

Fife Health & Wellbeing Alliance Health Inequalities Programme One-Off Grants (projects completed March 2017)

Burrtisland Community Council - Burrtisland Inclusive Playpark Project

The grant contributed towards the creation of a new play area, which now offers inclusive play for young children with mobility, sensory and learning impairments. Disabled children can now play alongside their peers and siblings at the park, providing benefits for their physical health, socialisation and emotional wellbeing.

Health inequalities outcomes: 2, 4, 5

Amount awarded: £5,000 Contact: Claire Campbell

Centre for Stewardship - Reaping the health and wellbeing benefits of communal lunches

This grant allowed the Centre to run a series of communal lunches which encouraged volunteering and promoted health and wellbeing. Using healthy seasonal produce from the Estate, the lunches brought together staff, apprentices and other young people on placement, existing volunteers and new and potential volunteers. Participants were encouraged to help with the preparation of lunches, developing new skills and securing health and hygiene certificates.

Health inequalities outcomes: 2, 3, 4

Amount awarded: £2,320 Contact: Helen Lawrenson - helen@centreforstewardship.org.uk

CLEAR Buckhaven – Healthy, Wholesome Buckhaven

This project aimed to complement CLEAR's existing programme of work with a specific and sustained focus on healthy nutrition and exercise. Activities for local individuals and families included regular active outdoor volunteering sessions, distribution of fruit and vegetables, encouraging people to engage in growing healthy food at home and in public spaces, yoga classes, cycle repair clinics and a range of outdoor and indoor open days promoting physical activity and healthy eating. The project helped CLEAR to test different approaches to involving local people. They will use this learning in developing future work.

Health inequalities outcomes: 1, 4

Amount awarded: £3,940 Contact: Allen Armstrong - CLEARFife@aol.com

Clued Up – Easter, Summer and October Group Work 2016

The grant supported outdoor education activities, including a 2-day expedition, for young people aged affected by substance use, most of them from deprived areas of Fife. It enabled them to participate in new experiences, learn independent living skills, teamwork and peer support, and build confidence and self-esteem. *"All of those who took part have benefitted enormously and this has had an impact in other areas of their lives... The members of the group have become more confident, resilient and are able to deal with situations they find themselves in more appropriately. This has improved relationships within their lives and also enhanced their relationship with their one to one workers. Most of the young people have also made lifestyle changes and are no longer opting to partake in anti-social behaviour. Instead they have joined local groups as well as sporting organisations, whilst others have improved attendance and attitude in school."*

Health inequalities outcomes: 1, 2

Amount awarded: £5,000 Contact: Laura Crombie - info@cluedup-project.org.uk

CRUSE Bereavement Care Scotland, Fife – Early Bereavement Service (Children & Young People)

The grant enabled CRUSE to support 21 children and young people from the ages of 5 to 18, and their families, and to recruit and train three Fife-based volunteers in the specialist skills needed to work with children and young people affected by bereavement. This investment will enable many more children and

young people to be supported in future.

"I was very scared that mum would die too and I was scared to tell her, but I was able to tell Elizabeth (her Cruse counsellor)" - client aged 12, whose father died suddenly

"I am so grateful to Cruse, I have my son back again" – mother of a young child who had lost his father as a result of a Road Traffic Accident

Health inequalities outcomes: 1, 2

Amount awarded: £3,970 Contact: Munwar Hussain - munwar.hussain@crusescotland.org.uk

CRUSE Bereavement Care Scotland, Fife – Early Bereavement Support Group

The grant was used to design, develop and implement a new, facilitated support group in Methil. This was positively evaluated and has highlighted the importance of social support following bereavement, as well as counselling. Cruse now plans to roll out the model to other parts of Fife.

Health inequalities outcomes: 2, 6

Amount awarded: £1,500 Contact: Munwar Hussain - munwar.hussain@crusescotland.org.uk

Cupar Youth Café – What's for Tea?

Cupar Youth Café run a health and wellbeing group, for young people identified by the local high school as at risk of disengaging from topics such as physical and social education. The What's for Tea project worked with 26 young people aged 11 to 19 to develop knowledge and skills around food and the its impact on health and wellbeing. Working with a local tutor, the group created their own clean eating cookbook for other young people to use. By taking part they achieved their Dynamic Youth Awards and gained life skills for future independent living. *"This project has been a fantastic opportunity for the young people to learn more about the impact of food on our bodies, mood and abilities. The young people that we have engaged with over the past 12 months now have a more open mind to trying new foods and a wider knowledge on making positive food choices and the impact this can have on them."*

Health inequalities outcomes: 2, 6

Amount awarded: £2,750 Contact: Gemma Frail - cuparyouthcafe@hotmail.co.uk

Fairway Fife – Fairway Fife's Health Living Initiative

The grant enabled Fairway to integrate a new healthy living dimension to their peer support project, which pairs a young disabled person (aged 16-25) with a non-disabled peer of similar age. For the first time, participants and their mentors took part in a range of activities such as Zumba, swimming, healthy cooking classes, walking, tennis and bowling – activities which are often difficult or impossible for disabled people to access through mainstream routes. *"The Mentees and Mentors benefitted from the programme by improving their fitness levels, offering a different thought process that exercise can be fun and increased independence from the learning of how to cook simple healthy meals and snacks... Staff have learned to be more creative in their approach when offering the range of activities and a greater understanding of what can be achieved... We are now looking to introduce a section into our mandatory induction training looking at health inequalities and how, within their role they can help to reduce this."*

Health inequalities outcomes: 2, 6

Amount awarded: £5,000 Contact: Jaqui Turner - fairwayfife1@gmail.com

FEAT Trading CIC – Enabling Minds

The grant funded two courses offering exercise and psychologically based interventions for seven people with complex, severe and enduring mental health conditions, who were not engaged in any form of therapeutic or community-based activity. Rather than the traditional model of face-to-face or group or individual therapy, the courses encourage engagement in gentle walking exercises coupled with conversations and activities that promote creative thinking and confidence regulating difficult emotional

experiences. The project also provided training for the staff team, who now have the skills to deliver elements of the course in-house.

Health inequalities outcomes: 2, 4

Amount awarded: £4,199 Contact: Duncan Mitchell - Duncan@journeytowork.co.uk

Fife Carers Centre – Carers Health and Wellbeing

The grant enabled unpaid adult carers who had identified issues around their physical or emotional wellbeing to have access to complementary therapies (48 carers) and a stress management workshop (12 carers) held weekly over six weeks. The sessions were intended to give carers the opportunity to explore ways of feeling more in control, reduce stress and improve their overall sense of wellbeing; to try new activities; to improve community links and relationships within their family; and in so doing to avoid carers reaching a 'crisis point' and the need for far more extensive support.

Health inequalities outcomes: 2

Amount awarded: £4,500 Contact: Mhairi Lochhead - Mhairi.Lochhead@fifecarers.co.uk

Fife Carers Centre – Carers Week Coastal Path Walk

The grant was used to support a community walk of the Fife Coastal Path during Carers Week in June 2016. As well as raising awareness, the walk created opportunities for carers to meet, be physically active and provide mutual support.

Health inequalities outcomes: 2, 4

Amount awarded: £1,000 Contact: Helen McFadden - helen.mcfadden@fifecarers.co.uk

Fife Employment Access Trust – Employ Your Mind II

The grant enabled FEAT in partnership with NHS Fife to extend and tailor the generic 'Employ Your Mind' programme (a six-month vocational rehabilitation project) to include 13 individuals with mental health problems on Community Compulsory Treatment Orders (CCTO), who tend to have limited access to pre-employment training and the benefits employment brings. *"This work made us more aware of added inequalities faced by those who also have criminal convictions or are subject to CCTOs for other reasons, such as potential to cause harm to oneself... Whilst CCTOs can be a useful stepping stone to managing without the need for future support, they can add to the stigma and discrimination the individual already faces due to their condition."*

Health inequalities outcomes: 2, 6

Amount awarded: £3,900 Contact: Duncan Mitchell - Duncan@journeytowork.co.uk

Fife Employment Access Trust – NIDMAR

The grant funded intensive training over 10 days for 30 frontline workers from a range of Fife-based organisations to work towards the Certified Disability Management Professional (CDMP) qualification with the National Institute for Disability Management and Research. The course increased workers' knowledge, confidence and understanding of supporting people with disabilities to gain and sustain employment. *"I have a better understanding of the barriers faced by people with chronic/long-term illnesses. I also feel we all have (participants on the course) an internationally recognised effective model of return to work management that will support people facing health inequalities to better included and represented in the workplace."*

Health inequalities outcomes: 2, 6

Amount awarded: £5,000 Contact: Duncan Mitchell - Duncan@journeytowork.co.uk

Fife Voluntary Action as part of Fife Employability & Training Consortium - Mentors in Work

The funding contributed towards the costs of employing a part-time Volunteering Development Officer to lead on delivering and developing a new volunteer in-work mentoring programme, Mentors in Work. The programme is for clients moving into work for the first time or after a long period of unemployment who are likely to experience issues around anxiety management and dealing with the transition to employment. The project focuses on clients and volunteers from the Cowdenbeath area. To date, a number of volunteers have been recruited and have received mentoring and mental health resilience training. (The project is co-funded by Cowdenbeath Local Area Committee and will continue until August 2017.)

Health inequalities outcomes: 2, 4

Amount awarded: £5,000 Contact: Pegs Bailey - pegs@fifevoluntaryaction.org.uk

Fife Young Carers – Health and Wellbeing Event for Young Carers

The grant was used to run an event for young carers, to provide the opportunity for respite from caring whilst gaining skills and information to enable them to improve their mental and physical health. 58 young carers were able to take part in a range of workshops / activities, including cooking, dance, football, self-esteem and resilience. 97% of participants said they had enjoyed the day, and 75% said they had gained skills that would help in their caring role. The young carers identified a number of further training needs, which Fife Young Carers are now following up.

Health inequalities outcomes: 2, 4

Amount awarded: £5,000 Contact: Nina Collins - nina@fifeyoungcarers.co.uk

Fife Women's Aid - Comprehensive Resource Model (CRM): Training for Trauma

The grant was used to cover the cost of highly specialist training that has been demonstrated to assist clients in recovery from complex trauma. FWA Counselling Service clients are amongst the most vulnerable women in society. Those individuals with the most severe mental health challenges seem to be the least likely to be able to access help, and the more severe the issue, the more likely it is that the women will not engage, or they will drop out of treatment very early. The training has increased the skills and knowledge of the counselling team, enabling them to assist clients in tackling deep seated trauma and to help effect reliable change with individual clients. In early reporting, the Counsellors have noted that CRM techniques are effective with around 90% of clients.

Health inequalities outcomes: 1, 2

Amount awarded: £2,890 Contact: Rosemary Henry – Rosemary.Henry@FifeWomensAid.org.uk

Gallatown Gala and Community Group - Soup'n savvy

The grant supported 20 weeks of cooking workshops, teaching people how to cook healthy meals on a limited budget. In all 17 local people took part in the workshops. *"They had fun, grew in confidence and all shared that they felt far more able to cook healthily and cheaply at home, including being able to plan ahead and budget accordingly."* Five volunteers were trained as Food Champions, to help and support local people taking part in the workshops. Three of them will lead a new series of workshops starting in June 2017.

Health inequalities outcomes: 1, 3, 5

Amount awarded: £1,000 Contact: Shuggy Hughes - shuggywah@icloud.com

Greener Kirkcaldy - Living Well on a Budget

The project worked in partnership with Fife Community Food Project and Citizens Advice and Rights Fife (CARF) to deliver courses to 17 participants: young people living in supported accommodation, lone parents and a group at Rosslyn Lodge, a facility for homeless women offenders who require intensive support. The Living Well on a Budget course teaches basic food preparation and cooking skills, raises awareness of basic

nutrition, and equips participants with confidence to make simple and low cost meals at home. Participants were offered a session on basic household management, a benefit check with CARF, and advice on energy saving.

Health inequalities outcomes: 2, 4

Amount awarded: £5,000 Contact: Suzy Goodsir - suzy@greenerkirkcaldy.org.uk

Homestart Dunfermline – Infant Massage

The grant enabled three volunteers to receive International Association of Infant Massage accredited training and to deliver Infant Massage classes in Dunfermline and SW Fife to parents with babies 6 weeks to 12 months old. In all, 9 five-week classes were delivered, involving 59 parents and babies. Infant Massage promotes good attachment and bonding, and can increase parents' confidence in their ability to interact with and care for their baby. *"Being given the grant to train volunteers in Infant Massage and pay for some additional training and staff time has been invaluable to our organisation, and the support that we can offer to families in the community... we are now confident that we can provide a professional service, which is being well used for families in the community, which provides health and wellbeing benefits that are in addition to and complement other universal health service provision."*

Health inequalities outcomes: 1, 4

Amount awarded: £4,261 Contact: Kirsty Richardson - kirsty@hsdunfermline.co.uk

Kindred Advocacy (Fife) - Kindred Fife – Rose Project

Kindred Advocacy supports families of children with disabilities and/or long-term health conditions. In 2015 Kindred Fife supported 156 families, with a total of 166 disabled/sick children. Over a third of Kindred users are single parents and many parents themselves experience poor health, especially poor mental health. Many have to give up work because of the caring responsibilities. The FHWA grant enabled Kindred to add to their core work by running a number of group events in different parts of Fife, providing key information and peer support for a total of 270 parents/carers.

Health inequalities outcomes: 1, 2

Amount awarded: £5,000 Contact: Sophie Pilgrim - Sophie.Pilgrim@kindred-scotland.org

LGBT Health and Wellbeing - Fife LGBT Support Programme

The project piloted a Fife LGBT Support Programme, building on the findings of the Fife LGBT Needs Assessment (LGBT Health and Wellbeing, February 2016) which identified the lack of social activities, support and information available to LGBT people in Fife. The Support Programme organised regular social group meetings, social events to mark key events in the LGBT calendar, tailored support for individuals, and a monthly ebulletin. The project was co-funded by the Scottish Government.

"This has been an absolute godsend to me. It's given me the chance to be myself out in the real world and to have at least some sort of social life. I've made new friends, of both genders, and look forward so much to us all getting together... The thought of returning to that pre-group loneliness fills me with dread."

Amount awarded: £5,000 Contact: Annette Rae - annette@lgbthealth.org.uk

Linton Lane Centre – Community Play Provision

The grant was used to build play equipment for under-5s, creating a safe community play area for the many local groups and families who use the Centre. A community consultation had identified the lack of safe play area in the Templehall area, and the many families living in flats with little access to gardens.

Health inequalities outcomes: 1, 5

Amount awarded: £5,000 Contact: Mandy Henderson

Methilhill Community Children's Initiative - Adventure Kids

The project supported a sessional worker and provided equipment to enable 24 young people to take part in a range of challenging outdoor activities. A high percentage of children participating in the Adventurers' Club live within areas of high deprivation, and the group included cared for children, children with challenging behaviour, children diagnosed with ADHD, ASD and a partially sighted child. The young people learned a range of outdoor skills including map reading and compass skills, plant identification, fire building and safety outdoors. They developed their self-confidence, resilience and team working skills, and learned about healthy, active lifestyles.

Health inequalities outcome: 2

Amount awarded: £3,322 Contact: Shirley Faichney - methilhillyouth@outlook.com

Poppyview Family Centre Out of School – Easter Holiday Club 2016

The grant allowed children to experience new opportunities which are not readily available in the local area. 97 children are currently registered for out of school care with up to 36 children attending on any given day. The children were involved in all areas of the planning of the holiday club and were given the opportunity to vote for their favourite activities which promoted independence and a sense of responsibility. The children were offered the opportunity to keep a journal - this was a great way of them evaluating their activities and sharing experiences with parents/carers.

Health inequalities outcomes: 2, 4

Amount awarded: £3,300 Contact: Joyce Gallo - joyce@poppyviewfamilycentre.co.uk

Scottish Christian Alliance (Gilven Services) – Gilven Project (residential housing support services)

The project enabled SCA Support Workers to be trained in Counselling, Conflict Resolution and Mediation Skills. It built on feedback from existing service residents about the support they require to work towards living independently. The training has helped staff develop their skills, confidence and resilience in providing key work support, and has improved the way in which they manage and resolve conflict.

Health inequalities outcomes: 2, 6

Amount awarded: £4,900 Contact: David McCue - David.McCue@ScottishChristianAlliance.org.uk

SEAL Association - Seal Digital Comic Book

The Seal Association supports children and young people aged 8-16 from West Fife who are vulnerable because of social isolation and/or inability to cope with difficulties and stress. In this project, 25 young people worked with a professional digital artist to write stories, create models, act and photograph their own stories, which were then made into a comic. This was a new way of working for SEAL and it enabled the young people to express their ideas and explore themes important to them in new ways, and to build their confidence and skills.

Health inequalities outcomes: 1, 2

Amount awarded: £5,000 Contact: Alison Murphy - alison.sealdunfermline@gmail.com

Suit and Pace – The Offline Project

The grant was used to develop 5 YouTube-style videos to be used as part of a mental wellbeing resource aimed at S1 to S3 pupils in Fife. The team worked with an S3 class from Kirkcaldy High School to produce the five films, using their ideas and improvisations as the basis for the films. They developed a range of discussion based activities to accompany the films and created 5 session plans for use in social education classes – each session plan paired with one of the 5 films. All high schools in Fife were offered a free hard copy of the resource, a PDF copy of the resource and a session where we would speak to their social education teams to brief them on the pack and how best to use it. The briefing sessions are ongoing.

Health inequalities outcomes: 1, 2

Amount awarded: £4,500 Contact: Beth Hamilton-Cardus - beth@suitandpace.com

WEA Scotland (Fife Association) – Lipreading – Beginners and Improvers

The grant enabled the delivery of a 30-week (60-hour) beginners and improvers lip reading course to 14 predominantly older learners with acquired hearing loss. The majority had been dealing with hearing loss for more than two years. 91% had moderate, severe or profound hearing loss. Learners had the opportunity to develop their lipreading skills and to learn other communication tactics that support lipreading, to help them cope better with understanding speech in everyday life. The classes also included guidance on ways to relax and reduce stress. As a result of participating in the course, learners reported increased confidence, improved skills and increased ability to manage their communication more effectively.

Health inequalities outcomes: 2, 3

Amount awarded: £5,000 Contact: Caron Hughes - c.hughes@weascotland.org.uk

West Fife Villages Cultural & Heritage Group (WFVC&HG) - Healthy through Heritage Craft

The project targeted people in Oakley, an area of high deprivation, who are vulnerable to social isolation. It offered craft classes, coinciding with the community café, which brought together local residents of all ages, some with ongoing health conditions. The project has raised the profile of local heritage and enabled people to develop new friendships. In some cases participants have progressed onto volunteering in the community café.

Health inequalities outcomes: 3, 4

Amount awarded: £4,997 Contact: Violet Dunsmore