Pennygate Foundation
Planning Application

Appendices

May 2017

Appendices

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m a t r i x

p l a n n i n g

RTPI
Chartered Town Planner

1. A statement by the Pennygate Foundation April 2017

A Statement by The Pennygate Foundation – April 2017

The Pennygate Foundation was established in line with the Conservative initiative, *The Big Society* Agenda and this agenda was a response to the recession and severe reduction to Health and Social services budgets. These had started to have an effect on the services that people received whilst the demand was increasing.

We are a unique organisation and at the time of our first planning application, despite our needs analysis when we started, we underestimated the numbers that needed support and help. As time has gone on, and people have become aware of our existence, the numbers that we have helped have increased far beyond what was expected, and we have been able to respond to these individuals, all with the individual problems and needs. This has thus required an increase in the space that we work from.

The Pennygate Foundation is a well-established charity (1155986). The mission statement is *'To further or benefit the residents of Spalding and the neighbourhood, without distinction of sex, sexual orientation, race or political, religious or other opinions by associating together the said residents and the local authorities, voluntary and other organisations in a common effort to advance education and to provide facilities in the interests of social welfare for recreation leisure time occupation with the objective of improving the conditions of life for the residents. In furtherance of these objectives, the trustees shall have power to establish a Community Centre for activities promoted by the charity in furtherance of their objectives*.'
Our mission statement allows us to 'enlarge the community of equals' and reach all the individuals with social isolation and vulnerability.

Our organisation is in line with the Health White Paper, 'Healthy Lives, Healthy People', 2010. This paper made it clear that the local government and local communities would be at the heart of improving health and well-being and tackle inequalities in the population.

Local Councils are responsible for many services that affect the conditions in which people live, and these in turn affect the length and quality of people's lives. It is recognised that material well-being is not sufficient without emotional and psychosocial well-being. On the international stage, the UK is at the bottom of the pile on every preventable social problem such as crime, mental ill health, family breakdown, drug abuse and obesity compared to the rest of Europe. The UK ranks ninth out of 13 countries in Europe with regard to the psychosocial well-being of our children. This was the evidence, together with the Health & Social budget cuts, that indicated the real need for an organisation such as The Pennygate Foundation to be established in close proximity to a Medical Health Centre.

In Lincolnshire, as a response to the above, they have a 5 year Sustainability and Transformation plan to implement government policy across Well-Being, Health and Social Care, community regeneration and social inclusion. The aim is to close the gap in Health and Well-Being in Lincolnshire. The ownership of this plan lies with many organisations including the Clinical Commissioning Groups, Local Councils, Public Health and Mental Health to name a few. The Pennygate Foundation is unique as it allows all of these organisations to evidence that their communities are benefitting in a way that is aligned to their 5 year plan.

The National Institute for Health and Care excellence (NICE) has released a standard (December 2015) to call for vulnerable older people to be offered activities such as befriending programmes to prevent loneliness. It advises that councils, housing organisations and voluntary sector should ensure that those at risk for the access to programs to help maintain socialising

for the sake of health and independence. It recognised that improving the mental well-being of older people through community activity may reduce, delay or prevent their use of Health and Social Care Services. The Pennygate Foundation complies with implementing this essential national guidance.

The Pennygate Foundation Services are cost effective to the local government, as we don't receive any grants. We are helping people with mental health problems, housing problems, education, debt, disability, loneliness, learning difficulties, cancer, Parkinson's disease, Motor neurone disease, and so on, across all ages. This leads to a reduction in inappropriate general practice appointments and reduction in attendances at hospitals.

Outside agencies have recognised our value:

- We have had recognition from the Care Quality Commission (CQC) for the work that we are doing in this unique way and were given 'outstanding status' for this.

- We have had the 'Pride of South Holland' awards for two years in recognition of our community project.

- Our project for the homeless was in the media nationwide.

- Many local firms and organisations have become aware of the work that we do and offered a support. For example, the Rotary Club, the Chamber of Commers, Norwich & Peterborough building society, Santander, Tesco, the Freemasons and the Police Commissioner.

- We have had longstanding support from a few local Councillors.

- We were the nominated charity for our local Sainsbury's for 2 years running.

- The South Lincolnshire Clinical Commissioning Group is also very supportive of our work.

In conclusion, we need to be available when other services are not existent or work 9 am to 4 pm. Health problems and crisis do not work to time of day and can occur in individual lives at all times of the day.

Pennygate Catering

This is an Unincorporated Association as set up by the government to facilitate working together in communities. Latest update in February 2017 confirms that a group of people can come together for a reason other than to make a profit. Unincorporated associations do not need to register nor do they cost anything to set up.
Food provided in the Health and Well-being Centre is under the umbrella of Pennygate Catering. This prepares meals on wheels, all subsidised meals, outside subsidised catering for individuals in need e.g. Wake, family visits to disabled households, parties for children of impoverished background, special diets for persons recently discharged from hospital, healthy eating for obesity children and adults, etc.

Evolution of The Pennygate Foundation

This started in the front room, mainly with fish and chips.
It grew into a café but we had Christmas carols and a gifted child that played the violin in the first year. However, there was no disabled access and we were turning away people with disabilities. There were no complaints of noise.

First children's Christmas party, 40 children attended with their parents, with a mixture of migrant families as well as English families. There was no cost to the individuals attending and they were given free gifts and food. It allowed different migrant communities to fully integrate with one another.

First Christmas dinner, on Christmas day, 25 people attended of which 20 were free meals.
Second Christmas dinner, on Christmas day, 75 people attended, 45 were free meals
Third Christmas dinner, on Christmas day, 120 people attended, 68 free meals. This year highlighted that a large disabled sitting area was needed and toilets that were suitable for disabled users. We would be breaching equality and diversity laws if this was not addressed.

Fourth Christmas dinner, on Christmas day, 180 people attended with 92 free meals.
Every year there have been meals on wheels that have been taken out to housebound individuals for Christmas.

We have had a fundraising event on Burns night for the last three years, with 30 people attending, 7.00 pm- 9.30 pm, where they have been bagpipes playing and there has never been a single complaint of noise or parking. These fundraising meals are partly subsidised meals and an opportunity to integrate younger able-bodied people with the socially isolated elderly individuals. These events are well attended as they are inexpensive.

Various events have been held at The Pennygate Foundation which include

1. Budget cooking
2. Healthy cooking- Both these are NHS six-week courses, provided by South Holland district Council, free to those who attend between 7.00 pm – 9.00 pm
3. Meditation : this has been weekly, with 20 + individuals with no complaints
4. Master gardeners provided by the South Holland district Council to encourage gardening in the community

5. Riverbank cleansing organised by councillors Angela Newton and Jack McLean, with the local scouts, 25+ individuals
6. Community surgeries for Cllr Graham dark and councillor Angela Newton have been facilitated at the centre to meet with parishioners.
7. Disability/depression in mental health individuals: South Holland district Council and councillor Jack McLean, 12 individuals, with no complaints.
8. 76 adults, including teenagers, attended for an education evening on self-harm. There was no noise or parking complaints 7.30- 9.30 p.m.
9. 39 adults to exercise with music/keep fit weekly, again no complaints of noise or parking
10. 15 adults for COPD/asthma exercise to music 7.00 pm to 8:30 pm, again no noise or parking complaints
11. 60 National Citizens Service teenagers volunteering for the last four years in the summer 10.00 am to 4.00 pm, again no complaints
12. Children's/teenagers free Tea and lunchbox club for children of socially deprived backgrounds
13. Help with reading and homework on Monday 4.00 pm- 6.00 pm,18 individuals
14. Young carers: help with homework and schoolwork to A level. Monday 6.00 pm- 8.00 pm
15. Young person self-harm group: Tuesday 4.00 pm to 6:30 pm, tea provided after-school.
16. Debt/domestic violence/relationship issues ETC any time Monday to Friday evening after work
17. 15 people in the mental health group (any time and in crisis) Wednesday 7.00 pm-9.00 pm ,after work
18. Alcohol support group , either retired people or people after work, Thursday 7.00 pm – 9.00 pm, support to reduce excess social drinking

2. Summary of services provided

PENNYGATE FOUNDATION
COMMUNITY HEALTH AND WELLBEING CENTRE

SUMMARY OF OTHER SERVICES PROVIDED

FROM JANUARY 2017 – APRIL 2017

Services Provided	Description	Contacts and Comments
Advice, Counselling, Emotional Support and Practical help **Total 23**	• Bereavement • Cyber & School bullying • McKensies Friend: for people with no Legal Aid • Racial hate • Substance abuse	**Contact with** Courts Police
Mental Health **Total 57** **Other Health Issues** **Total 44**	• **Mental Health** Anxiety, Depression Self-harm, • **Other Health Issues:** Brain tumour, Cancer, Dementia, M/S, Obesity Parkinsons	Contact with Parkinsons Society
Form Filling **Total 158**	• Attendance Allowance • Bereavement • Court Orders • CVs and Job Applications • Debt • PIPs - Personal Independence Payments • Right to Stay/Residency • Self-Assessment Divorce • Utility Changes	**Contact with** Anglian Water Courts Department of Work and Pensions Energy providers EU Embassy Funeral Directors Home Office Job Centre Registrars
Money Matters Advice, Emotional & Practical Support **Total 117**	• Credit Cards • Debt • Income Tax issues • Sanctioned (DWP)	**Contact with** Department of Work and Pensions Landlords Tax Office **Meals and Food parcels provided to families in need**
Domestic Abuse **Total 33**	• Physical abuse of women	**Contact with** Police
Personal Relations Problems and Drink Issues **Total 16**		Alcoholics Anonymous **Meals and Food parcels provided to families in need**
Homelessness, Housing, Eviction and Debt **Total 18**		**Contact with** Landlords, Bed & Breakfasts **Meals, Food parcels and clothing provided**

3. User survey

PENNYGATE FOUNDATION
COMMUNITY HEALTH AND WELLBEING CENTRE

SUMMARY OF 99 QUESTIONNAIRES – JANUARY/FEBRUARY 2017

1. WHY DO YOU USE THE FOUNDATION?

Loneliness	28
Meet new People	34
Have a listening ear	34
Support for depression	25
Support for anxiety	20
Affordable home cooked subsidised meals	61
Social environment	28
Crafts	7
Help and advice	19
Help with CV and job applications	6
Education	8

2. HOW OFTEN DO YOU USE THE FOUNDATION?

Daily	17
Weekly	26
Monthly	20
Sometimes	33
Often	3
TOTAL	**99**

3. HOW DO YOU FIND THE ENVIRONMENT AT THE FOUNDATION?

Homely	52
Friendly	74
Non-judgemental	34
Welcoming	65
Supportive	48
Unhelpful	0
Unfriendly	0

4. WERE YOUR NEEDS ADDRESSED?

Fully	76
Satisfactory	23
Not addressed	0
Partially addressed	0
Unsatisfactory	0

5. WOULD YOU RECOMMEND THE FOUNDATION TO:

Friends	79
Family	60
Other Community Members	76

PENNYGATE FOUNDATION
COMMUNITY HEALTH AND WELLBEING CENTRE

SUMMARY OF 70 QUESTIONNAIRES – MARCH/APRIL 2017

1. WHY DO YOU USE THE FOUNDATION?

Loneliness	21
Meet new People	22
Have a listening ear	16
Support for depression	27
Support for anxiety	15
Affordable home cooked subsidised meals	49
Social environment	23
Crafts	7
Help and advice	17
Help with CV and job applications	12
Education	13

2. HOW OFTEN DO YOU USE THE FOUNDATION?

Daily	13
Weekly	19
Monthly	6
Sometimes	32
TOTAL	**70**

3. HOW DO YOU FIND THE ENVIRONMENT AT THE FOUNDATION?

Homely	27
Friendly	44
Non-judgemental	22
Welcoming	46
Supportive	40
Unhelpful	0
Unfriendly	0

4. WERE YOUR NEEDS ADDRESSED?

Fully	63
Satisfactory	7
Not addressed	0
Partially addressed	0
Unsatisfactory	0

5. WOULD YOU RECOMMEND THE FOUNDATION TO:

Friends	47
Family	28
Other Community Members	54

4. Referrals to and from the Foundation, and agencies contacted

REFERRALS TO AND FROM

PENNYGATE FOUNDATION
COMMUNITY AND WELLBEING CENTRE

BRITISH LEGION	JOB CENTRE
BRITISH RED CROSS	LOCAL CHURCHES
CITIZENS ADVICE BUREAU	M/S SOCIETY
CHILD POVERTY ACTION	MACMILLAN
CHILDREN'S CENTRE	PARKINSON SOCIETY
COMMUNITY COLLEGE	PENNYGATE PATIENTS LINK
COMMUNITY VOLUNTARY SERVICE	RESTORATIVE JUSTICE
FRAMEWORK	WOMEN'S AID
HOME START	

AGENCIES CONTACTED BY

PENNYGATE FOUNDATION
COMMUNITY AND WELLBEING CENTRE

ALCOHOLICS ANONYMOUS	DEPARTMENT OF WORK AND PENSIONS
A.L.NON (ALCOHOLICS – FAMILIES)	DEPT. IMMIGRATION.GOV
AD ACTION (DRUG AND ALCOHOL ABUSE)	EAST MIDLANDS AMBULANCE SERVICE (COMPLAINTS)
ACAS	EAST LINDSEY DISTRICT COUNCIL
AGE UK	EON
ANGLIAN WATER	EU EMBASSIES
BOSTON COURT	GOV UK
BRITISH GAS	HELP FOR HEROES
CALL CONNECT	HM REVENUE AND CUSTOMS
CHILDLINE	HOME OFFICE
COMMUNITY HEALTH SERVICE	JOHN HAYES MP
COMBAT STRESS	LINCOLN COURT
COMMUNITY LINK	LOCAL COUNCILLORS
CRISIS TEAM	MARIE CURIE
DEMENTIA SOCIETY	NATIONAL CITIZENS SERVICE

AGENCIES CONTACTED BY

PENNYGATE FOUNDATION
COMMUNITY AND WELLBEING CENTRE

CONTINUED

OFFICE OF COMMUNITY GOV	SOUTH-EAST ELECTRICITY
INDEPENDENT POLICE COMPLAINTS COMMISSION	SENSE
PETERBOROUGH RAPE CRISIS	SHELTER
PRIME MINISTER'S OFFICE	SOCIAL SERVICES
RAF BENEVOLENT	SOUTH HOLLAND DISTRICT COUNCIL
RNIB	ST BARNABAS
SAFEGUARDING	TOTAL VOICE
SSAFA (THE ARMED FORCES CHARITY)	TRADING STANDARDS
SALVATION ARMY	TRUSSEL TRUST
SAMARITANS	VICTIM SUPPORT

5. Summary of the new vision for health care in the Lincolnshire Area

Lincolnshire Health and Care
Shaping services to meet your needs into the future

Lincolnshire System Executive Team

Vision for the Lincolnshire Sustainability and Transformation Plan

The aim is to achieve really good health for the people of Lincolnshire with support from an excellent and accessible health and care service delivered within our financial allocation.

The challenge

The challenge for the Lincolnshire Health and Care system is well set out in the 'Lincolnshire Health and Care Case for Change' dated 24th June 2016. The key components of the challenge are described below:

- Our current model doesn't always deliver high quality, safe services – despite best efforts we often struggle to deliver the quality of care that we would be proud of
- Demand for our services is increasing because of our population profile (an ageing population, many with long term conditions and multiple needs)
- We can't get the skilled workforce to sustain the services - that's not just about money, it's about national shortages of key staff and about Lincolnshire not always being seen as an attractive place to work – the result is that we rely on expensive temporary staff or have unfilled vacancies which puts a huge strain on existing staff
- We can't afford to sustain what is an outdated system of care – there is too much demand on our hospital system which is over £60m in deficit. We need to rebalance the system and treat people before they reach crisis point
- Too often too many people are travelling too far for care at a hospital site which could be provided closer to home at facilities such as a GP surgery or a community hospital
- We are not smart at joining up services – users of multiple services, who are often our most vulnerable residents, end up with a fragmented, and often poor, service. This is a poor use of staff time and leads to a duplication of work.

Our service vision

To overcome the gaps in Health and Wellbeing, Care and Quality, and Finance and Efficiency, our vision is for

- More focus and resources targeted at keeping people well and healthy for longer; we will give them the tools, information and support within their community to make healthy lifestyle choices and take more control over their own care. This will improve quality of life for people who live with health conditions and reduce the numbers of people dying early from diseases that can be prevented.
- A change in the relationship between individuals and the care system, with a move to greater personal responsibility for health; more people will use personal budgets for health and care.
- A radically different model of care, moving care from acute hospital settings to neighbourhood teams in the community, closer to home for patients; Services will be joined up for physical and mental health and for health and social care, with barriers removed so that people can access support from their communities and from a range of professionals to live well.
- Support to neighbourhood teams by a network of small community hospital facilities which will include an urgent care centre, diagnostic support such as x-rays and tests, outpatient facilities and a limited number of beds
- A small number of specialised mental health inpatient facilities to give expert support to neighbourhood teams and community hospitals
- A smaller but more resilient acute hospital sector providing emergency and planned care incorporating a specialist emergency centre; specialist services for heart, stroke, trauma, maternity and children; Hospital doctors who are specialists will support neighbourhood teams and community facilities, to provide expert advice.

- A major reduction in referrals to acute hospitals, with a simplified journey for patients with specific diseases, based on what works well; there will be clear referral thresholds and access criteria; improved community based services; fewer people travelling out of county for care; and some services which do not deliver good results for patients will be stopped.
- High quality services where NHS constitutional standards are met; all services are rated as good or outstanding; environments meet patient expectations; and permanent staff are the norm.

Our governance vision

To support our service vision a radically different governance and organisational structure will be required. We anticipate that in time this will extend across the whole of Greater Lincolnshire. The components will be

- Neighbourhood Teams as the initial building block providing services to a geographically based population of between 30,000 and 50,000 people and linking a GP Federation with other primary care professionals, prevention services, community health services, community mental health services, pharmacy, therapies and social care. Community involvement will be essential. They will have lead clinicians and managers.
- A small number of Multispecialty Community Providers each coordinating four to seven Neighbourhood Teams and commissioning care within a strategic context
- A more efficient way of working which reduces transaction costs and overheads
- An acute hospital sector with links to a number of larger specialist hospitals out of county
- A more integrated strategic commissioning arrangement for health and social care with appropriate clinical support and advisory arrangements
- An ongoing commitment to work with patients and the public to design and provide the services they need

How will it be different for patients?

In the future residents of Lincolnshire will take more responsibility for their own health, both in managing long term conditions and in making healthy lifestyle choices to keep fit and well. They will be able to access their records via the Care Portal to assist them with caring for themselves if they have self-limiting or long-term conditions. They will know who their GP is but are likely to have initial consultations with a range of primary care and community based health and care staff, often via phone or using telemedicine. They will find they don't need to explain their health and care issues in detail more than once. For ongoing health and care issues, their main contact may well be their GP. They can expect that most diagnostic tests and specialist consultations will be undertaken locally. If they need specialist emergency or planned care, they may need to travel to an acute hospital but will be able to return to their own community very quickly. They will find that all those caring for them are well trained and motivated, working effectively with their colleagues, and that their care is delivered in comfortable surroundings. They will be able to access the right service first time and will consistently receive good quality, safe care wherever they live in the county.

The staff perspective

Lincolnshire will be a great place to work, a place where staff feel valued and empowered to carry out their roles. Staff will have a clear understanding of their own role and skills and where these fit in with others across the health and social care setting, enabling them to work seamlessly with their colleagues. They will work in pleasant environments, mostly in community settings, free of the frustrations from IT systems and unreasonable work load expectations. They will have a good work life balance and their job roles will be varied and exciting with greater opportunities for development.

6. Pennygate's role as crisis management centre as partner to SHDC

The Pennygate Foundation - Updated at April 2017

MAJOR EMERGENCY PLAN FOR THE PENNYGATE FOUNDATION 2017-2019

Disasters can occur anywhere, at any time. The location, scale and severity will be unpredictable. This plan is essential to the local community in the event of an emergency and maps out the response of The Pennygate Foundation to a major emergency. The Government has concluded that the prime responsibility for handling disasters should remain at a local level, where the resource, expertise and local knowledge can be found.

Potential Hazards/emergencies may relate to fire, explosives, chemical spills, severe weather, derailment, burst water main, bus crash, terrorist incident, flu epidemic, incident at Power Station, etc.

The Pennygate Foundation is ideally suited to be a focus for the local community as there is shelter, food, warm clothes, help and support. There is Wifi, a landline, mobile phones, a walkie talkie and ample parking. It will work alongside the South Holland District Council as they currently do not have a centre such as The Pennygate Foundation at their disposal. There will be co-ordination with the acute medical services, the Police, Fire and Ambulance services.

Potentially, every volunteer will have a role during a major emergency and could be asked to undertake various tasks as part of the response. There will be an emergency pack at all times which will include a radio, first aid kit, torch, paper and pens, contact list, etc.

Cascade for information:
Emergency incident identified----------> Brenda/Dr Nathu informed--------> Key holders will receive a call that an incident has occurred will open the centre and call together all volunteers to support the need--------> The centre will be risk assessed for any damage to the centre such as power loss, communication loss, utilities crisis, and if affected, will endeavour to find alternatives such as bottled water, generator for power------->The incident manager will then lead the management.

Role of Incident manager, Brenda:

1)Make decisions with Dr Nathu and inform external organisations of the direct contact telephone number at The Pennygate Foundation.

2) Put notices on main gate and door, indicating that this is the local emergency centre and ensure that the telephone line also clearly indicates to the caller that they have rung the emergency centre for the incident.

3) Risk assess volunteers and victims, and liaise with Senior Officers appointed for the crisis and take their view on the risk assessment carried out.

4)Ensure media briefings are all directed to South Holland District Council so that these are consistent ,coordinated and accurate.

5)Delegate tasks to the volunteers regarding food, rest, shelter, clothing etc.

6)Arrange a rota of volunteers .

7) Keep a secure log of any victims and with Dr Nathu identify individual needs and where needed, liaise with South Holland District Council for temporary accommodation or re- housing.

8) Identify vulnerable individuals.

9)If Spalding is grid locked, assist with any that need air lifting to hospitals ,as these may need ambulance transfer to the Monks House Playing field for onward helicopter transfer.

10) Liaise with South Holland District Council and all other acute services regarding progress and eventually stand down when advised that crisis is over.

end

7. User testimonies and local press coverage

RESTORATIVE SOLUTIONS
reducing harm, resolving conflict

c/o Criminal Justice Department
Lincolnshire Police Headquarters
PO Box 999
Lincoln LN5 7PH

11th April 2017

Dear Sir or Madam,

My team work in partnership with the Police and Crime Commissioner and Lincolnshire Police to support people affected by crime, conflict and anti-social behaviour through restorative practices. We facilitate restorative justice conferences at various locations across the county and have been using Pennygate for over a year.

Due to the nature of our work, we often need to book Pennygate at very short notice. Brenda is always very accommodating and her flexibility and discretion is greatly appreciated. We also appreciate that we are able to use the venue without charge.

The use of Pennygate is of great benefit as we are able to facilitate restorative sessions in a private setting which is vital for those affected and involved in harmful incidents. We do hope Pennygate remains open, as if it were to close it would have a great impact on our ability to hold Restorative Justice conferences in the Spalding area.

Yours sincerely,

Suzanne McLardy
Restorative Justice Service Delivery Manager-Lincolnshire

01522 947084



22 Grebe Close
Sutton Bridge
Lincolnshire
PE12 9RY

11th May 2017

Brenda Wickham
Pennygate Foundation
204 Pennygate,
Spalding,
Lincolnshire
PE11 1LT

Dear Brenda,

I am writing to commend you and your volunteers for the work you carry out at the Pennygate Foundation. With the local Authority and the Government having savagely cut back social services in the community, The Foundation has stepped in and provided a “life line” for many.

The Pennygate Patient Link has used your facilities for meetings and afternoon teas as a thank you to our shop volunteers and on each occasion we have been delighted by the welcome and the high quality of catering.

As you are aware we at the Patients Link have provided financial help for individuals in the community as there have been no other funds available.

Again a big THANK YOU for the range of activities and services the Foundation offers the community.

Best wishes,

Phil Scarlett
Chair

Brian Stevens

231 Bourne Road,

Pode Hole,

Spalding

PE11 3LW

19th March 2017

Dear Sir/Madam,

I am writing on behalf of the Listening Ear, which is run at The Pennygate Foundation. We are all victims of mental health issues and we are a support group for each other. Most, but not all of the group, are in full-time employment and for those that are working, it would be difficult to access another facility or group after work hours. Added to this, if anyone has a crisis or a problem or an issue, the Centre is always there to talk through and support us. We only have to walk through the door and we are seen straightaway, regardless of the time. It is often impossible to access crisis team or community psychiatry nurse (CPN) or counselling services, where appointments cause delays and often do not fit in with our work schedules. The help we all receive at The Pennygate Foundation is non-judgemental. We are never judged. We are listened to, which helps a great deal with mental health issues. Small issues if they are not talked through or support given, we all know, through bitter experience, become massive mountains which we are often unable to climb, and sink back into depression and self-harm. We all feel that the service we get from The Pennygate Foundation is second to none and instead of possibly closing this one, there should be many more opening.

Yours fearfully,

Brian Stevens

231 Bourne Road,

Pode Hole,

Spalding

PE11 3LW

Mrs V. Jeffrey

1 Heren Place

Spalding,

Lincolnshire

PE11 3LB

13th March 2017

Dear Sir,

I have been attending the Craft session and the Knit and Natter group at the Pennygate Foundation with my friends who I have met there over the years. We enjoy our Craft and knitting circle. We have a cup of tea and one of Brenda's splendid cakes. It is an afternoon of laughter and happiness. Even those of us who will arrive feeling a little down and we are of all ages, or a bit fed up with our young families, the atmosphere in the laughter soon has us feeling heaps better. Some of the group by young people with learning difficulties, who the all the members are teaching to knit, crocheting, make cards and do crafts. In the holidays, members of the group can bring their children and we all have our really jolly afternoon. We would be sad and upset to use this facility. No charge is made, even for the tea and cake so it is accessible to everyone without worrying about cost. Please save up Craft knit and natter group.

On behalf of the group,

Mrs V. Jeffrey

1 Heren Place

Spalding,

Lincolnshire

PE11 3LB

15th February 2017

To whom it may concern,

I am a qualified Yoga and Mindfulness trainer/teacher and I run Laughing Yoga and Mindfulness sessions at The Pennygate Foundation. The community benefit greatly from these sessions and the uptake and group size grows each month. My clients and myself feel that if the Centre was to close, the mental health benefit that they receive will be a retrograde step in their mental health issues which have greatly improved. The Centre makes no charge to me or my clients and they are always welcoming friendly and helpful, serving us with tea and coffees. As people's depression improves, clients will often have a meal after our sessions, to interact in a group situation, which they would not do before. I wish there were more centres like The Pennygate Foundation because they make a difference to people's lives.

Yours sincerely,

Lynne
(name and contact available from Brenda if required)

Dr Nathu
The Pennygate Foundation
204 penny Gate
Spalding
Lincs
P11 1LT

15 February 2017

Dear Dr Nathu,

As a patient and friend of yourself since the practice started, I have been supporting your practice with regard to any minor maintenance jobs. I can confirm that when you established the penny get foundation, and were concerned about the state of the building as it had been left derelict, and its effect on the neighbourhood, I was asked to be involved and for my help.

The premises had not been maintained at any time since the housing was built as there was an elderly spinster who kept many cats living in the property. The garden gate had been broken, the garage was rotten and barely standing, being near to collapse. The trees were well established but had never been looked after, and so had low growing branches, which would have injured anyone trying to walk through the overgrown garden with Reid's that were waist high. There were broken and uneven slabs that will crumble around the garden area, and there was glass and rubbish throughout the dense vegetation, including thick bramble, poisonous Ivy, wild thorny roses, St John's wort.

My first concern was a lean to conservatory with broken glass, and a door that would have shattered in trying to open it. This was in a bad state of repair and within this lean to, there were some cushions and men's clothes with signs that it had been useful shelter. In the old called shared there were dustbins that had never been emptied, bottles of during and signs of syringes and needles.

The house was in a poor state, with no heating ventilation and serious damp in every room, rising upwards, as well as coming down the wall, from outside. The floor boards and joists were rotten. The bedrooms had beer cans, syringes, needles and a couple of sleeping bags. Water had got into the ceilings upstairs because of missing tiles on the roof and the chimney was crumbling away and needed urgent attention for safety as it was leaning to one side. The boiler had not been service, the electric circuits in the house dated to the time that the house had been built, and there were signs of sockets that had discolouration around them as they had been short-circuited at some point. The house was in a poor state with no heating ventilation and serious damp.

I was responsible for the early work inside and outside the premises. The sewers and the mains water had to be replaced and the chimney had to be repaired by a specialist builder. The roof was attended to by a roof specialist. A gate was put on in order to secure the premises in order that no one was hurt , especially teenagers, who seem to like hiding in the garden area, and the homeless who had sneaked into the house.

I worked long hours in trying to address the health and safety issues of this property urgently in order that the local need for use of premises could be met as soon as possible. I commend the penny get foundation, to have changed this derelict site into an exceptional facility for the local community, engaging with people of all ages who are in need of support or a listening ear.

Best wishes

Dave Edgington

Mr Edwin West

11 Quaker Lane

Spalding

Lincolnshire

PE11 1ND

22nd March 2017

Dear Sir/Madam,

Myself and my late wife have used The Pennygate Foundation since it opened. My late wife developed dementia and without the Centre, I would have found it very hard to cope. We were married for 70 years. At the Centre, she was always treated with care and dignity. She was never made to feel that her odd behaviour or symptoms of dementia were ever a problem. Unfortunately, my wife passed away and at 91 years, I am now alone. I miss her dreadfully but at the Centre, the people talk to me about her and it helps me in my grief and loneliness, of life without her. You cannot imagine the support and comfort the Centre gives to people like myself and my late wife. Long may they continue and succeed.

Yours sincerely,

Ted

Mr Edwin West

11 Quaker Lane

Spalding

Lincolnshire

PE11 1ND

2 Thames Road

Spalding

Lincolnshire

PE11 2 JP

1st April 2017

To the Planners,

I have derived a great deal of help and comfort after the death of my son, from being at the Centre. No mother ever thinks that she will outlive her children and I found that very difficult to deal with. My health was deteriorating rapidly and I was suffering with deep depression. I neither wanted to go out nor see anyone, but agreed to go to the centre for a cup of coffee and cake, for a short while. However, that short while has been a blessing for me. I have since been going to the Centre regularly ever since. I meet all kinds of people there and do all sorts of activities and I have no idea what I will do if it closes.

Yours faithfully,

J. Quinton (Mrs)

2, Thames Road

Spalding

Lincolnshire

PE11 2 JP

R J Chattell (Mrs)
[redacted]
Moulton Chapel
Spalding
Lincs PE12 0XF
[redacted]

8th April 2017

TO WHOM IT MAY CONCERN

Ref: ***The Pennygate Foundation 204 Pennygate Spalding***

I wish to comment very strongly in support of the Foundation/Drop inn on Pennygate. This was begun with the sole intention of doing good and helping those who needed support and company in their day-to-day lives. Anyone calling in can be sure of a welcome and a kind word, a hot drink or a meal.

It is run solely by volunteers – even those who cook and obtain and prepare the ingredients for the meals. Meals are also delivered when necessary to those unable to get out and about. The Foundation is currently struggling and they have had to recently reduce the number of days they can provide the meals and therefore the required assistance.

Please look kindly on their application to planning as all their efforts and plans are designed absolutely to aid provision of services to those in need.

The people who work there give up their time willingly and work very hard to keep this very welcome service available to the Community.

I, myself, since being left on my own after the death of my husband, have spent many hours there and welcome the company this afforded me, helping me to cope with my loss.

Once again, I ask that you look kindly on their application.

Thank you.

Yours faithfully

[redacted]

R J Chattell

Hi Jasmine,

Very sorry for the delay. I have a few words here on my uses for the Pennygate Foundation in the past couple of years. It goes without saying..

It's always a pleasure to hold events or meetings at the Pennygate Foundation. Our needs our met whether it's a coffee morning, ward surgery, volunteer's lunch or formal meeting. The most noteworthy success would be the formation of the Riverside forum. That work has led to partnerships between various authorities and local environmental experts. The Pennygate Foundation also hosted a lunch for volunteers of the biggest town clean up day in recent years. Whilst it only scratches the surface of my positive experiences working with the Pennygate Foundation for the community, events likes these would have been far more difficult without the effort and approach that is offered to us.

All the best,
Jack McLean

[redacted]

[redacted]e, Pinchbeck, Spalding, [redacted]

24th March 2016

Dear Brenda,

I write in support of the Pennygate Foundation. I have used the foundation over the last 3 years. It has been useful to have volunteers who will listen to any problems or give advice over coffee or a meal. I have witnessed many elderly people who attend regularly who are able to socialise with no time barriers and find the meals subsidised and healthy. There is always laughter and communication across the tables, so people attending get to know each other and are able to form long-term friendships. On some occasions, I have been able to take my granddaughter and again there is always a big welcome for young faces and a chance to learn about volunteering and helping the aged.

For families in need, or individuals in need of items for the house or food parcels, I have previously been happy to deliver on behalf of the foundation. I wish them every success and long may they go on,

Kind Regards,



Bill Abrams

8th February 2017

Dear Sir,

The Pennygate Foundation has been a life line for me and my late husband. We first went to the Foundation three years ago, having moved into the area and were finding it difficult to make friends because of my husband's ill health and mobility problems. The Foundation was very supportive and helped me a great deal both, before my husband died and helping me with the formalities that have to be done when a person passes away. I was unable to cope with this as my husband handled all our affairs. Now, my own health has rapidly deteriorated and I can no longer get to the Centre or be picked up by the Foundation bus. I am very grateful to be in receipt of their wonderful meals on wheels service. I also have help for shopping if needed as I have no children or relatives to help me. Please don't close the Centre as I have no idea how I would cope. They are all very kind and friendly and nothing is too much trouble.

Yours sincerely,

mrs d.p

(name and address available)

Mrs Tina Warrington

Monks house nurseries,

Monks House Lane,

Spalding,

Lincolnshire

PE11 3 LH

11th March 2017

Dear Sir,

I am a volunteer at The Pennygate Foundation and thoroughly enjoy my time there, working with a team of other volunteers, some of whom, like myself were shy, suffering ill health because of social isolation when the family were at work. Living rurally, the days were very long and lonely, waiting for my husband to come home from the farm. Now I have a reason to get up in the morning, go to the Pennygate foundation, where I have grown in confidence, take responsibility and have learned skills that are useful. I, and everyone who knows me, say that I'm a different person now, more outgoing and confident. I have a great time and a good laugh at the Centre as well as meeting and helping people, and making a difference to their lives.

Yours Sincerely,

Mrs Tina Warrington

Monks house nurseries,

Monks House Lane,

Spalding,

Lincolnshire

PE11 3 LH

Spalding Round Table's wheely fantastic gift to Pennygate Foundation



Table chairman Sam Nundy hands keys to the minibus to one of the charity's founders, Brenda Wickham. SG171015-159TW

Published: 16:00 Sunday 01 November 2015

Spalding Round Table has given a £9,500 Vauxhall Vivaro minibus to The Pennygate Foundation to help its community work.

1 comments

HAVE YOUR SAY

Table ways and means officer Jason Parnell said the foundation originally made a small request – for around £3,000 – but his organisation decided the charity needed something better and, after discussion, opted for the Vivaro which seats nine.

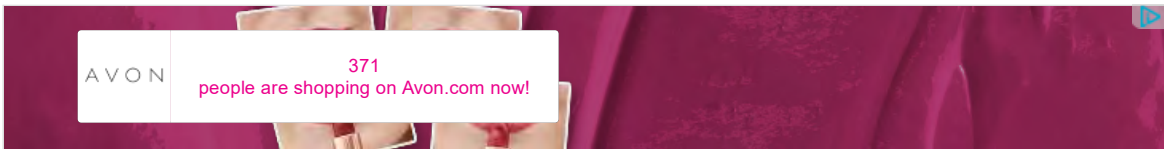
He said: "I think Pennygate Foundation do a fantastic job, they do something that's good for the community and it was a privilege for us guys to give something back to the community."

Pennygate Foundation was set up by Brenda Wickham with Dr Azeema Nathu to help all kinds of people with all kinds of difficulties.

Foundation centre users may be elderly and not eating well at home, lonely, bereaved or in need of help and advice.

Services offered at the charity's premises include a restaurant, alternative therapies and a mother and toddler group.

Mr Parnell said volunteers have been using their own cars to support the charity's work, bringing people to and from the centre, and the Vivaro will make a big difference. Tablers raised the bulk of the cash from a boxing event earlier this year.



Teenagers in push for Pennygate charity at Spalding pub



The Punchbowl, New Road, Spalding, where NCS students will be selling tea, coffee and cakes to raise money for The Pennygate Foundation, helped by Pete Williams and Spider Man (Enya Szokalska). Photo by Tim Wilson.

Published: 19:17 Wednesday 17 August 2016

A popular Spalding pub is throwing its doors open to a group of young people today so they can raise money for a town charity.

0 comments

HAVE YOUR SAY

Teenagers taking part in the National Citizen Service (NCS) programme are selling tea, coffee can cakes at The Punchbowl in New Road to support the Pennygate Foundation

The youngsters, all aged between 16 and 17, have spent the past two weeks on an adventure holiday and at Nottingham University, learning leadership, communication and team building skills.

NCS student Payal Khunti (16), of Sutton Bridge, said: “The Pennygate Foundation has links with a surgery and charity shop in Spalding, so we wanted to get involved in it.

“We’ll be helping out at the charity shop next week.”

THE SPALDING & SOUTH HOLLAND VOICE



At last Monday's Laughter Yoga session are (from left) Marie Hurst, Donna Halfteck, coach Linda Nightingale, Gillian Hornsby and Linda Edwards.

Laughter Yoga: Go on, let yourself go a little more

in Community, Events 18/01/2017

Who doesn't need more laughter in their lives? It's supposed to be the best medicine (except maybe for those recovering from abdominal surgery!)
On Blue Monday – the January day deemed by some to be the most depressing of the year – we decided to try out a Laughter Yoga session in Spalding. Here's Louise Chapman's take…

Laughter yoga felt a bit like toddler group without the toddlers. It was ridiculous, silly, uncomfortable at times, and, I think, all of that was entirely the point.
Much of the time the laughter was forced and fake but again that's allowed – actively encouraged in fact.

In a place where you're enticed to give yourself a hug (a 'Healthy Selfie') and act out clearing your mind with Mental Floss (yes, that does involve pretending to dental floss your own brain) pretty much anything goes.

There were moments of genuine laughter – for me that was mostly when I imagined loved-ones watching me taking part in the session's activities, but whether fake or real the idea is to laugh and extract all the benefits.

Laughter floods your body with happy hormones, encourages deep breathing, works out many muscles and, of course, puts a smile on your face. They say laughter is food for the soul and positive thinking is incredibly healing and Laughter Yoga attempts to promote both things.

I felt silly singing If You're Happy and You Know It-type songs, complete with actions, in a room full of adults, but also wondered at what it says about us all that it's so difficult to really let yourself go (whilst sober at least).

The atmosphere could not have been more warm and welcoming, with a 'we're all in this together' emphasis that meant everyone loosened up more and more as the session went on.

In addition to exercises that prompted you to laugh either as the outward breath on a deep breathing exercise or whilst shaking the hand of and making eye contact with another group member, there was an element of 'mindfulness' to the session too.
It rounded off with quiet meditation, the soothing voice of coach Linda Nightingale encouraging you to focus on nothing but your own breathing, backed by peaceful instrumental music.

The whole point of the session was to leave your troubles at the door, enjoy the company of a gaggle of new friends and immerse yourself entirely in the moment – surely something everyone would benefit from doing a little more of.

Give it a go and 'let out your inner child' at Spalding's Pennygate Foundation, Pennygate, Spalding, fortnightly on Mondays 11am-noon (£5 per session including tea or coffee).

Events Calendar
Latest Jobs

ONLINE EDITION



Linda's T-shirt carries an inspirational quote from from Roald Dahl's book The Twits.

Tweet Like 18 G+1 0 Share

Recent extracts from local newspapers

April 2017



Store manager Chris Pashley said: ""We are delighted to

authority for all of their support leading up to the store's

shop frontage, entrance and signs and internal refitting work.

Donate Easter eggs and help those less fortunate

The Co-operative Travel branch in Spalding has launched its annual Easter Egg Appeal in a bid to support people in need in the area – and customers and the community are being asked to offer their support.

The store is collecting Easter eggs for the Pennygate Foundation community drop-in centre.

The eggs will be distributed just in time for Easter Sunday.

Travel branch manager Sarah Mantle said: "We're asking our customers and friends to help us donate as many Easter eggs as possible to people in need in the local area.

"All gifts will be donated to the Pennygate Foundation

"It is the 11th year that Central England Co-operative has organised this activity and we are hoping to put smiles on even more faces this year."

If you would like to donate an Easter egg, simply take it to the Central England Co-operative travel branch in Spalding by 5pm on Saturday, April 8.

Spalding Voice 30.3.2017



www.spaldingvoice.co.uk

Thursday, March 30, 2017

That
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E11 2LD

RING

NEWS

Pride of South Holland Awards

Community efforts will take pride of place for Angela

Taking pride in the area is what inspired South Holland District councillor Angela Newton to become involved in supporting the Community Project award.

Coun Newton, who represents the Spalding Monkshouse ward, is delighted to be backing the award again this year.

Brenda Wickham and her team from the Pennygate Foundation were the recipients last year and Coun Newton is determined to be part of and support initiatives which bring in benefits to the area.

She commented: "The community can only thrive if people in those communities join and support initiatives in their own areas."

Brenda Wickham and her team from the Pennygate Foundation pick up the award for Community Project from sponsor Coun Angela Newton and her grandson Joseph. Photo: VNC180616-42

Coun Newton thinks some things may seem trivial and to some, insignificant, but if she spends a hour setting plants for Spalding in Bloom, weeding flower beds, picking litter, removing cans and bottles, she sees a difference which shows in the town and district.

She is a firm believer in taking pride in the area by making surroundings cleaner and more welcoming to local residents and visitors and, most importantly, encouraging more people to visit and enjoy South Holland and all it has to offer.

She added: "Whether you help with a project at your church, youth group, volunteer driver, bands and any other voluntary organisations, you and your team are the people we are looking for.

"Without the volunteers in South Holland, this would not be such a wonderful place to live, however small or a large team you are in.

"I'd urge everyone to keep doing what you are doing. If your group was not there to offer support to other people, Spalding and South Holland would be a poorer place to live in."

PRIDE

Appendix 8
Lincolnshire County Council
Highways informal views

Views of County Highways
19.05.17

From: Jon Sharpe
To: Matrix Planning Ltd
Cc: Meachen, Tracey
Subject: RE: Pennygate Foundation, Spalding, PE11 1LT- draft parking scheme
Date: 19 May 2017 15:13:08

I have been aware of this facility for some while now Gordon, through the various Planning Applications that have been made, and whilst it is being operated within the curtilage of a residential property, with a limited number of car parking spaces, I am aware that it provides not only philanthropic services but also that it caters mainly for those who live within the immediate neighbourhood of the site and for individuals and family groups whose income is towards the lower end of the scale.
For that reason, I have, to date, adopted a more pragmatic approach to the anticipated demand for off-street car parking than I perhaps would have done for a commercial operation.
In addition to that approach, with the advent of the guidance at Paragraph 32 of the NPPF - whereby development should only be prevented or refused on transport grounds where the residual cumulative impacts of development are severe - I have had recent experience of Planning Inspectors allowing Appeals where it has been clear that the proposed development would increase on-street car parking but not to the detriment of highway safety.
Regards,
Jon.
Jon Sharpe
Principal Development Management Officer
LCC Directorate for Environment and Economy

From: Matrix Planning Ltd [mailto:gordon@matrixplanning.co.uk]
Sent: 18 May 2017 11:46
To: Jon Sharpe
Cc: Meachen, Tracey
Subject: Pennygate Foundation, Spalding, PE11 1LT- draft parking scheme

To Join Sharpe, Lincolnshire County Highways Development Control Team

Dear Jon,

Further to our conversation yesterday, I attach some notes for your review of this site. We will imminently submit an application for continuation of this use, it is on a temporary permission until October this year. *We ask what you views might be on continuing the use in this location*; please reply in a form that might be appended to our planning application as an Appendix (so local consultees can readily see your point of view).

We accept that your views are subject to change as other issues or information might arise when the application goes live.

Once we have your views, we will then make a planning application for a permanent permission, together with a scheme of parking (as attached in draft). This is intended to address peak use when events are held. 'Events' will primarily relate to the small (72m2) function room. Events will be, for example health promotion, seasonal parties at xmas or religious festivals, and birthday parties for local people – all at a domestic level as evidence by our new proposed end time of 930pm with gates closed at 10pm.

This is not a commercial operation, and it is run by a registered charity.

Gordon

Gordon Smith, MRTPI
Matrix Planning Ltd ¦ 36 Stamford Road ¦ Market Deeping ¦ Peterborough ¦ PE6 8AB
07789 483 134