

**Place Directorate
Corporate Landlord Services**

Appendix 2

We Love Carers

Mary Stevens Centre

Year 2021/2022

Caring Matters	Evidence
Healthy Communities - Better Health	
Offering exercise groups as in Yoga, Seat Yoga and Nordic Walking. This allows exercise for all ages and all abilities for our carers. Using outside agencies to provide varied sessions.	No of people taking part in physical activities
Running support groups and coffee mornings for our carers allowing peer to peer support	No of people attending sessions
Providing either 1:1 or group counselling sessions by a trained counsellor	Written Feedback from those participating and number of people attending
Running Mental Health First Aid and Mindfulness Courses	Written Feedback from those participating and number of people attending
Promoting Healthy Eating and providing cooking classes	Number of people attending sessions
Running gardening club growing fresh fruit and vegetables by our carers	No of people attending sessions
Environmentally Aware Communities	Evidence
Ensure that the centre and surrounding area is kept clean and tidy	Number of items donated to other good causes
Running a gardening club showing young carers the link between growing and food on the table	Number of people attending sessions
Encourage recycling within the Centre	No of bags of rubbish recycled

Promoting recycling of donated items with other support groups and charities	Number of items donated to other good causes
Learning Matters	Evidence
Improved Leisure Facilities	
The centre used as a base for events and activities	No of leisure activities run at the centre
Running a carers library for our adult carers	Number of people using service and written feedback
Running a Toy Library for carers disabled children and their siblings	Number of people using service and written feedback
Regeneration Matters	Evidence
Economically Active Communities	
Give the opportunity for volunteers to gain practical experience, build confidence and self-esteem	Miniumum of 6289 volunteer hours per year (6289 x £11.07) = £69,619.23
Provide training sessions and courses for our carers	Number of volunteers on the courses
Safety Matters	Evidence
Safer Communities	
Offer youth club activities to offer learning experiences and promote life skills	No of young people taking part
Provide training sessions and courses to our young carers and disabled children	Number of young people on the sessions
We have all our policies and procedures regarding all risk assessments in accordance to current guidelines. The volunteers are DBS checked and go on regular training in	Policies and procedures on line and in paper form on the premises along with current insurance and training certificates
Quality Service Matters	Evidence
Equal Opportunities	
Ensure the centre is used by a wide cross section of the community	Records of attendance
Centre is run by representatives of centre user groups which gives users a say in the running of the building	Annual AGMs, Records of decisions, Minutes of Meeting etc

Ensure that the building is used and is accessible by people with disabilities	Ensuring the building has requisite adaptations in place