



Trafford Inclusive Neighbourhood Grants 2021

End of Grant Monitoring Report

Your end of grant form provides us with vital evidence about the outcomes delivered by your organisation. It helps us to monitor the success of the Trafford Inclusive Neighbourhood Grants 2021 and understand the impact they have created. Your responses will be collated with those of other funded groups and will be used to support future grant making. We may also use any questions and case studies you provide to publicise the grants programme.

When accepting the conditions of funding, groups agree to the completion of monitoring information. Failure to provide satisfactory information can have result in a request for repayment as outlined in the Grant Agreement and Terms and Conditions.

When completing this report please refer to:

- Your submitted Application Form
- The Grant Agreement you submitted
- Any other requirements or conditions stipulated in the terms and conditions

Thank you for taking the time to share your stories. We look forward to receiving your completed form. **If you require support to complete this form, please contact Inclusive Economy and Community Team on neighbourhoodgrants@trafford.gov.uk**

Section A: About your Group

1. Name of group

BreathChamps CIC

2. Project Name BreathChamps Asthma Challenge Badge for Youth Groups

3. Amount awarded

£2000

4. Project end date

31/08/2022

5. Please provide current contact details for your group

Contact Name: Heather Henry

Role in organisation: Managing Director

Telephone: 07941790670

Email: breathchamps@ brightnessmanagement.org.uk

Section B: About your project

6. How many people benefitted from your project?

Directly

479

Indirectly

10
(estimated)

*Direct benefit means the people who took part in your activities. Indirect benefit means the people who might not have come along, but who got a positive benefit as a result of your project. For example, improving a local park with a playground has a **direct** benefit on the children who can play on it, but it has an **indirect benefit** on the people living in the surrounding area, by improving the quality of the park and the environment in which they live.*

7. How many volunteers supported the work done by your project?

27 Scouting and
Guiding Leaders

How many hours do you estimate that your volunteers contributed over the course of this project?

60

8. Please indicate who benefitted from your project (please tick all that apply)

- | | | |
|---|--|--|
| ☒ Children (0-12) | ☒ Young people (13-25) | ☐ Adults (26-50) |
| ☐ Over 50's | ☐ Homeless | ☐ Alcohol/drug addiction |
| ☐ Disabled people | ☐ Low income | ☐ Refugees/Asylum seekers |
| ☐ Mental Health | ☐ Health issues | ☐ Lesbian/gay/bisexual |
| ☒ Families | ☐ NEET | ☐ Black/ Minority Ethnic |
| ☐ Unemployed | ☐ Vulnerable Adults | ☐ Lone/teenage parents |
| ☐ Ex-offenders | ☐ Travelling communities | ☐ Others |

Which of the groups above benefitted the most?

Children 0-12

9. What was the theme of your project? (please tick all that apply)

- | | | |
|---|--|---|
| ☐ Childhood Obesity | ☐ Healthy Living & Fitness | ☐ Employment |
| ☐ Education & Training | ☒ Health & Wellbeing | ☐ Improving the Local Area |
| ☐ Social Isolation | ☐ Environment | ☐ Sport |
| ☐ Economy | ☒ Community Cohesion | ☒ Youth Work |

☐

Intergenerational

☐

Crime & Safety

☐

Arts & Culture

Of the above, which was the primary theme?

Health and Wellbeing

10. What activities took place as part of your grant and who benefitted?

Please give details of all activities that took place. If you have any supporting documents or materials, please include them with the form. Use a different box for each of the distinct activities that took place as part of your funding. Tell us when each activity took place, how many people took part and anything else you'd like to tell us. If things happened differently to how you expected it to – tell us why.

BreathChamps Asthma Challenge Badge for Young People

Thank you to Trafford Council for funding the roll out of our asthma challenge badge with Girl Guiding and Scouting units in Sale. The badge was developed and tested with Girl Guiding Lancashire South County (Wigan and Leigh) during the pandemic over Zoom and this is the first time that we have delivered the badge face to face with youth groups in Sale. It has been very successful, and we hope to do more, with your help.

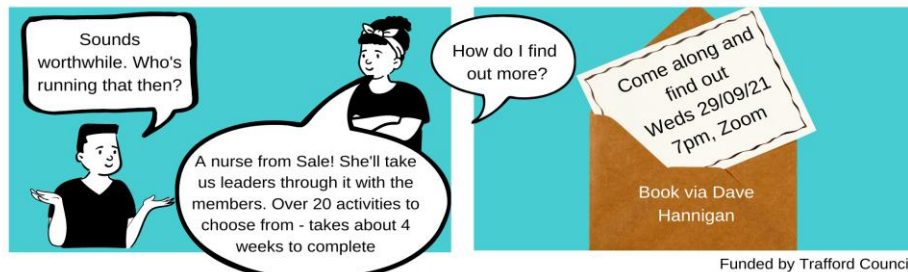
BreathChamps aims to make Sale (where the CIC is based) the UK's first 'child asthma-friendly town'. This means that citizens, community groups and public services know the basic things to look out for to help keep children with asthma well. One of the main ways that we do this is to run fun activities for children and young people that teach them how to spot poor asthma control, poor inhaler technique and so on in the people around them. This improves community cohesion, and promotes leadership skills in young people, with young people helping people across the generations. Activities are based on the recommendations of the Royal College of Physician's National Review of Asthma Deaths 2014.

Our original aim was to partner with Sale and District Scouts to offer the opportunity for 6-7 units (approximately 100 young people, plus leaders) to complete the badge over approximately 3 weeks at a time. The Guides however wanted to take part, so we sought the permission of Trafford Council to offer this. We are pleased to report that 7 Scouting and Guiding units, supporting 156 young people, got involved. Wellfield Infant school also got involved by hosting an asthma themed assembly.

Name of unit	Number of young people	Number of leaders	Achievement
1st Brooklands Brownies	29	2	Completed the badge in full
5 th Ashton on Mersey North Guides	6	2	Completed the badge in full
5 th Ashton on Mersey North Brownies	23	2	Completed the badge in full
1 st Sale Moor Brownies	25	2 + 4 young leaders	Completed the badge in full
3 rd Sale Moor Brownies	21	2 + 2 young leaders	Completed the badge in full
14 th Sale Scouts	31	4 + 2 young leaders	Completed the badge in full
14 th Sale Cubs	21	3 + 2 young leaders	Completed first aid activities
Totals	156 https://youtu.be/aV6TdrHo7YQ	17 + 10 young leaders	7 units



WHAT THE HECK IS AN ASTHMA CHALLENGE BADGE?



Funded by Trafford Council

Launch

A launch event was held on Zoom, which was poorly attended, but allowed us to start with 4th Ashton on Mersey Guides and Brownies– and word of mouth took over. The leaders promoted it amongst themselves and the verbal feedback was that they thought the badge was amazing.

Explainer videos (made for an online course!)

<https://youtu.be/aV6TdrHo7YQ>

<https://youtu.be/V7l4NzBeNFE>

Recruitment

Interested leaders had a 30-minute chat on Zoom where the range of activities were explained and shared using Dropbox. The leaders chose activities that they thought would appeal to their members. An agreed lesson plan was then developed and shared:

Lesson plans for 3rd Sale Moor Brownies

3rd Sale Moor Brownies



Session 1 21st June

Kit list –

Heather: Straws, prizes, puppets, inhalers and spacers, examples of plants, quiz sheets

Sarah: Laptop loaded with 3 videos from Dropbox. Clear drinking cups half filled with water,

Time	Task
6.00	Arrive and settle in. Explain badge
6.15	Quiz in pairs with prizes
6.35	Videos and Q&A: • What is asthma? • The Big Bad Wolf Has Asthma
6.50	Straw and water challenge, with prizes
7.10	Video: Hay fever 101 – trees and plants that make you sneeze and Wheeze Explain weekend nature hunt activity: photograph 3 plants and trees (silver birch, nettles and English plantain)
7.30	Bells

Session 2 28th June

Kit list –

Heather – Washing up liquid, gems, prizes, story

Sarah – Ask parents to bring plastic bottles, big jugs with water to dilute washing up liquid, [pen](#) and paper

Time	Task
6.00	Settle in. Describe this week's activities
6.10	Teach song to demonstrate singing for lung health: 'Alive, awake, alert, enthusiastic'
6.20	Check photographs that the Brownies have taken
6.30	Story: Mr Sidebottom's Difficult Day (with prizes)
6.45	Make a mind jar
7.05	Clear up
7.15	Discussion How fear and anxiety affects breathing and how to use your mind jar
7.30	Bells

3rd Sale Moor Brownies



Session 3 5th July

Kit list –

Heather Toilet roll puppets, inhalers and spacers, quiz sheets

Sarah Pens and paper

Time	Task
6.00	Settle in. Explain tasks today
6.10	Repeat quiz in 2s. Prizes
6.30	Using toilet-roll puppet props, retell the story of The Big Bad Wolf Has Asthma in 6's, focus on practising inhaler technique
6.50	Design poster to send to GP surgery (or to take into school) containing 1-3 key asthma messages 1. Take your preventer inhaler twice a day to keep asthma away 2. First aid for an asthma attack (can't speak a full sentence) = call 999, 10 puffs of blue/spacer 3. Stay away from things that make you wheeze and sneeze!
7.25	Clear up
7.30	Bells

Following week (if no time in session 3) – Heather returns to hand out badges, find out how many people the Brownies have shared knowledge with/ what happened how much they enjoyed in by dropping dried pasta in plastic cups

Keep in touch and tell us how it's going!

www.breathchamps.com

Twitter, TikTok, Facebook, and YouTube @BreathChamps

Section C: Monitoring & Evaluation

11. What were the key outcomes for your project?

These outcomes measures should be the same as those outlined in your Grant Agreement. Please indicate any areas where you have achieved more or less than what you intended and the possible reasons why.

How my project will make a difference (Outcomes)?	This is what you expected	What did you actually achieve?	Why do you think this was?
Increase Scout and Guide members' knowledge of the 5 basic things to know about asthma, so they can look out for others with asthma. We did this by running a quiz, incentivised by small prizes.	Knowledge will increase by at least 25%	Knowledge increased by 21% Baseline scores were 67% correct – perhaps indicating how common asthma is in Sale. After completing the badge the scores were 88% correct	We set this target based on what we found in Lancashire South. The slightly lower score may be down to the age of the participants – The majority of participants were Brownies and about half of them were only 7 years old.
Invite Scouts, Guides and leaders to share their knowledge with others in their communities to increase the 'herd knowledge'. We asked young people 'how many people did you share your new knowledge with?'. We did this by asking them to put a piece of dried pasta in one of 3 cups I told nobody I told 1 or 2 people I told lots of people	Based on previous tests, we expected the majority to have told 1-2 people and a few to tell lots of people, because the activities are fun and memorable, often shared in story form or by doing memorable activities	29% of young people told no one else 54% told 1-2 people 17% told lots of people	Because most participants were 7-10 years old, they were very excited about what they had learnt, and you could see them telling their parents even as they left the room. This is positive because parents encounter schools and other children and can start to look out for others with asthma.

We asked participants what happened as a result of doing their Asthma Challenge Badge	We expected participants to tell us stories about helping others in their community	We heard some absolutely marvellous stories from young people about how they had helped others and challenged incorrect asthma information – see the case studies below.	The nurse leader, Heather Henry, is an NHS England Ambassador, which means that she attempts to inspire young people to become part of the future healthcare workforce. In all 7 units, the challenge was put to young people, by Heather, a local nurse in full uniform, to <i>'become part of my nursing team and help others in their community'</i>. They were invited to put their hands up to indicate, at the end of the challenges, they would accept the challenge. When Heather returned to present their badges to them, she asked participants to tell her what they had done. In this way, young people feel that their knowledge can make a difference and, in our view, they have done so. We also hope to raise aspirations amongst youth groups to join the nursing profession in Greater Manchester.
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Case studies

I helped my brother with his hay fever and asthma (age 9)

I told my mum and dad about what I had learnt. I made some notes and I want to do some fundraising by making and selling bracelets

I told my dad about how blowing bubbles with water and a straw can help you to breathe better if you have asthma

My dad has asthma and I told him that he might need his blue reliever inhaler before he plays golf

I told my friend about blowing bubbles in water because she used to have asthma and she told her cousin who has asthma now

I told my cousin who has asthma about taking your brown preventer inhaler every day and he was really impressed that I know about it (age 9)

I told my friend, who has been in hospital for her asthma, that the first aid for an asthma attack is 10 puffs of blue reliever inhaler at 1-minute intervals – and she didn't believe me!

I told my nana who has asthma about what to do if she had an asthma attack and she said that it would really help her if she had an attack.

Evaluation – The Before and After Quiz

This is the quiz that the participants completed to assess how much they knew about asthma before they started the badge and also afterwards to see how much more they had learnt

BREATH CHAMPS

Asthma Quiz BEFORE the badge

Your name _____



No.	Question	Answer choices	Tick
1	There are 3 main signs and symptoms of asthma. What are they?	☐ Cough ☐ A temperature ☐ Wheeze ☐ A rash ☐ Feeling short of breath ☐ A sore throat	
2	What does a blue inhaler do?	☐ It relieves asthma ☐ It prevents asthma	
3	How quickly does a blue inhaler work?	☐ Straight away ☐ After 2 weeks of taking it every day	
4	How often should you take a blue inhaler?	☐ Only when you have symptoms ☐ Twice a day	
5	What does a brown/beige inhaler do?	☐ It relieves asthma ☐ It prevents asthma	
6	How often should you take a brown inhaler?	☐ Only when you have symptoms ☐ Twice a day	
7	How quickly does a brown inhaler work?	☐ Straight away ☐ After 2 weeks of taking it every day	
8	What's the name of the big plastic bubble that children need to use with their inhaler?	☐ A spacer ☐ A nebuliser	
9	Tick 3 things that make asthma worse	☐ Smoke ☐ Feeling worried ☐ Coffee ☐ Sleeping too much ☐ Dust ☐ Not eating enough vegetables	
10	What are the top 3 things people do to help their asthma?	☐ Take a brown inhaler every day ☐ Wear a mask ☐ Avoid exercise ☐ Go for an asthma review at least once a year ☐ Stop talking ☐ Have a written asthma action plan so you know what to do	

BREATH CHAMPS

11	How do you know if someone is having a really bad asthma attack? Choose 3 things	☐ They cough and wheeze a lot ☐ They have a pain in their chest ☐ They sneeze and sneeze ☐ They are too breathless to speak properly ☐ They can't swallow anything ☐ They may go very cold and their lips may be blue	
12	What is the first aid treatment for someone having an asthma attack? Choose 3 things	☐ Sit them up ☐ Lie them down ☐ Give them a blue inhaler ☐ Give them a brown inhaler ☐ Call 999 for an ambulance ☐ Call the GP (family doctor)	

Looking back, which of your projects achievements are you most proud of and why?

A 7 year old Brownie in Ashton on Mersey said that she recognised that her dad, who lives alone, was having an asthma attack. She hacked into his phone using his passcode (!) and phoned for the paramedics. Then she gave first aid. By the time the paramedics arrived, her dad had recovered so well that he didn't need to go to hospital.

We are very pleased with the high scores that the young people achieved and by their willingness to get involved. We are particularly impressed by the letters that they wrote to their GPs to tell them what they have learnt and the posters and bookmarks that they designed to be used in their schools to raise awareness of asthma. We attach a couple of examples so that you can understand the depth of their knowledge – often at only 7-10 years old!

Two children in Ashton on Mersey persuaded the Deputy Head Teacher at Wellfield Infant School to hold an asthma themed assembly, so 300 more infant school pupils learnt, through the story 'The Big Bad Wolf Has Asthma', the basic knowledge of which inhaler can help the wolf blow the piggies' houses down.



		Unit Leader: Mrs Alison Corser VR
		Address: 63 Beckett Road Ashton upon Mersey SALE Cheshire M33 5GA
		E-Mail: Brownies.5aomn@hotmail.co.uk Guides.5aomn@hotmail.co.uk
		Telephone: 0161 275 0700
		Mobile: 07792 07000
		Date:

Supported by BreathChamps CIC: helping children, young people and adults to learn about breathing in fun ways

Dear Doctor or Nurse,

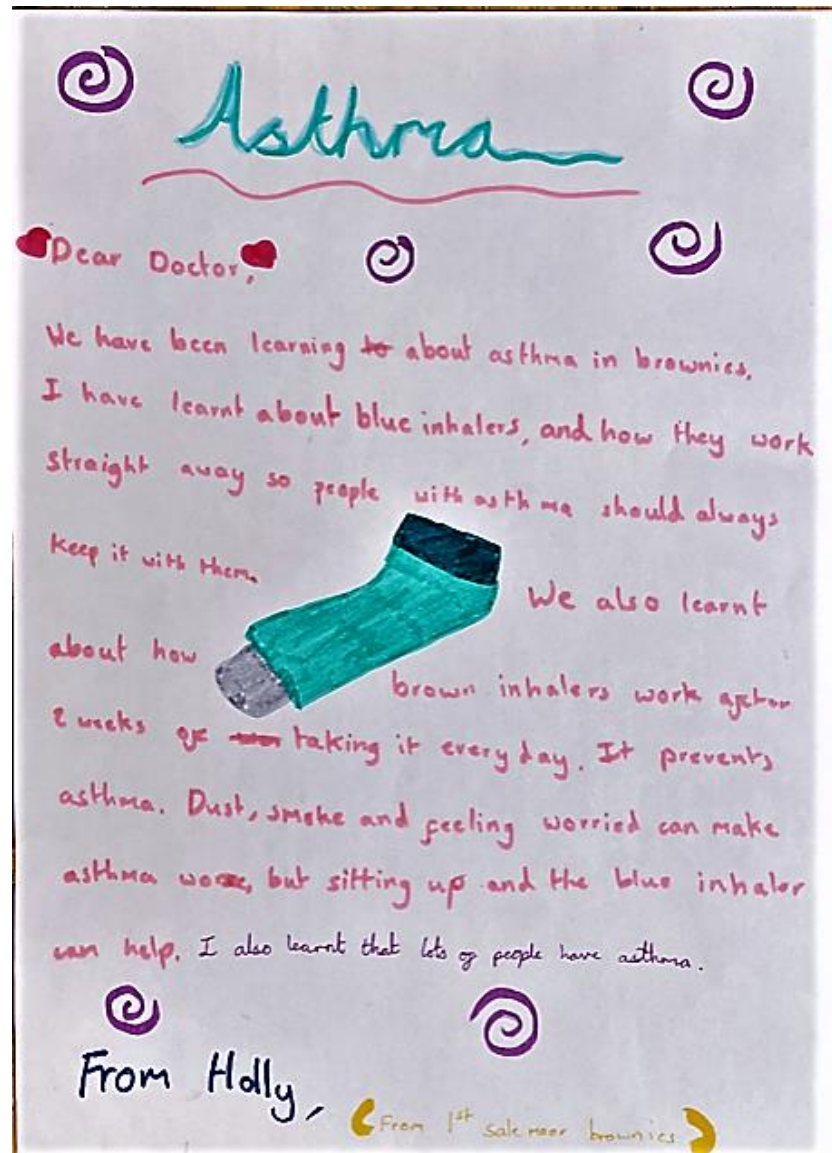
I am writing to you to share what I have learnt during our asthma awareness badge. Over the last three weeks I have learnt a lot about asthma. Firstly I learnt what a blue and brown inhaler does. A blue inhaler is the reliever and you take ten puffs from it during an asthma attack, at one minute intervals. A brown inhaler prevents asthma and it should be taken every morning and night. A brown inhaler works after two weeks of taking it every day.

Secondly, I learnt what you should do if you are having an asthma attack or you are with someone who is having an asthma attack. STEP ONE is to call for help, and ring an ambulance. STEP TWO is to take one puff of your reliever inhaler every 30 to 60 seconds up to a total of 10 puffs. STEP THREE is to wait for the ambulance and stay calm.

The signs to look out for an asthma attack are wheezing, coughing, unable to walk talk or eat easily, or the reliever inhaler is not working.

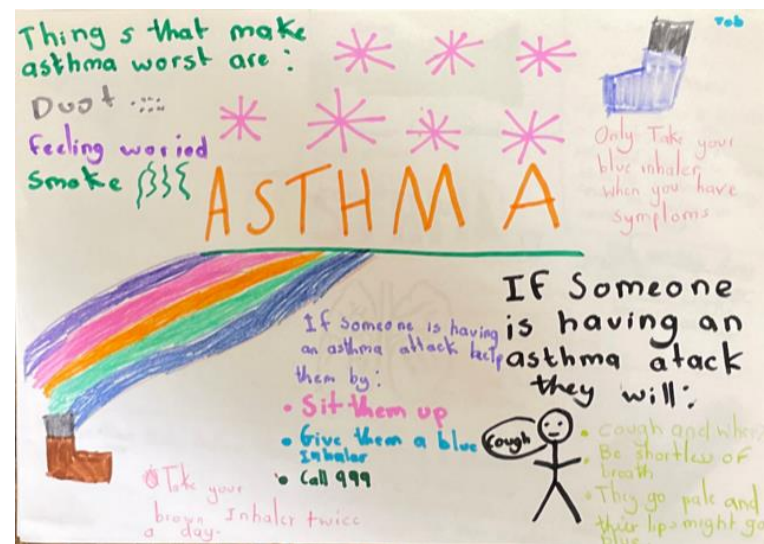
Thank you for your continued support and care.

Yours faithfully,
Amelie



1st Sale Moor Brownies: Letter to a GP and 2 bookmarks to give to a friend with asthma





Bella, from 3rd Sale Moor Brownies, promotes asthma awareness at Sale and District Father's Day Fete, June 2022 (with parental permission).
 5th Ashton on Mersey North Guides make the props for the story The Big Bad Wolf Has Asthma, which are used by 5th Ashton on Mersey North Brownies
 Poster drawn by a Brownie from 1st Sale Moor Brownies.

12. Is there anything that didn't go as expected? Would you do anything differently if you were starting again?

We had to match fund much of the materials against other funds and feel that we needed more than £2,000 for the amount of time spent liaising with leaders, preparing for and delivering activities.

We found that it was harder to persuade Scout leaders to participate. They told us that they preferred outdoor activities so we will consider this going forward as we only have 1 outdoor activity – hunting down trees that make you wheeze. They also told us that doing a badge over 3 weeks was a long time for them. That's why we condensed the badge into 2 weeks for the Scouts – which was a real push for us and the Cubs only did the first aid element. In contrast, the Scouts and Cubs themselves really enjoyed it and got fully involved.

The Brownies in Ashton on Mersey had difficulty completing the quiz as individuals as many were only 7, so in other units we either did a hands up survey or we asked the Brownies to complete the quiz as a team of 2 – pairing an older child with a younger one. This was much better.

Section D: Project Finances

13. Spending

Amount Awarded	£2,000
Amount of grant spent	£2,007
What was the total cost of your project?	£2,169

14. Where applicable, how much of your grant money was spent with other 3rd sector or charitable organisations:

For Room Hire	£0
For Staffing/Worker Costs (e.g. Training, Facilitators, Speakers)	£0
For Equipment Hire	£0

Other	
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15.If you did not spend the full amount of the grant, please tell us how you could use this money to continue your project.

Use of any underspend must be agreed with Trafford Council, though the answer to this question will be considered in any decision-making process.

NA

16.In addition to this Grant, did your project benefit from any other support or assistance financial or otherwise?

☒ Volunteering	☐ Donations	☐ Session Fees
☐ Borrowed Resources	☐ Sponsorship	☐ Preferential Rates on Rooms
☒ Match-funding	Details Matched with the National Lotter Awards for All	
☐ Other Grant Funding	Details	

17.Is this project or activity going to continue after the funding has ended?

☐	We now have the resources to continue running the project
☒	We will apply for further grant funding to continue running the project

- ☐ This project has finished, but the group will continue with other activities
- ☐ We have no plans to run further activities
- ☐ Other

18. What did the people who got involved in your project think? Please provide any quotes from people who participated:

<i>Quote 1:</i> <i>My daughter got involved and she came back an absolute font of knowledge about asthma. Amy Sinacola, parent and nurse.</i>
<i>Quote 2:</i> <i>Really impressed with how much work you've put into making these activities fun. My daughter's asthmatic and those videos would have been so useful when she was diagnosed. Jane Brown, 1st Sale Moor Brownies.</i>
<i>Quote 3:</i>

Section D: Your Experience

19. How positive was your experience of the funding programme overall?

Very positive	x
Fairly positive	
Neither positive or negative	
Fairly negative	
Very negative	

Section E: Declaration

This declaration should be signed by one of the main organisers of the project from your organisation.

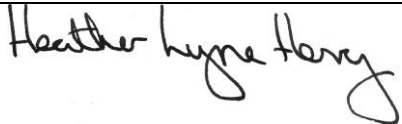
I am authorised and eligible to sign this End of Grant Monitoring Report on behalf of the organisation and declare the information included in this report is true and accurate.

I understand that in the assessment of this report that Trafford Council may share information contained within it with relevant Trafford Council directorates and committees.

Please ensure you include the following when returning this form:

Receipts and invoices for your purchases with the grant funding	x
Photographs and publicity <i>(Please seek permission from the person(s) identified in the photograph or parent/guardian for children)</i>	x
Any other supporting evidence such as surveys, evaluations, video, questionnaires etc.	x
We agree to the use of any photographs or evidence submitted with this document to be used for publicity purposes	x

Full Name:	Heather Lynne Henry
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Signature:	
Date:	03/10/2022

Once completed please return to: Partnerships and Communities Team at neighbourhoodgrants@trafford.gov.uk with the subject line "Trafford Inclusive Neighbourhood Grants 2020 - End of Grant report", along with copies of the required additional documentation listed above.