

PROPOSAL FOR THE UNITED KINGDOM SHARED PROSPERITY FUND

We have looked at the investment priorities for Community and place, we feel that we achieve these on the immense variety of long-term community engagement activities we provide. Also, having aligned local business partners (such as Morrisons, Tesco's, Sainsburys, Epping Forest Foodbank, Olio and KFC), with our goals and priorities, this helping us to organise and support our broader vision going forward.

By using local businesses, it supports our community and encourages sustainability by reducing our carbon emissions and footprint, as well as supporting EFDC shop local campaign

Using local people for our projects helps build on our much-needed community spirit, inspiring our young people to hone in on variable skills they may have, giving them the encouragement to look at furthering their education into apprenticeships and following in the footsteps of their friends and neighbours, working on our hub.

Therefore, we support the kick start in economic growth by employing local trades people, shopping in our local area and encouraging our business partners to engage with our residents, whilst supporting our ethos of helping one another.

By using a 'Green' energy supplier and looking to change all lighting to LED throughout our Community Hub, we believe that we can help to make Britain a cleaner energy superpower.

We are helping to take back our streets by encouraging youths to join in activities, such as snooker & darts to keep them off the streets.

Along with inspiring people to join in with our Men's well-being and mental health evenings. Our warm places and social spaces help to develop essential communication skills lost during covid, whilst encouraging both our younger and older residents to join in with our weekly events, this keeping our minds, body and soul active. It's reassuring to know that we can reach all areas of our community with this inclusion of Open Road, Affordable counselling Epping Forest, our Food pantry, My weight matters, The Dementia Café, The bereavement café, our community Tea room, Knit and Natter, The Multiplier Scheme & CAB

The arrangements we make to incorporate the wider community, help to break down barriers to those that find it hard to engage and interact with others, or just find it difficult sometimes and need a helping friendly hand.

Having a fully DDA compliant kitchen would aid in the need of basic cooking skills, allowing our more needy residents to learn about nutritious, healthy foods made on a budget, from food that can be obtained from our community pantry. Thus, in return would benefit the NHS by a healthier, fitter community. We have learnt by speaking to our pantry users and My weight matters clientele that the biggest problem is knowing how to cook homemade meals that give all the nutrients, vitamins and minerals needed, rather than opt for the ready meals so easily available.

The Chigwell Parish Community Hub has a small office that can be used for one-to-one sessions, as well as being able to remove a small stage area to incorporate another room/office that can be used for a community nurse or as a consulting room.

On the days that the hub isn't used for activities, the main lounge area can be used for NHS weekly surgeries for blood pressure checks,

social prescribing, the Diabetic nurse etc. with the use of privacy screens to divide the area. This would help with the much-needed GP/Nurse requirements of the whole of Chigwell Parish and the lack of a GP surgery in the area.

We are looking for £60,400.00 capital funding, with a top up of 25% from Chigwell Parish Council of £15,100.00, to help refurbish the Chigwell Parish Community Hub by installing as mentioned earlier a new DDA compliant kitchen area, with storage for the community pantry. New toilets to include a fully DDA compliant toilet area, with a baby changing area. New DDA compliant office/room for consulting/community Nurse or private discussions. Lockable pantry.

Money towards a DDA compliant ramp to allow access to the building for all our residents.

The rear fire exit ramp needed is a compliance issue and will be installed by Chigwell Parish Council by separate funding (EMR).

We believe that our proposal meets all the criteria and improves health inequality in our area and encourages the community engagement necessary by the progressive use of our community hub, welcoming all our residents and proactively working towards their individual needs.

In return for the funding, we would welcome and commit to allowing the use of the community hub to EFDC community champions for the food pantry and the wide range of activities set out, along with the use by our NHS partners, to serve our residents and make Chigwell a better, safer, healthier place to live.

Please see below an outlined costed proposal for the required works on Chigwell Parish Community Hub, including the range of local partners that would be involved in the development.

Thank you for your time and we look forward to hopefully work with you in the near future.

Social Value of Community Hub Activities

Chigwell Community Pantry

The Chigwell Community Pantry is more than just a food resource - it's a supportive, dignity-driven initiative that helps families access affordable essentials while fostering independence and community connections. With an average of 25 families per week- a number steadily rising since closer collaboration with local schools - the Pantry plays a key role in preventing hunger, reducing financial strain, and offering an alternative to food banks.

For a £5 donation, members can choose up to 20 items, including food, household essentials, baby products, and pet supplies, saving an average of £20 per visit. This crucial support helps families stretch their budgets further, maintain stability, and avoid crisis food parcels.

But the Pantry offers more than just cost savings. It empowers individuals by restoring dignity, strengthening economic independence, and promoting healthier, more varied diets. The welcoming, community-focused environment fosters a sense of belonging and connection, while other support services available at the Hub help address additional challenges, ensuring families receive the guidance they need to get back on their feet long-term.

My Weight Matters

Every Tuesday, the free My Weight Matters drop-in clinic provides a supportive space for individuals looking to manage their weight in a safe, steady, and sustainable way. With an average of 10-15 attendees per week, this programme follows NHS guidance, focusing on healthy eating, portion control, and staying active rather than quick-fix diets.

These evidence-based sessions offer practical advice on nutrition and physical activity while encouraging long-term healthy habits. Attendees can drop in at any

time during the session to track their progress, receive personalised support, and stay motivated. Referrals are received from GP's and healthcare professionals, ensuring accessible and expert-backed guidance for all.

Tea Rooms

The Tuesday Tea Rooms is a free weekly gathering that brings together an average of 20-25 attendees in a warm, welcoming space. Run by dedicated volunteers, it serves as a vital social hub where individuals of all ages can connect, share conversations, and foster a sense of belonging within the community.

For a small fee, guests can enjoy tea, coffee, and a delightful selection of homemade cakes, creating a relaxed and friendly atmosphere. More than just a café, the Tea Room plays a key role in reducing social isolation, strengthening community ties, and offering a space where people can come together, unwind, and feel at home.

Affordable Counselling Epping Forest

The Affordable Counselling service in Epping Forest offers one-to-one, face-to-face support in a safe, confidential environment, helping individuals navigate life's challenges with greater clarity and confidence. With an average of six clients per week, these sessions provide a supportive space to explore personal issues and develop strategies for positive change.

Counselling is available for a small fee starting from £5 per session, making professional support accessible to those who need it. Up to eight weekly sessions, each lasting 50 minutes, are offered, with the first session serving as an assessment to establish a tailored approach between client and counsellor.

All counsellors hold at least a diploma-level qualification and have extensive experience. They are members of the British Association of Counselling and Psychotherapy (BACP), adhering to its Ethical Framework and Professional Conduct Procedure. This ensures that every client receives high-quality, professional, and ethical support on their journey toward well-being.

Warm Places/Social Spaces

Every Thursday, the Chigwell Parish Community Hub opens its doors as a designated Warm Place, welcoming an average of 35-45 attendees each week. These free sessions provide a supportive, respectful, and comfortable environment where people can connect with others in the community.

During the colder months, the focus is on offering warmth and companionship, while in warmer months, the sessions are known as Social Spaces, continuing to

foster community interaction. Attendees can simply enjoy socialising or take part in a variety of activities, such as quizzes, bingo, and puzzles. A free lunch is also provided, with offerings like homemade soup, jacket potatoes, and pizza, ensuring a nourishing and enjoyable experience for all.

Power Up – Digital Support Sessions

Every other Thursday, the Power Up digital support walk-in surgery provides free one-to-one assistance to help individuals and families overcome barriers to digital inclusion. Whether it's accessing essential online services or building confidence with technology, these sessions offer tailored support in a welcoming environment.

Participants can receive help with a range of digital skills, including employment support, completing online forms, managing health appointments, using email and video communication, online banking, and social networking. By equipping people with the necessary digital tools and knowledge, Power Up empowers individuals to navigate the online world with confidence and independence.

Bereavement Café – Second Friday of the Month

The Bereavement Café offers a safe, comforting space for those navigating the complexities of grief and loss. Held on the second Friday of each month, this free drop-in session welcomes an average of seven attendees, providing an opportunity to connect with others who understand.

There is no obligation to talk - attendees are welcome to simply share a cup of tea, coffee, and cake in the company of others. Trained staff from Voluntary Action Epping Forest are on hand to provide a warm welcome and ensure everyone feels at ease. We receive 12+ attendees

Whether a loss is recent or occurred years ago, everyone is welcome, regardless of the circumstances. The café serves as a compassionate support network, where shared experiences, a listening ear, and a sense of community offer comfort and reassurance that no one has to face grief alone.

Memory Café – Last Friday of the Month

Held on the last Friday of each month, the Memory Café is a free, warm and welcoming gathering designed for individuals living with dementia and their caregivers. With an average of 19-23 attendees per session, this supportive space encourages social interaction, reminiscence, and meaningful connections.

Supported by Home Instead and dedicated volunteers with lived experience, the café offers a range of engaging activities such as music, quizzes, games, and

painting. These activities are carefully chosen to stimulate memory recall, spark conversation, and foster a sense of belonging in a relaxed and friendly setting.

More than just a social event, the Memory Café provides comfort, companionship, and a safe space for those affected by memory loss, ensuring they feel valued, understood, and connected to their community.

Other Services and Support Available at the Hub

The Chigwell Parish Community Hub owes its growth and success to the tireless efforts of its dedicated supporters and volunteers, who continuously work to collaborate with a variety of organisations. These volunteers are committed to expanding the support and services available to the Chigwell community, ensuring that individuals have access to a wide range of resources to address their needs and improve their health and wellbeing.

Currently, the Hub offers access to the following services:

- Open Road – Support for those affected by substance misuse and addiction.
- Phoenix Futures – Helping individuals overcome barriers and lead fulfilling lives in recovery.
- Active Essex – Promoting physical activity and healthy lifestyles in the community.
- Essex Wellbeing Service & Terence Higgins Trust – Offering mental health and wellbeing support to our residents.

Multiply courses – Government funded learning courses, designed at improving mathematical skills.

Men's well-being mental health evening – This is a recently added activity that has welcomed 10+ men each week.

Youth Snooker – This is a progressing activity that encourages youths off the street and into

Heathy eating cooking lessons – Basic lessons using soup maker and electric cooking pan, these will progress further once a kitchen is in situ.

Voluntary Action – Supporting residents and the elderly in day to day life

Citizens Advice Bureau – Helping residents to be signposted and supported in their time of need

We can – Support around bereavement and mental health

Free School Uniforms – Tesco's donated a huge amount of new school uniforms and so far we have helped 121 children who were in need of school uniform.

The Hub is continuously expanding its services to better serve the community of Chigwell and ensure that everyone has the support they need to lead healthier, happier, and more fulfilling

COSTED PROPOSAL

New Kitchen – Removal and install a new kitchen

£47000 + VAT

Electrics for Kitchen & Toilet

£5500 + VAT

Toilets DDA Compliant

£10150 + VAT

Shutter for Pantry

£1600 + VAT

Contingency Fund

£6800

Ramp at front

£4000

Schedule of works will be available on agreement of
Proposal

References & Endorsements from partners : VAF, We can & Residents
available upon request