P.Soup CIC
Portfolio of Projects 2016-2017

Empowering people to get involved, celebrate and learn

What We Do

- Bespoke Training Packages
- Accredited & Non-Accredited Training
- Education & Training Awards
- Community Development
- Personal & Social Development
- Health & Wellbeing
- Confidence Building
- Events Management

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Funding was secured to deliver a programme of community engagement projects throughout Westhoughton, Bolton.

Launched with a launch event at the John Holt Community Centre in W ashacre. Stalls included Arts and crafts, family first aid, dance group, upcycling pallets and more.
NLDC ‘Create Escape’ at John Holt Community Centre

Project to re-engage adults into education and their community through the upcycling of used wooden pallets. Products included mud kitchens, pet houses and garden planters. Additional skills included English and Maths along with social cohesion. Learners moved onto forming their own group, creating their own workshop and supporting DIY projects in their neighbourhood.
NLDC ‘Create Escape’ parents of Washacre Primary School

Project to re-engage adults into education and their community through the upcycling of used wood. Products included chairs, bookcases, benches and garden planters. Additional skills included English and Maths along with social cohesion. Learners moved onto forming their own group, working closely with tutor Alan and the school to develop the forest school. Emma pictured with her chair raised further funds for tools and materials and has help drive the project and achieving a community award.
**Fast Forward project for ‘Discover’ NHS Drug & Alcohol Service**

Funding received to deliver a Fast Forward programme with the aim to meet the 5 ways to well-being by developing confidence, mental health and personal well-being. Accreditation achieved for units in ‘healthy lifestyles’, ‘confidence & self-esteem’ and enrichment activity whereby well over £200 was raised for a local charity via a sponsored walk organised by the group.

The project was completed and then extended for a group at Discover Skelmersdale and is in its early stages at Discover Chorley with a good response to stand alone sessions.

This project has also been introduced as part of the provision for The Foxton Centre a homeless community centre in Preston, where 5 service users have completed their first unit and plans for further units and another group are in place.

**Learner Feedback - P Soup Group**

I started to gain confidence, Discover told me about a new group that was starting The P Soup Group. I went along to the induction and decided I would join this group. Once a week for a couple of hours again the people where really nice and we all got along great. We learned a lot about ourselves through wellbeing, about diet nutrition, your thoughts and feelings and about your social life. We did a sponsored walk to raise money for a local charity; we designed a book about the history of Skelmersdale. We talked about moving forward and what we wanted to achieve in the future weather it be education or employment. The tutor was very patience with us he encouraged me to “go for it” why not! I had a few ideas so I began looking on the internet and contacting collages, our tutor also helped us find information we needed. My passion is horses so I emailed some local stables and asked if I could volunteer I wasn’t expecting anything much its years since id had my own horse and so much has changed. I got an email back from Jigsaw a stables that worked with rescued horses they also work with autistic children use Horse Whispering the Alexander Technique amongst other things. I worked voluntary for two months it was just what I needed I loved it.

I have been taken on by Jigsaw as a paid employee, I work 15.5 hours per week permitted hours, to me this is my perfect job, and it’s a long time since I’ve been so happy. I’m also doing a 16 week course “working with autistic children”
PSoup supporting projects

PSoup has and will continue to support other projects as shown above with attendance and stalls at mental health awareness week, Preston Pride and the Christmas Fayre at Washacre Primary School.
Other projects

Level 3 Award in education & Training
The first cohort of professionals have completed this accredited facilitator training, completing the teacher training over an 8 x 1 day a week period, incorporating all the key elements of teaching and assessment within the required assignments and micro-teach.

The next cohort are getting ready to undertake their training in January 2018.

Equality & Diversity Cultural awareness LCC training
3 training sessions have been delivered by PSoup on behalf of Lancashire County Council for staff continued professional development on the awareness and appropriate attitudes towards Equality, Diversity and Cultural awareness.

A further 3 training sessions has been confirmed for the academic year 2017/18

NLDC - Westhoughton Community Hub
PSoup has been appointed to deliver training on the set up of the Westhoughton Community Development Hub. With the responsibility of creating policies and procedures with setting up an organisation and delivering training on paediatric first aid, mental health awareness and confidence building.
Endorsements

Greater Manchester West Mental Health NHS Foundation Trust

14th December 2016

To whom it may concern in reference to P Soup

Greater Manchester West Mental Health NHS Foundation Trust - Discover Drug and Alcohol Recovery Services – awarded monies to P Soup through our Asset Fund. This fund is to support building recovery in the community for individuals and groups.

We funded P Soup to deliver ‘Fast Forward’ a self-development 10 week programme – ‘The project has been designed to empower people who may be facing multiple disadvantage, to get involved in a fun informal way with their local communities, learn how to achieve realistic self-goals, enable progression and move forward into further training, volunteering or employment.’

P Soup from the start recognised the difficulties and barriers that our service users may face and looked for ways to engage with our service users to maximise their participation. For example, an informal coffee morning was held to ‘Meet the tutors’. Service users came along to discuss any concerns and meet the tutors informally before the programme started. Similarly, once the programme started service users could be sent a text reminder or a phone call if there were any problems. Both these initiatives I feel led to improved ‘buy-in’ and retention of service users.

Each service user was treated as an individual with the programme content tailored to their needs and the goals they wanted to achieve.

Service users spoke positively of their experiences of being on the programme and how motivated they were; of what they had achieved; and of their next steps and future.

P Soup delivered a very professional service which ideally met the learning and development needs of our service users to enable them to engage in further opportunities in education, training and employment.

I highly recommend their services, particularly in working with disadvantaged people.

Liz Jennings
Community Development Manager

& Primary Care Lead
This course has run at the Foxton centre over several weeks. The students were adult learners from a variety of backgrounds all had experience of homelessness and related issues. Most were ex service users who were undertaking volunteer opportunities. Initially we were concerned that the uptake of the course would be minimal due to the challenges many of our service users face eg low self esteem, lack of reading or writing skills, dislike of groups and other issues. However the course was well attended as evidenced in the work books which were comprehensive and ‘user friendly’. The approach of the tutor was excellent and showed not only an understanding of vulnerable adult learners but also issues that impact specifically on that group of people.

When I spoke with the group members i was impressed by how confident they had become not only in their understanding of topics covered but how much reading and writing and improved and the self determination to continue learning both as a group moving forward but also as individuals. The majority of the group have requested further courses in particular around volunteering and mentoring, which I fully support.

I am extremely pleased with the outcomes and fully endorse this particular course and would recommend it to other organisations working with our client group.

Yours faithfully

Mandy Stitt

Operations Manger.