

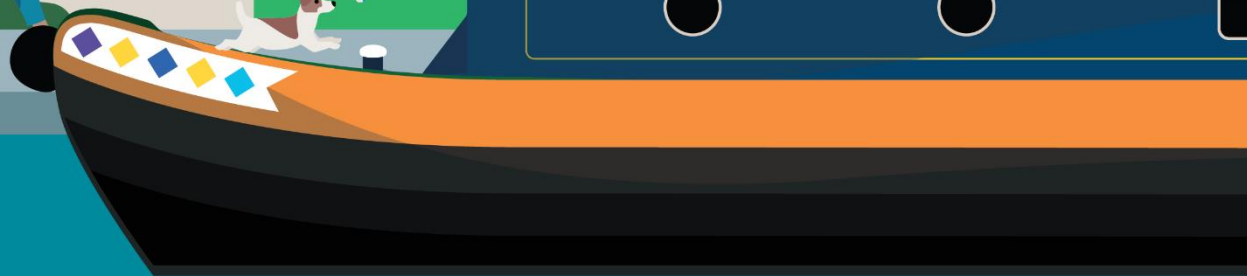


Canal &
River Trust

Making life better by water

From Isolation to Inclusion (I2I)

Sharron Bright-Community Inclusion Coordinator



Interreg

North Sea Region

European Regional Development Fund



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Welcome

- Aims of “From Isolation to Inclusion” (I2I)-what we set out to do
- Vision and values of the Canal & River Trust
-aligned to I2I
- Benefits of blue spaces
- The impact, key learning and success of I2I
- Sustaining the successes



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Welcome

- Sustaining your involvement with the Canal and River Trust
- Useful documents-Template Risk Assessment
-Session planner templates
- Available resources
- Community Links



Take aways from the session



- Provide you with information to promote the local canal in your communities
- Share processes and procedures to remain engaged with the Canal and River Trust
- Introduce Canal and River Trust colleagues to support engagement with the Trust



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From Isolation to Inclusion

What did we want to achieve?

“The I2I partnership will develop and Implement innovative solutions and services with a focus on public service innovation in response to the need to create caring neighbourhoods thereby tackling the issues of social isolation and loneliness.”



From Isolation to Inclusion

Overall Objective

“To enhance innovation in social service delivery to improve social inclusion and counteract loneliness in North Sea Region communities and neighbourhoods. It will increase the capacity of public authorities to develop innovative services by applying common strategies, including the use of Quadruple Helix Co-design.”



From Isolation to Inclusion

Outcome

*“New community-based interventions / services / actions developed in co-creation with citizens to improve social inclusion and reduce the number of people feeling lonely
More effective services established for citizens
to improve social inclusion and counteract loneliness.”*



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From Isolation to Inclusion

- WP3 - reducing loneliness, improve happiness, life satisfaction, nature connection
 - Quantitative and Qualitative evidence
- WP4 – Increasing accessibility of services
- WP5 – Improved innovation capacity



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The Trust's Vision

Living waterways that transform places and enrich lives

- a space where people can feel happier and healthier
- a space where nature is recovering and history is alive
- working with volunteers and communities to transform canals and rivers
- bringing wellbeing opportunities to millions



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How I2I has contributed to CRT's values/Benefits of blue spaces



- **Caring**
 - it is an opportunity to care for people living in the neighbouring communities
 - it encourages communities to care for the canal
- **Open**
 - the Community Inclusion Coordinator is able to build strong relationships with communities
 - can address issues in the community directly through honest and clear co-creation
- **Local**
 - able to work with local partners using local data and intelligence
 - empowers individuals and communities to use the canal as a solution for local needs
- **Inclusive**
 - collaboration with communities to increase impact and opportunities to thrive
 - collaborating to find new ways to encourage local people to participate
- **Excellence**
 - working in collaboration with European partners to find innovative solutions
 - focussed on achieving results

How I2I has contributed to CRTs values/Benefits of blue spaces

- **Inclusive**
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The impact of I2I

Data-Key stats from data base for Leeds

Improved Accessibility

1456 people involved
with Trust I2I
programmes



1248 people involved
with Trust stakeholder
networking

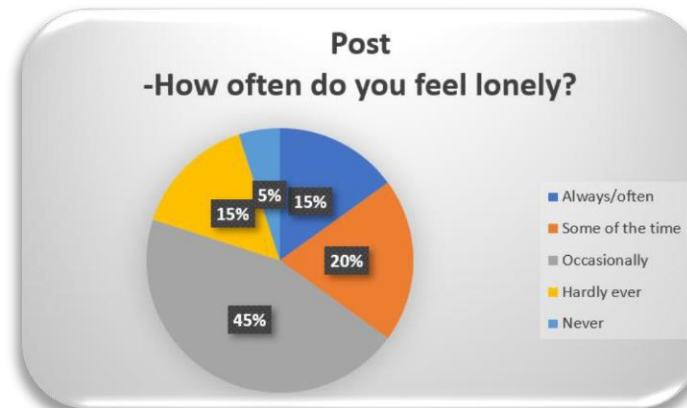
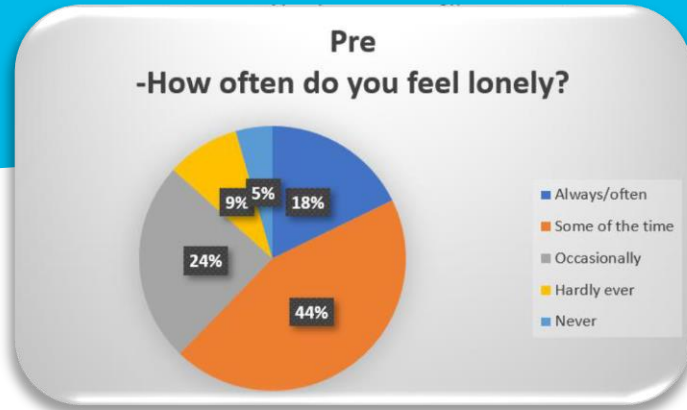
The impact of I2I

Progress on Indicators

<i>Objective</i>		Tally	Target	% achieved
		Number		
<i>WP3 - Number of people feeling less lonely/isolated</i>		42	30	170%
<i>WP4 - Improved accessibility of services</i>			10% increase	
<i>WP5 - Improved innovation capacity</i>			10% increase	

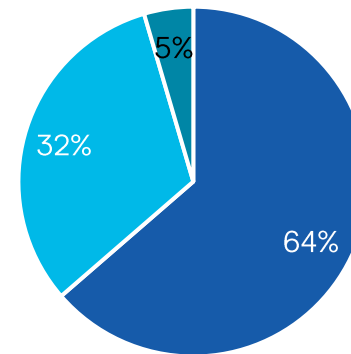
The impact of I2I

Progress on Indicators



60% people taking part reported feeling **less lonely**

Has the event made you feel less lonely?



■ Yes ■ No difference ■ No

The impact of I2I

Progress on Indicators

Increased awareness – **c.75%** agreed they would visit the canal again



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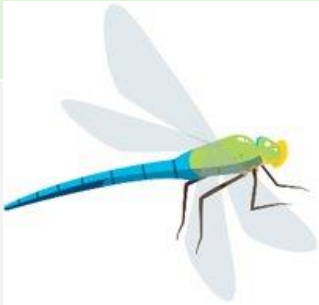
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Evidence - Comments and qualitative outcomes

Comment	Outcome/benefit
Trip made them feel less lonely	Reduced loneliness
Feeling younger and loving life	Happiness, life satisfaction and worthwhile
Opportunity to be in beautiful surroundings	Nature connection
I feel refreshed and will sleep well tonight	Restoration



I thoroughly enjoyed the chance to paddleboard and meet up with a great group of people

I felt that after week one we had become a team

Looking forward to spending time on the water

An illustration of a person with long brown hair, wearing a blue jacket and black pants, standing on a white paddleboard and holding a black paddle. They are positioned in the center of the graphic, between the speech bubbles.

Other qualitative outcomes – Woolly Walks

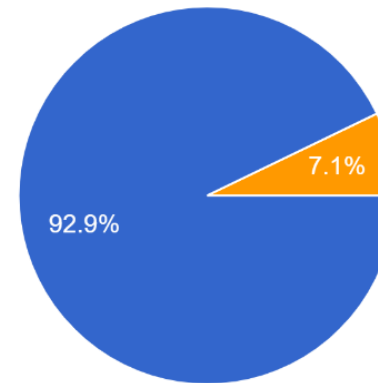


Nice to see people come together for a good cause.

Shows community spirit in my area

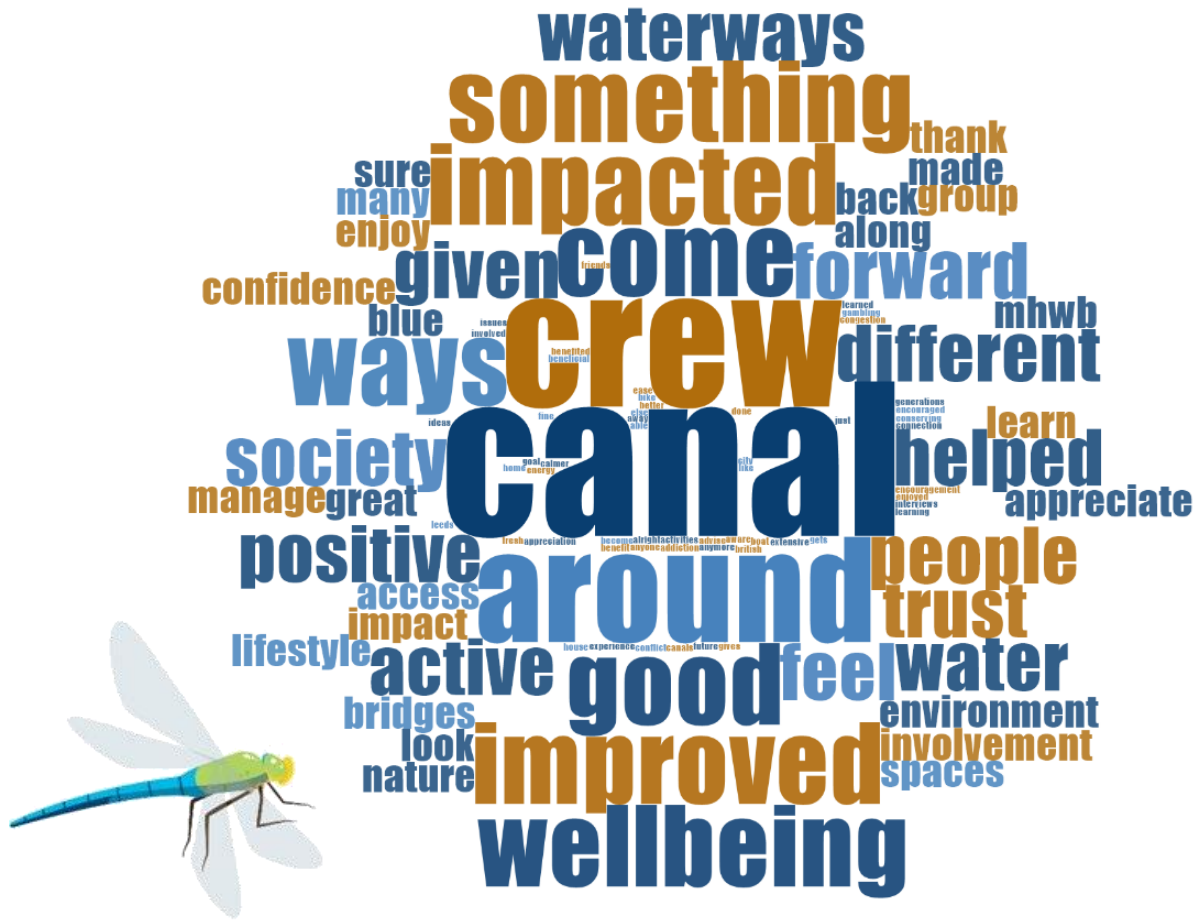
Moments of joy can help turn a day around and the tree made me smile

How has seeing the tree impacted on you today?
14 responses



- Positively
- Negatively
- Neither positively or negatively

Other qualitative outcomes – Leeds Canal Crew



- Key themes from interviews:

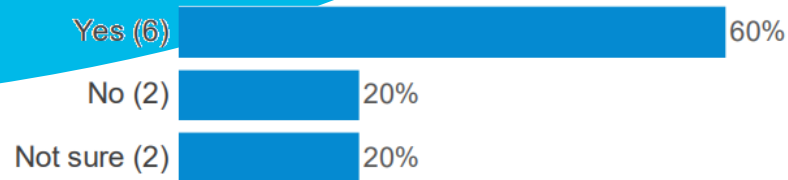
THEME	Mentions
Wellbeing	4
Good	4
Learn	4
Active	3
Positive	3
Appreciation	3
Confidence	2
Environment	2
Stress	2
Look forward	2
Nature	2



Service User Data

I21 Stakeholders Service Design Survey

Has working with the Canal & River Trust changed the way you innovate and create new ideas/working methods?



If yes, please tell us about any new ways of working and give an example if possible.

It has ensured that I look at how the canal is used as an asset in our work e.g. arranging heritage walks along canal.

Encouraged us to use our area more.

It has opened our horizons to working with in nature to help our local residents within green social prescribing.

It has made me more aware of access issues. And the information received was very clear.

Sharron has really opened my eyes to the possibilities of using blue spaces to enhance people's wellbeing. Through working with her I've made loads of great contacts with various practitioners in the area too. In particular she has fostered a sense of community ownership in the canal area, a lot of the guys feel more invested in keeping the canal clean and being involved in the general maintenance of the canal.

We have hosted workshops by CRT at our networking meetings and have promoted their activities in our newsletter and activities directory.



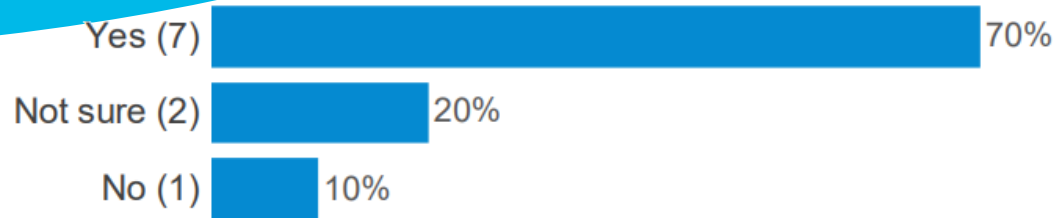
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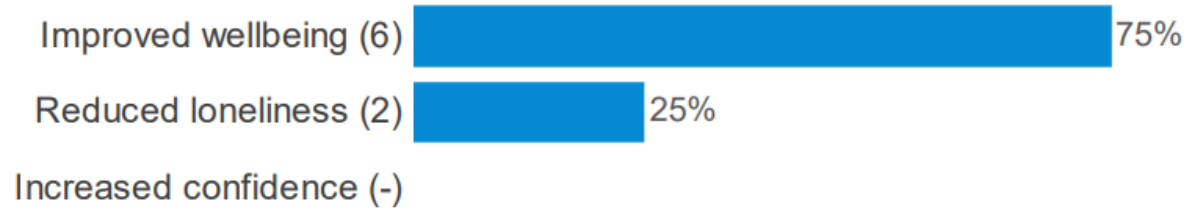
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Service User Data

Have the outcomes from your activities changed, if at all e.g. reduced loneliness, improved wellbeing, increased confidence



If yes, which additional outcomes have been achieved



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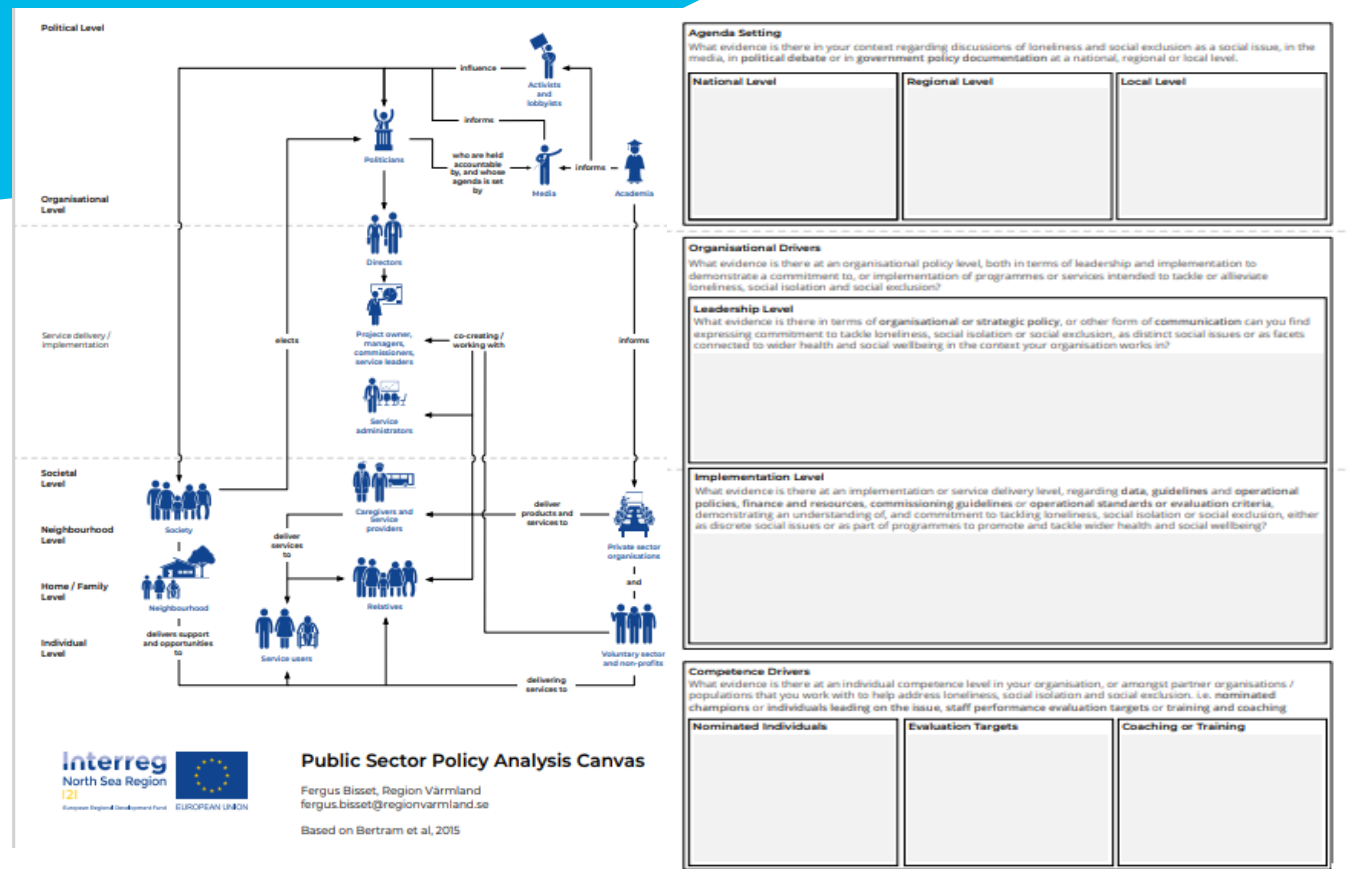
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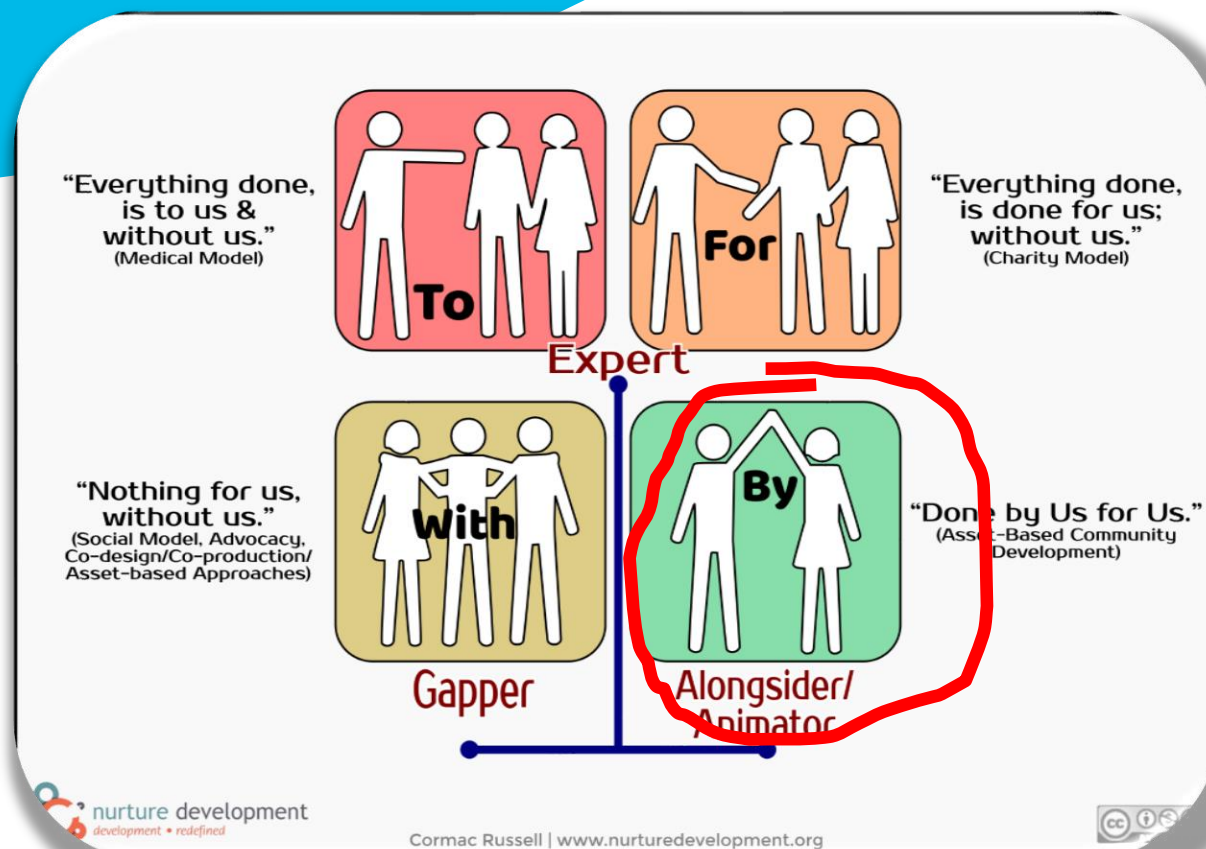


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Key Learning



Key Learning



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Key Learning

- Social prescribing can be a combination lock
- Work with trusted community groups
- The outdoors had an impact across the board

Men-distraction based-being kept busy

Women-hands on new skills-empowerment through
being out of comfort zone

Older people- linked to Frailty Index and access to
facilities



Key Learning

- Information and communication is key to reducing anxiety as a barrier to participation
- Weather is not always a barrier
- Bottom-up model works well
- People want connection and community



Our partners



HOOKERS
& CLICKERS
DO IT FOR CHARITY



Forum
Central

Campaign to
EndLoneliness



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River Trust



Linking Leeds



WILLIAM MERRITT
Disabled Living Centre



ceg:



northern



healthwatch
Leeds



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Planning your own provision

Activities, hazards and controls to consider for Risk Assessment

*This is a SUGGESTED task specific risk assessment only. **SIGNIFICANT RISKS** are not covered. It should be used to guide and support your own risk assessment and authorised by your own organisation.*

Task: Outdoor, water-based activities

Assessment created by: _____ Date of assessment: _____

Authorised by: _____ Nationally authorised or Local assessment: _____

Coronavirus (Covid-19) requires additional risk management aimed to protect people and the public by minimizing the risk of spread of infection. The COVID19 Principles and all COVID19 Protocols should be read and adhered to – detail any additional COVID risk management actions within this document.

The health and safety requirements of any activity must also not be compromised at this time. If an activity cannot be undertaken safely due to a lack of suitably qualified personnel or PPE being available, it should not take place.

ACTIVITY OR OPERATION	SIGNIFICANT HAZARD	PEOPLE AT RISK	CONTROLS
Dynamic Risk Assessment or unforeseen risks	Unforeseen Risk, changing conditions	Staff / Volunteers & Public	<ul style="list-style-type: none"> Before commencing a site visit, inspection or work site, all Colleagues and Volunteers to check that all risks are covered in their planned activities by taking a moment to stop and think and complete a dynamic risk assessment
Conflict or incident where it's not possible to summon assistance during Lone working	Injury to self, abuse and other harmful behaviour	Staff / Volunteers & Public	<p>Line Managers to</p> <ul style="list-style-type: none"> ensure no lone working is carried out when someone may be at risk e.g. meeting someone when there is a known or potential risk of violence. regularly contact Colleagues who work alone, both at home or out on the network. <p>Colleagues & Volunteers to</p> <ul style="list-style-type: none"> complete personal safety training as required and use agreed lone working systems e.g. formal system such as local buddy system. avoid lone working if possible. carry or have access to a charged mobile phone. ensure other colleagues know where you are, and work duration, keep calendar up to date. ensure all incidents are reported in organisations systems <ul style="list-style-type: none"> Staff to assess whether they / volunteers or the public are at risk and to de-escalate the situation if safe to do so, if in any doubt remove yourself from the situation and call 999 Where there is a known individual in the area, if a member of the team asks you to call the police, even if the person does not appear to be aggressive, call the police straight away.

Safeguarding & Children or Adult at Risk on site	Children or Adult at Risk Safety & Appropriateness	Staff/Volunteers & Public	<ul style="list-style-type: none"> Colleague delivering activity will hold appropriate DBS check required by the activity and/or its frequency Avoid 1:1 situation with children and adults at risks All colleagues to have undertaken safeguarding training Route checked beforehand to ensure mobile phone signal – if unavailable, alternative methods agreed Remind staff and how to raise a concern during the event Remind staff that raising a concern, including when unsure, is considered positive regardless of whether the concern turns out to be legitimate – 'If in doubt, shout' Please consider ratio of children/adults at risk to staff/volunteers (if appropriate) Know your Safeguarding contacts. List them below:
			<p>Please ensure any safeguarding incidents and reported via your organisations policy and procedures.</p> <p>If someone is at immediate risk of harm: 999</p> <p>If using a Third-Party provider:</p> <ul style="list-style-type: none"> Request & review Third-party's safeguarding policy Share your organisations safeguarding policy & minimum safety standards with the Third Party
	Third Party Safeguarding		<ul style="list-style-type: none"> Staff located around site to monitor for any lost children/adults at risk. Phone Event Lead to report and request additional person be sent to accompany if lone working Two staff/volunteers to remain with the child until reunited with parent/guardian. All lost Children/vulnerable adults to be taken to the please enter location here if not reunited All staff to be phoned to be alerted if a child/adult at risk is missing. Description of missing child/vulnerable adult to be passed to all staff/volunteers Police to be contacted re: missing child/vulnerable adult.
	Lost Children or Adult at Risk		
	Participant emergency contact		<ul style="list-style-type: none"> Ensure access to participants emergency contacts details are available during directly delivered activities
Access & Egress to Site	Un-authorised access to areas of the site		<ul style="list-style-type: none"> Access/Egress points clearly signed Entrances to be staffed. Marshals in attendance throughout the day where the need is identified. Staff to challenge any person in an unsafe area. Suitable parking area agreed in advance of event. Clear travel and parking instructions briefed in advance to event attendees and those running the event. Consideration for Equalities Act compliant route to the event site and any special arrangements communicated to attendees as above.
	Unsociable and dangerous parking that compromises pedestrian safety		
	Accessibility		

			<ul style="list-style-type: none"> Vehicle movement on site is restricted to set-up and clearance. Therefore, no vehicles during the course of the event except for emergency purposes
Activity/Event Meeting Point			<ul style="list-style-type: none"> Maintain current social distance measures Activity groups should meet in an area that does not have a high footfall and meet at a predetermined time Activity groups should avoid any obstruction or hindrance to public passage and water space that makes social distancing more difficult for others Activity should be planned to avoid stopping or congregating in enclosed spaces where social distancing is difficult
Being near Water			<p>Suggested use of life jackets for:</p> <ul style="list-style-type: none"> All work activities conducted on or from a boat Inspections within 2 metres of the water's edge Working on or next to water during flood conditions, deep, fast flowing water or at night Lock keeping except when from within a control room.
Staff/Public in General	Slips, Trips, Falls		<p>Walking surfaces and conditions vary greatly. Colleagues to ensure:</p> <ul style="list-style-type: none"> Ensure good housekeeping at all times/locations. the correct footwear is worn which is suitable for the surface, conditions, and task Take extra care carrying equipment to event site and in setting up Advise public about uneven nature of walking surfaces where appropriate/possible
	Medical emergency		<ul style="list-style-type: none"> Suggested Qualified First Aider on site Suggested External Medico staff or qualified first aider to be contacted to attend incident All first aid to be carried out by External Medico staff or qualified first aider Access to mobile phone for raising alarm. Provision of first aid equipment.
	Extreme Weather Conditions		<ul style="list-style-type: none"> Monitor weather for extreme conditions such as heavy rain or snow and make appropriate arrangements to ensure safe working methods or stop outdoor working if applicable be prepared to change the task if weather conditions warrant it. Staff debrief day before event to recommend appropriate clothing/items (e.g. waterproof clothing, thermal clothes, hat, sun-cream) Remove gazebos in cases of extreme weather if heavy rain, ensure people are aware of the additional risk of slipping while near water
	Contact with Sharps/ Needles		<ul style="list-style-type: none"> Report findings to the local Region if not trained/equipped to clear it.



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To the future

Planning your own provision





Thank you for signing up to our event.

Here's what you need to know:





Event	Leeds Canal Crew -bird table building
When	Tuesday 29 th November 2022
Where	Venue: Leeds Industrial Museum, Armley
	Address: Canal Road, Armley LS12 2QF
	What3words: trogedpulsopolu Bus routes: Number 15 bus from Leeds train station to the museum Numbers 33, 34, 35, 60, 508 & 757 travel to the Vue Complex on Kirkstall Road. Access the museum via a bridge at the back of the complex onto Canal Road
Time	12-3pm
No. of people	Up to 15
Session outline	Meet at Leeds Industrial Museum main entrance for 12pm. Build a simple bird feeder Demonstration of pyrography Decorate bird feeder using pyrography Make fat ball bird feeders for bird table
Additional Information	All materials to be provided by Canal and River Trust Coffee and cakes to be provided

This will be a short walk of about 2 miles from the museum to ~~Bedcote Lane~~ nr Armley Park then returning to the museum.
Towpath surfaces are paved and ~~even~~ but suitable sturdy footwear is recommended.

We look forward to seeing you.

Sharron Bright (she/her)
Community Inclusion Coordinator
M 07385 468638 E sharron.bright@canalrivertrust.org.uk



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Community Contact Sheet



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Activity Providers	Provider	Contact	Website
Bushcraft	Go Wild Outdoors	Chris Calverley 07855 357866 Info@gowildoutdoors.org.uk	www.gowildoutdoors.org.uk
Foraging	Edible Leeds	Craig Worrall 07899 752447	Edible Leeds - Wild & Wonderful Facebook
Boating	Spirit of Endeavour-Skipton	Richard Clarke 07887 807174 richard@spiritofendeavour.org.uk	www.spiritofendeavour.org.uk
	Pennine Cruisers-Skipton	19, Coach Street Skipton BD23 1LH 01756 795478	www.penninecruisers.com
Mindfulness/ Sound Therapy	Julie Gill	07783 786776 keepfitjulie@yahoo.co.uk	
Sketch Walks	Clifford Stead		
Paddle Activities	Carnegie Great Outdoors watersports	Donna Waring 0113 8128627 d.waring@leedsbeckett.ac.uk	www.leedsbeckett.ac.uk/carnegie-great-outdoors/
Canoeing	West Leeds Activity Centre (WLAC)	0113 336 7414 www.westleedsactivitycentre@leeds.gov.uk	carnegiegreatoutdoors@leedsbeckett.ac.uk www.westleedsactivitycentre.co.uk
Stand up paddleboarding (SUP)	White Rose Canoe Club	Dean Jordan 07961987181 dean@leedsclub@man.com	www.whiterosecc.org.uk/
Yarnbombing			



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Venue Sheet

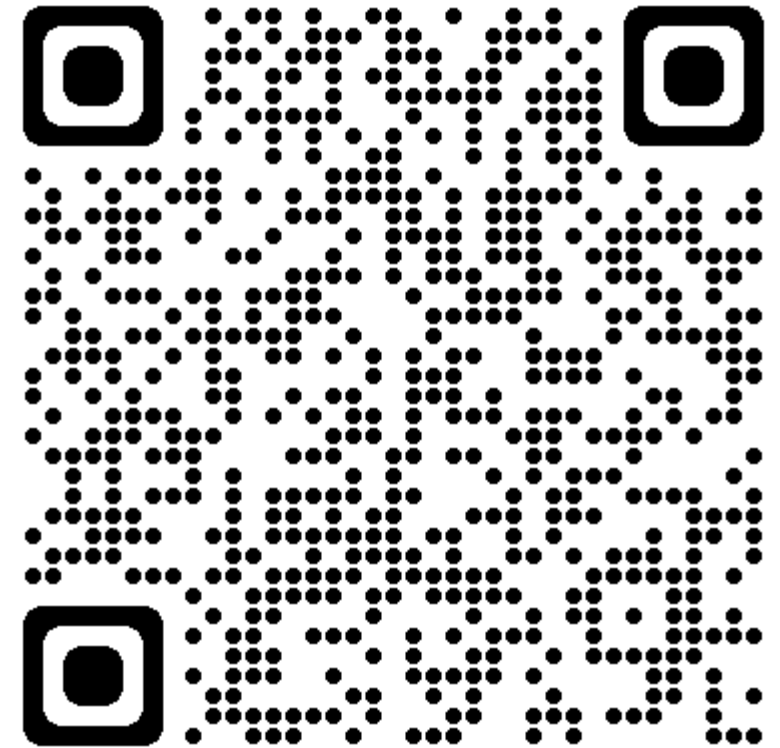
  			
Venue	Address	Facilities	Contact
Kirkstall Forge	I, Great Exhibition Way, LS5 3BF What3words //waddle.push.tens	Train station, toilets, café, meetings rooms for hire	emma.roe@ceg.co.uk
Leeds Industrial Museum	Canal Road, Armley, LS12 2QF What3words //frosted.outds.policu	Toilets, meeting room with tea and coffee, meeting rooms for hire	aleks.fagelman@leeds.gov.uk
Royal Armouries	Armouries Drive, LS10 1LT What3words //intend.baking.stage	Toilets, café, meeting rooms for hire, access to water taxis	enquiries@armouries.org.uk
Kirkstall Valley Farm	Kirkstall Road, LS4 2QD What3words //month.limit.sport		adele.rae@kdvt.org.uk
Hollybush TCV	Broad Lane, Kirkstall LS5 3BP What3words //signal.giant.index	Toilets, café (exceptional cake!), outdoor meeting spaces	hollybush@tcv.org.uk
Armley Community Hub	2, Stocks Hill, Armley, LS12 1UQ What3words //translated.washed.youth	Library, meeting rooms, toilets, one stop centre. Jobshop	Jason.newman@leeds.gov.uk
Broadlea Community Centre	LS13 2SN What3words //dinner.wiring.boats	Community space	
St Aidan's Nature Reserve	Astley Lane, LS26 8AL What3words //loitering.juggler.bonnet	Café, meeting space, trails/walks, car park, toilets, picnic area	

To the future

To find what we have going on:

Follow us on:

[Canal & River Trust | Wellbeing for everyone \(canalrivertrust.org.uk\)](https://canalrivertrust.org.uk)



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To find what we have going on:

How to find local events



[Canals & Rivers Near Me | Events Local to You | Canal & River Trust \(canalrivertrust.org.uk\)](https://canalrivertrust.org.uk/canals-rivers-near-me-events-local-to-you)

To the future

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Eventbrite

[Canal & River Trust \(Yorkshire and North East \) Events | Eventbrite](#)

