

YOUR TOWN  
YOU DECIDE



FLOW  
NEWTOWN

# A Participatory Funding Event



COMISIYNYDD  
HEDDLU A THROSEDDU  
DYFED-POWYS  
POLICE AND CRIME  
COMMISSIONER



Heddlu Police  
**DYFED  
POWYS**



CYMRITHAS PONTAFREN  
PONTAFREN ASSOCIATION



NEWTOWN AND LLANLLYCHLAN  
TOWN COUNCIL  
ROBERT OWEN  
1771 - 1858



Ysgol Uwchradd y Drenewydd  
CYCLE  
PERTHYN CREDU LUWYDDO  
BELONG BELIEVE ACHIEVE



Tai  
Wales & West  
Housing



Gwasanaeth Tân Ac Achub  
Canolbarth a Gorllewin Cymru  
Mid and West Wales  
Fire and Rescue Service



Mutual Gain



Welcome to the FLOW Newtown online Participatory Budgeting event. Voting for this event is taking place online due to the restrictions imposed by the Coronavirus Pandemic. On the day of the event, you will be able to see a short film from each of the projects. After each film has been shown, you will be given an opportunity to vote on how relevant you think the project is in relation to improving community safety in Newtown.

Community safety may relate to crime preventions, but it also relates to protecting vulnerable people, including those who may become victims of crime or may become perpetrators of crime.

You will be shown a score of between 1 and 5 to select from in relation to the relevance to community safety. The selection list will be similar to that shown below:

1. Very Unimportant
2. Unimportant
3. Not Sure
4. Important
5. Very Important

The rules for voting are very simple:

- You **MUST** vote for every project – so you will have to watch all films
- You **MUST** vote fairly
- You cannot vote **5** for a preferred project and **1** for all others. This is classed as a '*spoilt paper*' and the votes will not be counted.

Votes will be counted at the end of the event and the awards will be announced as soon as possible.

Finally, thank you for taking time to support these projects. People have taken a lot of time and consideration in preparing their bid and we are sure that they welcome your support.

Good luck to all of those who are taking part.

**PLEASE NOTE: THE FILMS ON THE VOTING DAY WILL NOT BE SHOWN IN THE ORDER DISPLAYED BELOW**

Diolch

# PROJECTS

## 1. Calmer Community – Pont Hafren

**Bid Amount - £3,168**

We will deliver a series of virtual classes designed to help attendees manage their anger plus 121 pre and post assessment.

Attendees will be referred by a number of different routes, the GP, the police, other voluntary organisations plus an individual will be able to self-refer via the Ponthafren website.

*Do you fume when someone cuts you off in traffic? Does your blood pressure rocket when your child refuses to cooperate? Anger is a normal and even healthy emotion — but it's important to deal with it in a positive way. Uncontrolled anger can take a toll on both your health and your relationships.*

The weekly sessions would consist of:

1. Think before you speak;
2. Once you're calm, express your anger
3. Get some exercise
4. Take a timeout
5. Identify possible solutions
6. Stick with 'I' statements
7. Don't hold a grudge
8. Use humour to release tension
9. Practice relaxation skills
10. Know when to seek help

Learning to control anger is a challenge for everyone at times. Seek help for anger issues if your anger seems out of control, causes you to do things you regret or hurts those around you.

Your Notes:

## 2. Bridging the Gap – Men Shed Newtown

**Bid Amount - £2,740**

Men Shed Newtown has been running for a year and currently has 25 members, ranging from 18 to 90 years old. We have a fully accessible shed in the grounds of Llys Glan Yr Afon in easy reach to the town centre. The activities we deliver will be to bridge a generation gap between members of Men Shed Newtown and supporting vulnerable members of our Newtown community. We need this funding so our Bridging the Gap can reach and support even more men.

The project is about creating a sense of purpose through skill sharing and learning to break down the barriers often seen between older people and younger men especially.

Our older residents can share skills they have developed over the years around gardening and woodcarving to younger youth who can share their skills around the positive uses of technology to connect family and long lost friends living in other areas.

By providing, a space and opportunities for men to socialise and be themselves we hope to improve mental health, self-worth and wellbeing as well as reducing isolation when life changes breakup connections with people.

Your Notes:

## 3. Chickenology – Dal Dy Dir

**Bid Amount - £3,950**

We would like to develop a chicken therapy project - supporting people to develop skills using chickens as a medium. We will support volunteers to develop social skills by running group or 121 activities. The project will develop over a number of weeks following the programme below:

1. Creating Chicken Utopia - Working with groups to design and build a free range space for chickens. Volunteers will research what chickens need to be happy and build a space for them. This will include things like a bath area, a vegetable patch and natural play areas. This will support our volunteers to develop basic literacy and research skills, social and negotiation skills and will also encourage groups to think about what is need to create a happy community.
2. Chickenology Qualification - In partnership with Harper Adams University volunteers will be able to gain practical qualification in chicken husbandry - this will also support people to think about reengaging with education in a fun way. We know that many people have negative experiences of education and have never thought of engaging with University - this will develop confidence and support people to gain meaningful qualifications in a further education setting.
3. Chicken or the egg - We will support volunteers to develop breeding and egg programmes for rare breeds. This will allow our volunteers to develop a small income stream so that they can fund further activities.
4. Sharing is caring - We will support our volunteers to run training programmes for other groups attending the farm so they can share their learning with others.
5. Finally, we can use our very tame chickens to support people with profound disabilities or with mental health issues in a therapeutic way on a 121 basis.

Your Notes:

## 4. Safe Transport – Dementia Friendly Newtown

**Bid Amount - £4,000**

We are requesting funding to enable to continue providing our safe transport for vulnerable older people living with Dementia. We work in partnership with clubs and activity providers, especially providing such for people living with Dementia, in the Newtown area. Due to the vulnerability of many people living with dementia and the logistics of attending any such clubs or activities without door-to-door transportation can compromise their safety. Some such activities may be gardening club, singing group, special film showings and the Dementia Meeting Centre.

Anyone providing transport will be able to access Dementia Awareness Training if needed, allowing them to be more confident, which in turn will allow passengers to be more relaxed, feel safe and in turn have confidence in the person transporting them.

The provision of such transport will allow for better participation in the community safely, whilst also cutting down on isolation.

Your Notes:

## 5. Educating Without Walls – Newtown High School

**Bid Amount - £1,500**

We would like to create an outdoor classroom in our school grounds, to provide provision afterschool for students who are vulnerable, at risk of falling into crime or for those with additional learning needs which put them at risk of being in education, employment or training post 16.

In the outdoor classroom we intend on providing students with an outlet to discuss feelings, emotions, concerns and anxieties whilst building life-long skills for their future.

We will hold sessions each night after school throughout the summer and fortnightly during the winter period. Students will have ownership over the garden, choosing what to grow, the design and layout of the garden, we will be the facilitators to support. Students will have to manage the budget, think about sustainability, future revenue (through the selling of veg boxes) to sustain the garden project.

The project intends n providing students with a safe space outside of the traditional garden setting, to allow them to spend time after school in the safety of school grounds rather than being at risk or causing anti-social behaviour or at risk from external factors.

Your Notes:

## 6. Installation of double glazing in the Newtown Jubilee Scout Hall - First Newtown Scout Group

**Bid Amount - £4,000**

The brick-built Scout Hall was constructed around 1970 and urgently needs refurbishment. The ceiling and walls need to be insulated but the immediate need is to replace the windows, which are draughty and in poor condition. Replacements would be double-glazed and installed by a local supplier. The building would be warmer and more comfortable, especially in winter.

Laminated glass would also make the building more secure and help to prevent break-ins, which we have had in the past.

The Hall is currently used most evenings of the week by over 100 Beavers, Cubs, Scouts, Explorer Scouts and Guides. We are also making the building available to other community groups in and around Newtown. We have a large hall (17m x 9m) and a smaller separate meeting room. There is a kitchen for DIY refreshments with a servery to the main hall.

Your Notes:

## 7. Food @ 5 – Newtown Youthclub – LUBK

**Bid Amount - £398.65**

We want to go to Newtown Integrated Family Centre to eat hot, healthy food before Youth Club opens at 6.30. We will meet in the family room to prepare, cook and eat food. The Youth Workers will help us to provide hot and healthy food. We will then all sit down together to eat.

Before lockdown, we would spend this time, after school until Youthclub, in MacDonald's or on the streets. Sometimes we would be asked to leave Maccy's: for being too loud or because one person had not purchased anything, sometimes they even phoned the Police to throw us out. If we were in Bear Lanes, again we would often be asked to leave. It is ok in the Summer when we can be outside, but when it is wet and dark we do not want to be on the streets.

Unfortunately, the Family Centre has very limited cooking equipment. This is why we are asking for funding. They do have a cooker and a fridge and are happy for us to use their facilities.

Young People, May 2020

Your Notes:

## **8. International Police Cadet Exchange (funding towards 2 flights for 2 Cadets) – Volunteer Police Cadets, Newtown**

**Bid Amount – £1,000**

The funding is to support Newtown Volunteer Police Cadets (NVPC) to take part in an international project. NVPC are in the process of developing an international exchange with another unit in America. Calvert County Sheriff's department run an "Explorer" unit, which follows similar principles to the VPC movement in the UK. In 2018 4 cadets and 2 staff from the Newtown Unit were hosted by Calvert County in their home community and as part of a junior police academy. This boot-camp style course gave the cadets from both sides of the Atlantic a taste of American Law enforcement training. It was a tough and gruelling experience involving 5am runs, classroom instruction and practical scenario assessments.

In 2019 NVPC hosted a return visit from the Explore unit. Having completed two successful legs of the exchange was discussed that both sides were keen to make this a permanent event. The long term proposal is for the event to happen every year with each side of the Atlantic hosting alternatively. As this exchange doesn't form part of the VPCs core activities the funding from normal sources is not available. Therefore, event organisers are looking to obtain funding from a wider support base. This application represents a significant proportion of the cost of two flights for two of our Cadets to take part in the programme.

Your Notes:

## **9. International Police Cadet Exchange (funding towards flight for female volunteer staff member – Volunteer Police Cadets, Newtown**

**Bid Amount - £500**

The funding is to support Newtown Volunteer Police Cadets (NVPC) to take part in an international project. NVPC are in the process of developing an international exchange with another unit in America. Calvert County Sheriff's department run an "Explorer" unit, which follows similar principles to the NVPC movement in the UK. In 2018 4 cadets and 2 staff from the Newtown Unit were hosted by Calvert County in their home community and as part of a junior police academy. This boot-camp style course gave the cadets from both sides of the Atlantic a taste of American Law enforcement training. It was a tough and gruelling experience involving 5am runs, classroom instruction and practical scenario assessments.

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Your Notes:

## 10. International Police Cadet Exchange (funding towards flight of male volunteer staff member) – Volunteer Police Cadets, Newtown

### Bid Amount - £500

The funding is to support Newtown Volunteer Police Cadets (NVPC) to take part in an international project. NVPC are in the process of developing an international exchange with another unit in America. Calvert County Sheriff's department run an "Explorer" unit, which follows similar principles to the NVPC movement in the UK. In 2018 4 cadets and 2 staff from the Newtown Unit were hosted by Calvert County in their home community and as part of a junior police academy. This boot-camp style course gave the cadets from both sides of the Atlantic a taste of American Law enforcement training. It was a tough and gruelling experience involving 5am runs, classroom instruction and practical scenario assessments.

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Your Notes:

## 11. Beauty and the Beast – MA Stage School

### Bid Amount - £4,000

I have been running classes for 17 years for children aged 3-17. We are now at the stage where we want to give young people in Newtown the opportunity to perform in bigger shows.

In order to reach the next step, I have found a very talented local composer from Newtown to develop our own adaptation of beauty and the beast and hope to involve MA students in the creative process to prepare for a show at Theatr Hafren later in the year 2021. From working alongside myself and Dan Lambert (the composer) our students will learn new skills in organisation, musicality, choreography, set design, costume etc.

Along with Musical theatre training, I end all my classes with a 30-minute session of mindfulness, meditation, and yoga. This has had such a positive effect on our young people and the feedback from parents has been overwhelmingly positive.

The bid would fund the creative process (time developing the script and composing music), extra rehearsals with students (extra weekend training), costumes for the children, marketing (posters and programs), theatre costs and working with a local composer.

This will also fund educational workshops for primary schools in Newtown. Where we would give a presentation and theatre workshop involving the community and promoting the show to gather support for our young performers.

Your Notes:



## 12. Outdoor Decking Extension – Maldwyn Nursery and Family Centre

**Bid Amount - £4,000**

We are requesting funds to improve and extend our existing decking area. We want to extend the area to give children more opportunities for outdoor learning. We will deliver daily sessions to children teaching them key life skills, giving opportunity to take appropriate risks and encourage children to make their own choices.

The extended area would allow us to introduce parental/carer classes allowing parents to attend and increase the relationship they have with the nursery and community as a whole. The classes would be based around showing parents how to develop their child's literacy and numeracy skills in natural dynamic ways. The classes would allow parents/carers to view what their children are capable of and also allowing them to ask any questions regarding safety, parenting and developmental questions in a relaxed setting with dedicated workers.

The money would be used to improve the current decking and extend it to allow for more natural play. The money would also be used to buy resources for the outdoor area such as balance bikes, musical equipment, writing materials and construction activities.

Your Notes:

## 13. Group Programmes – Montgomeryshire Family Crisis Centre

**Bid Amount - £3,730**

Montgomeryshire Family Crisis Centre, is a charitable organisation committed to providing a comprehensive service to men, women and children experiencing or affected by domestic abuse in North Powys.

Our main projects are:

- Refuge – separate male and female emergency accommodation;
- Outreach Support Adults – 1:1 support, group programmes;
- Children and Young People - 1:1 support and therapeutic play, therapeutic and preventative group work;
- 24-hour helpline - out of hour calls divert to the Live Fear Free helpline. Any local crisis need calls will be passed to the MFCC duty worker;
- Presentations / events - raising awareness.

We are requesting funding to support the provision of group programmes for both adults and children and young people. The programmes we provide are:

- S.T.A.R Club (Safety, Trust and Respect) - this club provides activities for children aged 6 to 12 years and a preventative programme for children 11 to 13;
- Freedom Programme – an awareness programme to help women make sense of, and understand what has happened to them;
- Recovery Toolkit – a programme to help women recover from the psychological trauma of being in an abusive relationship;
- Compass Programme – a programme specifically for men who have experienced domestic abuse.

Your Notes:

## 14. Ongoing Transport Facilities – Newtown and District Dial a Ride

### **Bid Amount - £4,000**

We want to be able to have sufficient monies to be able to carry out our service to the elderly and disabled of Newtown and the surrounding area when the lockdown is finished. At the moment we can just about survive with the furlough scheme and part of the school contract money. If they open the schools before the day centres open and the elderly and disabled have the confidence to come out again, we would not be able to have enough income to survive, as we would lose the furlough income and not be able to carry on with our main objectives to look after the local elderly and disabled persons.

At the moment we still have to pay our bills and rent, etc despite having not enough money coming in and we will continue to have to pay these with a very limited income for some time until everyone has the confidence back to go out.

Your Notes:

## 15. Newtown Community Café

### **Bid Amount - £2,000**

We normally operate the café from the Methodist Church premises in Back Lane, Newtown on Wednesday's weekly open to all and serving hot food (3 course meals and snacks) for no charge.

During the Covid 19 period our and food supplies have been less regular and we have had to change and expanded our service to a home delivery (Meals on Wheels) service but buying in food as required.

As a result of this we are having to spend on food purchases and equipment that we would not normally need. The deliveries are by volunteer drivers using own vehicles and donating the cost of the fuel and their time. Currently we are serving 80 plus meals per week on a Wednesday and not receiving the direct cash donations from customers because of risks in handling cash.

The food containers and other disposable items are costing over £50 per week and we just ask that the recipients recycle as able.

The demand for service is increasing and subject to availability of resources (financial, material and volunteers) we would like to consider operating on an additional day. The needs are increasing with people out of work and or confined to their homes. We are just open to adapt our services to fulfil the needs that are arising whether for elderly, single parents with children on low budget, those in shielding/isolation from the virus and any others who need our help.

Your Notes:

## 16. Newtown Food Bank – The Salvation Army

**Bid Amount - £4,000**

The funds would be used to purchase food for our Food Bank, which is based at our shop premises.

The Food Bank is under ever growing demand; we had expected to see a growth in need this year. However, the effects of Covid-19 is taking its toll on a significant number of the residents in Newtown. In March the number of Food Parcels given out was double the previous 2 months and by the 12<sup>th</sup> April we had already given out the same number of Food Parcels as January & February. In an attempt to help even more people who at their most vulnerable now, we now deliver Food Parcels to those most at risk.

Previously we had been able to raise funds for groceries through sales within our shop. Like many other shops, we have had to close our doors to the public so options are more limited now.

Your Notes:

## 17. Newtown Community Screenplay & Film “Robert Owen of Newtown” – Heritage Hub 4 Mid Wales

**Bid Amount - £4,000**

The project embraces the legacy of Newtown’s famous son and his Formation of Character as a boy of Newtown. Robert Owen claimed that his birthplace helped him to discover the values and answers to improving:-

- **the health and wellbeing of communities**
  - **his ideas for the co-operative movement**
  - **his vision and ideas for self-sustainable communities to exist without poverty & crime**
- “By teaching the influence of your surroundings, the earth will gradually become a paradise and its inhabitant’s angels. I intend to make Newtown the happiest place on earth”... Robert Owen*

Based upon the early life of Robert Owen, who is a perfect example of how someone from humble beginnings can change the world, the project vision is to:

- Create a **Community Screenplay & Film** - with, for and by the people of Newtown – to portray the influences and environment in Newtown that affected the young Robert Owen.
- Involve as many people as possible, to collaborate and strengthen community cohesion
- Promote skill-sharing, enhanced confidence and self-esteem, especially of vulnerable people
- Publicise the story of Robert Owen, as a Community Champion of cooperation

**Activities that the FLOW Newtown funding will enable include:-**

- Project Development and recruitment of local project team
- Screenplay brief of the early life of Robert Owen in Newtown

- Establish a central pop-up location in Newtown (possibly a vacant shop) for stakeholder collaborations with local organisations, groups, clubs, schools and the college to co-ordinate:
  - Recruitment of local actors and film extras
  - Skills Workshops to produce film props and costumes
  - Identification of film sets at historic Newtown buildings and locations
  - Other aspects e.g. digital media

Stakeholder Partnerships, Legal Agreements and further grant applications for the screenplay and film

Your Notes:

## 18. Newtown Street Pastors

**Bid Amount - £2,775**

Hope Church Newtown have provided ongoing funding support for the necessary supplies to date.

There is a need however to generate funds through grants if possible in order to update equipment purchased when the street pastors were originally launched that is now out-of-date, becoming worn and is no longer functioning well and to purchase supplies to give out to people on the streets. These include water bottles, flip flops, first aid equipment. This is generating strain with bags that are becoming difficult and uncomfortable when carried for many hours at early hours of the morning for example.

Your Notes:

## 19. Newtown Music Event

**Bid Amount - £4,000**

I am requesting funding for a project which aims to attract teenagers and young people who are interested or active in the field of digital music production, DJing and event management. If I am successful in this bid I will use the funds to help them plan, design and stage their own open air community music event in Newtown which reflects their culture and interests. The event envisaged would be small, take place in daytime/early evening and would be carefully planned in partnership with all relevant parties to ensure success. This project stems from an idea to host an "open decks" session, offering budding DJs an opportunity to try their hand at the opening of the Trehafren Hill bike park. Although it was cancelled due to the Covid-19 pandemic, this proposed event had attracted interest from Powys Youth Service, Newtown High school, Llanidloes High school and Open Newtown. An initial round of enquiries garnered interest from 12 young people who said that they would like to get involved as well as a positive response from people willing to share their expertise and/or act as mentors including nationally and internationally known digital music producers, DJs, lighting technicians, artist designers and event management professionals.

I envisage this project to last between 9-12 months, culminating in the open-air performance in the Town Hall grounds. My aspiration is for this project to foster a core of interested and involved young people who will carry the scheme forward into the future, with those who have learned and developed their skills moving up to become mentors for the next generation.

Your Notes:

## 20. Singing for Your Own Wellbeing – Angel Voice Singing School

**Bid Amount - £4,000**

The service that I provide is a safe online space to learn how to sing freely and I also create camaraderie between all the participants involved, it is an amazing process.

I have currently been putting together online choirs and workshops with people of all ages, since the beginning of the pandemic, to be able to do it for a specific area to gain really good mental health, to help create safety and structure for Newtown's community would be a really great achievement and something I would like to strive to do. Having funding would allow me to spread the word more effectively and create an online community that would help to make Newtown safer for everyone.

These programs will keep the community safe because it provides an alternative to going out because it is safer to stay home and safe at this time and through the summer they will need a focus that will help them to stay focused and positive.

Your Notes: