the company of others.

"These activities help members enhance their personal confidence by increasing their knowledge and skills for future success."

One of the highlights of this year's programme was a preserving and pickling course. Many of the ingredients were obtained from foraging expeditions which enabled them to make some delicious jams, and they also produced a recipe book to share their new-found knowledge.

There was also a thriving craft group involving both young people and adults in learning skills with beadwork, card making and some very artistic patchwork quilts.

During the Summer more than 130 people took part in the activities which also included gardening classes, rambling and physical activity.

Free Spirit

"As a small youth group with a long track record of providing imaginative and educational activities for young people, we have received Summer activities funding from Wolseley Trust for several years and have used it to run very successful trips and craft sessions.

"We've enjoyed seeing the young people develop self-confidence, learn new skills including swimming, archery and orienteering, and have lots of fun and laughter.

"Most satisfying of all is the way the group of five to

“

Without the Trust's funding we would not have been able to run any sessions in the Summer holidays, leaving the young people with no regular meeting-point

”

15-year-olds worked together to ensure everyone was included and got the most from the activity.

"A highlight of the 2015 Summer programme was a visit to Ham Woods by 20 children which gave them a chance to get out and enjoy following a nature trail while learning about some of the trees and plants.

"After a picnic lunch, they had lots of fun playing in the water and making mud pies.

"Without the funding from Wolseley Trust we would not have been able to run any sessions at all in the Summer holidays, leaving the young people with no regular meeting point until sessions returned in September."

AGFHa – The Action Group For Halcyon

"Co-ordinating the inter-generational Summer community trips is a great adventure," says Wendy Davis, "and for the last five years I have had this privilege.

"I'm always rewarded by the happy faces and the memories made." "From babies in arms to people of 85 or older, these community trips are a great way of bringing the community together and sharing fun times.

"Each year we have so many stories to tell, whether it's the first time a young person has been to the beach, an older person returning to a favourite place, the first time someone learns to swim or build a sandcastle, or, for many, the first time they've been out of Plymouth. Wolseley Trust's

WOLSELEY TRUST SUMMER PROGRAMME

funding enables the costs of these trips to be kept to a minimum, making them affordable to all.

“Community trips provide a great opportunity for families to travel together to places that they might not normally visit.

“As well as being enjoyable, these outings help to broaden horizons and develop the skills and enthusiasm of families to arrange future outings for themselves. Our group organised a wide variety of community trips, offering more than 500 places to local people.

“Destinations included St Ives, Paignton, Goodrington

“

Community trips provide a great opportunity for families to travel together to places they might not normally be able to visit

”

Sands, Dawlish Warren, a picnic at Magpie Bridge and a trip to Diggerland.

“There were two additional trips for people aged over 50 and a camping weekend in Cornwall.

Keyham Green Places Community Centre

Keyham Green Places Community Centre is a long-standing community partner of the Trust and, over a number of years, has contributed a great deal to our Summer Activities programmes.

Sadly, the centre was unable to participate fully in our 2015 programme because of the illness and extremely sad loss of Sandie Morrison who, as Centre Manager, had put so much energy and enthusiasm into running activities.

In past years the KGP Centre has hosted popular activities such as forest school sessions, youth groups and community fun days.

We are already working with them to plan new activities for 2016.

Horizons Children's Sailing Charity

Although Plymouth is surrounded by water on three sides, many members of our local community have few opportunities to become involved in any of the numerous water sports opportunities on offer.

As part of the Summer Activities Programme, we provided two trips, each giving 24 people the opportunity to experience Hawk sailing boats or to travel a bit more sedately in a disability-friendly motor vessel.

People who might never have considered exercising regularly were attracted to our gym by the free passes that Wolseley Trust agreed to fund as part of its Summer Activities Programme, reports Richard Williams.

The Trust regards health promotion as a priority, so we were delighted that the programme attracted more than 60 people and resulted in an increase in the number of people

exercising regularly. The North Prospect and Keyham neighbourhoods are lucky to have a friendly community gym nearby where they can get lots of help and support and the session fees are low.



Even more fun is on the way!

OUR 2015 activities programme built on the success of previous years, but we're planning to make the programme less intensive by stretching it over a longer period to include half-terms and the Christmas and Easter holiday periods.

A less intensive programme with less overlap between activities means people will have more opportunity to participate in a variety of activities.

WOLSELEY TRUST SUMMER PROGRAMME



Exploring new horizons

Fun at the gym

Making our Christmases merrier



SMALL GRANTS

A little help can go a long way

IN AN INITIATIVE that's very much in keeping with our commitment to making a difference to people's lives at grass-roots level, we offer small grants of up to £300 to residents and community organisations with an urgent or significant need.

Although the amounts may be small, the difference they can make can be life-changing, so we keep the process as simple and unbureaucratic as possible.

Grants can be enabling or act as catalysts and are mostly given to help improve people's lives or to benefit a group or business wanting to offer new activities or sessions.

Among the many small grants we have given in 2015 are those to:

- ◆ Sunshine Marina for an over-50s coach trip
- ◆ Baton Twirling's travel to the European Championships
- ◆ Keyham Green Places' Bonfire Night and its Knit & Natter Group
- ◆ Plymouth United Sheltered Housing's social event
- ◆ LARK Children's Centre's trip to Trethorn Leisure Centre
- ◆ A second hairdressing qualification grant
- ◆ Keyham Scout Group's purchase of Ordnance Survey maps
- ◆ Get Up & Go Nursery's Summer holiday emergency childcare
- ◆ Child Poverty Fund's crowdfunding appeal
- ◆ North Prospect Community Learning's Fun Day
- ◆ One Stop Advocacy's business development.

Helping a hairdresser

"I APPLIED for a Wolseley Trust Small Grant so I could do a Level 2 Hairdressing course at Achievement Training," says Sharon Cox.

"It helped me pay for the essential kit I needed to complete the course.

"I've achieved quite a few things on the course including understanding more about using a computer.

"I've passed almost three-quarters of both the theory and practical sides of the course and I'm due to finish in July 2016.

"This is something I've always wanted to do. I've learnt so much since September and I'm enjoying every bit of it. I can't wait to move on to Level 3."

Playing Santa for the Mayflower Grotto

"IT WAS the best Grotto we've ever done," says Melanie Cooke. "We had an amazing amount of compliments from the people who attended as well as the school staff and the FPTA members, and even the stall holders who came to the Christmas Fayre praised it up.

"We couldn't have done what we did without the Wolseley Trust small grant as it helped so much.

"We originally did the Grotto in the hall in one of the



“

We couldn't have done what we did without the Wolseley Trust small grant as it helped us so much

”

large cupboards, but this time we were able to do it in the restaurant and had to buy a couple of very large gazebos as well as extra decorations as we didn't realise how much we needed. It was so worthwhile and an incredible event."

Opening up the great outdoors

"THE CHILDREN who attend our centre have benefited enormously from the Trust's kind donation which enabled us to buy resources and equipment to support the children's learning in the outdoor garden space," says Marita Pidgeon of the Pelican Children's Centre.

"Some of our children don't have the opportunity to experience outdoor play, so to be able to guide them to make sense of their physical world and their community through opportunities to explore, observe and find out about people, places, technology and the environment is fantastic.

"It also enables children to explore and play with a wide range of media and materials, as well as providing opportunities and encouragement for sharing their thoughts, ideas and feelings through a variety of activities.

"The grant went towards the cost of refurbishing the outdoor play area and will provide exploratory play and introduce maths and problem-solving using our new mud kitchen and water play stations."

COMMUNITY INFRASTRUCTURE SUPPORT FUND

THE COMMUNITY Infrastructure Support Fund (CISF) deals with bigger needs than our Small Grants but, regrettably, is a rather more limited pot than we'd like to have.

We use it to commission services or provide support costs with a focus on improving health and lifestyles, and tackling social deprivation.

The application process is necessarily much more comprehensive and requests for funding are formally assessed by a committee.

In 2015 we have been proud to be able to support the following organisations.

Eclipse Counselling Sessions

WE FUND the Eclipse Counselling Service which runs two days a week and is of massive benefit to local people in the PL2 area of Plymouth.

An important part of the work we undertake to promote health and wellbeing in our community is the provision of support for mental wellbeing.

In addition to helping with day-to-day practical issues, we've funded a free counselling service for people living within our catchment area for more than 10 years.

We would like to thank the Eclipse counselling service for all their hard work over many years.

The service is available at the HLC on Tuesdays and Fridays. Tuesdays are mainly for planned appointments while Fridays are run on a drop-in basis.

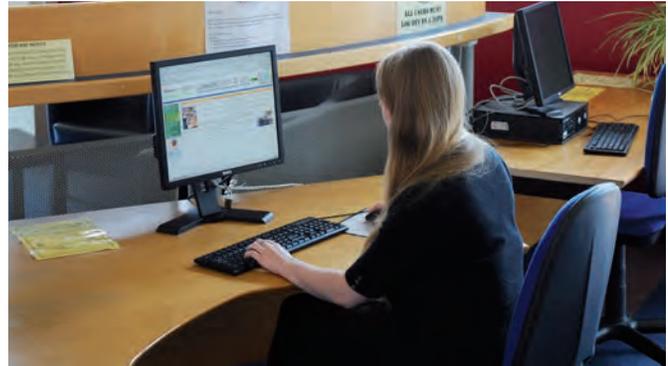
NPCL Computer Sessions

WE'RE HELPING North Prospect Community Learning (NPCL) bridge the digital divide by helping people overcome their computerphobia or inexperience in supportive surroundings at twice-weekly sessions at the Jan Cutting Healthy Living Centre.

"In a world where there is an increasing expectation that people use the Internet for a variety of reasons there are still a number of people who find this to be highly challenging and, indeed, quite frightening," says NPCL's Tracey Archman.

"We offer a drop-in service that helps people overcome

Making a dent in deprivation



these barriers in a setting that's both comfortable for them and effective.

"Residents learn at their own pace from the very basics of computing to more advanced IT applications."

Keyham Methodist Church After-School Club

THE TRUST'S grant has helped two Friday night youth groups at Keyham Methodist Community Centre – the Key Club for 6 to 11-year-olds and the Run Club for 11 to 16-year-olds – cover their rental costs for the year and buy a multi-games table.

The funding has also helped subsidise a trip to the Eden Project and a planned trip to Pennywell Farm in the Summer – activities that some of the young members would have been financially excluded from enjoying without the grant.

"Usually days out to places with an entry fee can be too much of a financial burden on the families and we aim to subsidise such activities, but our finances would not have allowed us to do so this year without the help we've received from Wolseley Trust," says Deniz Carey.



OUR FACILITIES – THE JAN CUTTING HEALTHY LIVING CENTRE

TLC at the HLC is as eas

KNOWN FOR short as the HLC, the Jan Cutting Healthy Living Centre is the home of our Healthy Futures programme and acts as a hub for a myriad of activities designed to improve and support the community's health and wellbeing.

Opened in 2003 with a million-pound grant from the Big Lottery Fund, it is central to our mission – a magnet for local people who use it for everything from having a coffee in the café to receiving legal, debt, benefits, health and lifestyle advice.

Our partnerships with more than 50 organisations mean local people can access a variety of services that encourage positive lifestyle changes.



RESIDENT ORGANISATIONS

PIAS

"PLYMOUTH Information and Advice for Send – known as PIAS – is an arm's-length service of Plymouth City Council and has been based at the HLC since 2012," says Bob Burton.

"The site is ideally situated away from other council offices and is close to the Child Development Centre (CDC) and the Westbourne Building.

"A number of clients will have visited the CDC and been referred to our service.

"We often hold meetings, so having meeting rooms available on site is a bonus.

"The café is an added attraction which both staff and clients use and they really enjoy the quality healthy food."

The Family Nurse Partnership

"THE FAMILY Nurse Partnership (FNP) has been based at the HLC since 2008," says Fay Cook.

"The environment is always well maintained and warm with a light and open structure that makes for a more comfortable working experience.

"The staff are always friendly and accommodating and there's the added bonus of an on-site cafeteria that provides much-needed sustenance throughout the day to staff and members of the community.

"We provide a citywide service and the HLC is perfectly placed for us to get to anywhere in Plymouth relatively easily. The HLC provides us with space, security and protected parking which is essential when we're coming and going throughout the day"

DROP-IN SERVICES

Howard & Over Legal Clinic

HOWARD & Over Solicitors have been providing legal services in Plymouth for more than 100 years.

"Despite drastic cutbacks in funding, particularly in Legal Aid, we remain committed to supporting those most in need of legal advice in our local community," says Tim Quinn.

"For this reason, we maintain a fortnightly drop-in service at the Jan Cutting Healthy Living Centre.

"The service is completely free of charge and provides initial advice on a wide range of issues.

"There is no need to make an appointment. Just turn up between 10am and 12pm every second Friday and speak in complete confidence to one of our lawyers."

Plymouth Credit Union

PLYMOUTH Credit Union is a savings club for people of all ages – a not-for-profit, member-owned financial organisation for the Plymouth community.

We provide financial services to all of our members including those who have been excluded from traditional services.

We offer a drop-in facility at the Jan Cutting Healthy Living Centre on Thursdays between 10am and Midday.

Healthwatch Plymouth

HEALTHWATCH Plymouth is an independent consumer champion created to gather and represent the views of the public on health and social care in Plymouth.

It is a not-for-profit independent organisation commissioned by Plymouth City Council.

Healthwatch Plymouth occasionally offers drop-in

OUR FACILITIES – THE JAN CUTTING HEALTHY LIVING CENTRE

sy as ABC, thanks to you



sessions in the foyer of the Jan Cutting Healthy Living Centre.

One-Stop Advocacy

"I FEEL very privileged to be working under the umbrella of the Healthy Living Centre at Wolseley Trust," says Sally Hamilton.

"I run One-Stop Advocacy, assisting people with all sorts of problems involving benefit applications, mandatory reconsiderations, attending tribunals, offering debt advice, writing letters and anything else people need help with.

"Tackling any sort of problem is always fraught with anxiety but all my clients are always sure of a warm and friendly welcome at Reception.

"The atmosphere is excellent and the staff are helpful, efficient and a pleasure to work with.

"I can point my clients to other services being offered here in the same building which is a big benefit.

"Plymouth is very lucky to have the Healthy Living Centre which helps so many people with so many different things."

Livewell Southwest

"QUITTING smoking is the single best thing you can do for your health, your family and your purse," says Livewell Southwest.

"Many smokers want to quit but aren't sure of the best way to go about it.

"The HLC offers a very welcoming, friendly and accessible environment where people wanting to quit smoking can see a qualified stop-smoking adviser on a Monday afternoon."

ACTIVITIES FOR ALL AGES

Ford Activ8 Gym

"THANKS to all our sponsors, our two volunteer instructors engaged with 45 young people last year," says Richard Williams.

"All our young people benefit from free classes and are provided with their own karate suit and belt once they show the necessary commitment and make progress."

OUR FACILITIES – THE JAN CUTTING HEALTHY LIVING CENTRE

Miranda Supertone

"IT'S A FANTASTIC-SIZED room where fitness is available and affordable (thanks to Plymouth City Council's Sports Development Unit) and where goals are achievable for our local ladies of all ages, shapes and sizes and abilities, many of whom would never set foot in a gym," says Miranda Ritchie. "There's a fun community spirit surrounded by laughter! I love taking our Supertone classes here."

Elder Tree Befriending Service

IN THE TRUE spirit of the Jan Cutting Healthy Living Centre, Elder Tree Befriending Service helps the over-50s exercise in a friendly, supportive environment.

Its much-admired Active Steps and Tai Chi classes are as much about low-impact exercise as meeting new friends.

Now eight years into its partnership with Wolseley Trust, Elder Tree helps more than 90 people a week

Free Spirit

"OUR GROUP moved to the HLC in April 2014 following the closure of the Halcyon Centre, and we established a weekly meeting-point here," says Kimberley Davis. "But due to lack of funding, the project was due to close. However, Wolseley Trust agreed to us using the space at no cost which enabled our group to continue.

"With additional funding support from the Trust, we're planning school holiday activities that will ensure the young people don't suffer any breaks in their sessions.

"The benefits to us of using this space include the safe, warm environment, room for parents, a place to store our equipment, and being able to use the photocopier."

Fitness League

"FITNESS League classes have been held every Thursday night at the HLC since it opened in 2003," says Carolyn Kingdon.

"The Jan Cutting Healthy Living Centre is an ideal venue, always clean with a good working surface, and another bonus is the safe, off-road parking."

Time Bank

"Time Banking is about people getting together and sharing time, skills and doing favours without money being involved, with everyone's time valued equally," says a spokeswoman. "The Trust has accommodated our activities from one-to-one exchanges in which an experienced upholsterer has shared his knowledge, to an Easter Fun Day with table sales, games, crafts and an Easter bonnet parade.

"Working with the Trust has meant that small ideas from local people can be brought to life and grow."

Diecast Collectors' Club

"For several years the HLC has provided our club with the ideal venue for our Spring and Autumn Toy Fairs, says a spokesperson. "As it's conveniently situated and easy to access, we've been able to offer stallholders and visitors a bright and modern venue with ample free parking plus refreshments from the on-site cafe.

"The staff go out of their way to be helpful and the cost for hall hire and facilities is very reasonable."

Other uses of the HLC building include birthday parties, dental training, AA groups and charity events.



OUR FACILITIES – WOLSELEY COMMUNITY RESOURCE BUILDING



Centre of the community

ALL EYES are down on Tuesdays when our Community Building and Conference Room becomes the noisy, buzzing and fun-filled home of our much-celebrated Bingo Group.

Of all the many events and activities we support in our community, the Bingo Group is undoubtedly one of the most popular.

The cheers, the whoops and the laughter coming from the Community Building show it's a building at the very heart of the community it serves.

"The Bingo Group can be accessed by everybody in the

community as well as members of the Wolseley Trust," says Sylvia Wooldridge.

"Everyone can come together and enjoy a relaxing and fun game of Bingo, and we can get up to 50 community members every Tuesday of the month.

"The Wolseley Community Building is easy to get to, convenient and accessible by many bus routes, which benefits our group."

It's also the home of the Plymouth Pensioners And 50+ Group which has about 60 members and dedicates itself to fighting social isolation.

Other regular users of this thriving and newly-refurbished Community Building include:

THE THINGS THEY SAY ABOUT US...

"WOLSELEY Trust has been supporting The Making Learning Work 4 U team at Cornwall College to recruit learners on to a programme of free courses for adults with mild to moderate mental health problems," says Programme Coordinator Debbie Allen.

"It's part of the national Community Learning Mental Health Pilot which is looking into whether short informal courses can help adults with their recovery from a mental illness.

"The Trust has been actively promoting the courses and passed a number of referrals to us, and it is now part of our steering group."

"FROM THE day of booking to the day of the event, the staff were very helpful and accommodating," says birthday party organiser Jean Lake.

"Accessibility in and out of the building is excellent and there's ample parking at the weekend. If needed, the tables and chairs can be set up when you arrive."

- ◆ Toddler Group,
- ◆ Slimming World
- ◆ Plymouth Camera Club
- ◆ Alcoholics Anonymous
- ◆ North Prospect Family Church
- ◆ The Stroke Association.

OUR COMMUNITY Minibus is frequently used for outings, opening up new horizons to people who might not otherwise have a chance to leave the locality.

Users include:

- ◆ The Befriending Group, giving access to lunch clubs
- ◆ Thorn Park Residential Home for days out and trips to garden centres
- ◆ The 27th Scout Group, for Ten Tors, trips and camping
- ◆ Manor Court Residential Home, for taking residents out to lunches
- ◆ Affinity Sutton, for day trips
- ◆ Camilla House, for trips to Jennycliff and other places.

BUSINESS PARKS

Our Business Parks support our work in the community

NOT MANY of the people who use our services are aware that we at Wolseley Trust are also responsible for running two business parks.

But, as our full name of Wolseley Community Economic Development Trust suggests, it's a vital part of our operation.

Wolseley Business Park and Scott Business Park generate



OUR CURRENT TENANTS

DMI International Distribution Ltd
Leisure Pursuits
Ford Youth / Activ8 Gym
Hillier Maintenance SW Ltd
Burgess Marine Ltd
Celebration Balloons
Signs Express
Knight Scientific
Total Re-Build Fitness and Strength
B&R Heating Ltd
Quality Components Engineers
Q C Engineering
Orchard Dental Practice
Get Up And Go Nursery
Sylvia's Cafe

income that helps pay for the other work we do in the community.

Without them, we simply couldn't afford to do most of the things we do.

And the business parks themselves are important to the same community, keeping economic activity on the doorstep and creating and maintaining local jobs in an area that badly needs every job it can get.

In fact, our two business parks have generated more than 1,500 local jobs since we created them with the backing of our partners Plymouth City Council in 1997 – and the achievement is remarkable, as well as long-lasting, bearing in mind that the sites were derelict before we became involved.

Wolseley Business Park

WOLSELEY Business Park breathed new life into what was, in 1997, a derelict inner-city area of Plymouth.

There are 24 light industrial and office units, a community building, a community nursery and a community café.

The business park has housed many different types of businesses over the years but is home at the moment to 20 businesses, supporting 85 jobs.

As an independent, democratic social enterprise, we at the Trust are proud that the site has generated more than 250 jobs so far.

Total Rebuild

TOTAL REBUILD began at Devonport Park as an outdoor fitness bootcamp.

As its popularity grew, it needed a permanent indoor venue near to Devonport but accessible from any part of the city.

"Wolseley Business Park really was the dream location, easy to get to, clean, and just the right size for what we needed," says James Bodley.

"Not much has changed in the sense of what we offer, which is fun and varied exercises accessible to people in all walks of life.

"We would like to thank everyone at Wolseley Business Park for maintaining such a well-run park. Keep up the good work, guys!"

Work-Able PLUSS – Litter Pick

THE TRUST supports a man on work placement from PLUSS who helps out by keeping both the Wolseley and Scott sites clear of litter and mess.

BUSINESS PARKS



BUSINESS PARKS



Former hospital site devoted to making things better

Scott Business Park

SCOTT BUSINESS Park is a spectacular regeneration of a former isolation hospital site.

Built in 2003, it houses 24 light industrial and 10 office units, our flagship Jan Cutting Healthy Living Centre, and a community café.

The site is also home to the Westbourne Unit, Child Development Centre and Scott Dental.

The high quality of the business park was recognised when it won the Abercrombie award for Best Community Design Project.

The business park is home to 26 businesses in the private, voluntary and public sectors, some of which rent more than one premises.

More than 300 people's jobs depend on the site.

Joe Barnes Plumbing and Heating

"THE LOCATION is good for us – easily accessible, secure and with parking," says Joe Barnes.

"We feel we can move on to the next step with our company now as we have been trading 28 years and are always looking to improve.

"The staff are always helpful and the site is always clean and tidy, so when our customers come to see us it's all good for them to see.

"I also recommended another unit here to my stepson who has now moved his business to this business park as well."

County Chiropractic

"WE WANTED to locate our business at Scott Business Park for ease of patient access and parking availability," says Brian Quinn.

"We used to operate from one of the offices in the HLC before we decided to move into Office 21 on the Business Park.

"The overall experience has been exciting and successful

and I've always found the security and reception staff very helpful."

Work-Able PLUSS – Site Maintenance

THE TRUST supports Work Able PLUSS by awarding it a contract for site maintenance.

The PLUSS team work hard to keep the gardens and grounds of the business park looking clean and tidy.

OUR CURRENT TENANTS

Plymouth Heartbeat Gym
Tomorrow's People
PLUSS
G & S Components
S P Maintenance
RSFMTB Suspension
P C Towbars
Barnes Plumbing & Heating Ltd
Modern Catering
South West Wall Coating Ltd
GMC Projects
Fire Doors Rite Ltd
New Wave Marine Ltd
Alphabet Sign South West Ltd
Bolton Gate Services
Mount Tamar School
County Chiropractic
Work Able PLUSS
Oakley Builders & Groundworks
Marlin Environmental Services
D & R Removals
Hive Windows Ltd
Lantech Communications Ltd
Penny's Domestic Cleaning
WKUK [Plymouth] Whiz Kidz
Purple Telecommunications

We're here for our members, too, including at Christmas

OUR TRUST holds four members' meetings every year, including the AGM.

We believe in involving our members in, and informing them about, what the Trust provides and we also ask them what activities they'd like to see in the future.

As our members are also part of the community we're here to serve, we listen to their feedback and endeavour to put on events that will engage them, improve social cohesion, and raise aspirations.

That can also mean having a lot of fun!

So here are just a few highlights from our 2015 Social Calendar.

Family Fun Day

OUR ANNUAL Fun Day at Scott Business Park had a mixture of tabletop sales, games and live entertainment for our members, their families and friends, plus a raffle in aid of a charity or worthy cause.

It was the climax of our Summer Activities Programme which gave parents, children and families a vast choice of things to do and try, in partnership with the organisations we support, as reported elsewhere in this Review.

Christmas Family Festive Fayre

WE TRADITIONALLY hold two Christmas meals for our members as a fun and informative way of thanking them for their contributions and giving them a Christmas treat, but this year we transformed it into an event that was so successful we will be holding it in future years, too.

Our inaugural Family Festive Fayre at the Jan Cutting Healthy Living Centre was a new initiative by our Trust Chief Executive Sarah Taylor, who wanted to ensure everyone felt included in the fun in the run-up to Christmas.

"Our Members' Christmas Lunch and Dinner has always been a huge success with older residents who love the bingo and singalongs, but we thought we should offer something extra that would appeal especially to younger people and families," she said.

The Family Festive Fayre gave every child a chance to meet Santa in his grotto and receive a present, while children's entertainer Mr Wishy Washy dazzled them with magic and games.

Children were able to have their faces painted and take part in arts activities, while adults had an arts and crafts stall, a raffle in aid of St Luke's Hospice, and mince pies and shortbread.

The event was open to everyone in the area we serve, but members of the Trust were entitled to a free tea or coffee and mince pie, with shortbread and a drink.



"We were confident it would be a great success," said Sarah. "One of our aims was to bring the community together and tackle social exclusion, and that was one more way of doing that."

"It's building on the tradition of the Members' Christmas Lunch and Dinner which catered for 190 people this year with a free Christmas meal prepared by Wolseley Community Catering, live music, a Christmas carol singalong, a festive quiz and bingo.

"Ernie Downey, one of our members, played his accordion and the children from the nursery came out to listen and learn about his accordion."



**LIFE-CHANGING MOTIVATING
GRANT-GIVING GALVANISING
EDUCATING DOOR-OPENING
SOCIALISING CARE-GIVING
CATALYSING FUNDRAISING
UNDERSTANDING PARTNERING
HAND-HOLDING ORGANISING
UNSTINTING FUN-PROVIDING
ENABLING GAME-CHANGING
MENTORING ENCOURAGING...
...WOLSELEY TRUST.**