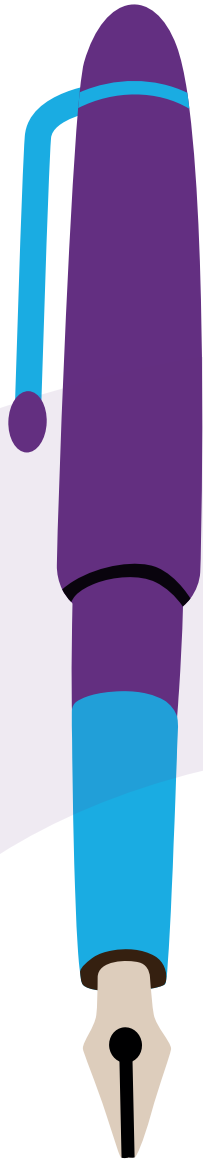




Annual Report **2023/24**

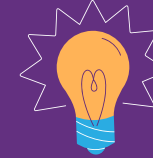
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CHAIR

Message



DID YOU KNOW?

DAVE IS ALSO THE CHAIR OF THE AFC FYLDE FOUNDATION!

There seems to be a recurring theme populating the media, particularly the social versions that Britain is broken. Undoubtedly there is a constant struggle to maintain statutory services and it is easy to stand on the sidelines and highlight what is not happening rather than what is actually happening.

Local authorities and big institutions like the NHS are under constant pressure to deliver the minimum requirements but thanks to the widening and critical role of the voluntary sector there are resources, skills and added value readily available. Spring North is no exception. Our services have been expanding, our membership increasing and our portfolio broadening.

Growth is another populist subject in these current times. This is a major cornerstone of the new government and yet with the threat of an economic recession constantly looming, Spring North is one of the outliers in this regard. Over the last 12 months due to the increasing influence of our organisation and the confidence of commissioners and funders, we have had to recruit new team members with the effect that office and desk space is literally at a minimum. Although the team is bigger, the culture and unity inspired by our leaders, Angela Allen (CEO) and Martin Hartley-Smith (COO), has contributed to the enlarging footprint of Spring North across Lancashire and South Cumbria together with the raising of revenues.

Mirroring this growth and a commitment to supporting the team with the necessary expertise, the Board of Trustees is evolving with new members added and valued colleagues standing down after several years of dedicated service.

I would like to thank all my Board colleagues who have provided such wise counsel to Spring North and to me personally. We can look forward to a sustainable and prominent future as we prepare for our third conference in March of 2025.



DAVE EDMUNDSON

Chair of Trustees



Established in 2009, Spring North is a charity consortium covering Central and West Lancashire, Pennine, Morecambe Bay, and the Fylde Coast.

We support charities to improve the health and well-being of North West residents, focusing on addressing inequalities in deprived communities and supporting vulnerable individuals and families.

Our collaborative approach and strong relationships enable us to deliver large-scale community projects that genuinely change lives.

We also provide business and creative support, funding opportunities, contract management, networking opportunities, and training to help charities maximise their impact.

200+
MEMBER
ORGANISATIONS

11
TOTAL
STAFF

11
TOTAL
TRUSTEES

WHO ARE WE?

OUR MODEL



DID YOU KNOW?

THE BELOW ARE OUR 7 MAIN AREAS OF FOCUS FOR OUR PROJECTS.

Governance

The charity is a company limited by guarantee. It is managed by a board of experienced trustees which is responsible for ensuring the financial stability of the charity and providing advice on policy and resource management.

Consortium Approach

Operating with a consortium structure allows members to collaborate on tenders and grants, leveraging a diverse range of skills and expertise. It fosters clusters of support and expertise, enhancing service delivery across health and social care. This structure promotes information sharing, safeguarding, and client confidentiality. It also amplifies influence through the consortium's size, extends service reach across Lancashire and the North West, and encourages innovation. Additionally, it maximises the collective knowledge and experience of members, creates efficiency savings, and supports cohesive service delivery and partnership funding bids, ensuring accountability and credibility through quality assurance.



EMOTIONAL HEALTH
& WELLBEING



VULNERABLE CYP &
FAMILIES



EMPLOYMENT
& SKILLS



CRIME
& JUSTICE



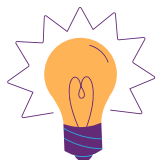
EQUALITY, DIVERSITY,
AND INCLUSION



HEALTH



ENVIRONMENTAL



DID YOU KNOW?

*ANGELA HAS BEEN OUR CEO
SINCE WE STARTED IN 2012!*

OUR TEAM

SENIOR MANAGEMENT



ANGELA ALLEN

**CHIEF EXECUTIVE
OFFICER**



MARTIN HARTLEY-SMITH

**CHIEF OPERATING
OFFICER**



JASON THOMPSON

**PROJECTS
MANAGER**

PROJECT DELIVERY TEAM



DID YOU KNOW?

WE'VE WELCOMED 5 NEW TEAM MEMBERS THIS YEAR!



JADE BOND

**PROJECT
OFFICER**



JAN CALDERBANK

**PROJECT
OFFICER**



JOE ROSCOW

**PROJECT
OFFICER**



CHARLOTTE RILEY

**PROJECT
OFFICER**



PAUL BRAMWELL

**IT & SYSTEMS
MANAGER**



CONNOR SUTTON

**MARKETING &
COMMUNICATIONS**



KATIE MCEVOY

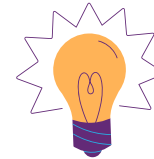
**MEMBER SUPPORT
& FINANCE**



LEO NOCTOR

**TRAINING
OFFICER**

OUR YEAR



DID YOU KNOW?

WE WON 5 NEW
CONTRACTS THIS YEAR!

Whilst the political landscape across the UK may have changed since our last AGM, the ambition, purpose and strategy of Spring North has remained on a steady course of growth through engagement and partnerships. We have welcomed a number of new member organisations from across Lancashire and South Cumbria and have supported our current members through a varied and needs-led training programme.

Our diversification of funding sources is reflected in the contracts awarded by Local Authorities, the NHS and National Awarding Bodies. Spring North has developed particular areas of specialism and focus - reflecting the expertise and knowledge of our delivery partners - including mental health, support for young people, and the community health champions model.

Collaboration both within the VCFSE and across the public and private sectors is one of the key components of our success as an organisation - we are active members of the Lancashire and South Cumbria ICP, the VCFSE Alliance and the BwD Community Network.

There have been a number of challenges this year – externally through an increase in the interest of national organisations in local tenders and internally through staff changes. However we continue to champion the strength, understanding, capability and community focus of our members and have expanded the Spring North core team to manage the diverse range of existing contracts. In recognition of the work and dedication of the Spring North Team and our broader membership, the organisation was a finalist in 2 categories of the Red Rose Awards.

It has been my privilege and honour to lead the team through 2024 and into next year and I am incredibly proud and thankful to all of the staff and board members - both old and new - who have shown resilience and dedication to Spring North throughout.

ANGELA ALLEN
Chief Executive Officer



16

**TOTAL
PROJECTS**

£4.3M

TOTAL VALUE
(£2.8m Grant Funding)

79%

**PASSED TO
MEMBERS**

33K

**TOTAL
SERVICE USERS**

FAMILY ASD SERVICE

CONTRACT VALUE: £140K



The FAS project aims to empower families with the knowledge, tools, and support to manage autism-related challenges. The program strengthens family resilience, improves outcomes for children with autism, and reduces the risk of family breakdown. We provide timely, appropriate support across three levels: information and guidance, workshops and sessions, and intensive crisis intervention, enhancing families' ability to thrive.

EARLY YEARS INTERVENTION

CONTRACT VALUE: £88K



The project focuses its delivery around two aims. 1) To develop a trauma informed safer sleep risk assessment approach and toolkit as new ways of working and delivery model thereby reducing the risk of SUDC.

2) To develop and enhance safety awareness in our deprived communities for vulnerable families with a view to prevent or reduce hospital admissions through accidents/unintentional injuries. Delivered across Burnley and Hyndburn

CYP WARD SUPPORT

CONTRACT VALUE: £268K



Two separate commissions from LSC ICB to support ward clients on Children's mental health wards in Blackburn (12 months support), and Blackpool (6 months support) to support young people with a range of on-ward therapeutic support sessions in response to known or emerging needs to reduce anxiety, reduce crisis and conflict, develop coping strategies and time to talk through any worries. Outcomes to young people are Increased engagement with ward-based counsellors, reduced anxiety and stress on the ward, identified negative thoughts, feelings, and behaviours, develop coping strategies for negative thoughts and behaviours, improved progress, reduced self-harming and suicide intent and reduced barriers to engaging with support on discharge.

DIABETES CHAMPIONS

CONTRACT VALUE: £144K



Commission from Lancashire County Council to upskill community champions to take blood pressure checks and signpost individuals appropriately into local support based on their presenting needs. Champions opportunistically identify adults over the age of 18 who have not previously been diagnosed with high blood pressure and promptly refer them to their GP following a free of charge blood pressure check (at point of contact) whilst ensuring easy access to the service through multiple forms of referral (including self-referral) engaging in a multitude of community outreach activities targeting hard to reach groups and those living in wards with multiple deprivation.

ASTHMA CHAMPIONS

CONTRACT VALUE: £116K



Training developed and signed off by the Clinical Lead for the L&S Asthma Care Bundle has been rolled out across our LSC Champions network to equip them to deliver key messages around support and self-management for CYP with asthma. Consequently, allowing us to create an informed community of voluntary organisations, community ambassadors, parents and families who understand, are better informed and able to manage their child's asthma at home, however, are able to recognise and escalate care swiftly when necessary.

MULTIPLY

CONTRACT VALUE: £80K



Commission from BwD Council to increase numeracy skills and qualifications across Blackburn with Darwen through innovative engagement sessions, workshops and courses with the opportunity for formal accredited qualifications to enhance the opportunities available to local people in gaining employment, supporting children/young people with homework, and also better use of numeracy in day to day finance and budgeting. Skills learnt can also support practically with routine activities such as baking or DIY etc.

COVID & FLU AWARENESS

CONTRACT VALUE: £82K



Targeted engagement with communities, groups and individuals on key public health messages and will also escalate to existing support services to ensure sustainable outcomes for those most affected by Covid-19 – our BAME residents, residents with disabilities, but also young people – older teenagers and young adults. The programme provided an engagement pathway which led to better outcomes for the residents of Blackburn with Darwen.

BEE YOURSELF

CONTRACT VALUE: £35K



Commission from BwD Council to develop a website for children and young people and their families, to ensure that they have access to a trusted online resource that supports their emotional health and wellbeing. Staff/professionals have a secure platform for sharing learning resources, policies and other documents related to health and wellbeing. Additional supporting work was carried out to fulfil the aimed by engaging with PHSE leads and schools, the School Nursing team, parents, children of KS2 age and other professionals working with children across BwD communities.

HAF BWD & PRESTON

CONTRACT VALUE: £1.1M



The aim of the programme is to support children to eat healthier and be more active over the school holidays and give children a greater knowledge of health and nutrition. There are many benefits for children who attend the HAF programme. These include receiving healthy and nutritious meals, maintaining a healthy level of physical activity being happy, having fun and meeting new friends developing a greater understanding of food, nutrition and other health-related issues, taking part in fun and engaging activities that support their development, feeling safe and secure, getting access to the right support services, returning to school feeling engaged and ready to learn. Families can also benefit when HAF providers include their needs in planning and delivering their programme, through; providing opportunities to get involved in cookery classes, ensuring they are signposted towards other sources of information and support, such as health services or employment and education opportunities.

HEALTHY CHILD

CONTRACT VALUE: £96K



Subcontract from LSCFT (commissioned from BwD PH) to provide support for families of children under 5, emotional health and wellbeing support for teenage young people and improving access to health services (including the Everybody Centre).

HEALTHY THINKING FOR ME

CONTRACT VALUE: £94K



Funding from the Community Foundation to increase universal advice and awareness raising of eating disorders and body positivity in an aim of reducing numbers of young people developing poor relationships with food and eating disorders.

COMMUNITY MENTAL HEALTH TRANSFORMATION

CONTRACT VALUE: £1.8M



As part of the NHS Long Term Plan, the Integrated Care Board, in partnership with Local Authorities, primary and secondary mental health services, the VCSFE and people with lived experience, are required to integrate and increase access to community-based mental health services for adults and older adults. A proportion of the national transformation funding has been prioritised to invest in contracting with the VCFSE sector. This funding is to secure wrap around, intervention- based community support which complements the clinical and social care interventions provided by other partners. During the last year the community Mental Health Transformation programme has worked to coproduce an integrated model of support for people living with severe mental illness, develop pathways and articulate what interventions are required to support people to live well in their local communities. This work has informed what services are required from the VCSFE as part of the model going forward.

TURNAROUND

CONTRACT VALUE: £48K



The YJS Turnaround Programme, designed to intervene early and prevent children and young people from becoming involved with the justice system, has established a partnership with the Young BwD Foundation to support delivery using key community organisations. This seeks to engage young people with one or more of the various services that come under the foundation's umbrella, with a view to increasing the support network available to children within their local communities and to build sustainable engagement for them beyond the ending of their YJS involvement.

BRIDGE TO HOME

CONTRACT VALUE: £175K



The service partnership collaborates with individuals who occupy a bed in one of the mental health care team wards across the North West. The primary goal is to facilitate their access to housing upon safe discharge. The case management support provided includes several components. The partnership liaises with local agencies and health professionals, extending the spectrum of opportunities available across Lancashire & South Cumbria. Through signposting and facilitation, the partnership ensures access to recovery activities, social prescribing, and other local initiatives that may benefit the service user.

BLOOD PRESSURE

CONTRACT VALUE: £60K



Commission from LCC to upskill community champions to take blood pressure checks and signpost individuals appropriately into local support based on their presenting needs. Champions opportunistically identify adults 18+ who have not previously been diagnosed with high blood pressure and promptly refer them to their GP following a free of charge blood pressure check (at point of contact) whilst ensuring easy access to the service through multiple forms of referral, engaging in a multitude of community outreach activities targeting hard to reach groups and those living in wards with multiple deprivation.



TRAINING



DID YOU KNOW?

*WE'RE DELIVERING
EVEN MORE TRAINING
NEXT YEAR!*

213

**TRAINEES
ATTENDED**



10

**IN PERSON
SEMINARS**



32

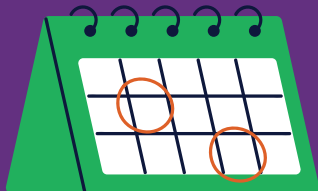
**ONLINE
SESSIONS**



Spring North will continue to pursue diverse funding opportunities to deliver impactful services across Lancashire and South Cumbria. Through contracts, tenders, and grant funding, we aim to secure longer-term, committed funding for both Spring North and our members, ensuring sustained delivery of essential activities. Expanding our membership base, both associate and full members, will remain a priority, enabling us to extend our reach and enhance the collective impact we make together.

Our focus will be on supporting members to drive meaningful change in their communities by identifying and leading on new income streams, development opportunities, and information sharing. This will include showcasing best practices, providing training, and creating learning opportunities that strengthen the sector. All support, advice, and guidance will continue to be underpinned by quality assured standards to ensure the highest level of service delivery.

We will work closely with stakeholders and commissioners to align our activities with local and national strategies. By doing so, we will not only support our members' sustainability but also evidence the impact and difference our projects and members make in improving health, wellbeing, and resilience within our communities. This will involve ongoing measurement and communication of the outcomes we achieve, ensuring transparency and demonstrating the value of our collective work.



FUTURE PLANS

PROJECTS FOR 2024/25

Lancashire and South Cumbria Thrive Projects
ENHANCING COMMUNITY MENTAL HEALTH AND WELLBEING.

Volunteering for Health
EMPOWERING INDIVIDUALS TO SUPPORT HEALTH INITIATIVES IN THEIR COMMUNITIES.

Cancer Champions in Blackburn with Darwen
RAISING AWARENESS AND SUPPORTING EARLY DIAGNOSIS.

Adult Neurodivergence Project
DELIVERING TAILORED SUPPORT FOR NEURODIVERGENT INDIVIDUALS.

