

South West Digest – December 2016

South West Health Matters – Voting Launch takes off!

On St Andrew's Day at St Martin's Community Resource Centre in Dalry the launch event was held for the Health Matters participatory budget initiative promoted by the South West Neighbourhood Partnership. The partnership joined forces with Gorgie Dalry Forum (GDF) at the community health event titled Our Health Matters delivered by local community health partners.



The community afternoon was planned to give local people a taste of the alternative health options available in the Gorgie/ Dalry area as well as offering a number of activity session to those present. The Partnership took the opportunity to support this local event and advertise the voting phase of the Health Matters PB initiative.

The Reverent John Conway representing GDF welcomed the gathering before handing over to the South West Neighbourhood Partnership Convener, Cllr Eric Milligan to officially open the event.

In total twenty eight (28) organisations were present, with eleven of the thirteen finalists in the Health Matters initiative using the event to promote their projects and to persuade the local community that project was worth voting for. Within the four hours the event was staged one hundred and thirty local people popped in to check out the event with 39% taking time to vote for projects they wished to see delivered.

The event attracted all age groups and in particular praise has to be offered to Tynecastle High School who encouraged a number of pupils to come along to learn more, vote and lend a hand volunteering in the centre kitchen handing out soup and bread or distributing teas and coffees to stall holders throughout the event. The pupils enjoyed the interaction of the Our Health Matters event, a really positive way to spend a free period and meet people from all different ages and find out more about what goes on outside school in their local community.

General consensus from both community and attending partners was that this type of event is particularly good at raising the profile of work partners are carrying out in local areas. In addition, the community feeling was that they allow the public to learn more about not only the current work being delivered, but future initiatives which they can influence in terms of service shaping and delivery, a format worth further exploration by the partnership in the coming year.

South West Health Matters – The Result

The South West Partnership Board would like to offer congratulations to the following organisations that have been successful in persuading the south west communities to support their projects;

Organisation	Votes	Amount
1. Good Morning Gorgie (HAR)	182	£5,000
2. WHALE (Drama)	171	£4,536
3. Willow Garden Project	163	£5,000
4. Broomhouse Centre Friendship Pools	141	£4,736
5. Dalry Primary School Bus Project	140	£5,000
6. Bumps to Baby (Dunedin Canmore)	129	£4,360
7. Choose Health (About Youth)	111	£2,938
8. Westerhaven Care Exchange	109	£4,970
9. Canal Walks (Re-Union)	99	£2,650
10. Edinburgh Girls Project (EPIC)	85	£810 (Partial)



Grove in the Park is a new community garden set up by The Grove Community Garden in September 2016 for the enjoyment of the local community. We garden communally and grow fruit, vegetables, herbs and flowers on mobile planters – and have planters and a canoe for children. We are associated with the North Merchiston club and its Pingado coffee shop; we welcome new members and enjoy sharing our knowledge and love of gardening.

We are usually at the garden on Saturdays between 10-12am. Find us next to the children's playground at Harrison Park East, West Bryson Street, Edinburgh EH11 1BQ.

Contact: grovefcg@gmail.com

Facebook: <https://www.facebook.com/groups/TheGroveFountainbridge/>

Website: <https://grovecommunitygarden.wordpress.com/>

Persistence – The Art of Fundraising

In today's shrinking economic world finding and more importantly securing funding on a regular basis is a daunting task for many. However, this article is from a successful fundraiser, C MacDonald offers hope.

Don't give up when you get turned down for a grant, I have had applications declined from some of the biggest funders you care to mention. But let's face facts most funding bodies are oversubscribed, and simply can't give funding to all groups and individuals who apply. The answer is to be bold, apply to several at the same time. For example my group were once turned down for a group grant. When I inquired for feedback, I was informed that not all applications could be accepted. Three weeks later, I received an email informing me that our application had been forwarded to a partner agency that awarded us a grant of £500.



You would be amazed that some groups don't do their homework and apply to the wrong body for example;

1. Don't apply to a charity that only supports single women if you are looking for funding for married women.
2. Don't apply to a charity that only matches the funds you already have, if you have no funds to match.
3. Don't apply to a fund that only supports groups: group don't have a bank account.
4. Find out how often the trustees make awards. If they only do this in January and July, you will have a long wait if you apply in February or August.

Don't just apply online speculate once in a while and take off the cuff opportunities, I frequent a coffee shop and recently asked the manager if they support local groups. The result of that speculation was a grant that paid for our Christmas Party and entertainment.

Do some fundraising within your group. Our group have sold personal attack alarms, key ring torches and Christmas cards to raise funds this month. That's on top of what we make every month at the Lunch Club, the Breakfast Club and the Smoothies Club.

Final tips, there is a charitable fund for almost every occupation and almost every medical condition. There are even funds for individuals with certain surnames. Go to as many funding events as possible, and make yourself known to as many different groups as possible. Perseverance is stubbornness with a purpose!



During October 2016, the community police teams within Edinburgh restructured to enable us to improve our service to the local community. The changes were as a result of feedback from you, the public, about our community policing approach and the fact that we want to be more visible across the area and have more opportunity to engage with and work with our communities.

Local issues impacting on individuals and communities matter to us and within the new structure we have the chance to tackle problems and work more closely with our partners to improve the service delivered within the area. Our shift pattern has been realigned to enable us to be working at times that impact most on community issues so that we can be present and visible within the area.

A number of new roles have been developed within the team to enable us to deliver a flexible and effective community service to tackle the wide range of challenges and issues faced.

The South West Community Policing Team is working to;

- Serve and engage with the local community, improving our visibility and presence
- Prevent crime, tackling local needs and developing solutions to local issues
- Enhance and develop our work with partners to improve our services for local communities, including earlier intervention, prevention and education.

Roles within the team include:

Community Ward Officers, who as per the previous structure, are the two named officers who are funded by the City of Edinburgh Council in each ward focusing on community engagement and addressing local issues within their wards.

Area Community Officers who work closely with community ward officers to enhance our capability to address local issues.

Local Alcohol Violence Reduction Unit who work proactively to tackle and investigate local crime trends and other local priorities.

Local Authority Liaison/Family and Household Support Team Officers, who are aligned to work more closely with the council teams focusing on early intervention and prevention.

Prison Liaison Officer who works closely in partnership with the Scottish Prison Service in HMP Edinburgh.

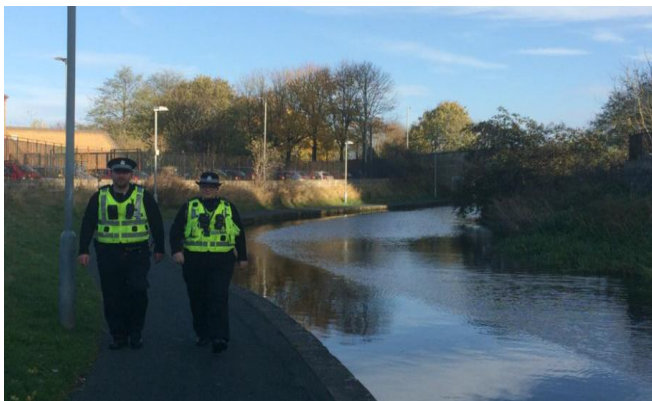
School Link Officers who are embedded within the secondary schools to work with staff in education, pupils and other youths to promote awareness and early intervention.

Chief Inspector Helen Harrison, SW Local Area Commander states: -

“I am really encouraged and enthusiastic about the opportunities ahead for community policing in the South West of Edinburgh. I have a strong team of officers, with a variety of skills and experience, and they are all embracing the opportunities the new structure is affording them.

Our links with partners in the council are developing quickly and it is very positive to see the increase in joint working already evident through the work they are doing. I am keen for the ward officers to become more visible within their communities and am encouraging them to think of new ways to work within their areas.

Communicating and engaging with our communities is important in our approach and over the next few months we will be looking at ways to improve this. I do believe it has been a very positive start and we are going to keep building on this.”



A Sense of Me

We would like to invite you to spend time with others living with dementia, their carers and family members.



A Sense of Me provides a safe space to talk about how life is for you, and what you can do to live well with dementia. You can hear from others about what they do to get well, keep well, and lead the life they want to live. We welcome those living with early stage dementia and a family member or carer.

To find out more or to join a group, please call Hayley or Cindy on 0131 225 8508 or email Hayley@health-in-mind.org.uk

In the Community with Broomhouse Health Strategy Group

BHSG are looking forward to 2017, building on their popular groups and developing new activities by responding the health and wellbeing needs of the community.

They run many activities in the community and are based in the **BHSG Fruit and Veg shop** in Broomhouse Market. They are open weekday mornings with lots of great value fresh produce and dry goods and lots of ideas to make tasty and healthy meals, including Soup bags/meal bags/ with free recipes. Everyone is welcome to come along to the **'Tasty Bite Thursdays'** (Fare share food from Tesco). BHSG share this with the local community around midday. Come along and get your free freshly made taster and recipe bag, with something different every week.



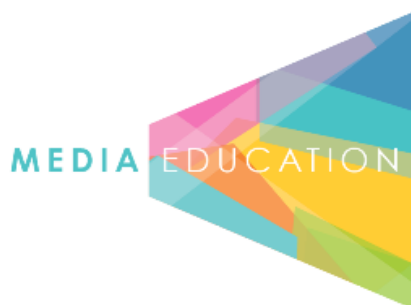
Recently the BuggyGym Coach had identified that local Mums were looking for organised accessible social activities in the afternoon to help reduce social isolation, and earlier in the year the Mums that came to our 'Broomhouse Chat' had said they were looking for more social things to do in afternoons and evenings.

BHSG have funded and run a well-attended pilot term for **'Duo'**. **Duo** is a free friendly afternoon activity for a Mum and/or Dad with baby - men and women have taken part in pilot term. You can exercise with your partner/ sister /friend or we will be your partner. The short fun intensive 30 minute sessions in pairs motivate participants to work out together, exercising whole body & pelvic floor muscles. Furthermore, the sessions are unique as the children stay in the room with the exercising adults – making seeing their parents take physical exercise become a normal part of life, encouraging a more active lifestyle for the whole family.



BHSG have just completed the Autumn Term consisting of a wide variety of activities including Tone & Flex, Adult Cooking, Women's Aerobics, Chair Exercise, Buggy Gym, 'Baby's First Food' 'Weaning Class' Walking Group, Health Drop ins, Also they always have lots of volunteering opportunities for reducing social isolation, learning and sharing skills.

For further information Contact;
Jackie Hall (Community Dev. Worker) Broomhouse Health Strategy Group
or drop in to see us at the Fruit and Veg Shop: 0131 467 7678



Media Education is a film production and media training organisation whose work is based in the community. They work with people from all walks of life to develop the confidence to express themselves and craft skills in media and film production.

The group is delivering a new project for young people called 'Radio City' in partnership with Voice for Change, North Edinburgh Arts, Graphite North, Strange Town, The Scottish Poetry Library and #artcore.

Throughout 2017, young people aged 10-20 will be able to take part in free workshops to experiment with new media, podcast, soundscape, music production, spoken word and radio drama. Media Education is also looking for young people across Scotland to send in audio clips that reflect their lives through sound to be included in a '24-hour Soundscape of Scotland'.

To find out more, call Kate or Claire on 0131 313 8900 or email claire@mediaeducation.co.uk, address is 183 Dalry Road.

Wester Hailes Community Garden – Has New Shed

A Wester Hailes community garden has been enhanced by the addition of a spectacular new garden shed. The Willow Garden, which sits next to the Union Canal, is currently looked after by a therapeutic gardening group run by the Health Agency. The Willow Garden group has been looking after the garden for the last 8 years and have created a space which is a haven for a diverse range of animal, bird and insect species. Previously the garden had

just a shipping container in which gardeners worked, stored tools and materials and sheltered in when bad weather blew in.

The new shed, funded by a Central Scotland Green Network grant, provides a 36M² enclosed space that can be used as a workshop, classroom, meeting space or just for relaxing in over a cup of tea. It is hoped that it will help widen the number of groups and individuals who work in the garden. The shed makes clever use of clear plastic roofing sheets to allow plenty of natural light in and was designed and built by another Health Agency project - Growing Youth - during September of this year.

Growing Youth is a project which provides work experience for unemployed young people in the south west of Edinburgh. Growing Youth participants were responsible for all aspects of the shed build and completed the job under the supervision of project manager Steven Pike. The shed build was just one part of a range of horticultural and landscaping work done by Growing Youth this year. As well as working on Edible Estates' gardens in Wester Hailes they have also worked at Saughton Park and at the Cyrenians Farm in West Lothian. Growing Youth is also very keen to hear about other greenspace and landscaping projects in the South West of Edinburgh that they could collaborate on.



Broomhouse, Sighthill & Parkhead “Volunteer Blether”

On Thursday 2nd Feb 11am-1pm at St Davids Church Hall, Broomhouse Crescent, EH11 3RH with a free lunch!

Are you a volunteer? Are you interested in volunteering?

Broomhouse Health Strategy Group and the Broomhouse Centre & Enterprises are working with the 'Joining the Dots' partnership to create a unique local volunteer recruitment event, early in 2017. We want to catch people who would like to connect to their local community through volunteering. Those New Year's resolutions will not have lost their shine!

The Drop-In style event will have many of the volunteering organisations in Broomhouse, Sighthill & Parkhead, both third sector and statutory present. They will each have an information table to firstly showcase the great range of interesting volunteer roles that are being undertaken in the area, by having

current volunteers present so they can chat to people about their role and secondly to recruit new volunteers from the local area.

It's an invitation to anyone interested in volunteering on their doorstep – come and find out about the great range of local roles available. If you're an existing volunteer, please come and share your story, meet others and feel proud of your contribution



As we get older, the risk of social isolation becomes greater, which can also affect our mental and physical health. LOOPs (Local Opportunities for Older People) was set up to combat this. LOOPs run a city-wide phone line to help over 65s get out the house, meet like-minded people and enjoy everything Edinburgh has to offer

Over 65s, their families, friends and healthcare professionals can call **0131 603 8311 for free**, to speak to a friendly LOOPs advisor about clubs and activities in their local area. We do all the research to provide you with the information you need, and can also organise transport to and from activities. Tailored to your individual requirements and interests, LOOPs has already connected over 600 older people to laughter, fun and friendships.



December is always a busy month for a church, but Gorgie Dalry Stenhouse church begins its Christmas preparations as early as the summer before, gathering shoeboxes as well as all manner of toys, sweets, games and dental care and personal hygiene items with which to fill them. Packing and wrapping the 150 boxes we sent this year through Samaritan's Purse's 'Operation Christmas Child' to children who would otherwise receive nothing is quite the undertaking! The task is ably performed by a crack-team of veteran lady-volunteers from our congregation who began sending boxes back in 1998.

Also newsworthy was our Remembrance Sunday service this year which saw, for the first time, our two Church of Scotland congregations joining with no less than three congregations from Nigerian and Zimbabwean churches, two of whom are tenants of our buildings at the corner of Chesser Avenue. It was a unique and powerful day with equal contributions to the service from each represented nation, including a beautiful choreographed piece and a presentation by the children of all four churches. The service is perhaps best captured in the pictures below however. A retiring offering was taken for the charity Combat Stress.



150 Shoeboxes packed and ready to send – Tricia Kingston, GDS Church's Session Clerk displays two sample boxes showing their contents.

Hailes Quarry Park Activities

Have you seen groups of young people with spades in Hailes Quarry Park and wondered what they were doing? Well, thanks to funding from Scottish Natural Heritage, First Transpennie Express, and the Mushroom Trust, Edinburgh and Lothians Greenspace Trust (ELGT) has been able to run a programme of activities in the park to improve the biodiversity and encourage people to use the greenspace.

We have planted over 29 large trees, 154 small trees, over 2000 wetland plug plants, 500g of wetland meadow mix seed, and over 70 daffodil bulbs.

Our aim is to transform, improve and maintain the park and its woodlands, as we believe they are a valuable local amenity and provide traffic-free connections through the surrounding areas.



ELGT is the local, independent greenspace charity for Edinburgh and the Lothians. For the past 25 years, the Trust has worked to improve and promote nearby green areas in partnership with a range of organisations, from community groups to schools, businesses, local authorities and other public bodies. We carry out projects of all shapes and sizes, from developing brand-new parks and woodlands to establishing small community gardens; but central to all our work is the idea of encouraging and inspiring people to get active, to use their local outdoor spaces, and to discover for themselves the many opportunities and possibilities lying on their doorstep.

We are looking to run woodland activities for Murrayburn primary school pupils to encourage them to visit and enjoy the park which will improve their health and well being.

If you'd like to keep updated on the various events and activities or want to find out more about ELGT in general, please follow us on facebook or twitter (@greenspacetrust), or visit our website at www.elgt.org.uk.

YOUR LIBRARY

Wester Hailes Library has recently acquired cinema screening equipment as part of the Edinburgh Libraries Film (ELF) Club with funding from Scottish Libraries and Information Council (SLIC). In September the ELF Club at Wester Hailes Library, which is aimed at under 7's, showed its first film, Sing Along Frozen, with Monsters Inc. being screened in November and a special Christmas screening of Snow Dogs lined up for December 17th. The screen and equipment have also been used not only for the ELF Club, but have been made available to a number of groups that use the library.



Local schools have been invited along to Authors Live events including a special Book Week Scotland Authors Live featuring Lauren Child. Local youth groups have used it show films to their members and there are several planned events coming up that will make use of the cinema equipment including a Games Evening on Tuesday 6th December and two special Christmas film screenings for the children of Clovenstone Primary Schools P1-3.

Jeffery Archer event

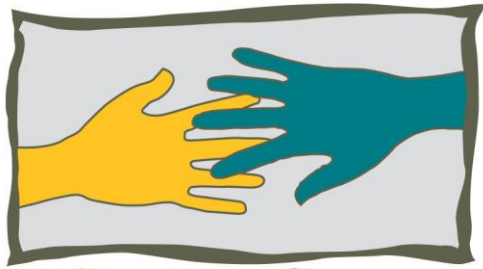
Readers from Wester Hailes and Sighthill libraries enjoyed a literary outing to the Usher Hall on 9th November, to attend Jeffery Archer's launch of his new book, 'This was a Man'. The event was part of the Edinburgh International Book Festival's Booked! programme, supported by the People's Postcode Lottery. The Book Festival, supported by City of Edinburgh Libraries, invited readers from across the city to attend the talk, encouraging people who have never attended Edinburgh International Book Festival events in the past to go along and listen to the author talk on his work, life and career. Archer was interviewed by the journalist Ruth Wishart, and both speakers received warm praise from our readers, who said that they thoroughly enjoyed the evening. The evening was topped off with a mention to the group by Archer himself! A special effort was made to ensure that the event was accessible to all, with a minibus organised by Edinburgh Libraries running from Ratho, which was much appreciated by members of the Ratho community.

Colouring In Group- Sighthill Library

An adult colouring-in group is held every Monday night at Sighthill Library. It continues to be popular with members of the community, who come along for

a cup of tea and a natter, whilst keeping their hands and minds busy with intricate colouring activities. Aside from providing an opportunity for social interaction, it can be relaxing and help participants to de-stress and unwind. New friendships have been formed between group members; some of whom now socialise outside of the group, and have even gone on holiday together! The group meets every Monday at 6.30pm at Sighthill Library, Gate 55.

Broomhouse Health



Strategy Group

Big Lottery Fund Success for SW Edinburgh!

Broomhouse Health Strategy Group have been awarded £116,202 by the Big Lottery Fund to deliver their free health and wellbeing services to people living in SW Edinburgh over the next four years. From their small beginnings of a volunteer run Fruit and Vegetable Shop in Broomhouse Market over 20 years ago, they have developed a wide range of valuable services.

Individuals and families from Broomhouse, Sighthill and Parkhead will have access to exercise classes that are suited to a wide range of different ages and abilities, including Buggygym for mums with their babies in a pushchair, Chair exercise for those with limited mobility, a Walking Group for all ages and women-only Aerobics for the more active. Adult Cooking sessions will run every term, to help with basic cooking skills, Cooking with Kids sessions will bring together parents and their children to enjoy cooking simple, healthy dishes and Baby's First Foods help parents understand how to wean their babies.

Lucy Aitchison, Co-ordinator of BHSG said "This is brilliant news, as we know our food and fitness sessions can help make such a difference to people. We are so grateful to the Big Lottery Fund. If you would like to find out more about any of our sessions, please contact us on 4677678 or find us on facebook."

Big Lottery Fund Scotland Chair, Maureen McGinn, said: "I am delighted that Broomhouse Health Strategy Group has been successful in securing a Big Lottery Fund Grant. The funding will make a big difference where it is needed most and I wish them every success as it goes on to develop and expand its project for the benefit of the SW Edinburgh community."



Sighthill, Broomhouse & Parkhead Community Council – Community Leader scoops award



Betty Milton is a local hero campaigning for all things SBP CC and older people's services throughout the City. Now it's official, with this award. The work Betty has carried out over many years on a number of key issues affecting many groups in society. She has campaigned and supported the City For All Ages initiative, encouraged young and old to get involved in the process.

She is a fervent supporter of the Thistle Card, allowing travellers with an impairment to advise public travel employees of their needs. Betty was instrumental in having Lothian Buses incorporate the card into their induction and training programme for their drivers.

Betty also has time to be a tour guide, providing very knowledgeable tours around the Royal Mile. Is it any wonder that Betty has won this category, everyone knows BETTY she adds a smile and makes a difference to people's lives on a daily basis. WELL DESERVED.

If you would like more information on the work of Sighthill, Broomhouse & Parkhead Community Council please contact Janis Hope, Secretary by emailing janishope@blueyonder.co.uk

WHALE Arts wins Creative Edinburgh Award!



The achievements of Edinburgh's creative sector were recognised and celebrated at the annual Creative Edinburgh Awards in November and WHALE Arts' 'Street Arts' project was among the winners!

These awards are important as they recognise and celebrate the impact that arts and creativity have on communities.

Clive Gillman, Director of Creative Industries, Creative Scotland, commented: “The Creative Edinburgh Awards are a fantastic way of supporting and raising the profile of talented projects and people across the city. From internationally acclaimed work...to WHALE Arts, the creative heart of Wester Hailes, it’s terrific to see such a diverse array of creative talent celebrated. Arts and culture make a real difference to the places we live and contribute to improving our lives and wellbeing.”

Street Arts takes art out onto the streets of Wester Hailes with fun, free, creative sessions for young people. Artists collaborate with young people through street-based arts activities including photography, model making, multimedia, printing, dance, parkour, film-making, music, drama, storytelling, beat boxing, poetry, sculpture, drawing and more. We are out on Thursday nights making art with young people aged 5-16 all year round... from warm summer evenings to dark rainy winter!

Street Arts aims to raise aspirations, widen horizons and teach new skills, as well as showing young people that they can create art in their own environment. The Street Arts team support inspiring space to create and play together
www.whalearts.co.uk



Gorgie City Farm is delighted to report they used the SWNP funding for a Fruit Cage to allow our Garden volunteers to grow plants for sale. The initiative promotes and develops income to support our long-running Community Gardening Project. GF have well established relationships with local restaurants who we supply with our meat. Once the fruit cage produce is ripe and ready they will sell the produce.

The Garden project has two groups of 8 participants who meet weekly throughout the year. It provides volunteering opportunities, especially for people who face some kind of disadvantage in their life. Adult volunteers (currently aged 20-70 years), experience a wide range of health and social needs that exclude them from paid work and leading a full life.

Working in the gardens preparing the ground, digging, sowing, pruning, weeding and planting provides regular physical activity and helps to address physical and mental health issues. We work with people to develop their abilities and strengths, to provide opportunities to learn and develop new skills, and to build self-confidence.

The gardens are also utilised by education groups and visiting public. Last year our people counter recorded over 220 000 visitors! Enjoying this

bountiful outdoor space is good for visitors' physical and mental health and wellbeing.

The generosity of the funding enabled GF to purchase a long lasting, steel framed fruit cage. Staff and volunteers have now cleared the site and begun assembly of the structure. Planting of fruits will happen in the spring and we will hope to make our first sales in the summer. The next plan for the garden is to improve waste management, including compost and manure.



Over to you!

If you have projects in mind why not contact the offers below and take 5 minutes to chat it through. Ideally the panel are looking for projects that will compliment the South West Local Community Plan see link on;

http://www.edinburghnp.org.uk/media/327158/swnp_exec_summary.pdf

Application Form –

<http://www.edinburghnp.org.uk/neighbourhood-partnerships/south-west/about/community-grants-info/>

Funding Criteria -

<http://www.edinburghnp.org.uk/media/15420/Community%20Grants%20Fund%20Criteria.pdf>

For further information contact either Michael Edwards (michael.edwards@edinburgh.gov.uk) or Scott Neill (scott.neill@edinburgh.gov.uk) Partnership Development Officers, to discuss potential projects.

Equalities and the Partnership

Partnership meetings are open to all members of the public who wish to attend and we are keen to make these as accessible as possible. Please let us know if you require any assistance to attend these meetings, or to take part in any other Neighbourhood Partnership events, meetings or other activities e.g. large print, disabled access requirements, travel arrangements, hearing loop etc.

Contact Scott Neill, scott.neill@edinburgh.gov.uk to discuss any of the above information.

@southwest_team



For more information about the activities of the South West
Neighbourhood Partnership, go to

www.edinburghnp.org.uk

or contact the Partnership & Information team on 527 3816.