

# COMMUNITY IMPACT



## Berkshire Scouts



'Scouts are active citizens of the world, who make a difference whilst partaking in life changing adventure.'



'Our young people are not naïve – they can see issues in society and instead of shying away from them, they want to tackle them head on!'



'Scouting offers activities far beyond that of any other organisation and it's time to shout about them!'



'95% of 12-25 year old Scouts said that improving the lives of others was an important part of Scouting.'



Even better Scouting for even more young people

## **What is Community Impact?**

Community Impact (also referred to as social action) is any action taken in the service of others in order to create positive social change. This includes everything from small scale action, such as regularly taking the bins out for an elderly resident, through to tackling the stigma surrounding mental health through large scale collaborative events (and everything in between!). In short, community impact is anything that makes a positive change within a local, national or international community. Practical, hands on action is most popular with our young people – this helps to develop them personally, whilst benefitting the organisation with whom the young person is participating with/the issue that they are tackling.

## **Why do a Community Impact Project?**

Our young people are not naïve – they can see issues in society and instead of shying away from them, they want to tackle them head on! In fact, 95% of 12-25 year old Scouts said that improving the lives of others was an important part of Scouting.

Involvement in social action has been shown to significantly develop those taking part; with those regularly volunteering feeling more confident, being more resilient and having developed a large array of skills for life. As well as significantly developing those taking part, community impact projects have the potential to bring communities together, break down barriers and genuinely change lives for the better. As well as all of this, undertaking community impact will help your young people achieve an array of badges and top awards such as the Community Impact Staged Activity Badge, Queens Scout Award, Scouts of the World Award and the Duke of Edinburgh's Award.

## **What is the purpose of this programme pack?**

The purpose of this pack is to provide a tailored, Berkshire focused approach to community impact, outlining opportunities for Scouts across Berkshire to get involved in community impact projects – including local and national organisations. Whilst this pack will directly outline potential partners and projects your group could work with and undertake it is important that your young people themselves decide what action will be taken, and whether this is selected directly from this pack or planned individually.

## Key Information

- Your young people **MUST** choose the issue to be focused upon and action to be taken
- The project ideas in this report are only a **starting point**; your young people should expand upon them
- Before undertaking a project – **get in touch with the charity** to let them know what you're doing
- **All 5 stages** of the Community Impact Badge (overleaf) **must** be undertaken to achieve the award – using this report can be cited as undertaking stage 1
- Tag @BerkshireScouts on Twitter with what you're up to! This will allow us to see what Community Impact is happening around the county and help us to showcase and reward projects.

## Community Impact Staged Activity Badge

### Stage 1

How to earn your badge:



1. Identify need. Investigate what issues and challenges exist in your chosen community – it could be local, national or international.
2. Plan action. Decide what issue your section should take action on and what you want to change. Talk to your section about what actions you would like to take.
3. Take action over three months. You should:
  - Spend at least four hours personally taking action on your chosen issue. You can achieve more impact by spreading your time out over a month, instead of doing it all in one go.
  - Involve others in the action. Work in a team with your section and preferably people in the community you are trying to help.
4. Learn and make more change. Discuss what you've learned with your section. Talk about how you have made people's lives better, what you could do to help more people in your chosen community and how taking action has developed you.
5. Tell the world. Help other people to understand why the issue you took action on is important, what you did and how they can help.

Stages 2, 3, 4 of the badge require the same 5 steps to be taken, with the only difference being the amount of time spent undertaking community impact; this ranges from 4-48 hours.

For more information visit: <https://tinyurl.com/y8uwcd8o>



## Community Impact and Top Awards

Community Impact forms a vital part of many top awards, including:

**World Challenge Award (Beavers, Cubs, Scouts)** – Two of the My World Challenge Awards (Beavers), Our World Challenge Award (Cubs) and World Challenge Award (Scouts) are all met by undertaking the Community Impact Staged Activity Badge. The requirements are exactly the same.

**Chief Scout's and Queen's Scout Award (Explorers and Network)** - Community Impact projects could be used to fulfil the service requirement for these badges (dependent upon timescale).

**Duke of Edinburgh Award (Explorers and Network)** – The volunteering requirement mirrors that of the Community Impact Staged Activity Badge.

**Scouts of the World Award (Network)** – The Scouts of the World Award requirements mirror the requirements for the higher stages of the Community Impact Staged Activity Badge and therefore this can be used as a basis for planning the undertaking of the SOWA.

For more information on top awards visit: <http://scouts.org.uk/news/2017/04/badge-support-top-awards/>



## Kennet District



Age UK Berkshire, providing health & wellbeing support services for older people across Berkshire to help everyone love later life.

Web: <http://www.ageuk.org.uk/berkshire/>

Email: [info@ageukberkshire.org.uk](mailto:info@ageukberkshire.org.uk)

Phone: 0118 959 4242

Facebook: AgeUK Berks

Twitter: @AgeUKBerks

Instagram: Age UK Berkshire

Speaker Available: Yes

### **Background and description of the social issue tackled**

We're Age UK Berkshire and our goal is to enable older people across the county to love later life. Age is different for everyone and the challenges and demands are different too. We are many things to many people: a source of advice, information, support, companionship and enjoyment. We tackle isolation, loneliness, health and wellbeing and offer information and advice, practical services including help with shopping, help at home and help with practical issues through our handy person service.

### **Project ideas**

**Intergenerational Activity Evening** – Run an intergenerational activity evening for socially isolated older people, from games to music, craft to dance these evenings can be great fun and are a brilliant way to bridge the generational gap and make a real difference to a group of people.

**Time:** 1-2 hours

**Location:** Scout Meeting Place, Local Park, Care Home, Community Venue

**Variations:** Why not run this on a weekend? It could be great to try out some adapted sports like walking football/tag rugby, croquet or lawn bowls. Why not invite your local MP? Why not make this a regular event – once every month is a good place to start.

**Creating Accessible Communities** – Often our communities may exclude certain members of society without meaning to do so, for example if buildings are not accessible to those in a wheelchair, mobility scooter or who cannot climb stairs, they are excluding users of these from the service they provide. By getting out and about in the local community you can easily see which buildings/areas are not fully accessible, note these down and write a letter/email to the owner/manager outlining how they could improve accessibility.

**Time:** Flexible – 1-2 hours out in the community with a further 1-2 hours writing letters/emails to owners/managers as a minimum.

**Location:** Local Community, Scout Meeting Place

**Variations:** Is your Scout Meeting Place fully accessible? If not, this is a great place to start!

**Digital Café** – A digital café is a great way to help get digitally isolated older people safely set up online and allow them access to all the convenient services that the internet provides (internet banking/shopping, social media, email etc.) A café can be anywhere with an internet connection and access to computers and is a great way for your young people to pass on their digital knowledge to others whilst improving theirs too!

**Time:** 1-2 hours per café (If your café proves popular, consider running it regularly!)

**Location:** Scout Meeting Place, Local Internet Café, Library

**Variations:** Why not invite other digitally isolated communities – young people can face just as much digital isolation as older generations. Why not think about running sessions on mobile phones and other modern technology? How about running a suggestion box where café users can suggest next times topic?

**Community Gardening/Gardening for Change** – Feeling green fingered? Why not adopt a piece of land as a community allotment/garden – most allotment sites have cheap land available. Your young people could then utilise this land for food and flowers, working with clients of AgeUK Berkshire to share tips and advice. This is a great way to bridge the generational gap and do something fun and rewarding all at the same time!

**Time:** Dependent upon season and scale

**Location:** Community Allotment/Garden

**Variations:** Why not donate the produce to a local food bank or run a community meal day where all the ingredients used have been grown on the allotment or sourced locally? Why not involve other youth groups/community organisations to adopt a bigger piece of land and have free community food all year round.

To find your nearest allotment head on over to: <https://www.gov.uk/apply-allotment>



# Living Paintings

**Web:** [www.livingpaintings.org](http://www.livingpaintings.org)

**Email:** [info@livingpaintings.org](mailto:info@livingpaintings.org)

**Phone:** 01635 299771

**Twitter:** @LivingPaintings

**Speaker Available:** Yes

## Background and description of the social issues tackled

Living Paintings are a national charity whose purpose is to improve the quality of life for blind and partially sighted people by working to end the social and educational isolation that they suffer. We do this by publishing unique Touch to See books that have raised tactile images and a descriptive audio soundtrack. In this way we provide access to images that help children learn to read, support students in school and inspire interests that enable lifelong learning for adults. The books are designed to be shared with sighted friends, family and classmates, to encourage social interaction and reduce the isolation that blind people feel. The books are loaned for free via our postal library. There are currently 14,000 blind and partially sighted children and adults across the UK who benefit from our free service.

## Project ideas

**Blind tasting** – By being blindfolded, your young people can appreciate the challenges facing blind children and adults when performing the day to day tasks that we all take for granted. Blindfolded tasting means that you have to use your other senses to recognize tastes and identify what you are eating. Possible ideas are putting different flavoured crisps in bowls then guessing what they are, or making and eating a sandwich, then pouring a drink.



This project raises awareness of the problems facing blind and partially sighted people. It could also be a fundraising opportunity with everyone donating £1 to Living Paintings. As a funding goal, £60 would enable us to provide our library service to one child for a year.

**Time:** 1 hour

**Location:** Scout Meeting Place

**Variations:** Your young people could sit down together for a blindfolded banquet, with some of the group being blindfolded guests to be served dishes, and others not blindfolded and serving the food. They could switch roles for each course. The blindfolded guests have to say what they think they are eating. It could be a competition to see which group guesses the food correctly and leaves the least mess!

**Feel and Say:** Split your young people into groups and blindfold one member of each group – get the blindfolded Scout to feel an object (make sure the other members of the team can't see this!) and get them to describe what they feel (without saying what it is). The remaining members of the group then have to try and guess what the object is.

**Time:** 1-2 hours

**Location:** Scout Meeting Place

**Variations:** Why not run this as a competition? The first team to correctly guess 3 object wins. Make sure the blindfolded person changes between each object to ensure everyone gets a go.

**Blindfold Assault Course:** This game allows you to experience what life can feel like for people with a visual impairment. At your Scout meeting place build a simple assault course (using chairs, tables and other items), then one by one allow Scouts to attempt to reach the other side of the course. The Scouts should be split into teams of 4 with 1 blindfolded and the other 3 helping the blindfolded Scout safely navigate the course. **Make sure the course is safe at all times and won't cause injury.**

**Time:** 30 minutes

**Location:** Scout Meeting Place

**Variations:** Why not get the blindfolded scout to carry an egg on a spoon as they navigate the course – the fastest group to navigate the course without dropping the egg wins!



West Berks Foodbank, charity providing food, information and support for households in crisis.

Web: [www.westberks.foodbank.org.uk](http://www.westberks.foodbank.org.uk)

Email: [info@westberks.foodbank.org.uk](mailto:info@westberks.foodbank.org.uk)

Phone: 07955 626621

Speaker Available: Yes

### **Background and description of the social issue tackled**

We provide 3 days worth of food at a time (10 meals generous provision) for households in food crisis in the local area. We are part of the Trussell Trust network, who audit us. Clients are referred by professionals in their care pathway. Food is donated by local people, and distributed by volunteers. We also provide a listening service to our clients, and signpost them to further support services if necessary. We also provide a cuppa and a shoulder to cry on - many of our clients are deeply ashamed, and in need of help for the first time in their lives – we provide a vital lifeline to help people get back on their feet in a supportive, friendly, non-judgmental environment.

### **Project ideas**

**Smarties For Change** – Get your young people a small smarties tube each (these can be enjoyed throughout the evening or used as part of a game – why not see which team of young people can pick up the most smarties with chopsticks, moving them from one bowl to the next?) and encourage them to carry out small tasks (take the bins out, wash up etc.) for their family/friends in exchange for 20/50p. Once everyone has collected some money – ask West Berks foodbank what products they are low on – then take your young people to the shops to go and get these items before delivering them. This is a great way to get your young people helping at home and then get them out and about in the local community.

**Time:** 30 mins to introduce, 1-2 weeks to raise funds, 1-2 hours to shop and deliver foodstuff

**Location:** Scout Meeting Place, Shops, Homes

**Variations:** Why not get your young people to explore the local community to find the best price on items required?

**Community Donations** – West Berks Food Bank has several community donation points across the area – why not help out with the collection?

**Time:** Variable – contact West Berks Foodbank for details

**Location:** Local Community Donation Points

**Variations:** Why not combine this with a treasure hunt? As you move from donation point to donation point try to find things in your local community (how many mannequins in the shop window, what time is the post box collected etc.)



# CWGC

Commonwealth War Graves Commission

The CWGC cares for the graves and memorials of 1.7 million servicemen and women who died in the two world wars. We have over 23,000 sites of commemoration found in 154 countries around the world. In 2017, CWGC's centenary year, they have established the Commonwealth War Graves Foundation. The Foundation's work is to engage young people on the legacy and relevance of their work in perpetuity.

Web: <https://www.cwgc.org/>

Email: [community@cwgc.org](mailto:community@cwgc.org)

Facebook: <https://www.facebook.com/commonwealthwargravescommission/>

Twitter: @CWGC

Speaker Available: Yes

## Background and description of the social issue tackled

The CWGC in the United Kingdom

You may be surprised to know that the CWGC commemorates more than 300,000 people here in the UK. Their graves can be found in every city, town and village throughout the UK. It is estimated that you are never more than three miles from a CWGC war grave.

You can search for your closest war graves on our website [www.cwgc.org](http://www.cwgc.org)

## Project ideas:

### For 2018:

- **Run a 'WWI Community Digital Archive' Day** – to celebrate the Centenary of the end of WWI. For more information from Jan 2018, please contact: [community@cwgc.org](mailto:community@cwgc.org)
- **Explore and Research WW1/WW2 in your town:** Find out about the casualties commemorated in your local cemetery or area and share your findings on social media at #CWGC, or with your local community.
  - **Tip:** Visit [www.cwgc.org](http://www.cwgc.org) and search for your local cemetery. A list of casualties will appear including their service record, personal details and year they died. Download our War Graves App.

- Talk to elderly relatives or visit an Care Home to ask people about their recollections of WWI family history and those who might have served in WWII and collect stories and place them in a Community book or as a verbal history CD.
- Visit a local place of worship which might have a 'Roll of Honour' and investigate the names listed through CWGC's website: [www.cwgc.org](http://www.cwgc.org)
- [Investigate the different regiments and rank listed at your local memorial or cemetery](#) and give a presentation about the war graves in your town
- Organise an event to take place at the war graves – it could be an act of remembrance, a historical presentation, a reading of poetry or music, laying a wreath – you could invite local community groups too
- Create an exhibition or remembrance collage about local war graves or servicemen or women – who were they? Where did they travel to? Where were they from?
- Give an assembly or presentation about the servicemen or women you discovered
- Take a lantern or flower to each grave, stand behind the grave and take a photograph of your group or the war graves. Send this to your local newspaper or to [community@cwgc.org](mailto:community@cwgc.org) and we will share it.
- Encourage people to become a CWGFoundation Supporter and take part in volunteering opportunities at CWGC sites.

## Visiting and Mapping the war graves:

Scout groups can include a visit to a CWGC site as part of their social action project. Cemeteries and memorials can be found across UK, including in rural areas. You can check if your group meets near a cemetery with war graves by visiting [www.cwgc.org](http://www.cwgc.org) and using the database

## You could:

- Create a remembrance sculpture or collage from your visit to a CWGC site.
- You can include photographs, writing, objects, and pictures taken on your visit.
- Visit a war grave to clear any litter from around the grave
- Create a biodegradable wreath from vegetation found on your visit to lay at a war grave
- Create poetry or other art about a war grave visited or read the poetry/act of remembrance at a war grave
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**Resources:**

We have worksheets and packs that tell you about the CWGC and our work.

We have a Community Engagement Coordinator for Berkshire region, who can advise and get you started

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[www.cwgc.org](http://www.cwgc.org)

## Loddon District



Age UK Berkshire, providing health & wellbeing support services for older people across Berkshire to help everyone love later life.

Web: <http://www.ageuk.org.uk/berkshire/>

Email: [info@ageukberkshire.org.uk](mailto:info@ageukberkshire.org.uk)

Phone: 0118 959 4242

Facebook: AgeUK Berks

Twitter: @AgeUKBerks

Instagram: Age UK Berkshire

Speaker Available: Yes

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**Location:** Scout Meeting Place, Local Park, Care Home, Community Venue

**Variations:** Why not run this on a weekend? It could be great to try out some adapted sports like walking football/tag rugby, croquet or lawn bowls. Why not invite your local MP? Why not make this a regular event – once every month is a good place to start.

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- Encourage people to become a CWGFoundation Supporter and take part in volunteering opportunities at CWGC sites.

## Visiting and Mapping the war graves:

Scout groups can include a visit to a CWGC site as part of their social action project. Cemeteries and memorials can be found across UK, including in rural areas. You can check if your group meets near a cemetery with war graves by visiting [www.cwgc.org](http://www.cwgc.org) and using the database

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**Resources:**

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# Camp Mohawk

## The Woodland Centre Trust

For children and young people with special needs

Camp Mohawk is a day centre for children with special needs including those on the Autistic Spectrum, located in beautiful woodland in Wargrave, Berkshire. Throughout the year the centre provides a range of activities, and facilities both inside and outdoors to encourage children and young people with a variety of disabilities to play, socialise and learn. This enables them, their families and friends to relax, learn social skills and develop self-confidence in a positive and uplifting environment that accepts and welcomes them all as individuals.

Web: <http://www.campmohawk.org.uk>

Email: [info@campmohawk.org.uk](mailto:info@campmohawk.org.uk)

Phone: 0118 940 40 45

Facebook: Camp Mohawk

Twitter: @CampMohawk

Speaker Available: Yes

### Background and description of the social issue tackled

Children and young people with special needs can visit Camp Mohawk, along with their families, to enjoy a day out and socialise with other families in a similar position. There are very few leisure facilities, where the often complex needs of these children are met, and services where the whole family is welcome, are very rare. This can result in them all becoming isolated at home, further increasing stress and decreasing quality of life for the whole family. School holidays, can be particularly challenging for families who have a child, or multiple children, with special needs and Camp Mohawk provides a unique support network with understanding, experienced staff.

### Project ideas

#### Activity / Social event –

Run an activity event for socially isolated teenagers with disabilities including High Functioning Autism or Aspergers. With a variety of activities such as board games, table

tennis, pool, craft activities, cooking, listening to music, playing football etc, these events can be great fun and are a brilliant way to break down barriers and make a real difference to a group of young people who often struggle to make friends and build relationships.

**Time:** 1-2 hours

**Location:** Scout Meeting Place, Local Park, Community Venue

**Variations:** Why not run this at a weekend or after school? It could be great to try out a range of different activities – what do you like to do with your friends? You could even make this a regular event – once every month is a good place to start.

### **Assisting with woodland and site maintenance –**

We have a wide range of projects from basic grounds work, moving logs with wheelbarrows (we have 15+) digging brambles etc, to the installation of new wheelchair paths, fencing, play features and information panels

A great way of working with different people in a team and discovering and learning new practical skills. By being on site at Camp Mohawk and seeing the range of adapted facilities, you learn more about how some other young people live, and begin to understand and empathise with the restrictions they experience every day.

**Time:** 1-2 hours

**Location:** On site at Camp Mohawk, Wargrave – transport required as not on public transport route

**Variations:** Different work required depending on seasons and time of year.

**Taster Session for Scouts** – many disabled children & young people may not realise how inclusive scouting can be and wouldn't have considered it as a possibility for themselves. By promoting Scouting For All, or allowing them to experience a regular Scout meeting, you may even encourage them to join.

**Time:** Flexible – 1-2 hours per session plus possible follow up mentoring support on an individual basis if they join.

**Location:** Local Community, Scout Meeting Place

**Variations:** Is your Scout Meeting Place fully accessible? If not, now's the time to see how you can make changes! Possibly befriend a disabled or Autistic young person in your

community or school and see how you can support and help them to participate in a mainstream activity.



## Maidenhead District



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**Time:** 1-2 hours

**Location:** Scout Meeting Place, Local Park, Care Home, Community Venue

**Variations:** Why not run this on a weekend? It could be great to try out some adapted sports like walking football/tag rugby, croquet or lawn bowls. Why not invite your local MP? Why not make this a regular event – once every month is a good place to start.

**Creating Accessible Communities** – Often our communities may exclude certain members of society without meaning to do so, for example if buildings are not accessible to those in a wheelchair, mobility scooter or who cannot climb stairs, they are excluding users of these from the service they provide. By getting out and about in the local community you can easily see which buildings/areas are not fully accessible, note these down and write a letter/email to the owner/manager outlining how they could improve accessibility.

**Time:** Flexible – 1-2 hours out in the community with a further 1-2 hours writing letters/emails to owners/managers as a minimum.

**Location:** Local Community, Scout Meeting Place

**Variations:** Is your Scout Meeting Place fully accessible? If not, this is a great place to start!

**Digital Café** – A digital café is a great way to help get digitally isolated older people safely set up online and allow them access to all the convenient services that the internet provides (internet banking/shopping, social media, email etc.) A café can be anywhere with an internet connection and access to computers and is a great way for your young people to pass on their digital knowledge to others whilst improving theirs too!

**Time:** 1-2 hours per café (If your café proves popular, consider running it regularly!)

**Location:** Scout Meeting Place, Local Internet Café, Library

**Variations:** Why not invite other digitally isolated communities – young people can face just as much digital isolation as older generations. Why not think about running sessions on mobile phones and other modern technology? How about running a suggestion box where café users can suggest next times topic?

**Community Gardening/Gardening for Change** – Feeling green fingered? Why not adopt a piece of land as a community allotment/garden – most allotment sites have cheap land available. Your young people could then utilise this land for food and flowers, working with clients of AgeUK Berkshire to share tips and advice. This is a great way to bridge the generational gap and do something fun and rewarding all at the same time!

**Time:** Dependent upon season and scale

**Location:** Community Allotment/Garden

**Variations:** Why not donate the produce to a local food bank or run a community meal day where all the ingredients used have been grown on the allotment or sourced locally? Why not involve other youth groups/community organisations to adopt a bigger piece of land and have free community food all year round.

To find your nearest allotment head on over to: <https://www.gov.uk/apply-allotment>



Maidenhead Waterways Group, a community led charity restoring the derelict waterways that run through the centre of Maidenhead.

Web: [www.maidenheadwaterways.org](http://www.maidenheadwaterways.org)

Email: [contactus@maidenheadwaterways.org](mailto:contactus@maidenheadwaterways.org)

Facebook: Maidenhead Waterways (MW)

Speaker Available: Yes, on site visits

### **Background and description of the social issue tackled**

Established in 2006, MW is working in partnership with RBWM to restore the neglected and overgrown town centre York Stream and Moor Cut channels into a navigable waterway that links with the main River Thames. The 2Km long waterway 'Ring' is being created as a key part of the Area Action Plan adopted in 2011 to rejuvenate Maidenhead town centre, with new waterside areas providing a focus and catalyst for the major developments planned, in effect .... "Bringing the Thames into town". The design approach is very much... "It's for all of us", with all forms of active and passive enjoyment of the water being encouraged. The restored waterway will provide a wildlife corridor through the town centre that is accessible to all, with new and uprated paths that link to the wider footpath network.

### **Current Projects**

**Stream Clearance** – MW and other volunteer groups are focused on a long term flow measurement and groundwater monitoring programme and on stream clearance work in the feeder channels to improve the flow. The Bray Cut channel that connects the 'Ring' to the Thames at Bray Marina is also severely overgrown. MW volunteers are aiming to

commence the clearance of the area to allow canoeists and other small craft to access the town centre from the Thames, passing through a beautiful and quiet waterway that runs through open country and has abundant wildlife. Scouts would be involved in clearing overgrown areas and helping keep the stream flow up by removing rubbish, weeds and underwater obstructions from the stream - see <https://youtu.be/sIDvi5xQe2A> - for a flavour of the kind of activities involved (not suitable for Beavers/Cubs)

## Project ideas

**Adopt a mile** – Why not adopt a mile of waterway? This is a great way to undertake sustainable, long term environmental social action. As well as keeping the land and waterway clean and tidy, there is the opportunity to improve it by constructing canoe launching facilities, creating wildlife habitats, rest areas etc. This adopted mile can be customised (following approval from MH) to suit your groups water based activities – your young people will love the fact they played a role in creating an area they use!

**Time:** A few hours every month – ongoing commitment

**Location:** Local waterway and accompanying land

**Variations:** Why not adopt a longer stretch by linking up with other groups in the district?

**Bulb Planting** – With the waterways being rejuvenated it's important to make the area look as attractive as possible to draw in the public and a wide array of vital wildlife such as bees and butterflies.

**Time:** 1-2 hours per planting session (annually, in autumn)

**Location:** Local waterway and accompanying land

**Variations:** Why not create the Fleur-de-lis (Scout logo) using seasonal flowers? Why not write your groups name in seasonal flowers to promote the work of your young people?

**Bird/Bat Boxes** – Many of the UK's native bird/bat populations are declining in numbers due to development and reduction of habitats. Your young people could create bird/bat boxes in your Scout meeting place before placing them around a local waterway.

**Time:** 2-5 hours to construct (split over several session nights), 1-2 hours to place. Note that bat boxes have to be placed quite high up so may need special assistance.



**Location:** Scout Meeting Place, Local Waterway

**Variations:** Why not run a competition between groups/individuals – the best designed bird/bat box as voted for by the young people wins a small prize?

*Instructions on how to build a bird/bat box can be found at:*

<https://ww2.rspb.org.uk/get-involved/activities/give-nature-a-home-in-your-garden/garden-activities/buildabatbox/>

<https://www.rspb.org.uk/birds-and-wildlife/read-and-learn/helping-birds/nestboxes/smallbirds/making.aspx>



# CWGC

Commonwealth War Graves Commission

The CWGC cares for the graves and memorials of 1.7 million servicemen and women who died in the two world wars. We have over 23,000 sites of commemoration found in 154 countries around the world. In 2017, CWGC's centenary year, they have established the Commonwealth War Graves Foundation. The Foundation's work is to engage young people on the legacy and relevance of their work in perpetuity.

Web: <https://www.cwgc.org/>

Email: [community@cwgc.org](mailto:community@cwgc.org)

Facebook: <https://www.facebook.com/commonwealthwargravescommission/>

Twitter: @CWGC

Speaker Available: Yes

## Background and description of the social issue tackled

The CWGC in the United Kingdom

You may be surprised to know that the CWGC commemorates more than 300,000 people here in the UK. Their graves can be found in every city, town and village throughout the UK. It is estimated that you are never more than three miles from a CWGC war grave.

You can search for your closest war graves on our website [www.cwgc.org](http://www.cwgc.org)

## Project ideas:

### For 2018:

- **Run a 'WWI Community Digital Archive' Day** – to celebrate the Centenary of the end of WWI. For more information from Jan 2018, please contact: [community@cwgc.org](mailto:community@cwgc.org)
- **Explore and Research WW1/WW2 in your town:** Find out about the casualties commemorated in your local cemetery or area and share your findings on social media at #CWGC, or with your local community.

- **Tip:** Visit [www.cwgc.org](http://www.cwgc.org) and search for your local cemetery. A list of casualties will appear including their service record, personal details and year they died. Download our War Graves App.
- Talk to elderly relatives or visit an Care Home to ask people about their recollections of WWI family history and those who might have served in WWII and collect stories and place them in a Community book or as a verbal history CD.
- Visit a local place of worship which might have a 'Roll of Honour' and investigate the names listed through CWGC's website: [www.cwgc.org](http://www.cwgc.org)
- [Investigate the different regiments and rank listed at your local memorial or cemetery](#) and give a presentation about the war graves in your town
- Organise an event to take place at the war graves – it could be an act of remembrance, a historical presentation, a reading of poetry or music, laying a wreath – you could invite local community groups too
- Create an exhibition or remembrance collage about local war graves or servicemen or women – who were they? Where did they travel to? Where were they from?
- Give an assembly or presentation about the servicemen or women you discovered
- Take a lantern or flower to each grave, stand behind the grave and take a photograph of your group or the war graves. Send this to your local newspaper or to [community@cwgc.org](mailto:community@cwgc.org) and we will share it.
- Encourage people to become a CWGFoundation Supporter and take part in volunteering opportunities at CWGC sites.

## Visiting and Mapping the war graves:

Scout groups can include a visit to a CWGC site as part of their social action project. Cemeteries and memorials can be found across UK, including in rural areas. You can check if your group meets near a cemetery with war graves by visiting [www.cwgc.org](http://www.cwgc.org) and using the database

## You could:

- Create a remembrance sculpture or collage from your visit to a CWGC site.
- You can include photographs, writing, objects, and pictures taken on your visit.
- Visit a war grave to clear any litter from around the grave
- Create a biodegradable wreath from vegetation found on your visit to lay at a war grave
- Create poetry or other art about a war grave visited or read the poetry/act of remembrance at a war grave
- Give a tour of the war graves to another group

- Create a map of the war graves in your area – giving directions of the locations of the graves.

**Tip:** you can let us know you are visiting or get advice and tips, by emailing [community@cwgc.org](mailto:community@cwgc.org)

**Resources:**

We have worksheets and packs that tell you about the CWGC and our work.

We have a Community Engagement Coordinator for Berkshire region, who can advise and get you started

We have an online database and an App that will help you locate your nearest war graves

[www.cwgc.org](http://www.cwgc.org)



Foodshare Maidenhead is a registered charity whose aims are to help people in and around Maidenhead who are unable to feed themselves and their families properly.

Web: [www.openkitchen.org.uk](http://www.openkitchen.org.uk)

Email: [volunteer@foodshare.today](mailto:volunteer@foodshare.today)

Phone: 07570 811829

Speaker Available: Yes

### **Background and description of the social issue tackled**

Foodshare supports people who are in a state of food insecurity, meaning they may not know where their next meal will come from, which is the situation for the street homeless, or at least don't know if they will have sufficient food to last through a week, a state in which an increasing number of people and families find themselves. We do that by operating a food bank, and by providing meals on 3 evenings a week. It's not simply about feeding people; many of the people we support are in difficult circumstances so we try to offer a welcoming environment and take time to have a conversation and guide them to other organisations and agencies that may be able to help them.

### **Project ideas**

**Maintaining Foodshare** – A lot of food flows into and out of Foodshare every month – every now and then the stock needs re-organising, sorting, checking and the food bank requires cleaning. Get in touch with Foodshare Maidenhead to see if Scouts could help the next time this is required!

**Time:** 2-3 hours

**Location:** Foodshare Maidenhead

**Variations:** Why not bring along some donations of your own to add?

**Smarties For Change** – Get your young people a small smarties tube each (these can be enjoyed throughout the evening or used as part of a game – why not see which team of young people can pick up the most smarties with chopsticks, moving them from one bowl to the next?) and encourage them to carry out small tasks (take the bins out, wash up etc.) for their family/friends in exchange for 20/50p. Once everyone has collected some money – ask West Berks foodbank what products they are low on – then take your young people to the shops to go and get these items before delivering them. This is a great way to get your young people helping at home and then get them out and about in the local community.

**Time:** 30 mins to introduce, 1-2 weeks to raise funds, 1-2 hours to shop and deliver foodstuff

**Location:** Scout Meeting Place, Shops, Homes

**Variations:** Why not get your young people to explore the local community to find the best price on items required?

**Food For All Event** – Access to good, healthy food is vital for all of us. Running an event in your local community raising awareness of the fact some people do not have access to this resource could help boost donations to Foodshare, as well as letting people know that if they are in a position of not having food, help and support is available?

**Time:** 1-2 hours planning, 1-2 hours event

**Location:** Scout Meeting Place, Local Community Area

**Variations:** Why not cook up some food at the event and run a community meal at the same time? This is a great way to learn skills for life, draw in large numbers of people and provide them with a high quality meal.



## Bisham Barn Owl Nest Box

**Web:** <http://bishambarnowlgroup.blogspot.co.uk/>

**Email:** [mikethefrith@aol.com](mailto:mikethefrith@aol.com)

**Phone:** 01628 483 803

**Speaker Available:** Yes

### **Background and description of the social issues tackled**

Wildlife is on the decline, with the expansion of concrete jungles, increased fragmentation of habitats and reduction in prey species almost all of the UK's native wildlife is showing some signs of decline/stress. That's where Bisham Barn Owl Nest Box come in!

Bisham Barn Owl Nest Box are a volunteer partner group of Bisham Barn Owl Group. By supplying and installing owl boxes at very competitive prices (See, 'Giving Wildlife a Home'), they provide a home for many species of owl and other birds.

Their work has led to a significant increase in barn owl, swift, insect and bat numbers around Marlow and beyond and the group has received significant support and praise from a number of charities and individuals including PM Theresa May.

### **Current Projects:**

**Installing Owl Boxes:** BBONB design and build boxes all year round, occasionally Scouts may be needed to help install these in the local area – get in touch with BBOG to see how you can help!

## Project ideas

**Owl Walks:** Owls are generally nocturnal and are often found hunting prey late at night – why not take your Scouts on an evening hike to see if you can spot any? Get in touch with BBONB who may be able to give you some insider knowledge on the best routes to take to spot one.

**Time:** 1-2 hours

**Location:** Local area

**Variations:** Why not incorporate this as part of an activity walk with points scored for snapping a photo of an owl?

**Giving Nature a Voice:** Nature can't speak for itself so why not help to give it a voice! By running an awareness day in your local community you could help safeguard species and promote a fightback. At your event you could advocate a whole host of things such as: promoting the benefits of cutting a hedgehog hole in fences, putting out some bird feeders, building a bird/bat box, not dropping litter (especially the plastic used to hold cans together) and making sure to plant an array of species to attract bees, insects and birds.

**Time:** 3-5 Hours

**Location:** Local Community Space (Park, Courtyard etc.)

**Variations:** Why not raise money at the event and use this to purchase some Bird, Bat or Hedgehog boxes from BBONB?

**Giving Wildlife a Home:** BBONB can supply bird/bat/insect boxes at high quality and low cost. These can either be purchased in completed or kit form – why not purchase some kits and get your young people to help build them? All kits come complete with full instructions and can be completed easily with a little supervision. After this your Scouts could install these boxes and monitor them to see if they are being used.

**Time:** 2-3 hours

**Location:** Scout Meeting Place

**Variation:** Why not start by adding boxes to your Scout Meeting Place or a Local Scout Campsite? Why not see which Scout/team can design the best box using paints and other materials to customise the kit?



## Reading Central District



Age UK Berkshire, providing health & wellbeing support services for older people across Berkshire to help everyone love later life.

Web: <http://www.ageuk.org.uk/berkshire/>

Email: [info@ageukberkshire.org.uk](mailto:info@ageukberkshire.org.uk)

Phone: 0118 959 4242

Facebook: AgeUK Berks

Twitter: @AgeUKBerks

Instagram: Age UK Berkshire

Speaker Available: Yes

### **Background and description of the social issue tackled**

We're Age UK Berkshire and our goal is to enable older people across the county to love later life. Age is different for everyone and the challenges and demands are different too. We are many things to many people: a source of advice, information, support, companionship and enjoyment. We tackle isolation, loneliness, health and wellbeing and offer information and advice, practical services including help with shopping, help at home and help with practical issues through our handy person service.

### **Project ideas**

**Intergenerational Activity Evening** – Run an intergenerational activity evening for socially isolated older people, from games to music, craft to dance these evenings can be great fun and are a brilliant way to bridge the generational gap and make a real difference to a group of people.

**Time:** 1-2 hours

**Location:** Scout Meeting Place, Local Park, Care Home, Community Venue

**Variations:** Why not run this on a weekend? It could be great to try out some adapted sports like walking football/tag rugby, croquet or lawn bowls. Why not invite your local MP? Why not make this a regular event – once every month is a good place to start.

**Creating Accessible Communities** – Often our communities may exclude certain members of society without meaning to do so, for example if buildings are not accessible to those in a wheelchair, mobility scooter or who cannot climb stairs, they are excluding users of these from the service they provide. By getting out and about in the local community you can easily see which buildings/areas are not fully accessible, note these down and write a letter/email to the owner/manager outlining how they could improve accessibility.

**Time:** Flexible – 1-2 hours out in the community with a further 1-2 hours writing letters/emails to owners/managers as a minimum.

**Location:** Local Community, Scout Meeting Place

**Variations:** Is your Scout Meeting Place fully accessible? If not, this is a great place to start!

**Digital Café** – A digital café is a great way to help get digitally isolated older people safely set up online and allow them access to all the convenient services that the internet provides (internet banking/shopping, social media, email etc.) A café can be anywhere with an internet connection and access to computers and is a great way for your young people to pass on their digital knowledge to others whilst improving theirs too!

**Time:** 1-2 hours per café (If your café proves popular, consider running it regularly!)

**Location:** Scout Meeting Place, Local Internet Café, Library

**Variations:** Why not invite other digitally isolated communities – young people can face just as much digital isolation as older generations. Why not think about running sessions on mobile phones and other modern technology? How about running a suggestion box where café users can suggest next times topic?

**Community Gardening/Gardening for Change** – Feeling green fingered? Why not adopt a piece of land as a community allotment/garden – most allotment sites have cheap land available. Your young people could then utilise this land for food and flowers, working with clients of AgeUK Berkshire to share tips and advice. This is a great way to bridge the generational gap and do something fun and rewarding all at the same time!

**Time:** Dependent upon season and scale

**Location:** Community Allotment/Garden

**Variations:** Why not donate the produce to a local food bank or run a community meal day where all the ingredients used have been grown on the allotment or sourced locally? Why not involve other youth groups/community organisations to adopt a bigger piece of land and have free community food all year round.

To find your nearest allotment head on over to: <https://www.gov.uk/apply-allotment>



Launchpad, charity helping to prevent homelessness in Reading by providing free, confidential, advice, support and housing.

#### Contact

Web: <http://www.launchpadreading.org.uk/>

Email: [fundraising@launchpadreading.org.uk](mailto:fundraising@launchpadreading.org.uk)

Phone: 0118 929 121

Facebook: [facebook.com/LaunchpadRdg/](https://www.facebook.com/LaunchpadRdg/)

Twitter: @Launchpad\_RDG

Instagram: [instagram.com/launchpadreading/](https://www.instagram.com/launchpadreading/)

Speaker Available: Yes

#### Background and description of the social issue tackled

There are many faces of homelessness from rough sleepers to families crammed in temporary poor quality B&BS or individuals relying on a friend's floor or sofa. They are all without a home of their own. Some people are easy to help; others are very hard to help. Behind every individual there's a hidden story. Launchpad provides three key services to help prevent homelessness in Reading:

- [Housing with support >](#) Clean, safe housing combined with individual, targeted support is the most effective way to get people back on track and making a positive contribution to the community. Support is usually for up to two years and we can house 116 people at any one time.
- [Preventing homelessness >](#) Launchpad supports single parents, families, couples and individuals to stay in their own homes by helping with landlord issues. We also help find appropriate housing for people stuck in unsuitable accommodation, such as families in B&BS.

- [Drop-in >](#) Available to anyone in Reading who needs housing or homelessness-related advice. You could be sleeping on a friend's sofa, not sure how to find accommodation, worried about rent, have landlord problems, need benefit advice or help with drug or alcohol misuse.

## Project Ideas

**Big Sleep Out** – Ever wondered what it would be like to have to rough sleep? This activity brings a hard hitting message in a fun 'Scouty' way. With permission from the local council, find an area in your local community to create a 'cardboard city' – boxes big enough to fit Scouts inside and sleep out for the evening in order to raise awareness of rough sleeping. Why not involve other youth/community groups, MPs/decision makers and make a community awareness raising event of the evening? Be sure to inform the local police station of your plans as they will play a vital role in keeping the event safe and legal.

**Time:** 1-4 hours planning, 1 overnight stay

**Location:** Local Community, Scout Meeting Place, Scout Campsite

**Variations:** If policing/security issues are a worry or permission cannot be obtained why not do this in your Scout meeting place or a Scout campsite? Why not raise funds at the same time – your young people could ask for sponsorship from their family/friends?

**Food for Change Campaign** – Launchpad recently released a statement asking people not to give money to beggars in the street as it is leading to addiction problems and is counteracting the work of their rehabilitation programs. By running a food for change campaign your young people can play a vital role in changing public habits – by getting out and informing people that donating food to beggars is the best way to help, addictions can be stopped and lives changed.

**Time:** 1-2 hours planning, 1-2 hours running an event

**Location:** Scout Meeting Place, Local Community Area

**Variations:** Why not organise a community meal at your Scout meeting place and have your young people source, cook and deliver the food? This could be used to help inform parents and the wider community about homelessness and the importance of healthy, nutritious meals.

**Letters of Hope** – Write uplifting letters to Launchpad's service users containing positive messages and drawings. This is a really quick and easy way to introduce young people to

the issue of homelessness and take simple but effective action.

Receiving a letter from a young person could help someone turn their life around!

**Time:** 30 mins – 1 hour

**Location:** Scout Meeting Place

**Variations:** Why not draw large pictures or write messages of support to be displayed throughout Launchpad's services?

# ReadiFood

## Reading's Food Bank

ReadiFood provide emergency food parcels to people in serious need across Greater Reading.

### Contact

Web: <http://readifood.org.uk>

Email: [amanda@readifood.org.uk](mailto:amanda@readifood.org.uk)

Phone: 0118 9872 672

Facebook: [facebook.com/ReadiFood](https://www.facebook.com/ReadiFood)

Twitter: @FaithReading

Speaker Available: Yes

### Background and description of the social issue tackled

ReadiFood is part of the work undertaken by Faith Christian Group (FCG). FCG has been tackling poverty among the homeless, needy, addicted and deprived people in Greater Reading for over 25 years. We offer support, help and friendship to individuals or families, regardless of their ethnic, religious or moral backgrounds.

Alongside our work with the street homeless people, we have always had contact with those in need across communities in Reading. Most of the requests to ReadiFood for emergency food parcels come to us by way of referral from authorities or agencies e.g., Welfare Rights, Launchpad, local GP, Social Services.

### Current Projects

**Supermarket Weekend Collections** - Monthly weekend collections in-store are supported by volunteers with the co-operation of the supermarket. Waitrose, Tesco and Co-op are

regular supporters. We hugely rely on these collections, but it also helps with public awareness of our day-to-day needs.

**Donation Sorting in the Foodbank** – When food or other items are received at our warehouse, they require sorting by type and date to check they are usable. Many Berkshire Scout groups have visited and sorted donations during their regular weekly meetings.

**Delivery of Emergency Food Parcels** – All emergency food parcels are delivered to client addresses or referral agencies. Two volunteers pack the van with parcels and deliver four days a week to clients.

### **Project Ideas**

**Community Allotment** – Growing food is a great way to help others, and what's more it's great fun! By adopting a community allotment (Or joining one if this is already established in your area) your young people can learn how to grow food and look after land, the food produced can then be donated to Readifood or used as part of a community meal.

**Time:** 1-2 hours ongoing commitment per week (this can be rotated between groups on a linked project)

**Location:** Community Allotment

**Variations:** Why not get other youth/community groups involved? Gardening can be a great way to bridge the generational gap – why not make contact with your local care home to see if the residents want to be involved?

To find your nearest allotment head on over to: <https://www.gov.uk/apply-allotment>

**Food For All Event** – Access to good, healthy food is vital for all of us. Running an event in your local community raising awareness of the fact some people do not have access to this resource could help boost donations to Readifood, as well as letting people know that if they are in a position of not having food, help and support is available?

**Time:** 1-2 hours planning, 1-2 hours event

**Location:** Scout Meeting Place, Local Community Area

**Variations:** Why not cook up some food at the event and run a community meal at the same time? This is a great way to learn skills for life, draw in large numbers of people and provide them with a high quality meal.





Daisy's Dream, a charity supporting children with terminally ill family members/children who have faced bereavement.

Web: [www.Daisysdream.org.uk](http://www.Daisysdream.org.uk)

Email: [info@daisysdream.org.uk](mailto:info@daisysdream.org.uk)

Phone 0118 934 2604

Speaker Available: Yes

### **Background and Description of the Social Issue Tackled**

Daisy's Dream support over 700 local children from over 500 families, children whose stories often go unheard, as they struggle to cope with the impact of living with a family member who is terminally ill or who try to cope with the death of someone close to them ( everyday 111 children have to cope with the death of a parent). We provide ongoing support for children and families for as long as they need us, at any stage, regardless of the type of illness or the cause of death.

Each family is allocated a Family Worker who provides individual support to children and families who are then also invited to attend our groups where they can meet others and share their stories. We are totally reliant on fundraising to deliver this unique local service and we would be hugely grateful for any support you can give us – funds raised would go towards funding one of our Family Workers and funding some of our group events, enabling us to be there for any child whenever we are needed.

### **Current projects**

**Events** – Daisy's Dream runs attends several events to raise awareness of the charity and it's work and Scouts could help with planning the event, running activities, collecting donations and helping set up/pack down. Get in touch to find out when/where these events are and how you can help!

### **Project Ideas**

**Awareness Raising:** Bereavement is a huge and life changing thing for a young person to have to deal with – help out by raising awareness of Daisy's Dream in your Scout Meeting Place or at a local community area.

**Time:** 2-4 hours

**Location:** Scout Meeting Place/Local Community

**Variations:** Why not run games and activities and use this event as a tool for growth too!

**Raising funds for bereaved young people:** Daisy's Dream support over 700 children – help do your bit for these young people by raising some vital funds – the more creative the better!

**Time:** 1-2 hours

**Location:** Dependent upon activity

**Variations:** Why not link up with other groups in the district and put on a community event?



# CWGC

Commonwealth War Graves Commission

The CWGC cares for the graves and memorials of 1.7 million servicemen and women who died in the two world wars. We have over 23,000 sites of commemoration found in 154 countries around the world. In 2017, CWGC's centenary year, they have established the Commonwealth War Graves Foundation. The Foundation's work is to engage young people on the legacy and relevance of their work in perpetuity.

Web: <https://www.cwgc.org/>

Email: [community@cwgc.org](mailto:community@cwgc.org)

Facebook: <https://www.facebook.com/commonwealthwargravescommission/>

Twitter: @CWGC

Speaker Available: Yes

## Background and description of the social issue tackled

The CWGC in the United Kingdom

You may be surprised to know that the CWGC commemorates more than 300,000 people here in the UK. Their graves can be found in every city, town and village throughout the UK. It is estimated that you are never more than three miles from a CWGC war grave.

You can search for your closest war graves on our website [www.cwgc.org](http://www.cwgc.org)

## Project ideas:

### For 2018:

- **Run a 'WWI Community Digital Archive' Day** – to celebrate the Centenary of the end of WWI. For more information from Jan 2018, please contact: [community@cwgc.org](mailto:community@cwgc.org)
- **Explore and Research WW1/WW2 in your town:** Find out about the casualties commemorated in your local cemetery or area and share your findings on social media at #CWGC, or with your local community.
  - **Tip:** Visit [www.cwgc.org](http://www.cwgc.org) and search for your local cemetery. A list of casualties will appear including their service record, personal details and year they died. Download our War Graves App.

- Talk to elderly relatives or visit an Care Home to ask people about their recollections of WWI family history and those who might have served in WWII and collect stories and place them in a Community book or as a verbal history CD.
- Visit a local place of worship which might have a 'Roll of Honour' and investigate the names listed through CWGC's website: [www.cwgc.org](http://www.cwgc.org)
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## Visiting and Mapping the war graves:

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[www.cwgc.org](http://www.cwgc.org)



**The local voice of learning disability**

Reading Mencap provides support services for children and adults with learning disabilities and autism, and their families.

Web: <http://www.readingmencap.org.uk>

Email: [office@readingmencap.org.uk](mailto:office@readingmencap.org.uk)

Phone: 0118 966 2518

Facebook: [readingmencap](https://www.facebook.com/readingmencap)

Twitter: [@ReadingMencap](https://twitter.com/ReadingMencap)

YouTube: <https://www.youtube.com/channel/UCL64leD75qkXXwYWLA07zCA>

Speaker Available: Yes

### **Background and description of the social issue tackled**

Founded in 1962 and affiliated to, but receiving no funding from national Mencap, Reading Mencap supports around 500 people. Our purpose is to improve quality of life for children and adults with learning disabilities and their families. Even in the 21<sup>st</sup> century, people with learning disabilities continue to face barriers to living happy and fulfilled lives. Our holistic range of services exists to help people to overcome these barriers, which range from poverty, ill health and social care issues to hate crime, discrimination and isolation.

We provide a Family Support Service to offer free in-depth information and advice; a range of regular, low-cost or free leisure and social activities for children and adults with learning disabilities; a 'day activity' service at our centre for adults with learning disabilities, which runs for four days a week and focuses on improving health and independence skills; and trips and events for family carers to give them a break and to help build support networks.

## Project ideas

**Drama performance** – Put together a 20-30 minute drama show for our Gateway Club, which is a group of isolated and vulnerable adults over 16 with learning disabilities who meet one evening every week. The group also provides respite for family carers. The performance should be suitable for all ages. Members of the group are often unable to access traditional public performances due to the cost and high levels of anxiety, so the show at Reading Mencap's centre would provide a huge and invaluable source of enjoyment for those who may not feel confident or comfortable elsewhere. Why not make the show interactive? After the performance, you could chat to the group members to find out what the Club means to them.

**Time:** 6 hours

**Location:** Rehearsals at Scout Meeting Place, performance at Reading Mencap, 21 Alexandra Road, Reading

**Decorating post boxes** – Make or decorate cardboard post boxes for collecting used postage stamps, ink cartridges or plastic milk bottle lids. Contact local schools, churches and businesses to ask whether they could have one in their building as recycling stations. This will help to raise awareness of Reading Mencap and we can then turn these items into cash to help run our services for people with learning disabilities and their families.

**Time:** Flexible, depending on how many boxes are decorated

**Location:** Scout Meeting Place

**Cream tea for family carers** – Many people with learning disabilities live with their families even into adulthood as they need a lot of support. These lifelong caring responsibilities can put a huge emotional and financial strain on their parents and relatives. Family carers need regular breaks from caring to keep going. Organise a free cream tea event at Reading Mencap, including designing a poster, approaching local companies or fundraising for the food, and serving the tea on the day itself. The event will enable carers to form friendships with each other and access peer support.

**Time:** 9 hours

**Location:** Reading Mencap, 21 Alexandra Road, Reading

**Awareness-raising leaflet** – Members of the public often don't know what a learning disability is or confuse it with mental health issues. Due to a lack of understanding, people with learning disabilities can be victims of discrimination or worse. Do some research into learning disabilities (perhaps including chatting to some people at Reading Mencap) and then create a myth-busting leaflet, aimed at the public, containing questions and answers

about what a learning disability is or isn't. Then think about where the leaflets could be distributed.

**Time:** 10 hours

**Location:** Scout Meeting Place

**Variations:** If you have time, could you take or send the leaflets to the places you thought they could be useful? Why not take the leaflets to a local event and have a stand there to raise awareness.



## Pang Valley District



Age UK Berkshire, providing health & wellbeing support services for older people across Berkshire to help everyone love later life.

Web: <http://www.ageuk.org.uk/berkshire/>

Email: [info@ageukberkshire.org.uk](mailto:info@ageukberkshire.org.uk)

Phone: 0118 959 4242

Facebook: AgeUK Berks

Twitter: @AgeUKBerks

Instagram: Age UK Berkshire

Speaker Available: Yes

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### **Project ideas**

**Intergenerational Activity Evening** – Run an intergenerational activity evening for socially isolated older people, from games to music, craft to dance these evenings can be great fun and are a brilliant way to bridge the generational gap and make a real difference to a group of people.

**Time:** 1-2 hours

**Location:** Scout Meeting Place, Local Park, Care Home, Community Venue

**Variations:** Why not run this on a weekend? It could be great to try out some adapted sports like walking football/tag rugby, croquet or lawn bowls. Why not invite your local MP? Why not make this a regular event – once every month is a good place to start.

**Creating Accessible Communities** – Often our communities may exclude certain members of society without meaning to do so, for example if buildings are not accessible to those in a wheelchair, mobility scooter or who cannot climb stairs, they are excluding users of these from the service they provide. By getting out and about in the local community you can easily see which buildings/areas are not fully accessible, note these down and write a letter/email to the owner/manager outlining how they could improve accessibility.

**Time:** Flexible – 1-2 hours out in the community with a further 1-2 hours writing letters/emails to owners/managers as a minimum.

**Location:** Local Community, Scout Meeting Place

**Variations:** Is your Scout Meeting Place fully accessible? If not, this is a great place to start!

**Digital Café** – A digital café is a great way to help get digitally isolated older people safely set up online and allow them access to all the convenient services that the internet provides (internet banking/shopping, social media, email etc.) A café can be anywhere with an internet connection and access to computers and is a great way for your young people to pass on their digital knowledge to others whilst improving theirs too!

**Time:** 1-2 hours per café (If your café proves popular, consider running it regularly!)

**Location:** Scout Meeting Place, Local Internet Café, Library

**Variations:** Why not invite other digitally isolated communities – young people can face just as much digital isolation as older generations. Why not think about running sessions on mobile phones and other modern technology? How about running a suggestion box where café users can suggest next times topic?

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clients of AgeUK Berkshire to share tips and advice. This is a great way to bridge the generational gap and do something fun and rewarding all at the same time!

**Time:** Dependent upon season and scale

**Location:** Community Allotment/Garden

**Variations:** Why not donate the produce to a local food bank or run a community meal day where all the ingredients used have been grown on the allotment or sourced locally? Why not involve other youth groups/community organisations to adopt a bigger piece of land and have free community food all year round.

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# CWGC

Commonwealth War Graves Commission

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Twitter: @CWGC

Speaker Available: Yes

## Background and description of the social issue tackled

The CWGC in the United Kingdom

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You can search for your closest war graves on our website [www.cwgc.org](http://www.cwgc.org)

## Project ideas:

### For 2018:

- **Run a 'WWI Community Digital Archive' Day** – to celebrate the Centenary of the end of WWI. For more information from Jan 2018, please contact: [community@cwgc.org](mailto:community@cwgc.org)
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## You could:

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## South Berkshire District



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Phone: 0118 959 4242

Facebook: AgeUK Berks

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Speaker Available: Yes

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### **Project ideas**

**Intergenerational Activity Evening** – Run an intergenerational activity evening for socially isolated older people, from games to music, craft to dance these evenings can be great fun and are a brilliant way to bridge the generational gap and make a real difference to a group of people.

**Time:** 1-2 hours

**Location:** Scout Meeting Place, Local Park, Care Home, Community Venue

**Variations:** Why not run this on a weekend? It could be great to try out some adapted sports like walking football/tag rugby, croquet or lawn bowls. Why not invite your local MP? Why not make this a regular event – once every month is a good place to start.

**Creating Accessible Communities** – Often our communities may exclude certain members of society without meaning to do so, for example if buildings are not accessible to those in a wheelchair, mobility scooter or who cannot climb stairs, they are excluding users of these from the service they provide. By getting out and about in the local community you can easily see which buildings/areas are not fully accessible, note these down and write a letter/email to the owner/manager outlining how they could improve accessibility.

**Time:** Flexible – 1-2 hours out in the community with a further 1-2 hours writing letters/emails to owners/managers as a minimum.

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**Variations:** Is your Scout Meeting Place fully accessible? If not, this is a great place to start!

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clients of AgeUK Berkshire to share tips and advice. This is a great way to bridge the generational gap and do something fun and rewarding all at the same time!

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**Variations:** Why not donate the produce to a local food bank or run a community meal day where all the ingredients used have been grown on the allotment or sourced locally? Why not involve other youth groups/community organisations to adopt a bigger piece of land and have free community food all year round.

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Crowthorne foodbank, providing generous food provision for people in crisis across the Crowthorne area.

**Web:** <https://crowthorne.foodbank.org.uk/>

**Email:** [info@crowthorne.foodbank.org.uk](mailto:info@crowthorne.foodbank.org.uk)

**Phone:** 01344 780087

**Speaker Available:** Yes

### **Background and description of the social issue tackled**

We don't think anyone in our community should have to face going hungry. That's why we provide three days' nutritionally balanced emergency food and support to local people who are referred to us in crisis. We are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.

### **Project Ideas:**

**Collection Support:** Lots of food is donated to Crowthorne Foodbank via community donations points in shops – why not help with the collection of this food? Contact Crowthorne Foodbank to find out when and where these collections are happening.

**Time:** 2-3 hours

**Location:** Various

**Variations:** Why not link up with other Scout groups and cover a wider area? Why not set up a donation point in your Scout Meeting Place?

**Smarties For Change** – Get your young people a small smarties tube each (these can be enjoyed throughout the evening or used as part of a game – why not see which team of young people can pick up the most smarties with chopsticks, moving them from one bowl to the next?) and encourage them to carry out small tasks (take the bins out, wash up etc.) for their family/friends in exchange for 20/50p. Once everyone has collected some money – ask Slough foodbank what products they are low on – then take your young people to the shops to go and get these items before delivering them. This is a great way to get your young people helping at home and then get them out and about in the local community.

**Time:** 30 mins to introduce, 1-2 weeks to raise funds, 1-2 hours to shop and deliver foodstuff

**Location:** Scout Meeting Place, Shops, Homes

**Variations:** Why not get your young people to explore the local community to find the best price on items required?

**Food For All Event** – Access to good, healthy food is vital for all of us. Running an event in your local community raising awareness of the fact some people do not have access to this resource could help boost donations to Slough foodbank, as well as letting people know that if they are in a position of not having food, help and support is available?

**Time:** 1-2 hours planning, 1-2 hours event

**Location:** Scout Meeting Place, Local Community Area

**Variations:** Why not cook up some food at the event and run a community meal at the same time? This is a great way to learn skills for life, draw in large numbers of people and provide them with a high quality meal.



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## Slough District



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Phone: 0118 959 4242

Facebook: AgeUK Berks

Twitter: @AgeUKBerks

Instagram: Age UK Berkshire

Speaker Available: Yes

### **Background and description of the social issue tackled**

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**Time:** 1-2 hours

**Location:** Scout Meeting Place, Local Park, Care Home, Community Venue

**Variations:** Why not run this on a weekend? It could be great to try out some adapted sports like walking football/tag rugby, croquet or lawn bowls. Why not invite your local MP? Why not make this a regular event – once every month is a good place to start.

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**Time:** Flexible – 1-2 hours out in the community with a further 1-2 hours writing letters/emails to owners/managers as a minimum.

**Location:** Local Community, Scout Meeting Place

**Variations:** Is your Scout Meeting Place fully accessible? If not, this is a great place to start!

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**Time:** 1-2 hours per café (If your café proves popular, consider running it regularly!)

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clients of AgeUK Berkshire to share tips and advice. This is a great way to bridge the generational gap and do something fun and rewarding all at the same time!

**Time:** Dependent upon season and scale

**Location:** Community Allotment/Garden

**Variations:** Why not donate the produce to a local food bank or run a community meal day where all the ingredients used have been grown on the allotment or sourced locally? Why not involve other youth groups/community organisations to adopt a bigger piece of land and have free community food all year round.

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**“The foodbank was there when we really needed it, it was an absolute lifeline.”**

**Web:** <https://slough.foodbank.org.uk/>

**Email:** [office@slough.foodbank.org.uk](mailto:office@slough.foodbank.org.uk)

**Phone:** [01753 550303](tel:01753 550303)

**Speaker Available:** Yes

### **Background and description of the social issue tackled**

We don't think anyone in our community should have to face going hungry. That's why we provide three days' nutritionally balanced, emergency food and support to local people in crisis who are referred to us. We are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK. Our foodbank is a project founded by local churches, working together towards stopping hunger in our local area.

### **HOW FOODBANKS WORK**

Providing emergency food to people in crisis.

Every day people in the UK go hungry for reasons ranging from redundancy to receiving an unexpected bill on a low income. A simple box of food makes a big difference, with foodbanks helping prevent crime, housing loss, family breakdown and mental health problems.





Since opening we have supplied 3 day, non-perishable food parcels to almost 20,000 people, including almost 7000 children. Our latest statistics show that over 3000 parcels of non-perishable food and other basic essentials have been distributed, each year, in the last 4 years. Over 36.5 tonnes of food was distributed in the last financial year.

## Project Ideas

### Supermarket Weekend Collections–

**Time:** 9 – 5pm, Thursday 30<sup>th</sup> November and Friday/Saturday 1<sup>st</sup>/2<sup>nd</sup> December

**Location:** Tesco Extra, Wellington Street, Slough, SL1 1XW

**Variations:** Usually 2 hour periods per group throughout the collection days. Why not ask if your group can help sort the collected donations?

**Smarties For Change** – Get your young people a small smarties tube each (these can be enjoyed throughout the evening or used as part of a game – why not see which team of young people can pick up the most smarties with chopsticks, moving them from one bowl to the next?) and encourage them to carry out small tasks (take the bins out, wash up etc.) for their family/friends in exchange for 20/50p. Once everyone has collected some money – ask Slough foodbank what products they are low on – then take your young people to the shops to go and get these items before delivering them. This is a great way to get your young people helping at home and then get them out and about in the local community.

**Time:** 30 mins to introduce, 1-2 weeks to raise funds, 1-2 hours to shop and deliver foodstuff

**Location:** Scout Meeting Place, Shops, Homes

**Variations:** Why not get your young people to explore the local community to find the best price on items required?

**Food For All Event** – Access to good, healthy food is vital for all of us.

Running an event in your local community raising awareness of the fact some people do not have access to this resource could help boost donations to Slough foodbank, as well as letting people know that if they are in a position of not having food, help and support is available?

**Time:** 1-2 hours planning, 1-2 hours event

**Location:** Scout Meeting Place, Local Community Area

**Variations:** Why not cook up some food at the event and run a community meal at the same time? This is a great way to learn skills for life, draw in large numbers of people and provide them with a high quality meal.



**Burnham Health Promotion Trust**  
**"Promoting good health in the Burnham community"**

*Burnham is located across the 'border' in Buckinghamshire, however has been selected due to its close proximity to Slough district and 'open to all activities'*

Web: <http://www.bhpt.org.uk>

Email: [info@bhpt.org.uk](mailto:info@bhpt.org.uk)

Phone: 01628 661441

Facebook: <https://www.facebook.com/Burnham.Health.Promotion.Trust/>

Speaker Available: Yes

**Background and description of the social issue tackled**

**Burnham Health Promotion Trust (BHPT) is a charity** that initiates, develops and supports a wide variety of projects, activities and services, all related to improving health and well-being in the Burnham community. Regular activities include free or subsidised exercise classes, a carers' support group, an intergenerational project and an older people's club as well as one off events such as Sports and Activities Days. We like to work in partnership with other organisations that share our vision for a happy, healthy, active Burnham.

**Project ideas**

**Burnham Sports and Activities Day and "Marathon Challenge"** - Following on from the success of our first Sports and Activities Day in July 2017 we are looking to make this an annual event. But one thing we learnt was that we needed more practical help, both before the event with publicity and on the day with all aspects of setting up the Park, managing activities through the day and clearing up afterwards.

**Time:** Approx. 8 hours on the day and a few hours in the weeks leading up to the event

**Location:** Burnham Park

**Variations:** You could also enter a team in the "Marathon Challenge" and use it as a fundraising opportunity to support a charity of your choice.

**Intergenerational Entertainment/Activity Event** – Run an entertainment/activity event for older people. This could be in an afternoon or evening and could include quizzes, games, music and dance. Events like this can be great fun for everyone and are a brilliant way to bridge the generation gap and make a real difference to a group of older people who may otherwise have very little contact with young people.

**Time:** 1-2 hours per event plus planning/preparation time

**Location:** Residential Care Home, Community Venue

**Variations:** There are several care homes in Burnham and so you could develop a themed entertainment/activity programme which you could take into a different home each month. You would then find out what worked well and what was not so popular and develop your event accordingly. You could plan an event particularly for people with dementia.



**CWGC**  
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**Location:** Scout Meeting Place, Local Park, Care Home, Community Venue



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- Create a remembrance sculpture or collage from your visit to a CWGC site.
- You can include photographs, writing, objects, and pictures taken on your visit.
- Visit a war grave to clear any litter from around the grave
- Create a biodegradable wreath from vegetation found on your visit to lay at a war grave
- Create poetry or other art about a war grave visited or read the poetry/act of remembrance at a war grave
- Give a tour of the war graves to another group
- Create a map of the war graves in your area – giving directions of the locations of the graves.

**Tip:** you can let us know you are visiting or get advice and tips, by emailing [community@cwgc.org](mailto:community@cwgc.org)

**Resources:**

We have worksheets and packs that tell you about the CWGC and our work.

We have a Community Engagement Coordinator for Berkshire region, who can advise and get you started

We have an online database and an App that will help you locate your nearest war graves

[www.cwgc.org](http://www.cwgc.org)

## Wokingham District



Age UK Berkshire, providing health & wellbeing support services for older people across Berkshire to help everyone love later life.

Web: <http://www.ageuk.org.uk/berkshire/>

Email: [info@ageukberkshire.org.uk](mailto:info@ageukberkshire.org.uk)

Phone: 0118 959 4242

Facebook: AgeUK Berks

Twitter: @AgeUKBerks

Instagram: Age UK Berkshire

Speaker Available: Yes

### **Background and description of the social issue tackled**

We're Age UK Berkshire and our goal is to enable older people across the county to love later life. Age is different for everyone and the challenges and demands are different too. We are many things to many people: a source of advice, information, support, companionship and enjoyment. We tackle isolation, loneliness, health and wellbeing and offer information and advice, practical services including help with shopping, help at home and help with practical issues through our handy person service.

### **Project ideas**

**Intergenerational Activity Evening** – Run an intergenerational activity evening for socially isolated older people, from games to music, craft to dance these evenings can be great fun and are a brilliant way to bridge the generational gap and make a real difference to a group of people.

**Time:** 1-2 hours

**Location:** Scout Meeting Place, Local Park, Care Home, Community Venue

**Variations:** Why not run this on a weekend? It could be great to try out some adapted sports like walking football/tag rugby, croquet or lawn bowls. Why not invite your local MP? Why not make this a regular event – once every month is a good place to start.

**Creating Accessible Communities** – Often our communities may exclude certain members of society without meaning to do so, for example if buildings are not accessible to those in a wheelchair, mobility scooter or who cannot climb stairs, they are excluding users of these from the service they provide. By getting out and about in the local community you can easily see which buildings/areas are not fully accessible, note these down and write a letter/email to the owner/manager outlining how they could improve accessibility.

**Time:** Flexible – 1-2 hours out in the community with a further 1-2 hours writing letters/emails to owners/managers as a minimum.

**Location:** Local Community, Scout Meeting Place

**Variations:** Is your Scout Meeting Place fully accessible? If not, this is a great place to start!

**Digital Café** – A digital café is a great way to help get digitally isolated older people safely set up online and allow them access to all the convenient services that the internet provides (internet banking/shopping, social media, email etc.) A café can be anywhere with an internet connection and access to computers and is a great way for your young people to pass on their digital knowledge to others whilst improving theirs too!

**Time:** 1-2 hours per café (If your café proves popular, consider running it regularly!)

**Location:** Scout Meeting Place, Local Internet Café, Library

**Variations:** Why not invite other digitally isolated communities – young people can face just as much digital isolation as older generations. Why not think about running sessions on mobile phones and other modern technology? How about running a suggestion box where café users can suggest next times topic?

**Community Gardening/Gardening for Change** – Feeling green fingered? Why not adopt a piece of land as a community allotment/garden – most allotment sites have cheap land available. Your young people could then utilise this land for food and flowers, working with

clients of AgeUK Berkshire to share tips and advice. This is a great way to bridge the generational gap and do something fun and rewarding all at the same time!

**Time:** Dependent upon season and scale

**Location:** Community Allotment/Garden

**Variations:** Why not donate the produce to a local food bank or run a community meal day where all the ingredients used have been grown on the allotment or sourced locally? Why not involve other youth groups/community organisations to adopt a bigger piece of land and have free community food all year round.

To find your nearest allotment head on over to: <https://www.gov.uk/apply-allotment>

# healthwatch

## Wokingham Borough

Healthwatch Wokingham are the independent local champion for people who use health and care services. We promote that all people are entitled to the following principles:

Web: <http://www.healthwatchwokingham.co.uk/>

Email: [enquiries@healthwatchwokingham.co.uk](mailto:enquiries@healthwatchwokingham.co.uk)

Phone: 0118 418 1418

Twitter: @HWWokingham

Facebook: @healthwatchwokingham

Speaker Available: Yes

### Background and description of the social issue tackled

We are here to make sure local people have a voice regarding their health and social care services, we are their champion, we are also here to make sure that those people who run services put people at the heart of their services and care. We have an obligation also to hear the voice of those 'seldom heard', this may be people who are isolated, have mental health issues. We listen to people's experiences and challenge service provider to make changes and improvements

- Right to essential services
- Right to access services
- Right to a safe, dignified and quality service
- Right to information and education
- Right to choice
- Right to be listened to
- Right to be involved in their care
- Right to a healthy environment

### Project ideas

**Increasing Feedback on Health Issues That Matter to Young People** – Young people have a right to have their voice heard concerning things that affect them. One of those areas is health. Run an event/ engage with local young people. Purpose to hear the experiences of young people about physical and mental health. To decide amongst the scout group which areas of health they think are most e.g. mental health, weight etc then engage with local young people to hear their views on those issues they have chosen, either by writing down

the responses and/or recording the responses on camera. Whilst carrying out the engagement exercise they can use Healthwatch twitter account to tweet what is happening during the exercise.

**Time:** 2-3 hours

**Location:** TBC

**Variations:** Set up a tweet hour/day, where a group of young people tweet to Healthwatch Wokingham the issues that most concern them about health. Can be run at anytime, needs some thought as to where and when you are most likely to have a young audience and get reasonable amount of feedback. Promote the Healthwatch Wokingham app 'Appyness' that gives information, tips and local resources relating to young peoples emotional wellbeing

**Integrated Communities/Reducing Isolation** – Very often older people can feel isolated in their community with not much contact with other people and particularly with young people. We know that these two different generations can learn a lot from each other. This is a project to link young people with older people either in care homes or who go to day centres. Arrange to visit a care home and older people community locations to hear about what issues are faced by older people living on their own and how young people in the scouts might be able to help link older people to the local community more regularly e.g. by visiting a day centre serving tea and cake whilst chatting to older people.

**Time:** Flexible – 1-2 hours out in the community talking with older people with a further 1-2 hours writing up results and recommending how older and younger people can engage more often. If it is successful make it a regular event where young scouts meet with older people.

**Location:** TBC

**Variations:** Why not speak to your own grandparents too, who may not be alone or isolated at the moment but may talk about what they would miss most if they were alone at some point in their life and also ask what they think is important about a connected community and how they think this could be achieved.

**Promoting Healthwatch via Engagement with Community** – People will only know that our organisation exists and is there to help them with health and social care concerns if we can promote it to the local community. Scouts to help engage with local community and promote Healthwatch at some of our community events we hold. This would involve



chatting to people and handing out leaflets, noting down peoples experiences. We hold events at places like the Winter Carnival, Community Fun Days

**Time:** 2-4 hours per event

**Location:** Various across Wokingham Borough

**Variations:** Why not set up your own 'health' engagement event to gather the views of all people about their health experiences/concerns.



# CWGC

Commonwealth War Graves Commission

The CWGC cares for the graves and memorials of 1.7 million servicemen and women who died in the two world wars. We have over 23,000 sites of commemoration found in 154 countries around the world. In 2017, CWGC's centenary year, they have established the Commonwealth War Graves Foundation. The Foundation's work is to engage young people on the legacy and relevance of their work in perpetuity.

Web: <https://www.cwgc.org/>

Email: [community@cwgc.org](mailto:community@cwgc.org)

Facebook: <https://www.facebook.com/commonwealthwargravescommission/>

Twitter: @CWGC

Speaker Available: Yes

## Background and description of the social issue tackled

The CWGC in the United Kingdom

You may be surprised to know that the CWGC commemorates more than 300,000 people here in the UK. Their graves can be found in every city, town and village throughout the UK. It is estimated that you are never more than three miles from a CWGC war grave.

You can search for your closest war graves on our website [www.cwgc.org](http://www.cwgc.org)

## Project ideas:

For 2018:

- **Run a 'WWI Community Digital Archive' Day** – to celebrate the Centenary of the end of WWI. For more information from Jan 2018, please contact: [community@cwgc.org](mailto:community@cwgc.org)
- **Explore and Research WW1/WW2 in your town:** Find out about the casualties commemorated in your local cemetery or area and share your findings on social media at #CWGC, or with your local community.
  - **Tip:** Visit [www.cwgc.org](http://www.cwgc.org) and search for your local cemetery. A list of casualties will appear including their service record, personal details and year they died. Download our War Graves App.

- Talk to elderly relatives or visit an Care Home to ask people about their recollections of WWI family history and those who might have served in WWII and collect stories and place them in a Community book or as a verbal history CD.
- Visit a local place of worship which might have a 'Roll of Honour' and investigate the names listed through CWGC's website: [www.cwgc.org](http://www.cwgc.org)
- [Investigate the different regiments and rank listed at your local memorial or cemetery](#) and give a presentation about the war graves in your town
- Organise an event to take place at the war graves – it could be an act of remembrance, a historical presentation, a reading of poetry or music, laying a wreath – you could invite local community groups too
- Create an exhibition or remembrance collage about local war graves or servicemen or women – who were they? Where did they travel to? Where were they from?
- Give an assembly or presentation about the servicemen or women you discovered
- Take a lantern or flower to each grave, stand behind the grave and take a photograph of your group or the war graves. Send this to your local newspaper or to [community@cwgc.org](mailto:community@cwgc.org) and we will share it.
- Encourage people to become a CWGFoundation Supporter and take part in volunteering opportunities at CWGC sites.

## Visiting and Mapping the war graves:

Scout groups can include a visit to a CWGC site as part of their social action project. Cemeteries and memorials can be found across UK, including in rural areas. You can check if your group meets near a cemetery with war graves by visiting [www.cwgc.org](http://www.cwgc.org) and using the database

## You could:

- Create a remembrance sculpture or collage from your visit to a CWGC site.
- You can include photographs, writing, objects, and pictures taken on your visit.
- Visit a war grave to clear any litter from around the grave
- Create a biodegradable wreath from vegetation found on your visit to lay at a war grave
- Create poetry or other art about a war grave visited or read the poetry/act of remembrance at a war grave
- Give a tour of the war graves to another group
- Create a map of the war graves in your area – giving directions of the locations of the graves.

**Tip:** you can let us know you are visiting or get advice and tips, by emailing [community@cwgc.org](mailto:community@cwgc.org)

**Resources:**

We have worksheets and packs that tell you about the CWGC and our work.

We have a Community Engagement Coordinator for Berkshire region, who can advise and get you started

We have an online database and an App that will help you locate your nearest war graves

[www.cwgc.org](http://www.cwgc.org)



Thrive uses gardening to bring about positive changes in the lives of people living with disabilities or ill health, or who are isolated, disadvantaged or vulnerable.

Web: [www.thrive.org.uk](http://www.thrive.org.uk)

Email: [info@thrive.org.uk](mailto:info@thrive.org.uk)

Phone: 0118 9885688

Twitter: [@thrivecharity](https://twitter.com/thrivecharity)

Speaker available: Yes

### **Background and social issues tackled**

Gardening is a wonderfully flexible medium that can transform lives and Thrive sees first-hand how gardening can help everyone, regardless of age or disability.

Social and therapeutic horticulture is the process of using plants and gardens to improve physical and mental health, as well as communication and thinking skills. It also uses the garden as a safe and secure place to develop someone's ability to mix socially, make friends and learn practical skills that will help them to be more independent.

Using gardening tasks and the garden itself, Thrive horticultural therapists build a set of activities for each gardener to improve their particular health needs, and to work on certain goals they want to achieve.

The benefits of a sustained and active interest in gardening include:

- Better physical health through exercise and learning how to use or strengthen muscles to improve mobility
- Improved mental health through a sense of purpose and achievement
- The opportunity to connect with others – reducing feelings of isolation or exclusion
- Acquiring new skills to improve the chances of finding employment
- Just feeling better for being outside, in touch with nature and in the 'great outdoors'

The charity was established in 1978 and we work with a wide range of people of all ages, from 4 to over 90 years old. Thrive clients include those recovering from injuries, people with learning difficulties or physical impairment; people with mental illness or with conditions such as heart problems, dementia or stroke. We also work with young people who have social, emotional or behavioral difficulties.

## **Current Projects**

### **Event support**

Thrive organise fundraising events, such as Folk, Jazz and Blues events, and support with setting up, car parking, stalls and refreshments would be a valuable contribution to our work. Contact Thrive for more information including dates of upcoming events and required volunteer roles.

### **Project Ideas**

**Gardening** – Help out Thrive with practical gardening tasks to keep the gardens well cared for.

**Time:** Please contact the Fundraising Team for any gardening tasks that we need help with at our garden projects in Beech Hill and Purley Hall. Email: [fundraising@thrive.org.uk](mailto:fundraising@thrive.org.uk) Tel: 0118 988 5688

**Location:** Beech Hill, Purley Hall

**Variations:** Why not take the skills learned back to your Scout meeting place or local park and create a 'Serenity Garden' promoting the benefits of green space for improving mental health?

**Plant Sales** – As an ongoing project your young people could grow a variety of plants to sell at a local fete/community event. You could even show off your young people's green fingered skills by arranging the plants in the shape of a Fleur-de-lis or the name of your group!

**Time:** Ongoing commitment – dependent upon plants grown

**Location:** Scout Meeting Place, Gardens, Community Event

**Variations:** Why not adopt a local allotment and grow plants and fruit/vegetables to sell?

Visit: <http://www.thrive.org.uk/plant-sales-and-swaps.aspx> for more information

**Scout Garden** – Why not set up your own Scout Garden at your Scout meeting place or local allotment? You could invite along socially isolates groups as well as other youth and community groups to all 'Garden for Change' together!

**Time:** 1 hour a week ongoing commitment (this could be split between groups)

**Location:** Scout Meeting Place/Allotment

**Variations:** Why not sell the flowers grown as a fundraising idea? If fruit/vegetables are grown why not host a community meal with the produce you have grown?

### **Michael Nightingale Fund**

In Berkshire, we want our young people to make a positive impact on their communities. The Michael Nightingale Community Fund will provide support to Groups and Units who wish to undertake activities in their local area. We think this would make an excellent discussion topic for a Youth Forum in any section and would fully support the Community Impact Staged Activity Badge.

### **Why not get your young people to apply now?**

The Application should not contain more than 300 words and should include:

- a) The contact details (email, phone) for the person leading the activity
- b) Indication as to how young people are involved in the activity
- c) Details of the activity
- d) A description of what the money will be spent on

Applications for support can be made at any time by email to [michaelnightingalefund@berkshirescouts.org.uk](mailto:michaelnightingalefund@berkshirescouts.org.uk)

The purpose of the Michael Nightingale Community Fund is to encourage links by members of Berkshire Scouting to reach out to, and work with, the local community that they serve. The fund is available for use as 'pump priming' to get projects started. The themes must remain community-focused, however it could be anything from an intergenerational event to clearing land. The more creative the project, the better!



## Publicity – how to get positive coverage

Telling the world about the amazing community impact projects your young people have been up to is a great way to show off Scouting in all its glory which could lead to **growth**, as the traditional image of Scouting as a 'cult like' woggle wearing, short shorts movement is eliminated and a slick new image of Scouts as active citizens of the world who make a difference whilst partaking in life changing adventure is forged.



## Publicity Do's and Don'ts

### Do:

- Showcase Scouting For All – Scouting is a hugely diverse community that accepts everyone, be sure to show this in any photos posted/shared wherever possible – some people still think that Scouting is just for Christian Boys, by promoting our Scouting For All ethos this misconception can be eliminated
- Display the everyday adventure Scouting has to offer – from archery to raft building, visiting dementia care homes to accessibility audits, Scouting offers activities far beyond that of any other organisation and it's time to shout about them!
- Get in touch with local papers/radio stations – promote events and show off Scouting, if you need any support or further information contact Berkshire Scouts media team: [https://www.berkshirescouts.org.uk/contact\\_us.php?contact=media](https://www.berkshirescouts.org.uk/contact_us.php?contact=media)

### Don't:

- Focus heavily on the traditional side of the movement's activities (Parades, Church Service, Marching etc.) - these activities, whilst important to Scouting re-enforce an outdated image and fail to show the everyday fun and adventure on offer
- Publish or share anything that could be easily misconstrued – Some photos can be easily misconstrued by the media, make sure anything that is being shared is sensible and responsible
- Focus on national papers – local papers are a much more efficient way of communicating a message to an area/community!

## Top Tips on how to secure publicity in newspapers

- Have an MP/local decision maker present – this never fails to draw the cameras and reporters, especially given the fact local MP's will often promote the fact they are attending a local community event,. You can find out who your local MP is and how to contact them here: <http://www.parliament.uk/mps-lords-and-offices/mps/>
- Do something different – newspapers are used to seeing Scouts planting flowers and maintaining the cleanliness of parks, but chances are they'll never have seen Scouts tackling issues such as mental health, isolation or the generational gap
- Contact your local newspaper before an event/project starts as well as during and after – Twitter can be a great way to do this on the day and will help to secure social media coverage too
- If a reporter doesn't attend an event/project send over your own story! Often newspapers will publish self-written stories that have been checked by an editor

## How do I get in touch with my local newspaper?

Below, local newspapers/outlets for each district, along with contact details have been listed, this list is not conclusive so do get in touch with your own local paper if this is more relevant:

### Kennet

Newbury Today – News desk: [newsdesk@newburynews.co.uk](mailto:newsdesk@newburynews.co.uk) – Phone: 0163 588 6632

Newbury Observer – News desk: [news@observergroup.co.uk](mailto:news@observergroup.co.uk) – Phone: 0123 551 6930

Penny Post – News desk: [penny@pennypost.org.uk](mailto:penny@pennypost.org.uk)

### Loddon

Reading Chronicle – News desk: [news@readingchronicle.co.uk](mailto:news@readingchronicle.co.uk) – Phone: 0118 955 3324

Get Reading – News desk: [getreading@trinitymirror.com](mailto:getreading@trinitymirror.com) – Phone: 0118 918 3000

### Maidenhead

Maidenhead Advertiser – News desk: [news@baylismedia.co.uk](mailto:news@baylismedia.co.uk) – Phone: 0162 868 0680

### Reading Central

Reading Chronicle – News desk: [news@readingchronicle.co.uk](mailto:news@readingchronicle.co.uk) – Phone: 0118 955 3324

Get Reading – News desk: [getreading@trinitymirror.com](mailto:getreading@trinitymirror.com) – Phone: 0118 918 3000

## Pang Valley

Newbury Today – News desk: [newsdesk@newburynews.co.uk](mailto:newsdesk@newburynews.co.uk) – Phone: 0163 588 6632

Newbury Observer – News desk: [news@observergroup.co.uk](mailto:news@observergroup.co.uk) – Phone: 0123 551 6930

## South Berkshire

Bracknell News – News desk: [news@bracknellnews.co.uk](mailto:news@bracknellnews.co.uk) – Phone – 0118 955 3324

## South East Berkshire

Bracknell News – News desk: [news@bracknellnews.co.uk](mailto:news@bracknellnews.co.uk) – Phone – 0118 955 3324

## Slough

Slough Observer – News desk: [newsroomslough@berksmedia.co.uk](mailto:newsroomslough@berksmedia.co.uk) – Phone: 0175 362 7222

## Taceham Hundred

Newbury Today – News desk: [newsdesk@newburynews.co.uk](mailto:newsdesk@newburynews.co.uk) – Phone: 0163 588 6632

Newbury Observer – News desk: [news@observergroup.co.uk](mailto:news@observergroup.co.uk) – Phone: 0123 551 6930

## Windsor & Eton

Windsor Express – News desk: [news@baylismedia.co.uk](mailto:news@baylismedia.co.uk) – Phone: 0162 868 0680

## Wokingham

The Wokingham Paper – News desk: [news@wokinghampaper.co.uk](mailto:news@wokinghampaper.co.uk) – Phone: 0118 327 2662

### What is A Million Hands?

A Million Hands is The Scout Associations national community impact campaign aiming to mobilise half a million Scouts to take practical action (AMH is **not** about fundraising) on four of the biggest social issues by 2018. The campaign sees The Scout Association partnering with 6 charities (Alzheimer's Society, Leonard Cheshire Disability, Guide Dogs, Mind, WaterAid and the Canal and River Trust) who provide the expertise enabling Scouts to tackle the 4 national issues:



1. Improving the lives of those affected by **dementia**, supported by Alzheimer's Society, and Alzheimer's Scotland.
2. Improving the lives of those **disabled by society**, supported by Leonard Cheshire Disability and c
3. Improving **mental wellbeing and resilience** of families, Scout Groups and broader society, supported by Mind and the Scottish Association for Mental Health and the Northern Ireland Association for Mental Health.
4. Ensuring everyone, everywhere has **access to clean water and sanitation**, supported by WaterAid

\*The Canal and River Trust provide a method by which all of this issues can be tackled via the adoption and upkeep of land/waterways

The project has won acclaim from the media, government and charity sector, winning the 'Best Cross Sector Partnership' at the Charity Times Awards 2016.

To find out more about A Million Hands including: exploring the issues, downloading the resource packs, pledging how many young people will be taking part and to record the action taken head over to: <https://www.amillionhands.org.uk/>

This programme pack has been produced by Jack Abrey  
([jack.abrey@berkshirescouts.org.uk](mailto:jack.abrey@berkshirescouts.org.uk)) on behalf of Berkshire Scouts. Many thanks to all the staff and volunteers at our partner charities for their continued time and effort in helping Scouts change their communities for the better!