

WEST END

NEWSLETTER

FRONTIERLAND NEWS



Autumn (November) 2023



Image: JCDDRONES / West End Morecambe Big Local (WEM)

Frontierland from the seagull's point of view.

NEXT STAGE ON REDEVELOPMENT PROCESS

West End Morecambe Big Local (WEM) has agreed to support Lancaster City Council on a round of consultation which will influence the big priorities that they set for what the Frontierland site will be.

As mentioned previously, the Council purchased the land primarily to address people's concerns to see something done with the site. It was bought on terms that the land would need to somehow get the costs back.

This new consultation aims to help influence the bigger priorities which the Council will then formally go out to potential developers. They are viewing the site within the context of the whole of Morecambe but there has been some recognition that the site is technically part of the West End, and that the area's opinion should stand for something, being that it literally is on our doorstep.

We are helping by promoting the consultation to the thousands of households in the West End. You can find out more about the consultation on page 4 and 5.

SITUATIONS VACANT

YOUNG PEOPLE'S MENTAL HEALTH SUPPORT WORKER: SEE PAGE 3

MORE HELP WITH ENERGY SAVING & HEATING BILLS WEST END HEAT PROJECT: PAGE 6

WWW.WESTENDMORECAMBE.CO.UK



AT THE TIME OF WRITING...

Among the big projects that West End Morecambe Big Local (WEM) has commissioned are a growing number of smaller initiatives.

One exciting development is that Lancaster CVS (Lancaster District Community & Voluntary Solutions) is looking to set up a local Morecambe office and, being of impeccable taste, they are looking at the West End. This will benefit our local groups and the wider community, with its presence drawing a more strategic focus to the West End as an area to invest in. Lancaster CVS already works closely with WEM in its role of managing our finances and we are keen to have them in the West End. Consequently, we plan to support the move with a small package of funding.

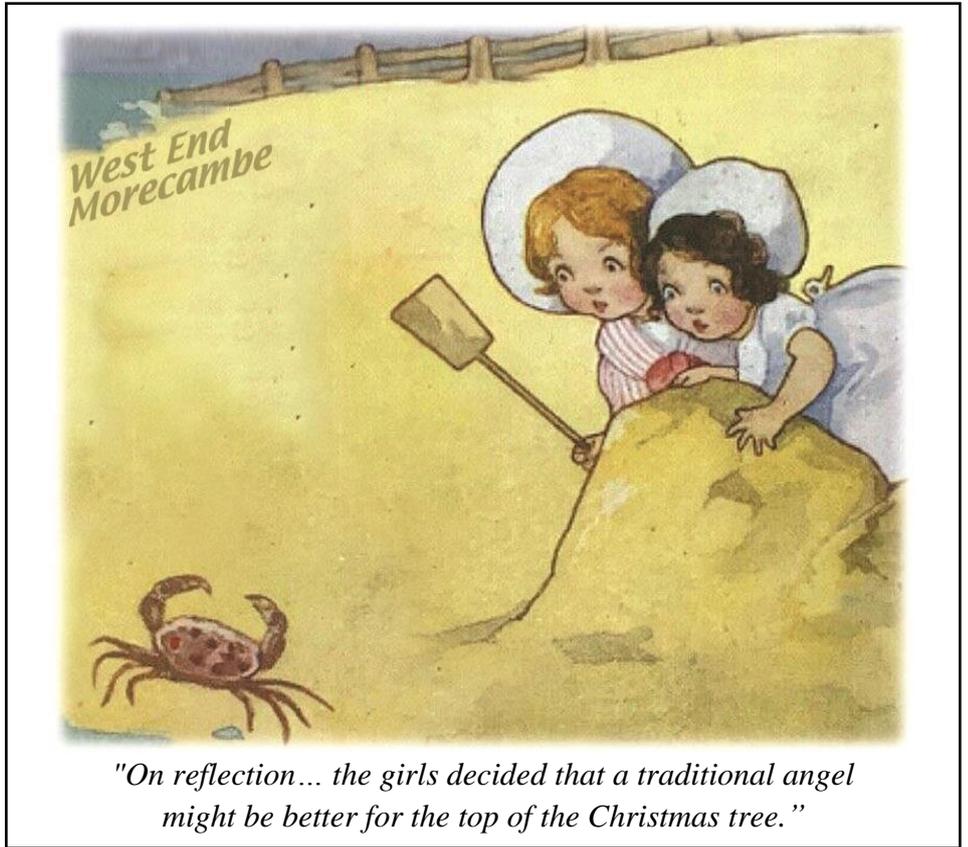
On a different front WEM is also developing a 'West End Online' website to promote local business, trade, community groups, and services. This has moved to its beta version (a nerdy name for testing) and is currently looking for local partners who want to begin being listed. See article on this page.

WEM has been having conversations towards the idea of a unifying community fair in the West End. This would be an occasion for bringing together the potential of both past and existing activities, festivals, fairs, etc., but with a specific objective. Rather than replicating or seeking to improve on previous projects, one suggestion has been to underscore such an event with a more serious purpose, such as a health fair, whilst still offering a 'community festival' appeal. Let's see what 2024 brings.

Finally, as the evenings get darker, we're planning to help light things up with something celebratory that leaves a solid legacy for illumination activity in the area. Working with Morecambe Sparkle, the organisation behind the much acclaimed Baylight festival, WEM has agreed a £10,000 contribution towards some illuminations in the West End. We are agreeing the details this month and hopefully the West End will be more aglow this winter.

www.westendmorecambe.co.uk

Local Trust | Big Local



NEW WEST END ONLINE DIRECTORY WEBSITE

The West End area has suffered many of the same challenges that Morecambe has faced as a whole, but being smaller and separated by the Frontierland site has led to the area often being left out of the Town's focus on investment and promotion.

Having listened to many discussions on raising awareness of local facilities WEM has taken up the baton with a new promotional directory website: West End Online. It aims to both promote the many positive opportunities in the area as well as encourage trade, business, and use of local facilities by both the local community and visitors from the district. There is a 100% truth that if we don't shop local, we will lose local shops. The same applies to community facilities.

West End Online also aims to act as a tool for improving collaboration between traders and groups in the West End by showing that working together helps each other individually. We're not suggesting this project will change the world,

but we hope it will help add some strengthening stitches to the fabric that is the West End community.

We intend to keep things simple, clean, and useful. It will not be a social media platform for chats, rants, or reviews, just a simple informed directory.

STARTING UP

The beta version of the website is already online, and we are now looking to start populating it with listings. The project is free to sign up to and aside from some basic criteria all we will likely ask is that listings are checked as up to date once a year when a reminder is sent out to do so.

The site will have limitations to start with, but hopefully will grow with time and interest. The project is currently being organised in-house by WEM but in due course will be handed over to an independent deliverer. You can see the website online by visiting...

www.west-end-online.uk

WEM is keen to hear from other organisations that deliver similar activity or who may be interested in linking with, supporting, or funding West End Online.



West End Morecambe Big Local **Mental Health** **Project Commission**

Back in March we launched a mental health project commission, looking for some activity that would support mental health in the West End.

The mental health commission was advertised for over five weeks and generated a good deal of interest, with over 170 downloads of the main commission and small ideas form. From this we received fifteen submissions. Funding applications came to £188,000 for a budget of only £50,000. We were obviously not able to fund or assist with all these submissions and unfortunately some projects, despite being good, were not ones we felt able to support at this time.

Full applications	Amount sought
Counselling in the Community	£50,000
West End Impact	£35,000
Edwards Mental Health	£21,600
Enable	£24,840
More Music	£4,800 - £19,200
Wise Up Workshops	£15,656
Growing Well	£12,000
Cancer Care Nth. Lancashire	£5,100
NISCU	£4,938
<i>Total requested</i>	<i>£188,334</i>
<i>Our total budget</i>	<i>£50,000</i>

Main submissions and the funding requested.

We had intentionally left the commission brief as open as possible to encourage the widest range of potential mental health activity to come forward. However, we eventually chose to judge and prioritize submissions based on pre-agreed criteria. (1) Significant mental health activity rather than wellbeing, (2) From groups or organisations that may be less likely to secure other funding, (3) Potentially innovative, and new rather than continuity of existing work, and (4) Based in or focused on the West End. Two projects were chosen to go ahead (see the separate articles on page 6) but the others, despite some being very

good, were not felt to fit what we hoped to see delivered. A couple of the smaller ideas were also of interest, and we are following up on some links with them.

One of the issues that has been

talked about locally, and was identified directly in our Action Plan, is the need of children and young people's mental health provision. Sadly, this theme was only taken up by one application in our commission, and unfortunately it wasn't successful. Because of this we have now put together a separate project to support a young person's mental health worker for the West End.

You can read more about this in the details below.

SITUATIONS VACANT

Job title: Young People's Mental Health Support Worker

Do you want to support young people with their mental health issues? Are you calm, non-judgemental and able to work effectively with young people experiencing distress?

Do you want to create opportunities for individuals to learn, make good choices, find their own solutions, build resilience, and manage their own wellbeing? Are you committed to working with dedicated organisations that have young people's wellbeing as one of their core priorities? Can you demonstrate independent working, good communication skills and a commitment to safeguarding?

Can you manage your own time and workload for the benefit of young people? Are you willing to work a flexible work pattern that includes days and evenings depending on the opening hours of a particular organisations.

If the answer to all of these is yes, we want to hear from you.

Young People's Mental Health Support Worker Two-year part time fixed term contract. Open to negotiation on up to 21 hours per week, and scales up to £15,706 (21 hours).

Will report to LDCVS and project panel. Based at LDCVS new West End office but mainly working externally with groups in the West End of Morecambe.

How to apply: The successful candidate will require a range of knowledge and experience. See full job details at www.westendmorecambe.co.uk and send a letter of application accompanied by a CV, plus details of two appropriate referees. If shortlisted, you will be invited to interview including a short presentation based upon your ideas for operationalising this role. More guidance will be given about this presentation when invited to interview. **Application closing date: Thursday 21st December.** Interviews in January 2024 with expected starting date from February on.

We welcome applications from all suitably qualified candidates, irrespective of gender, disability, marital or parental status, racial, ethnic, or social origin, colour, religion, belief, or sexual orientation. In addition, during the stages of recruitment, specific measures can be taken to ensure equal opportunities for candidates with disabilities or special needs.

See full details at www.westendmorecambe.co.uk



FRONTIERLAND

Continued from the front page.

The Council has already called out for expressions of interest from companies and businesses that may have ideas to develop the site. This, in effect, helps understand what the commercial interest for potential development and what options may exist for the Council to choose from. Some of that information is, of necessity, private as it deals with potential commercial interests.

An array of views have been expressed over the last 6 months along with speculation and rumour but there is no commitment to any one direction at this time.

MOVING FORWARD?

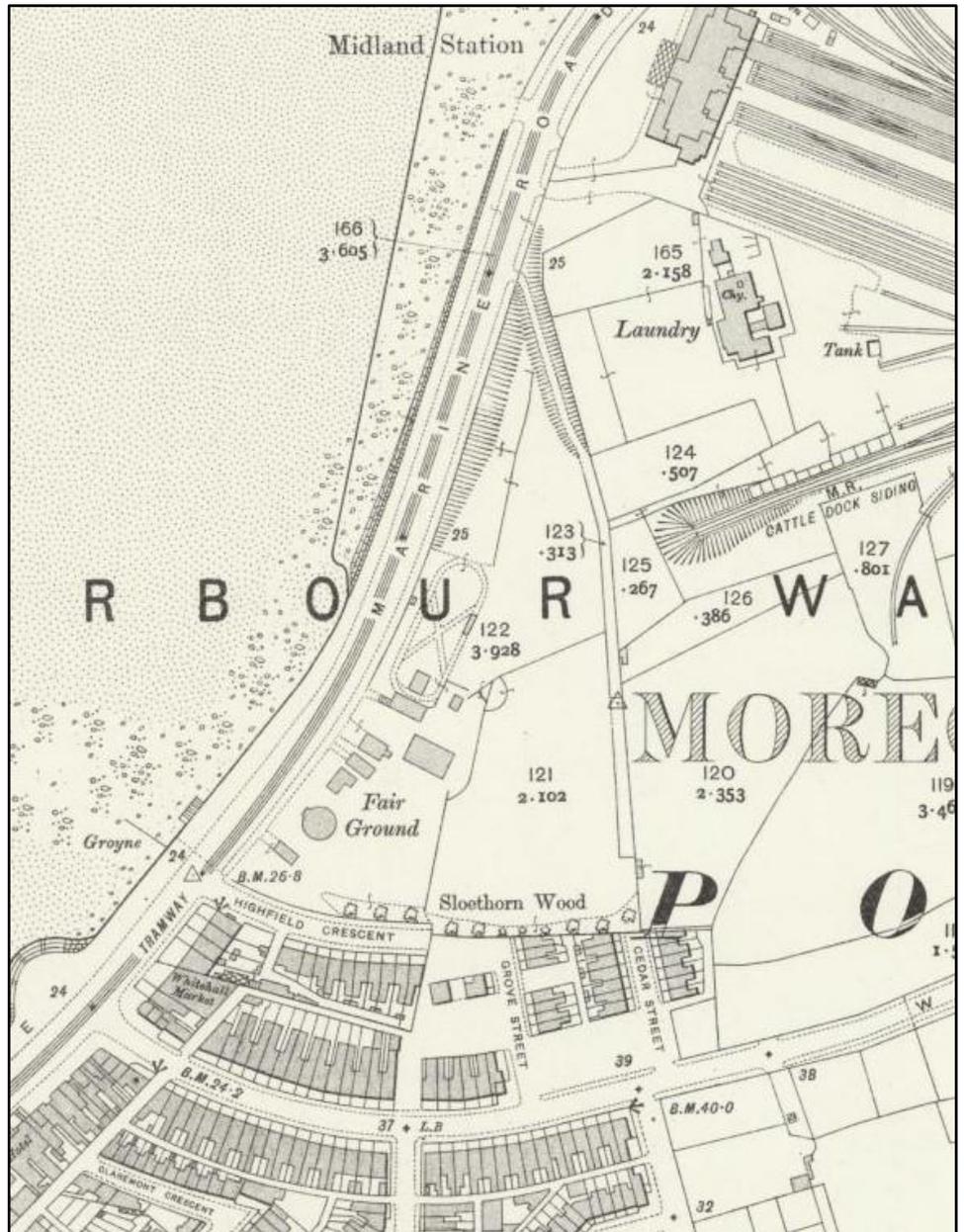
The Council is now working toward creating a list of objectives for procuring and choosing a developer. To help decide priorities for the site, Lancaster Council will now enter into local consultation, both within the community and with key stakeholders. This will help instruct the council as to which objectives it wishes to pursue. Plans will begin to take shape once a tender process has been agreed and developers are invited to tender.

Getting to that stage will involve many conversations between the council and developers including negotiations around what the council wants and the developers can offer. With millions of pounds are at stake there will inevitably be compromises and trade-offs in order to arrive at a viable solution.

CONSULTATION

WEM has agreed to support this round of local consultation, because the site is technically part of the West End. With the development being literally on our doorstep the opinion of West End residents and businesses should stand for something.

The council recognises this (at least to some extent) even though



Picture above: In putting together this article we came across an amazing Ordnance Survey map of the area from around 1900. You can see the top of the West End, which was already well established, as well as the fairground site that became Frontierland. What is perhaps most startling is how little was built up around the station compared to today.

it has to consider the whole of Morecambe and the district.

Our hope is that people's contributions can give a meaningful voice to the people of the West End in these negotiations and that the council and potential developers will take on board the communities' aspirations as well as commercial needs. Most developers know that by working to meet local interests they will reap far deeper rewards in the long term.

It's important that the prospects of the West End are taken into consideration, but we are mindful that individual contributions can get lost in the greater mix if they are on

their own. We know that this consultation may not be as much as some people would like, and the level of real influence is unknown, but we believe it's best to contribute and have a say. So, we encourage everyone to put forward comments and make the voice of the West End a loud one.

CONSULTATION

Frontierland site looking back over the West end.



Image: JCDDRONES / West End Morecambe Big Local (WEM)

LCC Press Release

Views wanted on objectives for former Frontierland site

Lancaster City Council is asking people for their views on a set of draft objectives that will help to steer proposals for the former Frontierland site in Morecambe.

Frontierland has been a vacant eyesore on Morecambe's seafront since closing in the late 1990s.

For over 20 years it was subject to a number of failed private sector schemes until it was bought by the city

council to kickstart redevelopment. A project board set up to oversee the overall vision for the site's future is now asking people and organisations for their views on a set of high-level objectives that will guide development.

At three-hectares (7.5 acre) the Frontierland site is the largest development opportunity in central Morecambe for many years.

To understand the potential for private sector investment and the types of development that could be considered, the council recently asked

for Expressions of Interest with an emphasis on leisure-led proposals.

Eight proposals were received in total and these have been used as a starting point to help draft the objectives.

Drop-in consultation events are taking place from 10:30 am until 2:30 pm on 23 November at the Festival Market and 24 November at the Arndale Centre to talk more about the objectives and gather people's views.

You can also get involved with the consultation by visiting the web address below and sending in your comments.

www.lancaster.gov.uk/frontierland-consultation

WEM ACTION PLAN

MINI UPDATE

DIGITAL EXCLUSION

Whilst this project has remained on the back burner since supporting both local primary schools with £27,000 worth of computers during the pandemic, we have been investigating other opportunities.

We hope to develop a commission that will support individuals who have lagged behind in digital skills. A key issue is how to provide support in a way that is welcoming and reduces the anxiety of the digital world and of learning settings.

One of our discussions has been with Morecambe & Lancaster College who have experience of working with some local groups, and the technical capacity to deliver such a project.

Whilst talks have focussed on the digital aims of this work other potential opportunities have also come up. Watch this space for more news.

HOUSING

We have (forgive the pun) been going round the houses on this one, with lots of people talking about needs for supporting people, and many groups having an interest, but little in the way of progress being made.

With that in mind we now plan to cut through the talk, build on the wealth of links already made, and simplify this project into a local housing worker.

Their role would be to provide bespoke support to local organisations and residents on multiple housing issues. They would also hope to encourage and support collective self-help activity where that is possible. This might work in a similar way to the WEM funded HEAT project. Our goal is to sort out details by the new year.

WEST END 'HEAT' PROJECT

Green Rose works in the Morecambe area helping local households to stay warm and well and make their homes more energy efficient through a mixture of advice, support, and education. They provide a number of

For advice on energy, heating, bills, in the West End contact Lucy at HEAT on **0772 319 2241** or **heat@greenrose.org.uk**

THINKING ABOUT SOME MENTAL HEALTH SUPPORT?

WEM has funded two small Mental Health initiatives for West End.

Enable is a supportive community group for people living with long term health conditions in the West End, and throughout Morecambe, Lancaster and surrounding areas. They offer support to people struggling with their mental health, physical health or both and have a wide variety of members. Their general activities include regular support group meetings, weekly coffee catch ups, craft sessions, monthly meals out, day trips and much more to help combat isolation, and increase the wellbeing of their community, which their members find invaluable.



Alongside this work their main focus is running a self-management course 'Managing Life Changes'. WEM has funded Enable to run more of these courses, which are specifically tailored to help people with mental health conditions as we know that chronic health issues often leads to a significant need for enhanced mental health support. The course takes just half a day a week for 6 weeks, and focuses on learning new tools and techniques to become pro-active in managing long term health conditions.



free services, including Local Energy Advice Partnership home visits, a freephone advice line community advice surgeries, workshops and training sessions for members of the public. They are working with WEM to make their advice and support directly accessible to communities in the West End. The West End work was set up for one year but has proved so successful that WEM has agreed, with Green Rose home energy advisors, to extend the activity for another six months, covering the upcoming winter.

It has been described by participants as life changing. Once completed, many people begin to join in their other activities to continue the progress made during the course. It is amazing to see the bond created within the groups on the course and many become life-long friends.

Here is just one testimonials from someone who did the course.

"The course couldn't have come soon enough, I was at rock bottom. It taught me so many things and turned my way of thinking right around - With the knowledge and help from enable, I was able to cope through the darkest times. I'm not sure where I would be if I hadn't found Enable – it's a must for anyone struggling with their mental or physical health!"

To find out more get in touch with enable on **07882 280 549** or via email at **enablecic@outlook.com**

NEXT COURSE STARTS JAN 2024

Janette Edwards is a trained health and wellbeing coach who works to support and help people. WEM has funded her to deliver support work in the West End community.

She will be offering Mental Health Support Services in the form of stress management / resilience workshops. These are aimed at helping with proactive approaches to people managing their own mental health needs.

There will be two different kinds of workshops. The first is for residents, looking at mental health management and coping strategies. These can, when necessary, be tailored to specific areas of need, for example, domestic violence, parenthood, addiction, unemployment, etc.

The second series of workshops is for service providers and West End organisations. The workshops for staff, volunteers and workers will take place separately from the community workshops.

Both are delivered in a friendly and relaxed manner in a safe welcoming space. A variety of teaching and methods are used in these sessions.

For more information about either kind of workshop, for dates and venues (or to arrange a workshop for your clients or staff and volunteers), contact via phone on **07753 194 002** or email **janetteedwards@hotmail.com**

GET IN TOUCH FOR MORE INFO



Aren't Wellbeing & Mental Health the same thing?

The last few decades have seen much of the stigma associated with mental health removed. Part of that has been the positive move away from the label of 'illness' to the notion of finding mental 'health'. During that time we have also seen lots of new buzz words creep into public language, often in ways that are expressive rather than accurate.

Roughly one in four people may experience some kind of mental health problem in their lifetime, but within that there is a vast range of difference.

The general idea now that mental health is a spectrum, on which we range from daily healthy norms through to diagnosable conditions, makes a lot of sense in general conversation. It has encouraged a growing appreciation of emotional health, and now means there is a wealth of activities available for people wanting to live their lives well, or to lower the risk of developing problems. Much of this activity is valuable and meaningful, in that people often feel better by having done it.

Within this topic of conversation, we hear 'wellbeing' and 'mental health' being used interchangeably. While they are related, they are also independent concepts, especially if we are talking about funded community work. Wellbeing begins with the idea of living our lives as closely as possible to the way we want in order to flourish. Mental wellbeing is associated with meeting our potential, developing positive relationships, and doing things that we consider important and worthwhile. So, sports, leisure and social activity, hobbies, all come under this umbrella as does help to cope with regular challenges caused by grief or life problems.

Direct 'mental health' activity relates to specific signs and symptoms that cause significant and persistent

emotional distress beyond what might be typical and which, in turn, can affect our ability to function, to process information, and to make decisions.

We can all feel lonely, down, stressed, or anxious as part of normal life. Issues related to childbirth, work, money, separation, accidents, and death often cause longer periods of stress. The resulting emotions are never pleasant but, for most of us, they are not indications of mental health problems.

There is obviously a great degree of cross-over but mental health problems needing intervention usually come under generally recognised disorders. Their signs and symptoms are not always easy to generalize or to self-diagnose. Ultimately then, if a problem has not been identified with some degree of credible recognised diagnoses it might remain within the realms of normal self-care and wellbeing.

The topic is a sensitive one, particularly as the numbers of people with identified mental health problems is growing but the statutory support

is not readily available. It's an area of work that voluntary groups have begun to take on board.

With our recent commission we made every effort to be consistent in differentiating between what is general wellbeing and what is specific mental health as we chose which projects to support. With the limited funding we aimed to prioritise targeted mental health above broader wellbeing.

However, we still recognise projects around wellbeing are hugely important and we wanted to let people know about all the organisations that approached us (on main projects) even if we didn't fund them. That way, if anything was of interest to members of the public, people could follow up the link directly with the groups themselves.

See the list below with the basic are of the work they were proposing.

ORGANISATION & CONTACT	ACTIVITY
West End Impact www.westendimpact.org.uk	Mental health support.
Edwards Mental Health Services janetteedwards.co.uk	Mental health support - stress / resilience management for all.
Enable enablecic@outlook.com	Self-management course for mental health conditions.
More Music moremusic.org.uk	Seagull Café – community singing café for over 55's.
Wise Up Workshops www.wiseupworkshops.com	West End wellbeing - creative and social activities.
Growing Well www.growingwell.co.uk	Mental health recovery through environmental activity.
Cancer Care North Lancashire cancercare.org.uk	Supporting the mental health of people affected by cancer or loss.
NISCU niscu.org.uk	Schools 1-2-1 listening service.
Counselling in the Community counsellinginthecommunity.com	Self-referral talking therapy. NB: This service is in Blackpool

Please note, these contacts are given in good faith, but we cannot vouch for the services any of them may provide to individuals who get in touch.

INFO FROM TWO OTHER PROJECTS THAT CAME TO US DURING THE MENTAL HEALTH SUBMISSION



Do you need support with your mental health?

GROWING WELL

We are Growing Well, an established independent organic farm-based registered mental health charity, located on the outskirts of Kendal and at Tebay services. We provide a safe, supportive, working environment to our volunteer participants to nurture long term mental health recovery through meaningful physical activity and personal development opportunities.

We provide targeted mental health intervention within a horticulture enterprise. We offer a safe and supportive working environment incorporating activity and support to nurture mental health recovery. Our Green Care approach combines natural surroundings, social context, and meaningful activities.

We aim to remove as many barriers to engaging with our service as possible and with that in mind we provide a free minibus service, once a week to and from Morecambe every Wednesday.

For further information please go to www.growingwell.co.uk



BIG WHITE SHED



Everyone you meet in the West End of Morecambe has a story to tell, so it seemed the perfect place to set up a space where stories can be shared. The act of sharing our stories, and creative writing, is really good for our mental well-being. Hopes and dreams gain strength when shared, and worries and fears lose their power. Big White Shed has been publishing books since 2015. Founder Anne Holloway, a poet herself, believes that everyone has a story to tell, but sometimes they need help getting it out there. She has been running writing-based workshops for over a decade, for writers and non-writers, in schools, colleges and community groups, as well as with individuals.



Big White Shed is a place where you can come to meet other people with an interest in writing, poetry or storytelling, with workshops and events suitable for people of all ages. You can write for the first time, develop your skills as a writer, make writing related gifts for friends and family, buy books, and generally enjoy the power of words – with a plan for events and activities throughout the year, including Word Walks, an opportunity to explore outdoor spaces, react to what you experience, and then contribute a piece of writing to a hand-made zine (a simply printed publication).

If you have a manuscript you'd like to publish, then Big White Shed can support you with that too.

Find us in the West End at 30 Yorkshire Street or contact us at www.bigwhiteshed.co.uk

BACK PAGE

WEM: THE BASICS



West End Morecambe Big Local (WEM) is a resident-led partnership that works toward making the West End a better place to live. We are one of 150 similar partnerships across the UK who make up a programme called Big Local, run by the Local Trust with lottery funding.

WEM was awarded a million pounds over 10 years. That is around one hundred thousand pounds per year although the spend is flexible. We deliver that through an Action Plan's that outline the work it will do. Our new plan is for was agreed by Big Local in 2022.

Our ethos is to try and work collectively and to build positive relationships with other individuals, groups, and agencies. We don't get involved in political or religious work.

WEM is not a typical community group. We are not a charity, nor do we have a bank account. Big Local holds the money for us and we draw on the support of a local trusted organisation (LTO). We employ 2 part-time staff.

WEM has had its ups and downs. It's succeeding with some things and made mistakes elsewhere, but this is in line with the Big Local approach which supports learning as things go along. Part of this means we now commission activity rather than do open grants.



Picture: The WEM area, although activity and benefits ripple further out.

This newsletter is an occasional publication delivered by hand door-to-door in the West End. We try to ensure at least one copy reaches every house but if you don't receive it you can download a copy via our website. Information is correct at time of going to press around. We endeavour to ensure that all information is accurate. Newsletter: November 2023. Printed in Morecambe.

www.westendmorecambe.co.uk

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