



Directory of Services

For Torus Communities

May - August 2022



Welcome to Torus Foundation's new Directory of Services

The Foundation team works with key partners to increase opportunities for those living within Torus communities.

The varied programme of support includes helping people to find work and build skills, provide somewhere safe and engaging for young people, increase access to technology, help with managing income and delivering activities to work towards improving people's health and wellbeing.

While many projects are funded specifically for Torus tenants or residents, some activities delivered are also open to the wider Torus community, so it's always worth getting in touch if something takes your interest.

For example, there are a range of employment and training opportunities, health and wellbeing activities and access to our FireFit Hub, which are open to the wider community. Local groups and organisations can also apply throughout the year to the Foundation's Community Investment Fund, helping to support local initiatives.

Although there's lots of projects to choose from, don't worry if you're not sure which one would benefit you, your family or the Torus customer you may be working with. Get in touch with the team and let's get you started.

Your Torus Foundation team



**Employment
and Skills**



**Financial
Inclusion**



**Digital
Inclusion**



**Young
People**



**Health and
Wellbeing**

Employment and Skills - Employment Support

Service	Description	Contact	When
Employment and Skills Service	Employment support for Torus tenants and residents to get into work. Whether you are looking for more hours, to build skills and training or are in need of financial help towards travelling to interviews, PPE and more.	0300 123 5809 employment@torusfoundation.org.uk	<i>Ongoing</i>
New Leaf Merseyside	Open to Torus tenants and residents in St Helens and Liverpool. Support to overcome barriers to work or training through various help including bespoke one to one mentoring, money advice, access to volunteering and mental health support.	0300 123 5809 employment@torusfoundation.org.uk	<i>November 2022</i>

Employment and Skills - Employment Support

Service	Description	Contact	When
New Leaf Cheshire	Open to any resident who is unemployed living in Warrington and Cheshire. Support to overcome barriers to work or training through various help including bespoke one to one mentoring, money advice, access to volunteering and mental health support.	newleaf@torus.co.uk 01925 452 131	<i>Ongoing until April 2023</i>
Springboard	Open to all residents living in Warrington and Cheshire. Support to help participants bounce back in to work quickly. Programme offers funded job placements and one to one support to help residents into new jobs and careers.	0300 123 5809 springboard@torusfoundation.org.uk	<i>Ongoing until May 2023</i>



Springboard Cheshire is being led by Torus Foundation with the support of a range of partners from across Cheshire and Warrington. It is being funded by the European Social Fund (ESF), Torus Foundation and partners.

New Leaf is led by Torus Foundation with the support of a range of partners from across Cheshire and Warrington. It is funded by the European Social Fund (ESF), with match funding from The National Lottery Community Fund, through the Building Better Opportunities Programme

Employment and Skills - Specific Training Courses

Service	Description	Contact	When
HGV Training	To meet the demand for HGV drivers Torus Foundation is working with training providers to run HGV training providing Driving Goods Vehicles Level 2 and Class 2 HGV license and/or Level 1 LGV (depending on existing qualifications).	Quote 'HGV Training' 0300 123 5809 employment@torusfoundation.org.uk	<i>Ongoing</i>
Women in Construction	Currently delivered in St Helens in partnership with St Helens Chamber and HMS, aiming to build confidence, skills and help encourage more women into the construction sector. The short programme provides training in basic trade roles, along with DIY and upcycling. The Foundation can help with work placements and further training opportunities.	Quote 'Women in Construction' 0300 123 5809 employment@torusfoundation.org.uk	<i>Quarterly intakes</i>
Enterprise Support (Self-Employment)	Specialised self-employment support aimed at Torus tenants and residents looking to start their own business or move into a sector that is classed as self-employed and will require paying of own tax and insurance. Supporting with business plans, marketing advice and funding such as the New Enterprise Allowance funding.	Quote 'Self Employment' 0300 123 5809 employment@torusfoundation.org.uk	<i>Ongoing</i>
Ongoing Sector Specific training	Working in partnership with training providers in the Liverpool City Region to deliver emerging sector and specialist training courses in areas such as Personal Track Safety, Fibre Optics, CPC, and construction.	Quote 'Sector Specific Training' 0300 123 5809 employment@torusfoundation.org.uk	<i>Ongoing</i>

Financial Inclusion - Money Matters

Service	Description	Contact	When
Welfare Benefits Advice	Provide Torus tenants and residents with support to claim welfare benefits and appeal decisions.	0300 123 5809 info@torusfoundation.org.uk	<i>Ongoing</i>
Benefit checks and better off calculations	Carry out checks to see if a Torus tenants or residents will be better off by applying for welfare benefits.		<i>Ongoing</i>
Money Management and Budgeting	Provide Torus tenants and residents with support and onward referral to free courses and budgeting tools.		<i>Ongoing</i>
Debt Advice	Provide Torus tenants and residents with advice on debt management and onward referrals.		<i>Ongoing</i>
Energy Advice	Financial Inclusion team on hand to support with: fuel debt, billing errors, assisting with meter readings, applying for energy grants, switching energy providers, advising how to apply for seasonal payments such as the Warm Home Discount Payment, low level budgeting advice along with help and support with water bills.		<i>Ongoing until October 2022</i>

Digital Inclusion

Service	Description	Contact	When
Include IT Mersey * Residents in St Helens and Liverpool only	A funded project to support people aged 40+ to build digital skills and help to find employment. No computer skills are necessary, this course helps beginners progress, IT equipment and access to the internet provided for those that take part.	Quote 'Include IT' 0300 123 5809 info@torusfoundation.org.uk	<i>Ongoing until March 2023</i>
Support at sign up * Liverpool service currently provided by the Housing Options Team at Torus	One to one support for new tenants at the point of sign up of your tenancy with all digital accounts such as Universal Credit, Housing Benefit, Council Tax, water companies and Torus accounts. Plus, support is provided to apply online for grants for essential household items such as white goods. Support is either face to face or virtual.	Quote 'IT support at sign up' 0300 123 5809 info@torusfoundation.org.uk	<i>Ongoing</i>
Tenant Voice - IT support	Members of Torus' Tenant Voice are provided with a digital skills assessment, a full IT training programme and IT equipment if needed. Support can be one to one or in group sessions, either face to face or virtually.	Quote 'Tenant Voice IT' 0300 123 5809 info@torusfoundation.org.uk	<i>Ongoing</i>

Young People

Service	Description	Contact	When
Duke of Edinburgh Awards * Liverpool only at FireFit Hub	14-24 year-olds can apply to do a DofE programme at one of three progressive levels, which, when successfully completed, leads to a Bronze, Silver or Gold Duke of Edinburgh's Award.	Quote 'DofE' 0300 123 5809 - option 1 dofe@torusfoundation.org.uk	<i>Ongoing</i>
Junior Zone * Liverpool only at FireFit Hub	Weekly timetable of events for Juniors 6-10yrs olds see www.firefithub.org.uk/whats for up-to-date information.	0300 123 5809 - option 1 enquiries@firefithub.org.uk	<i>Ongoing</i>
Youth Zone * Liverpool only at FireFit Hub	Weekly timetable of events for youth 11-18yrs olds see www.firefithub.org.uk/whats for up-to-date information		<i>Ongoing</i>
Emotional Wellbeing Support Programme * Liverpool only at FireFit Hub	10-week intensive intervention programme for 11-17yr olds requiring support in relation to mental health & wellbeing.	Quote 'Wellbeing programme' 0300 123 5809 - option 1 ypsupport@torusfoundation.org.uk	<i>From January 2022 to December 2023</i>
SEND Junior Youth Zone (6-10yrs old) * Liverpool only at FireFit Hub	Weekly activities for junior and young members with additional needs including multi-sports, arts and crafts and sensory activities.	Quote 'SEND activities' 0300 123 5809 - option 1 ypsupport@torusfoundation.org.uk	<i>Ongoing</i>
SEND Youth Zone (11-18yrs old) * Liverpool only at FireFit Hub			
Onside Warrington Youth Club (Juniors)	Onside's Junior Youth Club offers a range of fun activities for all young people aged between 7-12.	Onside Warrington 01925 909600 www.warringtonyouthclub.co.uk/young-people/junior/	<i>Ongoing</i>
Onside Warrington Youth Club (Seniors)	Onside's Seniors Youth Club is held every Tuesday, 6pm – 9pm for 11–19 year olds (or up to 25yrs for those with additional needs).		

Young People - FireFit Hub Commercial Offer

Facilities	Description	Contact
3G Astro Pitches	Hire high quality, well maintained 3g 5 aside/7 aside pitches at very competitive prices.	0300 123 5809 - option 1 enquiries@firefithub.org.uk www.firefithub.org.uk
Gym membership for adults	<p>Gym Membership - £9.99 Providing adult members with access to the gym 7 days a week. Includes access to quality gym equipment and support from the gym team.</p> <p>Gym+ Memberships £11.99 In addition to access to the gym 7 days a week, adult members can also attend weekly classes and access to hire commercial facilities FireFit. Gym+ membership also gives members an opportunity to engage in FireFit programmes that have been set up to support overall health and wellbeing.</p> <p>Discount available for Bluelight Card holders.</p>	
Sports hall hire	FireFit's sports hall can be hired for numerous activities from badminton to basketball, hockey to handball. The sports hall has retractable seat with a capacity of 1158, enabling the venue to host major events such as karate, boxing and also suitable for conference hire.	
Café Recharge	Café Recharge's tasty affordable menu is available to members and the wider community. The café also caters for functions and meetings etc.	
Conference room	The conference room can cater for up to 28 people (COVID-19 restrictions may apply to maximum capacity), a large smart TV, microphone, etc. Main conference and three break out tables.	
Dance Studio / Conference room	The studio is a versatile space that caters for dance/exercise classes, martial arts, conference and classroom space for up to 32 people.	

Health and Wellbeing - Community

Service	Description	Contact	When
Environmental Impact Days	Organised across Torus neighbourhoods to increase engagement and provide support. Teams across Torus work together to provide skips, completing surveys door to door and general raising awareness of the varied programme of support available to Torus tenants and residents.	0300 123 5809 info@torusfoundation.org.uk	<i>Ongoing throughout 2021/2022</i>
Community Gardens	Working with local groups and volunteers to deliver garden projects, helping to transform the area, while ensuring community champions are in place to maintain the improvements to make it sustainable.		
Health Promotion Officers	<p>Helping to improve the health and wellbeing across Torus communities, with dedicated officers responsible for working with local partners to develop projects to promote healthier lifestyles and address health inequalities and low self-esteem levels of tenants resulting from socio-economic factors.</p> <p>Officers also work with community organisations to encourage and assist them to apply for the Community Initiative Fund.</p>	0300 123 5809 info@torusfoundation.org.uk Follow Torus Foundation on social media for activity updates in your area	<i>Ongoing</i>
Partnerships with Local Organisations	Health Promotion Officers offer a number of coffee morning / tea and toast sessions across the 3 areas. The sessions are held in partnership with a number of local organisations offering help and support to customers and used to promote available services.	Quote 'Partners with local organisations' 0300 123 5809 info@torusfoundation.org.uk	<i>Ongoing</i>
Healthy Neighbours Project	Healthy Neighbours Project - Further details on below link with detail of partners and their contact details to sign up volunteers www.torusfoundation.org.uk/opportunity/healthyneighbours/	Melanie Pilling 07850 743 758 Melanie.Pilling@torusfoundation.org.uk	<i>Ongoing until March 2023</i>

Health and Wellbeing - Wellbeing Courses

Service	Description	Contact	When
Mind Space	Mental health support through cCBT for Torus tenants and residents experiencing low level mental health, stress, anxiety. Support available face to face or virtually.	Quote 'MindSpace' 0300 123 5809 info@torusfoundation.org.uk	<i>Ongoing until November 2022</i>
Wellbeing Programme for victims of domestic violence * St Helens only	Integrated health and wellbeing program that is based on therapeutic group models, therapy, and coaching. It incorporates positive psychology, trauma informed approaches, CBT, breath work, coaching themes, mindfulness and the Five ways to Wellbeing model. The aim is to provide a safe space, and healthy sense of community spirit, and peer support. It is also a chance to learn the different ideas that will help increase contentment, happiness, positive self-esteem, and confidence. Participants need to be existing clients of Torus Safe2Speak service.	Speak to your Torus Safe2Speak Key Worker to be referred to the Wellbeing programme	<i>Ongoing</i>
Look aHEAD	The Look aHEAD project seeks to focus on parental mental health and wellbeing and resilience of families and children in Liverpool. The Foundation will look to work with 10 partner organisations across the City. Each partner organisation will need to identify and engage with a minimum of 15 participants for the training session.	Quote 'Look aHEAD' 0300 123 5809 info@torusfoundation.org.uk	<i>Ongoing</i>

Health and Wellbeing - Wellbeing and Fitness

Service	Description	Contact	When
Buggy Fit	Aimed at parents with babies in their buggies doing gentle exercise at various locations across Liverpool, St Helens and Warrington.	<p>Contact the following Health and Wellbeing Officer for up-to-date information on session times and locations.</p> <p>Liverpool - Tracey Sanderson Tracey.Sanderson@torusfoundation.org.uk</p> <p>St Helens / Warrington - Roy Evans or Jordan Brown Roy.Evans@torusfoundation.org.uk Jordan.Brown@torusfoundation.org.uk</p> <p>You can also follow Torus Foundation on social media for activity updates in your area or contact: 0300 123 5809 info@torusfoundation.org.uk</p>	<i>Weekly Ongoing</i>
Chair Boogie	Gentle chair exercises at various locations across Liverpool, St Helens and Warrington.		
Exercise to Music	Aimed at improving strength and cardiovascular fitness, all abilities welcome at various locations across Liverpool, St Helens and Warrington.		
Keep Fit	Gentle circuit-based exercise group aimed at improving strength and cardiovascular fitness at various locations across Liverpool, St Helens and Warrington.		
Walk and Talk Group	Aimed at adults 18+ for a gentle walk and chat around various locations across Liverpool, St Helens and Warrington.		
Multi Sports Activities – Youth	Multi-sports activities for a number of year groups in schools across Liverpool, St Helens and Warrington.		
Activities for over 55's living in Torus sheltered and extra care schemes	Regular activities are delivered to help improve the overall health and wellbeing of residents living in one of Torus' sheltered or extra care schemes.	Residents can find up to date timetables within their scheme.	<i>Ongoing</i>



0300 123 5809

info@torusfoundation.org.uk

www.torusfoundation.org.uk