

## **APPENDIX H : Essex CRC - Community Payback**

### **Name of project:** St Andrews church

'St. Andrew's is a Church of England Church and you can find us on Forest Road. It is one of the oldest churches in Colchester having served the people of Greenstead since the 11th Century. We are a friendly and welcoming Anglican church attended by people who have a real passion for community, worship and fellowship.... We welcome families and have a well-established Sunday School each week, where youngsters can learn at their own pace and in their own space'

**Location:** Forest Road, Greenstead, Colchester

**Type of work** Gardening: grass cutting, raking of grass and leaves, pruning hedges, tidying graves of weeds.

### **Skills learnt by the service users:**

This project provides skills learning about adherence to basic boundaries, following rules and regulations especially in regards to health and safety, time keeping and the structure of a day of work; communication skills, team working and good personal interaction with others. Opportunity to gain work-based gardening skills to include instruction in use of mechanical/hand tools, recognition of varieties of trees and hedges and weeds and the good practice of realising a good job and pride in their work. They are expected to be respectful of graves, the church and faith of the local community and anyone who is visiting a loved-ones grave. Many ask questions of the beneficiary relating to the age and history of the church and are interested in the altar and features of the church.

### **Who does this work benefit:**

**Benefits to the service user:** self-esteem, working as a team, work experience for those who have none. Social skills and the ability to form working partnerships or friendships without judgement. Meeting new people of a different demographic, age, experience that may have positive influences on ideas and preconceptions

'The churches in the parish are places where people have met to be with each other and to meet with God for hundreds of years. For these reasons, in addition to the location and historical importance of its buildings, the church is central to this area of Colchester.'

**The local community that use or pass-by the church:** The church grounds are maintained to a good standard avoiding the need for the ageing congregation to have to pay for the service or to complete the work themselves. The local residents have a clean and tidy area in their vicinity that does not look unkempt and should not attract vagrants, unwanted wildlife or gatherings.

The children that attend Sunday school and all those that attend meetings, services or prayer mornings can see the church is maintained tidily and respectfully by UPW teams.

### **Beneficiary feedback**

With a churchyard of around 2 acres the unpaid work of the community payback team is invaluable to us in keeping the churchyard accessible to people visiting graves, looking good, tidy and under control.

This also benefits our neighbours and people visiting the churchyard who are able to see that the churchyard is being maintained.

This service is greatly valued and without it the church would find it very difficult especially given the age of our congregation to maintain the churchyard.

In my experience the workers do a wonderful job, work very hard and seem to take pride and get satisfaction in seeing the grounds looking good after they have finished.

The supervisors are very helpful working with us to address the priorities that need doing. Contacting the service and general communication is very good.

As well as the benefits to the congregation and people who visit the graveyard, it also shows our neighbours that we are maintaining the churchyard.

People using the church for Weddings, Funerals and Baptisms appreciate the churchyard looking good.

The church is on a popular well used walking route and seeing the grounds maintained in a good condition is important to show the church is open and in use, deterring antisocial behaviour and encouraging people to visit the church.

**Steve Ball. Churchward**

**Trevor Hopkins**

7 months ago-

Perfect place to practice our Elizabethan Tudor dancing

**David Okoli**

5 months ago-

Amazing

Dear Julie

I thought that you would like to see this email and the one that follows. It is so lovely to have some positive news and bless you for everything you do to keep our grounds so beautiful.

Please pass on my thanks to all those who come weekly and who work so hard

God bless

**Rev. Sue Howlett** Team Vicar (Pioneer) Greenstead with Colchester St Anne

**26.10.20**

Dear Sue

What perfect directions to see my parents Daisy and Frank Naunton resting place.

Your church is so English and pretty.

I loved the graves area and it was so well kept and in a lovely setting amongst the bushes and small trees.

It made me so grateful that they are resting at your loveliest of churches.

Thank you so much.

Keep well. Christina Martin xx**25.10.20**

**PHOTOGRAPHS**



### **Name of project**

Great Horkesley Manor care home

A care home for the old and those of ill health. They have 74 rooms, usually fully to capacity and a very big area for the residents to use. Great Horkesley Manor is a very sensitive project that community payback attend.

### **Location**

Great Horkesley Manor

Nayland Rd, Great Horkesley, Colchester CO6 4ET

Great Horkesley Manor is situated in a village just on the outskirts of Colchester, close to the A12 and about 10 minutes' drive from the Colchester pick up.

### **Type of work**

The type of work that we do at Great Horkesley Manor includes but isn't limited to-

GROUNDWORK: [this includes laying patios, digging out roots and bushes](#)

GROUND MAINTENANCE: [we help with cutting the grass; cutting back brambles, litter picking, sweeping the car park, raking leaves](#)

PAINTING: [some indoor painting and painting of pagodas](#)

RESTORATION WORK: [painting old furniture and fixing shed floors](#)

GARDENING: [planting flowers and shrubs](#)

### **Skills learnt by the service users**

This project provides skills learning about adherence to basic boundaries, following rules and regulations especially in regards to health and safety. The structure of a day of work; communication skills, team working instructions are given out. They learn the correct use in different tools, as we use a variety of different hand tools, such as shovels, spades and forks as well as lawnmowers and strimmer's.

Some service users have learnt basic groundwork techniques such as screeding sand and laying slabs. They learn the value of hard work, as when we come to great Horkesley manor they have to work hard as usually the work is very demanding, especially when doing jobs such as laying slabs or moving sand around.

### **Who does this work benefit:**

Benefits to the service user includes, building self-esteem, working as a team, work experience for those who have none. The work we do also benefits our service user's in regards to them learning and using skills that they may not previously have been able to use. The work we do with Great Horkesley manor is appreciated highly by everyone involved with the project, therefore they often comment on how well the service users we take there do. This appreciation goes a long way and with this, the service users greatly benefit from the work as they feel like they are truly making a difference to the people that they are doing the work for.

The work that we do benefits the beneficiary. We have saved them plenty of money because we have had service users that have particular skills that used and site matched such as laying slabs and building a patio for the residents to use. This has been beneficial to the beneficiary, as it has meant that we have been able to do the work over a period rather than rushing to complete a job. This has made things easier for us and eased time constraints on Great Horkesley Manor. The work that we have done for Great Horkesley Manor has been health and safety issues that the CQC have brought to the attention of the home. This stuff has needed to be urgently dealt with to ensure that Great Horkesley Manor is complying with their health and safety. Also with community payback helping out with the ground maintenance such as grass cutting and hedge trimming we are keeping the grounds in good condition, this is great for the home manager and staff as it helps to maintain a good appearance of the home for residents family members who come to visit. It is also beneficial for members of the public that come to look at the home to decide if they would like to have their family member put in Great Horkesley Manor for care.

The work we do really helps out the groundsmen for Great Horkesley Manor, Alan is in his 70's and George in his 50's. The work we do is stuff that they themselves may not be able to undertake due to time constraints or it not being deemed of high importance, such as sweeping the car park. Most of the tasks they are set are essential tasks inside the home and therefore they do not always get time to cut the grass for instance which is where community payback helps.

The work that we do mainly benefits the residents of Great Horkesley Manor. When we have laid patios inside the quad areas, the quads have been deemed unsafe to use by the CQC. This is when we have come in and not only made them safe but made the area usable for the residents. Some residents had not been outside for a long time and we made that possible for them because of the skills we had and the ability to work hard to really make a difference to people's lives. Even just cutting the bushes and the grass outside of the homes really benefits the residents, bushes overgrow and block out the light in some rooms and the grass can grow to untidy lengths. This just makes it possible for the residents to see out of the window and enjoy the outside. Everything community payback does for Great Horkesley Manor is to benefit the residents to help them to continue to live their lives as best as possible.

The families and friends of the residents that live at Great Horkesley Manor also benefit from the work we do as it maintains a good appearance of the home and this can help those family members recognise that the home is well looked after so their family member will be too.

### **In the Managers Own Words**

We offer first class care for the elderly on a permanent or respite basis, delivered by highly trained professionals in lovely comfortable surroundings.

Our philosophy is simple; we want everyone to enjoy life to the full. We never forget that all our residents are individuals and we treat them with dignity, privacy and respect while offering freedom of choice and as much independence as possible.

Friends and family are welcome at any time. Hot drinks and snacks are always available and guests are invited to share a meal with residents. Our cook prepares three nutritious meals a day and the menu changes regularly to reflect seasonal produce. Special diets are catered for.

Residents have freedom to choose what to do and when. There is plenty going on and our activities coordinator puts together a full programme which is adapted to suit the needs and wishes of our residents. Activities include quizzes, sing-alongs, reminiscence therapy, indoor games, art and craft, baking and wherever possible, trips out and about.

I'd love to show you around the home. So if you should like a tour, or wish to discuss any aspect of elderly care with me, please telephone the home to make an appointment.

Yours sincerely

Alison Day





## **Essex Care Learning (ECL) - Marylands**

A Day Centre who support older people by providing them opportunities to socialise and make new friends. ECL service users have a chance to be involved in stimulating activities within a small friendly environment in stimulating activities within a small friendly environment run by a highly experienced team of carers.

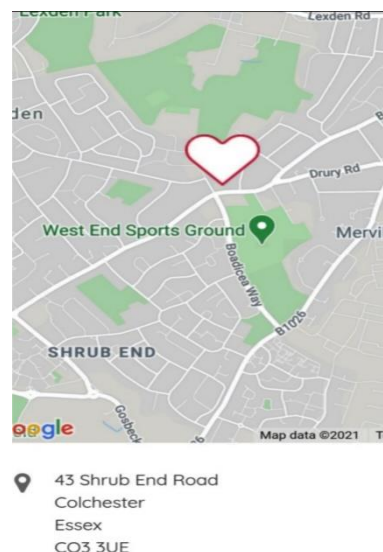
**43 Shrub End Road  
Colchester  
Essex  
CO3 3UE**

Marylands is an Essex Care Learning day centre 5 minutes from the centre of Colchester.

This is one of our newer sites, having had very few sites in Colchester before the pandemic

Due to the Covid-19 pandemic, we needed to find sites that our service users could get to with relative ease. We were contacted by the ECL teams about working at another local ECL in Clacton. The ECL sites were also not getting the attention they needed due to the pandemic and upon doing the risk assessment for that site we came up with a plan to also begin working at Marylands.

Therefore running Community Payback at Marylands came because of the Covid-19 pandemic. However, having found a site that is highly accessible, provides great work for our service users and appreciates every bit of work that we do, when the pandemic is over, we will continue to attend Marylands in the future.



## **The work we do on Community Payback**

The type of work that we do at ECL- Marylands includes but isn't limited to-

**Horticulture:** Our main focus since working at Marylands has been horticulture. Working alongside Helen, we have dug out garden beds, spent time weeding them and the planting flower bulbs that will eventually be sold. We have spent time sifting through old leafage that goes in to flower beds to make the soil better for growing in. This has all be done under the guidance of Helen who has horticulture qualifications.

**General Gardening:** Whilst on site we have also spent time doing general gardening, such as cutting back over grown bushes, strimming the gardens, removing old plants from the gardens to create a new sensory garden and turning compost piles. We have also started create a wood chip path around the perimeter of the back garden to allow for easy access for Maryland service users.

**Painting:** We have begun to paint outdoor furniture, hand railings and fences throughout the site to help maintain a fresh feel at all times.

**General maintenance work:** We do some very important work at Marylands, we also do a lot of general work. This is includes raking leaves, sweeping the car park, moving woodchip and shovelling snow and salting the pathways.

These are just some of the jobs we do at Marylands. Most of it under the watchful eye of a beneficiary who loves her job and is keen to pass on her knowledge and help our own service users learn.



This project provides skills learning about adherence to basic boundaries, following rules and regulations especially in regards to health and safety. The structure of a day of work; communication skills and team working instructions are given out. A day on community payback also provides routine and familiarity to our service users. This can help towards employment, as they will be able to transfer these 'skills' to a real life work setting.

They learn the correct use in different tools, as we use a variety of different hand tools, such as shovels, spades and forks as well as lawnmowers and strimmer's. They learn basic gardening techniques including pruning of shrubs and bushes.

Site-specific skills that our service users learn are very much in line with horticulture. Helen, who we work very closely with at Marylands, is very keen to pass on her knowledge to our service users

The service users learn how to plant certain plants and how to do this correctly such as depth of the bulb, what time of the year the bulbs should be planted and why we are planting them. Our service users also learn other skills related to horticulture, such as how composting works or why we sift leaf mold and how it is good for the soil.

Marylands is site that uses and re-uses materials, so our service users learn the benefits of recycling and upcycling materials, and why it is important to do this.

Whilst not a skill, our service users are also encouraged to be respectful, thoughtful and engaging at all times.



Our service users benefit from working at ECL Marylands. This is mainly because they are being provided with a site to complete their unpaid work hours and comply with their court order. Not only this but also the work that Marylands provides is highly engaging, very productive and a worthwhile. Not every service user that attends community payback wants to be there however, I have found that with Marylands they can see the benefits of the work we are doing and whom we are doing it for and the outlook they had has changed. The work

I find it very good for a person's mental health and this is part of why the site benefits our service users. Marylands provides a very specific set of skills in horticulture that will benefit our service users.

Other benefits to the service user includes, building self-esteem, working as a team, work experience for those who have none. The work we do also benefits our service user's in regards to them learning and using skills that they may not previously have been able to use such as learning the correct technique when strimming.

Some other benefits that our service users gain from ECL- Marylands is the fact that the work is hard which allows them to become accustomed to working for 7 hours a day, but also provides routine that they may not have had before. This routine can help them when trying to get back into work if they are unemployed.

Marylands benefit from the work our service users do on community payback. They are able to allocate work for us that they may have previously been unable to start and complete. This could have been due to monetary reasons, manpower or time. We provide all of these for no cost and therefore able to provide Marylands with a service that they did not have in return for engaging work and a regular site to attend. They have also benefitted from the fact that we have been able to run small groups during the covid-19 pandemic. They lost many of the volunteers that worked at Marylands and have been unable to continue with work that they had scheduled, some of which have been allocated to us and our service users to allow for work to continue and Marylands to continue progressing as a day care centre. The site will also benefit from the sales of plants, fruit and veg that has been produced because of the work we have completed.

Although Helen is not the site manager, she is the manager of the garden side of Marylands. She has a vision that she is working towards, and has been struggling to bring her vision to life as she is on her own, and normally has to run classes for Marylands service users. However, the work force and labour that we are providing through our service users are helping to bring this vision to life. The way Helen wants her garden to be is going to take time and it is not time that she has spare to complete the work herself. Community Payback is allowing Helen to realise her vision, but also allowing her to pass on her knowledge to our service users.



The service users of Marylands day care centre are also benefitting from the work we do on community payback. In transforming the gardens, we are making them more accessible for those service users. They will be able to walk round the gardens with more easily with fewer risks. They will also be able to get involved in planting flowers, fruit and veg when the garden is complete.

The other garden that we have been involved with has been replanted with new flowers, plants and shrubs that are better for sensory purposes.

### **What ECL- Marylands does in their own words**





ECL Colchester is a forward thinking Day Centre for older people with a range of support needs for people with mental health issues, Alzheimer's and individuals living with Dementia. We provide person centred support to older people with a range of health care needs including dementia. The focus is on having fun, trying new activities and maintaining independence. Customers are able to visit the local community on a weekly basis including the beauty spots of the surrounding area using our own transport, which can be also booked to access the service daily. With support tailored to each individual, we offer a wide range of activities and care that encourage choice and independence.

Activities include floor games, movement to music and themed cinema weeks as well as quizzes, table and board games, reminiscing with friends and discussions about current affairs.

We offer a variety of art and craft activities including making cards, artwork and themed decorations to display at the centre throughout the year. Our activities encourage stimulation for cognitive, physical and emotional support. Our facilities are accessibility friendly, which means we can cater for any requirements you may have. Activities at our Day Centre are focused on maintaining independence and improving wellbeing. Activities at our Day Centre are focused on maintaining independence and improving wellbeing. We provide the opportunity to take part in a wide range of enjoyable and stimulating social activities; both onsite and out amongst the local community. We recognise that carers need support too. Our highly skilled staff create a warm, happy and positive atmosphere and are specialists in supporting older people with learning disabilities, sensory impairments, Dementia and Alzheimer's.

