



C.I.C.

2023

First Person Project CIC:
'The People's Mental Health
Service'

FROM IDEAS TO IMPACT:

NURTURING IMAGINATION & WELL- BEING IN YOUNG MINDS THROUGH SUMMER ENTERPRISE

CHILDREN & YOUNG PERSONS SUMMER PROGRAM REPORT



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Introduction

One of the core elements of First Person Project is Community. Community drives what we do, we exist because the community asks us to. We enter a community upon invitation. So when a community member discussed with us a desire to run a children and young peoples program for the summer holidays we, alongside the community, began imagining the ways we could bring this to fruition.

What came of this was an incredibly successful 4 weeks of events that assisted in the improvement of the mental health of those who engaged in the programme, and exemplified First Person Project's commitment to accessibility and community.

FIRST PERSON PROJECT
CIC

MENTAL HEALTH IS IMPORTANT

YOUNG PEOPLE & CHILDREN MENTAL HEALTH PROGRAM SUMMER TIME

MENTAL HEALTH WORKSHOPS/ FUN/ CREATIVITY & PHYSICAL ACTIVITIES FOR 5 - 18 YEAR OLDS PARENTS/ CARERS WELCOME

9-31 AUGUST 2023

5 - 12 YEARS WEDNESDAYS 10AM - 2PM

12- 18 YEARS THURSDAYS 10AM - 2PM

Admission FREE

Activities

- ✓ Storytelling
- ✓ Drama games
- ✓ Art & crafts
- ✓ Baking
- ✓ Nature
- ✓ Football
- ✓ Dancing
- ✓ Mental health education
- ✓ Environmental activism

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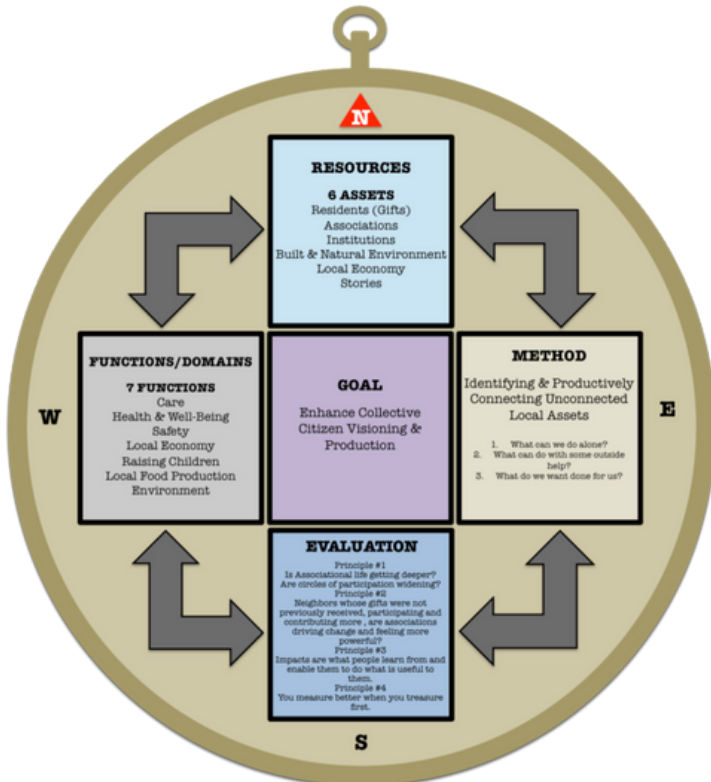
Asset-Based Community Development



Asset-based community development (ABCD) is an approach to community empowerment and development that focuses on identifying and mobilizing the existing strengths, talents, and resources within a community, rather than solely addressing its deficits or needs. It emphasizes the importance of engaging local residents as active participants in problem-solving and decision-making processes, fostering a sense of ownership and self-reliance. ABCD seeks to build upon a community's inherent assets, such as its people, institutions, culture, and physical spaces, to create sustainable, resilient, and thriving communities.

At First Person Project we are pioneering a new approach for Mental Health. This approach is influenced in part by ABCD, so this report will highlight how and where Asset-Based Community Development can be found within this summer program

The Four Key Elements



This compass shows the 4 key elements of an Asset- Based project surrounding a singular goal. Nurture Development states that whilst these elements do not have to be met in a specific order, they do all need to be included in the process in order for the project to be considered ABCD.

This is not a map, but a compass. Start with any element, but go to every element.



6 Assets

The 6 assets are the core elements present within a community that can be mobilised towards a goal. These assets are; individuals, associations, institutions, built and natural environment, local economy/exchange, culture/stories.



Method

The method element of the ABCD process is not about the how and why of the project execution, instead it asks all those involved to contemplate how as a community they can collectively ensure that all resources are being used productively.



7 Functions

It has been identified that there are 7 functions that a community are responsible for in order to be considered productive and functioning. These are care, health and wellbeing, safety, local economy, raising children, local food production and environment. It is generally believed within ABCD that there are 3 powers that enable these functions to be met. That is the giving of gifts, the power of association and hospitality.



Evaluation

Four principles have been developed to evaluate an Asset-based project against. These are:

1. It identifies the maximization of gift exchange.
2. It identifies the maximization and deepening of associational life
3. It attends to the maximization in the number of participating and co-producing residents and the increase in their citizen power. It places particular emphasis on the inclusion of those who have been marginalized.
4. Sponsors of ABCD process ensure that evaluations actively conform to the preceding three principles.

Showcasing Assets

Throughout this project we reference 6 Assets, one of which is individual gifts. Local people have been pivotal in our success. Here we can see the roles each of these people played.

Residents:

L- L is a community member who initially accessed First Person Project for support with their mental health. After receiving 1-2-1 support they interacted with our Women's group where they built up their confidence. During discussions with staff L raised the idea that they would like to create a summer program for children and young people. L has recently completed a teaching assistant qualification and was keen to put some of their skills and passions into practice.

R- R is a community member who also accessed first person project after struggling with managing anxiety. They are a qualified Chef, and he has previously been a scout leader and orienteering ranger. R is passionate about using their skills to help and pass on their knowledge to the younger generation. R helped the children to bake cakes and sweet treats for them to sell as a way of raising funds for their activities.

P- P is a community member who offered to help the children bake cakes as well. They provided vegan cupcakes for the children to decorate and got involved in making the 'no bake' cakes.

C, CE and N are 3 generations of a family who offered to get involved with the kids baking. N volunteers with FPP as an activity coordinator running drama games and other interactive activities.

G- G is passionate about poetry, they want to dispel the notion that poetry is boring and offered to run a poetry workshop with the children and young people. They incorporated emotional literacy into this workshop, helping the children to develop their emotional skills as well as English skills by using metaphors and anthropomorphism.

E- E is a teacher of French heritage, they came to First Person Project after having experienced extreme challenges. E wants to utilise their teaching skills, so is volunteering her time to help the children in order to refresh herself before pursuing a qualification in the UK.

S- S is a community member that used to work as a children's entertainer. They have taken a break from this job but offered to help with the children's activities, running party games, dancing and meditation sessions.

Showcasing Assets Cont.



Showcasing Assets Cont.

Associations

One of the cornerstones of ABCD is associations. Associations are understood to be small, informal groups of people working with a common interest as volunteers. Some of the activities that took place during the summer program highlighted the power of associations.

Through our community connections we were able to organise a football day for the children. This involved local football coaches running a day full of games and training. First Person Project have made a social investment by sponsoring Mersey Juniors football team and through this we were able to get in contact with the coaches. These coaches are all qualified and do this on a voluntary basis. This association was able to provide the children with an outdoor physical activity that promoted teamwork, collaboration, strategic thinking and exercise.

Institutions

La Salle Hotel School in the North of the city was kind enough to provide us with access to their facilities. This is where the children baked the cakes that they later used to raise the funds to facilitate the summer program. The fully equipped kitchen enabled the children to create a variety of different cakes and sweet treats. As well as the kitchen, the classroom gave the children space to create posters for their bake sale as well.

St Cecelia's social club has been able to provide the space for the children to have a party. This party is celebrating the children's success in this program. The children have shown great entrepreneurial skill in creating their own goods to sell in order to raise funds for their activities, so to congratulate them and wrap up the program it was decided that a community party would be hosted. This means that the party can be open to even more children than if First Person Project were to use their own building. The hub First Person Project resides within only has capacity for a certain amount of people, and by using a larger space they are able to offer a wider range of activities for the children and by including more than just the children that have took part in the program to date, it gives greater impact, allowing additional children to experience the benefits of this project

Built & Natural Environment

Sefton Park- this is a public park in the south Liverpool area, offering the city residents access to ample green space. One of the activities arranged for the children was a day of football training and outdoor activities. Due to Sefton park's proximity to First Person Project's hub and the fact that the park has a wide open flat green space perfect for the football games this location was chosen. Without access to this resource, it would have cost money to facilitate the days activities, which presents a real barrier to the provision of such opportunities.

Lodge Lane- The community where First Person Project's hub is located is a vibrant inclusive area where people of varied faiths, ethnicities and races come together. Community on lodge lane is a felt experience, from a friendly hello as you walk down the street to acts of charity and support for one another in both happiness and hardship. The friendly and supportive environment meant that the children were successful in both of their bake sales, when the community heard that the children were raising money to fund their summer activities, they were beyond willing to help, including the local councillor giving permission for First Person Project to use a green space within the neighborhood. However, First Person Project as a whole operates across Liverpool and connects to the wider city community.

Showcasing Assets Cont.

Local Economy

This aspect of the program is less directly visible, however upon closer inspection it is apparent that this 4-week project has had various influences, impacts and interactions with the local economy. First, as has been highlighted already, this project was not externally funded, the UK government provides funding for organisations to provide summer programs to school aged children (typically ages 5 to 16) ensuring that they have access to healthy food and enriching activities during school holidays, however this is subject to conditions and restrictions. Research has shown that school holidays can put pressure on families and often children in low-income families will likely experience social isolation, be less physically active and have less access to nutritionally balanced foods. Therefore, the government decided to implement the HAF fund to address these concerns. First Person Project's children and young people's summer program would likely have qualified for this funding. However, to make it as accessible and inclusive as possible the choice was made to not apply for the funding and instead encourage the children to develop their entrepreneurial skills by self-funding. The choice to do this by having bake sales was made by the children themselves. First Person Project facilitated discussions with the children on how they would like to raise the money for their activities and between them they chose to make some cakes and sweet treats together, then go out and sell them. The impact this has on the local economy is that the fund is available to other organisations who may require it and it sets an example that it is entirely possible through social enterprise to not be reliant upon external funding to provide a service. Additionally, it shows that it is possible to create and provide a 4-week children's summer program for under £500.

Interestingly, through the children's choice to hold a bake sale it creates a circular economy scenario. By creating a product to be sold to the local community, they are securing a local source of funding, this funding is then used by the community to provide a service that directly benefits the community the funding came from, this is an example of sustainable practice, there is no reliance upon external sources for financial support, the community where the program is taking place is the one who funded it, and the program develops the skills and supports the wellbeing of that community which makes them more resilient and capable within themselves.

In addition to this, by providing a program of activities for the children, it enabled adults to go to work and not have to be worried about affording childcare for the days where the children attend the program. This benefits the local economy by having more people working but also the individual financial circumstances of the families involved.

Showcasing Assets Cont.

This Project was a resounding success. These pictures show just some of the events that took place!



Arts and Crafts

The kids got to get messy with a range of different arts and crafts activities



Outdoor Activities Day

The kids enjoyed a day of football, dancing and party games.



Bake Sale

Once the kids had made and decorated their cakes and sweet treats they got to put on bake sales.



Party!!

The last of the money the kid's raised was used to put on a party to celebrate the success of not just the project but the efforts of all those who were involved.

Method

Within ABCD the process of conducting a project has to go through the methods stage, this is a period where all those involved in the execution have to consider 'How can we as a community, go about making these resources productive?'

When describing the assets above it's clear how some of them became productive. Certain community members had specific skills that they could use for the benefit of the program and therefore through the lending of said skills, that asset became productive within the sense of this particular project. For example, R lending his cookery skills, G lending his poetry skills etc. For the associations it was necessary to have formal discussions and organisation in order for it to be productive. Whilst the coaches could host a training day it was important for First Person Project to ensure that the children turned up at the right place and time and that there was food and drink and other activities available.

In the case of institutions, a call was put out on social media for businesses/ organisations to assist in finding a suitable location for the needs of specific activities. This then led to conversations between First Person Project and the institutions where there was an explanation of the goal and how that could be met, which resulted in the use of two external venues.

This method process was an ongoing one, it evolved as the project needs arose. When an activity was planned it was considered what assets were available and how they could be utilized. Such as the football day, the planning for that not only considered the associations, but also the natural environment which provided a location for the days activities to take place.



7 Functions

The seven functions of a productive community are care, health and wellbeing, safety, local economy, raising children, local food production and environment. these functions enable 3 powers to be shared.

The primary focus of the summer program was on children which activated one of the 7 functions of the community, in addition to this, health and wellbeing and local economy were also included. these activating element enable the community to utilise their powers.

This project exemplifies the 3 powers (gift giving, associations and hospitality) repeatedly. Each person involved in the planning, delivery and execution of the activities used their gifts, be it a practical skill or knowledge they could share. The power of associations enabled the bake sales to take place, through the connections between First Person Project, the local council and local NHS facilities. It also facilitated the football day.

Regarding hospitality, this project was designed to be as accessible as possible, if someone were to simply walk past and decide to come in, they would be welcome to join. There were no waiting lists, there were no admissions criteria. Aside from being catered more towards certain ages on certain days, the program was welcoming to all people.



Evaluation

The principles we are looking to evaluate this programme against are:

- Maximization of gift exchange.
- Maximization and deepening of associational life
- Maximization in the number of participating and co-producing residents and the increase in their citizen power. Emphasis on the inclusion of those who have been marginalized.

YOUNG PEOPLE & CHILDREN'S MENTAL HEALTH PROGRAM		
SUMMER TIME: WEEK 3		
DATE	AGE	ACTIVITIES
Wednesday 23 August 2023	5 - 12 years old	Drama games 10am-11am Poetry 11am - 12pm Break / Snacks 12pm - 1pm Environmental activism 1pm - 2pm



Gift Exchange

Each activity that took place within this programme was due to a community members gifts, passion or knowledge.

Associations

FPP has built up associations with many other organisations and services in the Liverpool City Region. There were a variety of associations that took place throughout the process. the football coaches and St Cecilians were pivotal to the execution of certain elements of the programme, without these associations it would not have been possible to provide the football training and the end of programme party.

Participation, co-production and inclusion

First Person Project's ethos is one of inclusion and accessibility. Whilst its primary focus is on mental health, they do not turn anyone away. They also promote the idea that you do not need to be dealing with poor mental health necessarily, you can have positive mental health and still engage in the service.



Overall:

- 1) Did this project enhance collective citizen visioning and production?
- 2) Did we support the improvement of mental health and wellbeing?
- 3) Was this people-powered and sustainable?

Unmistakably, YES!

At every stage this project adhered to the principles of asset-based community development and in doing so created a successful program of activities for children and young people over the summer school holidays.

Feedback

A mum of 2 young girls gave this feedback :

After going for 2 weeks we really enjoyed the craft sessions the kids loved making the face masks and cards for people who do special things each day & gave them to their aunty who is a nurse , India loved the painting they had lots of fun . We would come again in school holidays x

A Parent of a 4yr old girl and 8yr old boy said this:

The Summer camp has been amazing, offering some brilliant opportunities for myself and my both children including fun days in the park, arts and crafts, cookery and most importantly lots of laughter. The sessions have allowed us all to make new friends in a safe and friendly environment, with caring and supportive staff. The camp has given us the chance to try new things such as meditation, which my 4yr old really enjoyed and we have been provided with the links so we can continue practicing relaxing together each night before bed. My eldest who is 8 took part in the football tournament and would love for more sport activities including swimming and climbing. Overall, we have thoroughly enjoyed every session and have recommended First Person Project to other parents/carers and children. We are very grateful for all the free fun this summer and can't wait for the next camp! Thank you First Person Project.

Another parent gave this feedback:

All who was involved in yesterdays event, tremendous turn out, the kids and the adults had a fantastic time all your hard work and great preparation paid off big time. First Person Project is flourishing brilliantly thanks to you people. Thanks for the brilliant day.



Women's
NHS Foundation Trust

Reception



We believe that communities are full of gifts. We support the improvement of mental health to encourage positive social change.

First Person Project

Matty Caine

Caroline Corby

Michael Keeling

Michaela Gwilliam

Johnathan Ormond-Prout

Liverpool City Region Communities

We thank you for your continued support in our efforts to improve mental health and empower communities.

Contact

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