



# Aberdeen City Health and Social Care Partnership

# Health Improvement Fund

## Annual Report 2022-23



# Background

The Health Improvement Fund (HIF) seeks to improve health and wellbeing in communities across Aberdeen. The Fund is awarded through community grants of up to £5000.00. Anyone living and/or working in Aberdeen City is eligible to apply. This year there were two rounds of funding in which projects could apply, November 2022 and January 2023.

As staff were redeployed to support the Covid-19 Pandemic the Health Improvement Fund was paused until the start of 2022 and as such this will be the first annual report since the 2019-2020 period.

### Principles of the Fund:

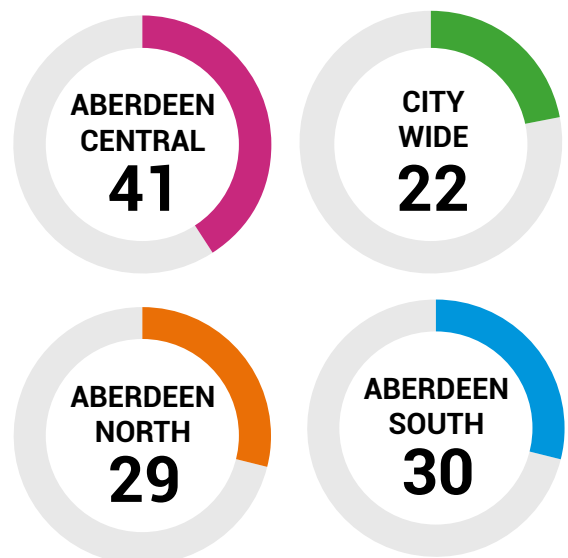
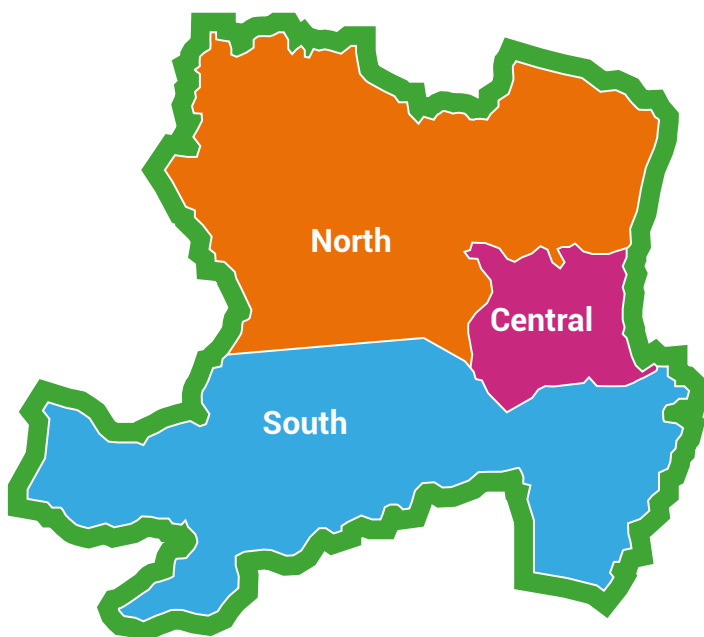
- Projects are new, innovative and creative.
- Projects are community led and inspire community members to get involved.
- Meet local need and reflect local circumstances.
- Join people together.
- Can show improvements in health and wellbeing.



Of the 68 funded projects in 2022/2023, the top 3 sources were from:



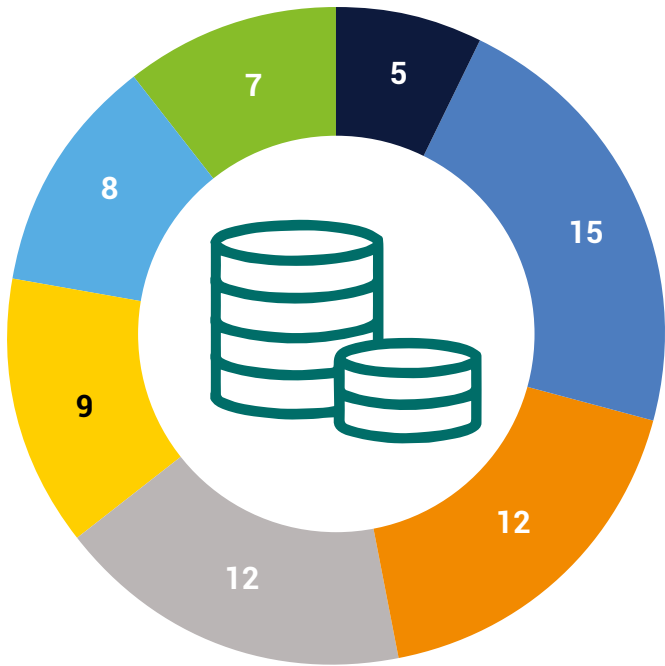
Applications received in 2022/2023 (including those re-directed to other funding streams):



# Background

## Funded Projects

62% of projects were funded from the Health Improvement Fund between the 2 funding rounds. The focus of the funded projects is illustrated here:



- Inclusion and Social Isolation
- Food and Food Growing
- Self Help / Self Management
- Physical Activity
- Children and Young People
- Older Adults
- Environmental Improvements





# Our journey during 2022 - 2023

## Key Developments

- Linked with other local funds to ensure as many projects could be funded as possible (ACVO Community Mental Health and Wellbeing Fund, Local Authority Covid-19 Economic Recovery, Fairer Aberdeen Fund). Projects were asked within the application if they were happy for their application to be shared with other suitable, local funding streams. These links saw 72% of applications successfully funded within Round 1 and 67% of applications successfully funded within Round 2. For example, 8 projects requesting hardship support (foodbank and warm hub supplies) were passed over and successfully funded via the Covid-19 Economic Recovery Fund.
- Decision-making groups comprising of Locality Empowerment Group (LEG) and Priority Neighbourhood Partnership (PNP) members, thus empowering members to make the decisions which will impact upon their community.
- Application and Guidance sheet updated to reflect Aberdeen Health and Social Care Partnership Strategic Plan (22-25) and Aberdeen City Locality Plans.
- Option to now complete the application form online using Citizen Space, as well as continued use of a Word Document version to ensure maximised opportunities to apply to fund.

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*Previously wasn't aware of the fund application was passed over to so great to have the application linked to this.*

*Good communication. Easy to follow process.*

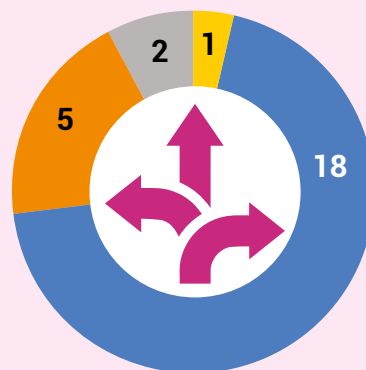
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2022

2023

## Decision Making

Allocations are decided upon by local decision-making groups in localities involving a range of community representatives and staff from the LEG and PNP, guided by a scoring process based on the funding principles. Here is a breakdown of group members:



- Community Representatives
- Third Sector
- Health and Social Care Partnership Staff
- Other Staff

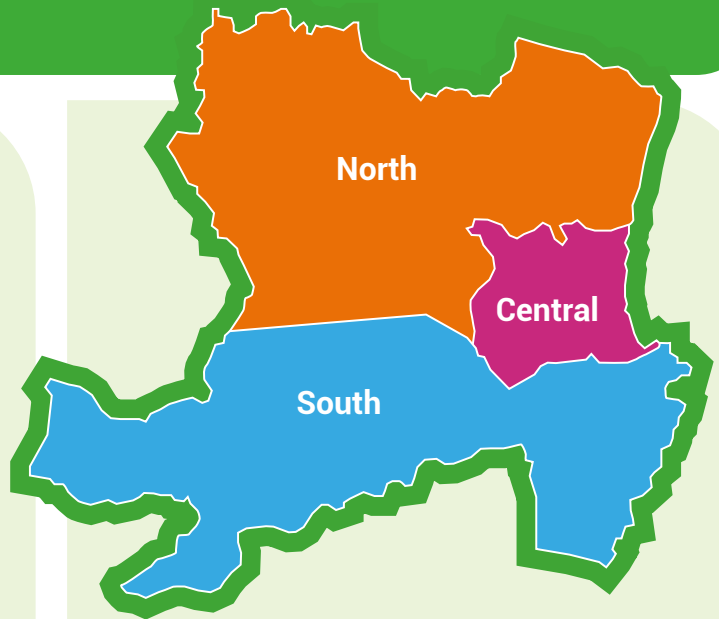
## Case Studies – City-wide

### You, me and ADHD

Due to increased demand in requests of support from women with ADHD in Aberdeen, We Too! organised an event in which women with or awaiting a diagnosis could attend. The aim of the event was to network, with several women taking the stage to share their own experiences of living, working and relationships with ADHD. The event which was organised by women with ADHD saw over 62 ADHD women come together. Next steps are now being considered for future events to ensure a network of peer-support is available throughout the City.

*It was an absolute privilege to see a space being created that allowed women to connect, unmask, ask and receive advice and gain new friends as well as new outfits from the swishing session!*

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### Qigong @ Maggie's Aberdeen

Qigong sessions have been offered to service-users and their family and friends at Maggie's Aberdeen. The class has offered a space for attendees to participate in gentle physical activity, while also benefiting from social contact as a community of support has been built around the class. The Qigong sessions have been attended 199 times so far, with approximately 7 – 9 people attending each group.

*Many people bring their relatives or carers along and we notice that the social aspect is almost as important as the physical benefits*

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## Case Studies – Central

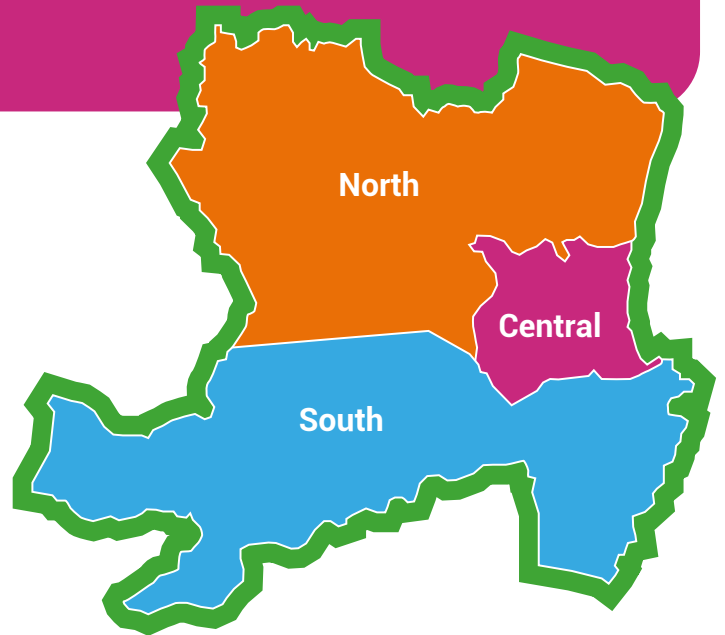
### Gerrard Street Lunch Club (by Seaton Community Hub)

Following on from the success of "Soup & Sannies" at Seaton Community Hub, a new lunch club was set up at Gerrard Street Baptist Church which is run by volunteers. The aim of the lunch club is to provide community members with a free nutritious lunch while combatting social isolation. The Lunch Club now has a core group attending with friendships being made and is always open for new attendees to pop along.



*The volunteers do a great job organising the lunch club, the sandwiches are always tasty!*

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### Cornhill Community Garden

Cornhill Community Garden is a community-led project aiming to ensure residents have access to greenspace and the opportunity to grow fruit and vegetables. The project has made a great start with the ground having been levelled, slabs laid and storage containers erected. There are now weekly sessions at the garden where community members can go along to support the work and have their say in how they would like to develop it further. Some community members have kindly volunteered to build picnic benches and raised planters so that the garden can be enjoyed by all ages and abilities.

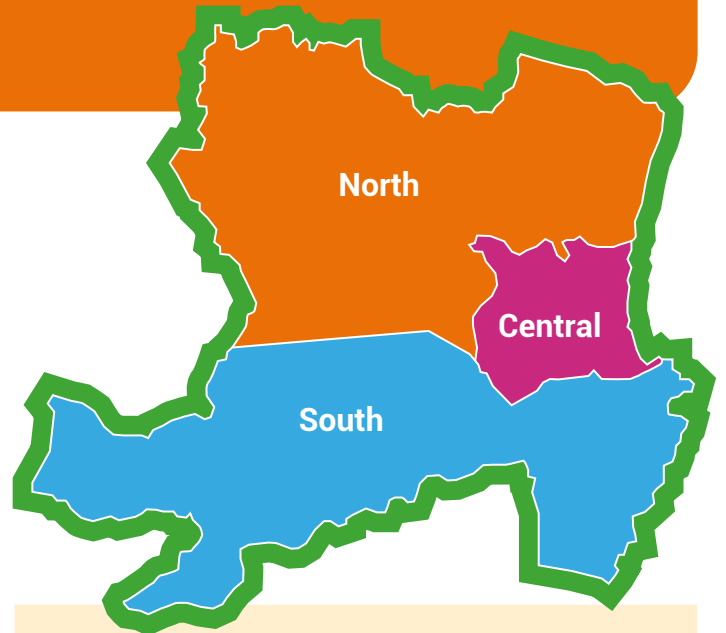




## Case Studies – North

### Wellbeing Tuesdays

The Walking Football Wellbeing group meets weekly to play Walking Football, with 1 Tuesday a month set aside for a workshop/talk regarding a health and wellbeing topic identified as a “need” from the group. The project is a result of co-production and aims to support men to self-manage their health and wellbeing by providing the opportunity to hear a range of talks such as Prostrate Cancer, mental health and nutrition. Additionally, following on from a series of Functional Fitness MOT's, the group agreed they would benefit from activities such as yoga, pilates and mindfulness; this is now planned over the coming months. Over 50 men benefit from the social interaction, physical activity and holistic health information as a result of this group!



### Friends of Westfield Park

The Friends of Westfield Park received funding from the Health Improvement Fund to build a Sensory Garden in Westfield Park. This project has involved the whole community! The Bridge of Don & Districts Men Shed built wooden plant beds which have been adopted by Braehead Primary, Scotstown Primary, Bridge of Don Academy, Aberdeen Family Learning and the Bridge of Don Community Council. Aberdeen Action for Disability are growing seeds to share with the project and some of members are also making signs for the beds. The Sensory Garden has been created so all members of the community can have the opportunity to learn about plant and food growing.



*It has been fabulous how many people have helped and become involved [...]. We have even had a local resident filling up our water carriers from his tap.*



## Case Studies – South

### Police Scotland

Police Scotland held a showcase event in partnership with the Daniel Spargo-Mabbs (DSM) Foundation at Lochside Academy to highlight the dangers of drug use with over 140 learners and staff in attendance. The DSM Foundation aims to deliver effective and relevant drugs education to schools across the UK. The showcase event included a play which conveys the potential life-threatening consequences of drug use, as well as the provision of educational materials for teachers and parents. The materials focus on harm prevention and arming youths with the knowledge on how to remove themselves from peer pressure situations and how to help others being pressured. Next steps include considering the roll out of the play into communities and sharing material across Aberdeen City schools.



“

The showcase has caught the attention of Scottish Government with the steering group having an encouraging meeting with the new Minister for Drugs and Alcohol education.

...how heartfelt it was having such a personal story in which I can relate to as well, knowing how things can be prevented if more people were educated about the topic.

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### Inchgarth Community Centre

Inchgarth Community Centre recognised the importance of being able to access physical activity opportunities without the barrier of finance. Funding to cover the cost of 100 annual gym memberships was awarded; providing free access to the Inchgarth fitness gym for people who are unemployed, in receipt of benefits, the elderly, on low incomes, and young people aged S1+ who wish to access the fitness gym under supervision. Those joining the gym are given an induction to ensure they know how to use the equipment and are encouraged to attend other activities/groups that are on offer at the Community Centre.





Project	Organisation	Purpose	Amount Awarded	Locality
<b>Children and Young People</b>				
Touch of Love Young Achievers' Club	Touch of Love Outreach	A weekly club with a range of activities from play, arts and craft, dance, internet safety, science activities and several training sessions.	<b>£3,900.00</b>	Citywide
Young Carers Respite Residential 2023	Barnardo's Young Carers Service	Creation of respite service for young people comprising of a residential trip away.	<b>£5,000.00</b>	Citywide
Childminders Led Outdoor Opportunity Project	Scottish Child-Minding Service	Purchase of a gardening pack which will be stored at a North office and can be booked out by Childminding staff.	<b>£2,500.00</b>	North
Targeted Wellbeing Sessions	Active Schools (Cults ASG)	Offering of targeted support during lunchtimes, for signposted pupils to benefit from yoga/pilates classes.	<b>£600.00</b>	South
Seasons For Growth	Cults Partnership Forum	The programme supports children to understand and respond to the issues such as death, separation, divorce or other significant change and loss in their lives.	<b>£1,402.00</b>	South
Skills Hub	Kirkhill Nursery and Primary School	Expanding of existing skills hub to include a kitchen area in which pupils can learn new skills.	<b>£2,996.22</b>	South
DSM Foundation – A Divert Opportunity	Police Scotland	Awareness event at Lochside Academy to raise awareness of the dangers of drug-use, as well as providing educational materials for use with pupils.	<b>£3,550.00</b>	South
Extra-Curricular For All	Loirston Primary School	Offering extra-curricular opportunities by introducing a range of clubs which meet the interests of all children at Loirston.	<b>£4,932.00</b>	South
<b>Environmental Improvements</b>				
Garden Project	Castlewood Gardens	Purchase of plants.	<b>£150.00</b>	Central
Rowan road sensory summer house	Aberdeen City Health and Social Care Partnership	Purchase of equipment to provide sensory activities in the newly built summerhouse. Sessions are run by trained staff.	<b>£2,000.00</b>	Central
Cloister Garden Project	St John the Evangelist Scottish Episcopal Church	Purchase of gardening equipment and supplies to create a social and therapeutic garden in the city centre.	<b>£2,184.00</b>	Central
Hospital Courtyard Garden	Royal Cornhill Hospital (NHSG)	Construction of a permanent gazebo within the courtyard garden at the Recovery Resource Centre at Royal Cornhill Hospital.	<b>£5,000.00</b>	Citywide
Bridge of Don Skatepark Development	Bridge of Don Skatepark Development Group	Funding to enable the commission of a feasibility study as the first step of building a skatepark.	<b>£5,000.00</b>	North
<b>Food and Food Growing</b>				
Farm to Fork	Skene Square Primary School	Purchase of cooking equipment to allow the pupils the opportunity to learn how to cook the food grown in the school's garden.	<b>£756.18</b>	Central
Community Kitchen/Café	Seaton Community Hub	Purchase of equipment to support a lunch/supper club, as well as cooking sessions with the community.	<b>£1,500.00</b>	Central
Cairncry Community Kitchen	Cairncry Community Centre	Upgrade of kitchen to allow for community cooking sessions.	<b>£1,500.00</b>	Central
Community Garden	Cornhill Community Association	Purchase of gardening equipment to allow for a community garden to be created.	<b>£3,301.00</b>	Central
Storehouse Central Community Pantry	Catalyst Vineyard Church	Creation of a new food Pantry in the Central locality.	<b>£4,388.32</b>	Central
The Cubby	Cummings Park Community Association	Purchase of freezer to allow for storage of food used to cook free community meals.	<b>£2,300.00</b>	North
Community Kitchen	Sunnybank FC	Kitchen upgrades to allow for the offering of community cooking sessions.	<b>£3,640.59</b>	North

Project	Organisation	Purpose	Amount Awarded	Locality
<b>Food and Food Growing</b>				
Sensory Garden	Friends of Westfield Park	Creation of a sensory garden at Westfield Park in which the whole community can contribute towards and access.	£4,670.00	North
Increase involvement of local community in ALLOTMENT operation	Gray Street Allotment Association	Purchasing of gardening equipment and supplies to encourage local community and school to become involved in gardening and food growing.	£925.00	South
Grow More with Aberdeen City Libraries	Aberdeen City Libraries	Set up a gardening club with Abbotswell Primary School, Kincorth and Leggart Community Council with support of Aberdeen City Libraries Health and Wellbeing Librarian.	£1,798.69	South
Embracing Community 2023	Aberdeen Methodist Church	Funding to extend and upgrade the kitchen facilities to ensure they safely support cooking for the public and are capable of expanding work to host workshops to develop skills in cooking.	£4,000.00	South
Cook Together, Eat Together	RISE Aberdeen CIC	Project to take place at Old Torry Community Centre, teaching community members how to cook followed by eating together to reduce social isolation.	£5,000.00	South
<b>Inclusion and Social Isolation</b>				
Community Social and Wellbeing	Ashley & Broomhill Community Council	The project will offer and promote a range of wellbeing sessions for residents in the area, as well as community events.	£3,280.00	Central
Inspire Aberdeen CLP Drop-in Group	Inspire	A weekly drop-in group for local adults with learning disabilities supported through the Community Living Project (CLP) in Aberdeen City.	£3,840.00	Central
GREC Drop-in Hub	GREC	Creation of a drop-in hub which brings together a range of GREC services on one day, under one roof.	£4,044.00	Central
LGBTQIA+ Activity (Tennis & Yoga Sessions)	Active Schools	Following on from discussions with Four Pillars, a range of tennis and yoga sessions were organised for school aged teens.	£1,142.25	Citywide
Support for Homeless and Lonely	OGV	Building on existing weekly coffee mornings, the project will support individuals by creating job opportunities, provide access to laptops, act as a Warm Hub and provide any essential toiletries.	£3,500.00	Citywide
Funded Football	Elite Football Association	Funding to cover pitch hire for social football sessions to encourage physical activity and reduce social isolation.	£3,549.00	Citywide
Intergenerational Peep Group	Peep Project and Bon Accord Care	Purchase of equipment to allow an intergenerational Peep group to be set up at Kingswood Day Centre.	£917.73	North
Building Connections/ Leading Real Lives	Len Ironside Centre	Creation of a weekend social group offering a range of activities such as cooking, life skills, crafts, games, gardening and local walks.	£1,031.59	North
Northfield Community Fun Day	Dennis Law Legacy Trust	Community fun day planned by young people from Northfield. Bringing the community together and giving the young people employability skills.	£2,500.00	North
Social and Craft Group for adults with Disabilities	Aberdeen Action on Disability	Funding to expand offering by including artisan crafting and guest speakers to weekly social sessions.	£4,641.00	North
Educating Mental Health Professionals to Support with Asylum Seeker Trauma	Asylum and Refugee Care (AARC)	Training for Public and Third Sector staff supporting Asylum Seekers.	£1,400.00	South
Torry Community Fun Day	Dennis Law Legacy Trust	Community fun day planned by young people from Torry. Bringing the community together and giving the young people employability skills.	£2,500.00	South
Kaim Court Allotment Social Group	Kaim Court	Purchase of gardening equipment to ensure accessible use of local allotment.	£4,415.58	South

Project	Organisation	Purpose	Amount Awarded	Locality
Parents Together	Team Jak Foundation	A weekly session for the parents and carers of children with cancer and those bereaved.	£4,800.00	South
Equipment for Men's Shed	Ferryhill Railway Heritage Trust incorporating Ferryhill Men's Shed	Purchase of equipment to allow for more members to attend, the group has opened up to support Refugees and Asylum Seekers within the City.	£5,000.00	South
<b>Older Adults</b>				
Gerrard Street Lunch Club	Seaton Community Hub	Lunch club at Gerrard Street Baptist Church to provide a healthy lunch and reduce social isolation.	£3,336.25	Central
Lunch Club	Dyce & Stoneywood Community Association	The project provides free lunch and entertainment to those who attend.	£744.00	North
Gettin oot o' the Hoose	Dyce & Stoneywood Community Association	Funding to cover safety checks and insurance of minivan for 1 year.	£2,299.00	North
Dementia VR Immersive Training	Bon Accord Care	Purchase of Virtual Reality kit to allow family/staff to undertake training to understand what Dementia can feel like.	£4,600.00	North
Denseat Court Tenants	Denseat Court Tenants	Purchase of gardening equipment to encourage food growing, as well as kitchen equipment to allow the produce to be cooked by residents.	£1,000.00	South
Janesfield Manor Tenants	Janesfield Manor Tenants	Purchase of gardening equipment to encourage food growing, as well as kitchen equipment to allow the produce to be cooked by residents.	£1,000.00	South
Snoezelen Room	Renaissance Care	Creation of a sensory room within the Care Home to provide residents with the opportunity to relax in a safe environment.	£5,000.00	South
<b>Physical Activity</b>				
Aberdeen Blueberry Wellness	Aberdeen Blueberry Wellness	Funding for 2 community members to gain Level 2 Gym Instructor qualification.	£2,000.00	Central
Outdoor Pool Facilities	Powis Residents Group	Installation of an outdoor pool table for use by all age groups in the community.	£2,750.00	Central
Powis Post Pandemic Physical Exercise Classes	Powis Community Centre Association	Instructor led physical exercise classes with a variety of activities from aerobics, yoga, pilates etc.	£3,250.00	Central
Qigong sessions at Maggie's Aberdeen	Maggie Keswick Jencks Cancer Caring Centres Trust (Maggie's Aberdeen)	Provision of 2 Qigong sessions per week for the whole of 2023.	£3,000.00	Citywide
Sports Challenge	Create Aberdeen	Development of new sports and fitness activities for adults with learning and physical disabilities to increase fitness and participation levels.	£3,049.00	Citywide
Afristyle Dance-for-Health Project	Afristyle Dance Club	This project connects with African Women's groups within Aberdeen to deliver dance presentations and encourages women to participate in adult dance classes.	£2,000.00	North
Cove training	Stoneywood Parkvale Amateurs FC	Funding to cover the hire cost of a training pitch.	£960.00	South
Free Access to Inchgarth gym	Inchgarth Community Centre	Funding to cover the cost of 100 annual gym memberships at the Centres gym facilities.	£3,000.00	South
Physical Health Improvement	Asylum and Refugee Care (AARC)	Creation of a gym within one of the residential areas where Asylum Seekers and Refugees have been placed to encourage physical activity and peer support.	£4,912.00	South



Self Help/Self-Management				
Mighty Oaks (Menopause Cafes)	Aberdeen City Health and Social Care Partnership	Menopause Cafes and walks for those affected by Menopause.	<b>£750.00</b>	<b>Central</b>
Meditation and Mindfulness for Justice	Justice Social Work	Purchase of equipment for meditation sessions.	<b>£2,000.00</b>	<b>Central</b>
Aberdeen Foyer Winter Well-being Programme	Aberdeen Foyer	Purchase of a washing machine and dishwasher to increase the offering of services available to service-users.	<b>£2,708.00</b>	<b>Central</b>
Community Birth Prep Class	The Birth Hub Aberdeen	A weekly birth preparation class incorporating elements from different disciplines for example hypnobirthing, pregnancy yoga, and meditation.	<b>£5,000.00</b>	<b>Central</b>
African Men Health Talk Series project	The Bridge	A range of health talks for African Men.	<b>£1,240.00</b>	<b>Citywide</b>
Recovery Garden Project	Alcohol & Drugs Action	Purchase of a shed to safely store equipment and seeds.	<b>£1,800.00</b>	<b>Citywide</b>
Dads View with We Too!	We Too!	Set-up of a dad's peer support group.	<b>£2,880.00</b>	<b>Citywide</b>
You, Me & ADHD	We Too!	Networking event to support ADHD women in Aberdeen City.	<b>£3,460.00</b>	<b>Citywide</b>
Clan in the Community	Clan Cancer Support	A monthly drop-in session allowing people impacted by a cancer diagnosis to receive confidential support and advice.	<b>£4,912.00</b>	<b>Citywide</b>
Peer Support Groups and Autism Understanding Library	Understanding Autism Scotland	Funding to cover the costs of setting up an Autism Peer Support Group and Autism Understanding Library.	<b>£4,998.20</b>	<b>Citywide</b>
Wellbeing Tuesday	Strikers	This project encourages men to self-manage health & wellbeing by introducing prostate cancer information, physiotherapy, group exercise and nutrition talks etc.	<b>£660.00</b>	<b>North</b>
Men Wellbeing Group	Middlefield Hub	Funding to support the start-up of a Men's Wellbeing group at Middlefield Hub.	<b>£2,279.00</b>	<b>North</b>

### Miscellaneous spend:

- Staff Development (Health Issues in the Community Training) - **£3,083.40**

### Evaluation and Next Steps

- The funded projects will be required to complete a 6-month (cohort 1; July, cohort 2; September) and 1-year (cohort 1; January, cohort 2; March) evaluation to measure the impact of their work and the achievement of outcomes which support Aberdeen City Health and Social Care Partnership's (ACHSCP) strategic plan. At time of writing 27 of the 40 projects funded in cohort 1 had returned their 6-month evaluation, with 100% of these projects underway.
- Continue to work alongside local funds under Local Outcome Improvement Plan 16.5 (Community Funding) to consider what methods and support could be implemented to ensure access to funding is simple and streamlined at point of access.
- Review the way in which we collect data from project evaluations to ensure we can provide the best support to successful and future applicants.
- Explore the opportunity to host drop-in application writing support sessions at a time most suitable for applicants.



If you would like to find out more information, visit: [www.neighbourhoodhealth.org.uk](http://www.neighbourhoodhealth.org.uk), search for 'Health Improvement Fund' on Facebook or find us on Twitter – [twitter.com/HSCAberdeen](https://twitter.com/HSCAberdeen)