

HIGHLAND ASPIRING COMMUNITIES PROJECT

PROJECT REPORT

DECEMBER 2019



European Union



**The Scottish
Government**
Riaghaltas na h-Alba

EUROPE & SCOTLAND

European Social Fund

Investing in a Smart, Sustainable and Inclusive Future

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COMMUNITY PARTNERSHIP REGIONAL LEARNING EVENT

BY INVITATION ONLY | RSVP ESSENTIAL

 **CAPSTONE CENTRE ALNESS**

 **THURSDAY 19 SEPTEMBER 2019**

 **9:30AM - 16:30**

BREAKFAST ROLLS, LUNCH & POST EVENT DRINKS INCLUDED

Recap: What was the Highland Aspiring Communities Project?

The purpose of the project was to provide a boost in the relationship between Community Partnerships (CPs) and their communities, and in particular, those hardest to reach and most vulnerable. The CPs have a remit of reducing inequalities in areas of deprivation in the Highlands, and this project focussed on 17 communities in 5 CPs¹ identified through SIMD and SEP² indices. The project lasted one year (2019), employed 5 fulltime staff, and was funded by the Aspiring Communities Fund (European Social Fund). The anticipated outcomes of the project were:

1. Develop closer collaboration between communities and Community Partnerships and build capacity for communities to influence and shape activities and services within their area.
2. To Build confidence to participate and putting the systems and processes in place to participate to lead to co-production.
3. Build confidence to participate in the work of the Community Partnerships, including developing participation processes, amongst those individuals and communities who are least likely to participate
4. Help design and co-produce community led solutions and promote more collaboration between existing public services, community led services and communities themselves to deliver the desired outcomes.
5. Support the development of new community led activity to address unmet need within their community; specifically, as it relates to tackling socio-economic deprivation.
6. Undertake activities which create a legacy and/or are likely to sustain positive relationships between the community and the CP partners.

The delivery team consisted of one project coordinator and four Community Engagement Officers (CEOs), and the project was divided into four quarters, each with a different focus.

- Q1 – Reviewing previous community engagement, getting to know the communities and the CPs
- Q2 – Shaping and delivering engagement, based on findings in Q1
- Q3 – Shaping and delivering community-led capacity building events, delivery of a regional learning event (aimed at supporting those in Community Partnerships)
- Q4 – Developing a legacy project per Community Partnership and project evaluation

Each of the CEO's was allocated a space to work in a voluntary action organisation, who provided support particularly at the start of the project to navigate their communities. They received support from CP chairs to



align their work strategically with the current direction of the CP, and they also received day-to-day support from the project coordinator to ensure project targets set out by the funder were being met.

The overall aim is to provide support and assistance to, and in the interface between, these communities and Community Partnerships (CPs) to create a stronger long term and sustainable relationship in tackling socio-economic disadvantage. It will specifically help to increase support and capacity for both the CP and the community in designing community led solutions, and promote more collaboration between existing services, community led services and communities themselves.

¹ There are a total of 25 communities with similar socio-economic levels in Highland, however other CPs applied for funding individually to address the needs of those communities.

² Scottish Index of multiple deprivation and (Highland) Socio Economic Performance

Outcomes

In each of the 17 communities targeted in this project new connections have been made between the CP and the communities. Previous engagement by the CPs was reviewed by the CEOs, alongside getting to know pre-existing community groups and organisations. By engaging with these on a regular basis over the course of a year, relationships have been built. All of the capacity building activity is a direct outcome of engagement done with the community, and in communications with the community we have illustrated 'the process' to community members: how our engagement drove the outputs of the project. Where possible, we have ensured that the key contacts in the community have been introduced to the CP to ensure continued relationships, and in every case a handover pack has been presented to a nominated CP member which included specific details of the activity that took place in the CP area, information about the key contacts, recommendations for future engagement, and more.

In addition to the handover pack made by CEOs, the project has supported putting systems in place to participate with the work of the CP and built confidence to do so. This varied per CP – depending on their individual circumstances. Where we have engaged in the community to build that relationship, this improvement in participation processes is more internal to the CP. A few examples of this is making information more accessible online, maintaining a social media presence, informing members of the CP how to find creative ways of engagement, and a learning event was organised to support the CP members in September.

The first 3 months of the project was used to understand the individual circumstances of each community, by speak to members of the CP, member and groups in the community and review previous engagement. The emphasis was on engaging with people that are vulnerable and hard to reach in areas that experience the

highest levels of deprivation. The choice where to focus the project activity was a combined decision of the CEO, the project coordinator and the CP chair.

SKYE YOUNG CARERS (SYC)

THE LEGACY PROJECT FOR SKYE, LOCHALSH AND WESTER ROSS CP IS A PLEDGE FROM 25+ LOCAL ORGANISATIONS AND COUNCILLORS TO CONTINUE TO SUPPORT SYC AND TO CONTINUE OFFERING SUPPORT TO FORMER YOUNG CARERS

The project supported the development of new community led activity aimed at addressing unmet needs within their community, specifically related to tackling socio-economic deprivation. In each of the projects there is an element of improving opportunities or reducing deprivation. For example, at one of the events an individual was introduced to a service who would help furnish her appointed accommodation.

The budget to spend on each community was £400, however the real value of this project was the capacity to bring public services together, to build awareness of community activity and organisations, and to identify opportunities for collaboration. In

the section 'Key' on page 8 you can find the number of organisations the CEOs collaborated with during this project on behalf of this project.

The main project legacy lies with the continued engagement with communities, and all connections have been transferred in the handover pack. On top of this, each CEO put in place a legacy project for each CP which can be built on in the future, which is likely to sustain positive relations in the future.

LEADING TO COLLABORATION

AS A RESULT OF THE CEO, ARDERSIER NOW IS A FIXED ITEM ON THE AGENDA OF THE INVERNESS CP, LEADING TO BETTER RELATIONS BETWEEN THE CP AND THE COMMUNITY

TACKLING DEPRIVATION

IN NAIRN, A COMMUNITY EVENT WAS ORGANISED FOLLOWING ENGAGEMENT THAT THERE WAS LIMITED ACTIVITY AVAILABLE FOR PEOPLE IN TRADESPARK. THAT DAY 150 ATTENDEES WERE INTRODUCED TO LOCAL ACTIVITIES AND SERVICES.

What went well

- The outcomes of the project have been achieved: Each CP has had a boost in their relationship with the community, having delivered capacity building in each of the 17 communities, and at least 1 legacy project per CP, which demonstrates that engaging with the CP is an opportunity for people to shape and influence activities and services.
- A regional learning event took place which was generally perceived to be beneficial for those attending in their workings with the CPs
- The legacy projects have the potential to be a flagship to the CPs, a point of reference that can be used in for positive messaging and reputation building.
- The CEO's gave the CPs a boost in capacity – they were a catalyst for action, generally a positive energy and they drove core operational work.
- New connections were made as a result of the project, with improved engagement from community groups and organisations towards the CPs and vice versa.
- The project put an emphasis on engaging creatively, with the engagement never consisting solely of a survey and also a session for CP member on creative engagement during the regional learning event.
- The CEOs provided the CPs with valuable insight and data on their communities, particularly for those hardest to reach.

What could have gone better

- The fact that the project has come to an end without continued support. There is the issue of raised expectations in the communities which if they are not met or managed, this will reflect poorly on the CPs and the CPP. We have tried to minimise this through a comprehensive handover however realistically it is unlikely the CPs will be able to maintain the current level of community engagement.
- The CEOs had organised opportunities to engage with members of the community or groups (either during formal engagement but also when capacity building took place) but there have been a number of events where no representative of the CP was present, making it difficult to support the development of relationships beyond the project.
- East and Mid Ross CPs project outcomes have suffered under changing staff, meaning that some communities did not benefit from the same level of activity as the other CPs, despite last minute replacement staff being found.
- In some cases, it was difficult to establish a connection with a community – due to a number of reasons e.g. limited community activity, negative previous experience with CP, or just key people being hard to get in touch with or is non-responsive.
- In two cases there was no or very limited engagement between the CP chair and the CEO, meaning that it will be very challenging for the CP to be able to continue on the work done by the CEO, or for the CEO to strategically align their work to the longer-term plans for the CP. We tried to resolve this issue, but it wasn't possible. One reason for this is that there was so CP chair in Lochaber for the duration of the project.

Recommendations for legacy

It is recognized that the CP and CPP has a number of issues, not unknown to those participating. These mainly revolve around a lack of accountability, moving responsibility, and a lack of capacity, and there is not a lot that the project delivery team can say that hasn't been said before. The recommendations are therefore on a more operational level, to support those who have been delegated responsibility on a CP level:

- Consider what level of engagement with the CP is a success for different groups and individuals. If tackling inequality is a key priority, then focus on working with groups that have a direct connect to those experiencing poverty or inequality. These connections have now been made through this project and it is vital to maintain those connections to understand what can be done to reduce inequality.
- Ideally these posts should continue. While capacity for the CP is an issue, the one activity that is recommended to continue is to take part in community events. This is a relatively small commitment for a few hours, and it is an opportunity of genuine dialogue and connection between communities and their CPs. Each CP has been made aware of opportunities to attend community events.
- The work of the CPP would benefit if community engagement was better incorporated in operational roles within each of the statutory partnerships. Community engagement can be beneficial on all levels of an organisation and by allocating work to operational levels within organisations, it might be possible to find capacity to commit to the CPs and which benefit the organisation as well as the CP(P).
- If a similar project were to be designed, it would certainly be advisable to have posts in place for a longer time, ideally 3 years minimum. There was a lot to do in one year, and perhaps with more time we would have been in a better position to prepare for continued funding. The spread of work was ok in terms of how the CPs were distributed over the different CEOs, however East and Mid Ross would have benefitted from one CEO each.
- The different CPs have different ways of approaching the work that needs to be done in communities. It seems to be least effective to have a generic approach to all communities at once. This might be useful at the very start to get a general understanding of issues however the real impact can be made when moving on from this and focussing on themes. Looking at the work done over the past year, most impact can be made when working thematically (looking at peoples already existing remit / personal interests) over a number of communities (for example: suicide prevention, access to food, awareness of social opportunities) or just looking at one community at a time. Also, general support for writing plans could be improved, focussing on having them be a driver for action and not 'end points'. This is not the case for all plans that have been written.
- The process of plan writing needs to change to have it be a useful document that reflects the needs, culture and language of the communities. The locality plans vary so widely at the moment, and while the idea is that the writers are free to make them as they see fit, it seems that there is a culture of protectionism on the plans as there is a general uncertainty about if it has been done correctly. Most problematic is where the responsibility has been put on someone and it had made someone distressed. Tackle this culture and this process, which can be done on a CP and CPP level.

Key dates

To show the amount of

May	11 - Kyle of Lochalsh Engagement 21 – Nairn Engagement 23 – Ardersier Engagement	September	2 – Conon Bridge Engagement 3 – Dingwall Engagement 4 – Tain Engagement 5– Conon Bridge Engagement 5 – Nairn Engagement 5 – Fort William Capacity 11- Caol Capacity 26 – Invergordon Engagement 26- Fort William Capacity
June	5- Portree Engagement and Capacity 6 – Raigmore Engagement 7 – Portree Engagement 10 – Fort William Engagement 19 – Dingwall Engagement	October	6 - Kyle of Lochalsh Capacity 8- Hilton Engagement 9 – Nairn Engagement 16- Kinlochleven Capacity 18 – Nairn Capacity 24- Fort William Capacity 28 – Balintore Capacity 29 – Milton Capacity 31- Tain Capacity
July	4 – Caol Engagement 6 – Alness Engagement 14 – Merkinch Engagement 18 – Alness Engagement 19 – Milton & Kildary Engagement 20 – Nairn Engagement	November	7 - Muir of Ord Capacity 7- Fort William Capacity 8 – Conon Bridge Capacity 16 - Kinlochleven Capacity 20 - Caol Capacity 21- Fort William Capacity 21- Hilton Capacity 26- Ardersier Capacity 26- Raigmore Capacity 27- Portree Capacity
August	3- North East Skye Engagement 5- Nairn Engagement 6- North East Skye Engagement 9 – Kinlochleven Engagement 14 – Fort William Capacity 16 – Conon Bridge Engagement 28- Kinlochleven engagement 29 – Tain Engagement 30 – Muir of Ord Engagement	December	5- Fort William Capacity 6 - Merkinch Capacity 12- Caol Capacity 17- Fort William Capacity

Key Numbers

Each of the Community Engagement Officers (CEOs) has collated a handover pack which included information on specific community activity. Collated below are the number from their reports.

	Mid Ross CP	Easter Ross CP	Inverness CP	Nairn and Nairnshire CP	Skye, Lochalsh & Wester Ross CP	Lochaber CP	Totals
Number of people engaged on behalf of CP	69	96	179	306	205	189	1044
Number of engagement sessions	5	6	7	14	5	3	40
Number of capacity building events	3	5	5	1	3	13	30
CP and community organisation/group collaborations initiated	10	16	5	2	6	5	44
Number of people directly benefitting from capacity building	23	86*	450	150	104	101	914
Number of engagement related meetings attended	40	42	66	86	70	86	390
Number of agenda items put forward as a result of the project	0	0	7	4	4	5	20
Venues supplied with sanitary provision	4	4	5	2	4	3	22

*excludes Alness and Invergordon where activity is due to take place after the publication of this report.

Link to project photos

A small online gallery has been made available with photos taking during the project, the below link goes to a Google album:

<https://photos.app.goo.gl/G53sP28k5xU21T93A>

Community Activity

You will be able to see more detail on activity that took place in each of the communities per Community Partnership below. Should you require more information, please contact the following people, who were involved in the final handover for the CEOs:

Community Partnership	
Inverness Community Partnership	Cllr Graham Ross (Highland council)
Skye, Lochalsh and Wester Ross Community Partnership	Philip McCaherty (HIE)
Lochaber Community Partnership	Flora McKee (Voluntary Action Lochaber)
Mid Ross Community Partnership	Ann Clark (NHS)
East Ross Community Partnership	Andrew Dick (SFRS)
Nairn and Nairnshire Community Partnership	Brian (Bob) MacKay and Rosemarie Shanks (Police Scotland)

Inverness Community Partnership

Community	Engagement	Capacity Building	Legacy Project
Ardersier	Pop-up style engagement in the GP Practice has been held and results from this have led to focus on mental health in the area. This engagement has fed into Nairn & Nairnshire Community Partnership Adults Plan and Inverness Community Partnership Transport sub-group planning.	Mental health provision was a strong outcome in engagement, the CEO is organising an event which focusses on building capacity to feel able to support their community's mental health issues. The suicide intervention and prevention program (SIPP) took place on 26 November, and included lunch and transport. This is the first time in Highland this was available for community members, not only professionals.	Through the project, community transport has been raised as an issue, in particular for those in Ardersier and Merkinch. The CEO has created an active Facebook page for people to offer and ask for lifts, particularly for medical appointments. Work is ongoing to promote and keep these groups active and the CP will continue to support this, and put an action in each locality plan to operate a similar Facebook group in these communities where appropriate.
Inverness Merkinch	Engagement has taken place with young people around employment issues in the area. This was through an event organised by South Kessock Residents Association. The CEO provided engagement opportunities through a polaroid photobooth.	To support low-income families in the expensive winter months, a 'money saving day' will be held at the Merkinch Primary School on 6 December, offering free food and tips on how to save. Organisations that support on issues such as fuel poverty and food poverty, and health inequalities will be there to raise awareness of their services.	
Inverness Hilton	Following the review of the locality plan, the CEO targeted young people (which were underrepresented in previous engagement) by conducting pop-up engagements, speaking to young people and families.	A group of isolated men have been invited to take part in a participatory budgeting session, aimed at spending project budget on equipment that allows them to take part in community sporting groups.	
Inverness Raigmore	Engagement using new locality plan toolkit has been tested with group of isolated older people in the community. In addition, pop-up engagement took place on 3 occasions outside the local shop. The outcome of the engagement was that the community centre wasn't being used to its full potential, particularly for young people.	The CEO is working with the Youth Development Officer to develop the use of the community centre following an influx of membership. This includes participatory budgeting in order to build capacity for residents to take part in activity taking place in the venue.	

Skye, Lochalsh and Wester Ross Community Partnership

Community	Engagement	Capacity Building	Legacy Project
Kyle of Lochalsh	As part of the Scottish Mental Health and Arts Festival, the CEO joined in a walk over the Skye bridge (from Kyle) to write down ideas and thoughts about mental health provision.	An all-mobility cycling event which provided the community with support and information on low-level all-ability cycling. It sparked a conversation about continuing the newly built cycle path through Kyle.	A pledge programme with local organisations to create a network on Skye to continue supporting people who would have previously been part of the Skye Young Carer's group should they ask for it.
Portree and North East Skye	Engagement with Skye Young Carers who have limited support once they turn 18 to see what they would like to have in terms of support and activity in Skye. This group is the main focus point. Additionally, in the North of Skye, at an agricultural show, engagement focussed on (isolated) crofters.	Two events focussing on introducing the young people to local facilities and services, one being a 'Big Lunch' at the Viewfield Garden Collective and the other at the AROS centre to launch the legacy project and collect information to develop the legacy project.	The CEO has been offered continued employment by the Viewfield Garden Collective, and is looking to continue to drive this.

Lochaber Community Partnership

Community	Engagement	Capacity Building	Legacy Project
Fort William	Mental health provision was the main subject with during a small and intimate engagement session with people through the organisation Lochaber Hope. A brunch has been hosted for them to encourage attendance and participation.	A green health project centred around getting people experiencing mental health issues outside. This is predominantly be a walking group, with a series of walks planned during the lifetime of the overall project. The CEO has partnered with mental health support organisations to encourage referrals and the sustainability of the group.	All of the activities in this area have been have found a way to continue after the project comes to an end in December. Walking group has been set up to continue, run by Support in Mind Scotland, with dates planned for 2020 and beyond if interest remains. CEO has been offered employment at the Kinlochleven Community Trust, so she will be managing the community food initiative. This includes a larder and hopefully a fridge.
Kinlochleven	An open day / public consultation organised by Kinlochleven Trust to engage about the new Multi-activity centre. The CEO spoke to the attendees, using flags as a medium to gather their thoughts on food provision in the area, as previous engagement indicated this might be an issue.	Two events, both themed around food provision, working toward developing a community food initiative as a legacy project. The first event was a foraging and cooking workshop, and the second an eco-art and foraging workshop.	CEO has been offered employment at the Kinlochleven Community Trust, so she will be managing the community food initiative. This includes a larder and hopefully a fridge.
Caol	Piggybacking on an event taking place at the Coal Community Centre, the CEO has set up a stall to discuss living with long-term health condition and the provision for this in the area.	We partnered up with LGOWIT (Let's get on with it together) group to help those living with long term health conditions in the west of Scotland, as they had not achieved to set up an active group there. Supporting the development of this Living Better Group encourages self-reliance, social interaction and social activity.	Lastly the LGOWIT group gathered by the CEO will continue to be run by the team at HTSI, which is positive as they have not been able to find success in this before.

Mid Ross Community Partnership

Community	Engagement	Capacity Building	Legacy Project
Conon Bridge	The CEO has talked to older people in the community through a participatory exercise in the Conon Bridge Lunch Club.	A 'Digital Taster' session facilitated by the Mhor Collective has taken place at the Lunch Club in Conon on the 8th of November to promote digital inclusivity for older people.	The CEO has supported Ross-shire Voluntary Action in a number of funding applications for a continued support post for the East and Mid-Ross CPs. In addition, the CEO is coordinating the set up of a community fridge, the running of which will be a collaborative effort of local organisations and groups.
Muir of Ord	Collaborating with the community centre, engaged with young people in Muir of Ord through a participatory activity to identify issues and work to solutions which could lead to the development of diversionary activities as well as how young people would like to be involved in local decision making in the future.	A photo competition was held to ask young people to photograph 'My Muir of Ord' ('MY M.O.O.')– the photos have been judged by Clair Nicols from Youth Highlands, and then the pictures are to be exhibited in the local community centre.	
Dingwall	A series of engagements with a group of social and sheltered housing tenants.	A part of Dingwall was found unattractive and collaborating with the Dingwall Men's Shed we are installing some new planters and plants, to be built, installed and maintained by the men's shed.	

East Ross Community Partnership

CP	Community	Engagement	Capacity Building	Legacy Project
	Alness	Attached to an already organised community event, the CEO used a mapping exercise to identify issues and ideas for solutions in the area, with a particular focus on Milnafua and Westford.	Two community spaces have been identified as needing investment. In Milnafua a large amount of sport and leisure equipment has been purchased and in Westford we are supporting the local hall by refreshing parts of the building with community members.	As above.
	Invergordon	CEO is to piggyback on an organised community event to map issues and ideas for solutions.	The CEO struggled to engage and find a suitable opportunity for us to support building community capacity, however we are working supporting a volunteering opportunity for a community space which needs maintained in Invergordon.	
	Tain	A participatory activity designed to capture issues and solutions from young people through the Youth Forum and Youth Cafe. The focus of the activity was around identifying how young people would like to be involved in local decision making, what training/development opportunities they would like to see in their community and capturing any other issues.	Young people have been offered a 'money sense' session after the CEO identified people engaged with the Youth Café in Tain were interested in life skills.	
	Milton, Kildary and Balintore	In Balintore, engagement was with young people through the existing Youth Group, focussing on identifying issues and getting involved in local decision making through a participatory exercise. In Milton and Kildary, piggybacking on 'The Holiday Hub' which is aimed at providing diversionary activities and good food for 3 to 18 year olds in Milton during the school holidays, the CEO used participatory activities with young people and families to capture issues and ideas for solutions.	Finding that there was an interest for reading, we collaborated with the Scottish Book Trust to set up a free book exchange with children's books in Balintore and Milton, and a launch event to mark the new addition the community spaces took place on 28 and 29 October respectively.	

Nairn and Nairnshire Community Partnership

Nairn and Nairnshire Community Partnership: Engagement, Capacity Building and Legacy

CP	Community	Engagement	Capacity Building	Legacy Project
Nairn and Nairnshire Community Partnership	Nairn	<p>A series of engagement sessions took place:</p> <ul style="list-style-type: none"> -Door to door engagement with people from the specific area of SIMD. This was to talk to people about the upcoming capacity building event and to ask questions about their community -Engagement at a community event about facilities in Riverside Park, specifically about the use of the BMX track, but also about the general area. -Pop-up engagement at the Nairn Town and County Hospital exploring the experience of health and care in Nairnshire. -Primary schools in the area have been engaged with through design workshops that focus on challenges for young people in the community. 	<p>In October an event took place in the Community Centre, which gathered local services and organisations to showcase the available activities in the area, and give attendees an opportunity to try new things. This included a reading group, a knitting group, activities from Highlife Highland, instruments to try, boardgames, all-ability bicycles, and more.</p>	<p>The CP has identified that there is a high percentage of older and isolated adults living with dementia in Nairnshire, previously unengaged by partnership working. The CEO has been supporting the CP in developing a Dementia Friendly Nairn working group, supporting administration and (future) planning.</p>

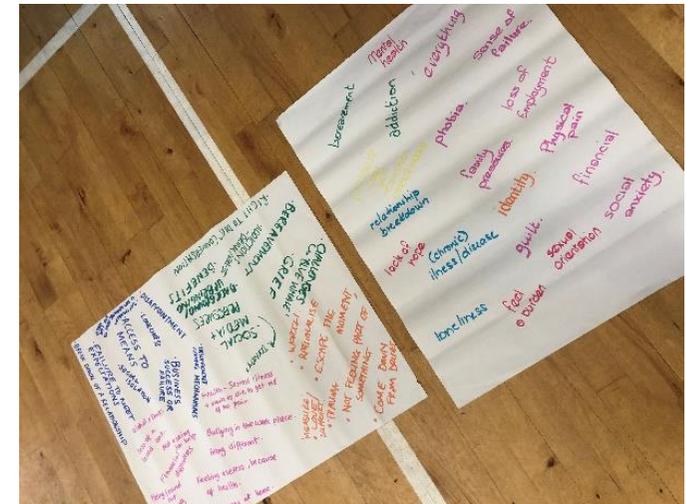
Case studies

The CEO had been asked to include a case study in their final report to illustrate the direct impact of their work. Unfortunately the CEO for East and Mid Ross left his post in November and wasn't able to submit this case prior to their departure, however please review the work done there on pages 13 and 14 of this report.

Inverness Community Partnership

Ainya Taylor: The S.I.P.P (Suicide Intervention and Prevention Programme) programme and training has been rolled out across community planning partners. However, this training has not been offered to community members until this session. The option to repeat this training has been discussed and this will hopefully come into fruition in 2020.

Lochaber Community Partnership have been in touch having seen promotion for this event, they are interested in running this with community members in Fort William. There is interest in this area due to high numbers of suicides. I have linked LCP to the Health Inequalities team in NHS Highland who offer this training and roll out of this is being considered across multiple CPs.



This event was a direct request from community members and has increased confidence, capacity, and trust in the CP. It has provided practical training for community members on how to identify risk factors, how to have challenging conversations, and know how and where to signpost people to services. This event was held in a community location and local businesses were used. It also involved a staff member from Ardersier Primary School who was seeking advice on talking to children about this topic. Participants highlighted the importance of communities having greater understanding of suicide, particularly noting the fact that the Highlands have a higher percentage of deaths by suicide than Scotland and the UK.

Skye, Lochalsh and Wester Ross Community Partnership

Lucy Cooke: The Skye and Lochalsh Young Carer's Pledge Project aims to provide opportunity for support, volunteering and employment for any SLYC that reaches adulthood and is no longer able to access the organisations help and support. The project is designed to support the present gap in provision for these potentially disadvantaged and vulnerable young adults.

It does this in two main ways. Third, private and public organisations have been asked to sign a pledge of support to the SLYC and by doing so have been able to spread awareness that this wonderful organisation has limitations in the age of its participants. As well as spreading awareness I am encouraging an open-door policy from each pledge signer to welcome SLYC leavers for future support, volunteering and even employment. They are only expected to make this a possibility (if appropriate) and are not subject to any particular assurances.

The impact of this type of project can often be hard to track and positive outcomes are not always quickly or easily seen. Which makes the outcome I am about to detail even more exciting. Through my capacity building event, the SLYC met Viewfield Garden Collective who support vulnerable and disadvantaged adults in Skye and Lochalsh through horticulture and environmental projects. They are a local charity providing excellent support, friendship, guidance, safety, a place to learn and advocacy to a variety of volunteers.

At my last capacity event I was explaining what the project was for to a SLYC staff member and they spoke about a current situation. There is an 18 year old SLYC member that must now disengage with the organisation. This is a slow process and the SLYC offer as much ongoing contact as they can, but the inevitable situation is that the SLYC cannot continue to offer the same level of support. It is obvious that the individual still requires some sort of support and has an attachment to the SLYC. I asked whether it might be appropriate to introduce him to another organisation and mentioned Viewfield Garden Collective as an example. We discussed the skills, experience and passions of the individual and realised that they may well be interested in taking a volunteer placement at the garden.

As I have been offered employment with Viewfield Garden Collective in the new year I can pursue this referral myself and try and match the support need of the individual to the volunteering opportunity at the Garden. This is a great opportunity to deliver the aims of the project and illustrates the effectiveness of the project to meet the aspirations and objectives of the community.



Lochaber Community Partnership

Lucy Cooke: The best way to illustrate the effectiveness of my projects is to look at my legacy plans for each one. In knowing that a year is a short period of time to create impact and change I concentrated a great deal of effort into how to make my community-led solutions long-lasting and successful. All three of my projects are examples of partnership delivery to ensure longevity.

- In Caol I have worked alongside Let's Get On With It Together (LGOWIT) to set up a support group for people with long-term health conditions. They were unable to do this alone due to not having a worker in the area to network, advertise and promote the new group. Once it is up and running, they can however monitor and support the project into the future.
- In Kinlochleven I wanted to set up a community food initiative. This had to be housed by a community group or organisation to design, develop and deliver the project. The Kinlochleven Community Trust like to get involved with a variety of community-led initiatives and have plans to implement a multi-activity centre and already manage a composting initiative making them the perfect place for such a project.
- In Fort William I knew that it would take a long time to get regular green health activity for the community and fitting referral pathways in place to ensure its productivity. So I liaised with several local mental health organisations and found that Support In Mind Scotland used to run regular walks and had been interested in setting something up again but needed capacity and support. I was able to help in this manner and we are currently involving the other health organisations to work with Highland Green Health Partnership to use the upcoming events to strengthen these activities and create longevity.



Nairn and Nairnshire Community Partnership

Rhona McNicol: There was an identified need to re-engage young people in the NNCP Child Plan. What we did to achieve this was host primary school engagement workshops. These workshops engaged children from the Millbank Primary School which is the catchment area for children in the Nairn West area, this is the SIMD identified area of deprivation in Nairn. This includes the residential areas of Tradespark, Moss-Side and Queenspark.

The workshops had multiple activities and asked children what they think would improve their experience of growing up in Nairn. These included the following key issues:

- More information sharing about what is on in Nairn for kids to do
- More nature education activities
- More opportunities to learn life skills such as first aid
- Better sports facilities
- Improving the play park equipment in their area
- More bin provisions
- Better opportunities/ groups for creative skills such as craft and drawing

The end activity involved the young people designing solutions to the issues they had raised during the session. All information gathered was fed back to the Child Plan sub-group which the group then drafted actions from. These key issues were then partly addressed, where appropriate, by the community capacity building day on October 18th. Local groups for following creative pursuits, informal CPR training and information sharing about what there is in Nairn for young people to do (i.e. clubs, sports activities) were present at the event.

The event also gave other visiting children the opportunity to contribute their own ideas. It also gave those children engaged previously the opportunity to see that they were being listened to by the CP and that the Childs Plan were addressing what they had requested previously.

Evidence of workshops and community event below show participation, ability and confidence to contribute, organisations/services delivering some capacity building on key themes from engagement sessions, evaluative measures that were taken and the child plan sub-group chair present at the event who reported back to the community how the CP actioning the issues raised by the young people.

