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## *Creating Space for You Director's Report*

### *2019-2020*

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This year Directors were personally impacted by the pandemic, with increased childcare responsibilities and less face to face opportunities. We decided to use the time to begin exploring the support that parents who have children who experience the world differently need, as one of the Directors has significant personal experience and interest in this area. Research moved online in March 2020 and is described in more detail below.

One of the Directors was also involved in setting up a community group, intending to inspire people to think about a positive future for Stroud, called Stroud Imagines, on a voluntary basis.

Other activities were simply maintained with existing contacts, rather than developed. The numbers both in terms of activities and finance reflect this.

### **Starseed Parenting**

Director Charlie Mitchell identified a need for emotional support for parents with children who experience the world differently, including those with disabilities, diagnosis, sensory and behavioural differences. She began by interviewing parents to get an understanding of their needs. This led to the development of an 8 week course that she piloted with 6 parents during the first lockdown. It was very well received and Charlie went on to do more detailed research with a further 27 people online. She has been running a couple of free membership groups that have supported 58 parents. She has retrained in Rapid Change Therapy to respond to the needs identified and plans to launch a membership site in 2021.

Total contribution towards community learning: £4,800

### **Stroud Imagines**

A small group of people in Stroud decided to set up a project called Stroud Imagines, based on the book by Rob Hopkins 'From What If to What Is'.

Stroud Imagines is a community led project that is harnessing the power of collective imagination to inspire creative approaches towards a positive future. We are a catalyst for new projects that a diverse range of local people will identify, develop and implement within their community.

Whatever happens with regard to post Covid-19 recovery, we are going to need resilient and hopeful communities who can work together to ensure future generations have everything they need not just to survive, but also to thrive. Please see the next page for details on our impact.

To see the diversity of people we are in contact with please view our Stroud imagines Open Mic Nights here: <https://www.youtube.com/channel/UCpUNPFVjcNeo68bLrQd9rFw>

Success stories from the Open Mic Nights so far:

- 17 people have shared in 2 Open Mic nights so far, on topics including race, disability, environmental and social justice, street play for children, happiness, beautiful shared spaces, agriculture and soil, inspiring poetry, possibilities for older people, an inspiring vision for their local community. Our 3<sup>rd</sup> Open Mic Night is on 18<sup>th</sup> November
  - “Great night – I look forward to the next one! Will you put me in touch with...?”
  - “I didn’t realise these things were already going on in Stroud”
  - “I really needed this inspiration right now as things are so tough and so many things I used to do have stopped”
- Stroud Against Racism found out about the development of Happiness cafes in Stroud and decided to explore working together in partnership
- Happiness Cafes have received extra support from new volunteers
- Several people who have shared at the Open Mic Night have received extra coverage on BBC Radio Gloucestershire. One of the sharers went on to speak on Radio 4 as a result
- A young person was able to share their ideas for the development of an Autism Museum, which has already received support in principle from several people. Further resource is required to take this forward
- Several people who have been isolated as a result of Covid have been able to access the sessions either live or later, and have been inspired to take action in exploring the development of new projects, replicating what has been happening in other areas
- The Stroud Imagines Community Facebook Group has over 100 people, many of whom are sharing new ideas from other places and regularly contributing to discussions about potential projects. More resource is required in order to maximise this community
- We have a commitment to diversity including representing differences in ability, race, gender and age where possible at every event, In order to honour this we have had guest sharers from out of the area including one from USA

Total contribution towards community learning: £3,200

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## York Archaeological Trust

We Facilitated a trustee development programme that changed from an away day to a zoom based series of meetings and workshops to increase the quality of understanding and relationship across the board and SMT and help develop a shared understanding of strategic direction and priorities.

Contribution towards workforce development within the voluntary sector: £500

## Executive Coaching

We have continued the support of one CEO of a York based charity and one tertiary education senior leader. One is a relationship from a previous leadership programme and the other was part of support through the local infrastructure organization to provide some one to one support within a funded support programme.

Contribution towards workforce development within the voluntary sector: £1,911



## Conclusion

100% of our activity this year has directly contributed to the work of the CVS and community based learning in line with our declared purpose.

Overall contribution to the voluntary sector workforce development in 2019/2020: £10,411

**Total contribution to the voluntary sector workforce development since 2010: £210,836**