

Our year...

2013/2014



**Pilton
Community
Health
Project**

Chairperson's Report

Dear Friends

We spend most of our time so busy with all the situations we're working in, and different demands on our lives; that it's really important to take a moment, from time to time, to reflect on where we've got to, and all that we've achieved. The following report is a review of our year, it presents highlights and some stories that give a flavour of all that's been going on, as well as introducing some of our new initiatives and plans for the future.

It's been a year of many changes within the organisation. In the past year we've welcomed some new members to our staff team, and had some existing members take on new roles:

Geraldine O'Riordian - Community Development Manager (Career break cover)
Gillian Harrold - Administrative Officer
Joe Jones - Development Worker Food
Rachel Farrier - Development Worker Living In Harmony
Kath Muirhead - Team Leader Women Supporting Women
Carol Targett - Team Leader Counselling

We've also had some staff move on to new ventures:

Shona McGregor - Administrative Officer
Lisa Arnott - Community Healthy Lifestyles Co-ordinator
Lynda Peachey - Development Worker Women Supporting Women
Lorna Gallacher - Therapeutic Services Manager
Hannah Kitchen - (Maternity leave)
Geraldine O'Riordian - Community Development Manager (Career break cover)

We recognise the significant contributions that each of them have made to the successes of our work, and wish them all the very best in their new jobs and ventures.

It's also been a year of change on the board. We've said goodbye to our longstanding chairperson **Irene Garden**, and also to **Al Garden** and **Madge Ebbs**, each of whom have served PCHP for many years and seen it through many different stages of its history. We've been joined on the board by **Emma Keir**, **Graham Rae**, and **Neil Blake**, each of whom have already brought valuable expertise and experience to our governance and strategic decisions.

The achievements outlined in this report are a reflection of the huge amount of hard work put in by our highly talented and committed team, both paid staff and volunteers.

Despite working with standstill budgets we have continued to innovate and develop new initiatives, as well as maintaining high standards in the services we provide.

On behalf of the board, I want to pass on a huge thank you, to all who have contributed to the successes of the past year, and who have maintained the day-in day-out support that PCHP provides to so many within the communities of North Edinburgh.

Tom Kirby
Chair

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Welcome to the Pilton Community

Health Project's 2013 - 2014 Annual Report.

2013 – 2014 has proven to be another busy year both in terms of the work we have been doing with our community and the review of our services and activities internally. We couldn't have carried out these activities without the dedicated and passionate team of staff and volunteers of whom we are very proud to have at PCHP.

We went back to basics this year and revisited our Vision and Mission statements and now have a clear direction for our work.

Our vision is:

Equality, Well-Being and Belonging for all in our communities.

Our Mission is:

PCHP supports and enables local people to improve their own health and create a healthy community and environment.

By Health we mean:

- People who are full of energy and able to enjoy things, have good social relations, positive self-esteem, a sense of purpose in life and who feel connected to their community
- An empowered community with a sense of togetherness and belonging in a thriving local culture and economy, where everyone feels safe, is heard and has ways to resolve conflict.
- An environment with natural space for people to thrive in, where everyone has enough food shelter and energy

We've had a really positive year and continue to respond to the needs of our community, this was evidenced in the success of our new Living in Harmony Project which was rewarded by the news that the Scottish Government would fund the project for a second year; this allows us to build on the excellent work that has already begun.

We couldn't do what we do without the support of our partners. This year we have worked closely with partners through our supported forums; Food for Thought Forum, Living in Harmony and the North Edinburgh Physical Activity Forum. Alongside this we have worked in partnership to provide cooking groups, food workshops, development of community maps, physical activity classes and community access programmes, Young Person's Counselling Service and group work programmes amongst others.

Another exciting piece of news was that our Physical Activity team won a Physical Activity Alliance (PAHA) award in the community category for their 'Moving Forward' consultation that they carried out in 2014; see page 10 for more on this.

I hope you enjoy the insights into some of what we have achieved in 2013 – 2014 and welcome all who wish to pop in and find out more about us.

Jen Richards
Director



Celebrating cultural diversity

Living in Harmony is about bringing together people from different backgrounds. In January, Living in Harmony co-ordinated a community Burns Night Ceilidh which was a brilliant success.

It brought 250 local people together to enjoy haggis, neeps and tatties, as well as a Ceilidh band and open mic performances from locals. The event was a great celebration of the cultural diversity of North Edinburgh - people from different backgrounds took part in performing and sharing music, singing, dancing and poetry. It was a fun opportunity for people from across the community to get to know one another a bit better, as well as a chance to learn from each other and appreciate differences.

Around 40 people volunteered in a variety of ways: performing, helping out in the kitchen, arranging equipment, decorating the hall and tidying up. People commented that the event strengthened the community by connecting and reconnecting people. It was a celebration of who we are and where we live.

It was the best ever event in the community, that brought so many people together of all ages'

Here are a few comments from the event:

'It was the first time I attended a Ceilidh and learned how to dance',

'I have met some people I have not seen for 10 years or more'

This event brought different local organisations together (Living in Harmony/PCHP, Royston Wardieburn Community Centre and Granton Community Garden) to share their resources and expertise for the benefit of the community and its people.



OUR YEAR *in* NUMBERS

184 Walks led by volunteers

Local people attended the LiH Burns Ceilidh **250**

725 Crèche hours provided



Women Supporting Women

Since 1992 Women Supporting Women have been providing a range of support services to local women.

Twenty one years on, with funding cuts and a new team we face new challenges; yet, we remain dedicated to supporting the needs of local women. This year we have supported **98** women and **53** children.

Our services

One to one support: We continue to offer practical and therapeutic support to women who experience a range of emotional and psychological issues. We encourage women to feel and become more confident in themselves and as valued members of their community.

Drop ins: Our drop-in on the first Friday of every month has been providing a supportive and welcoming space for women to come along, share their skills and ideas and meet new people. We encourage the women to showcase their talents and help lead the sessions. So far we have had bread-making, arts and crafts, dance and movement and Yoga; a celebration of the diversity and richness of our clients!

Groups: This year 365 group sessions took place which included: relaxation, confidence building, the "Making it home" poetry group – with planning in progress for a fun family activities group kicking off soon!

Befriending and volunteering: We continue to encourage women to use their skills in supporting others to connect over a coffee, a chat and visits to local resources. We really appreciate those who give their skills and time to individual and group activities within WSW. This year alone over 342 hours of befrienders support was provided



Brilliant service from all the team! They make you feel comfortable from the first step in to the last step out of the door!

CASE STUDY

Kayleigh is in her early thirties; she has four children Tamara who is 15, Jonny, 11 Dionne, 3 and Daniel, 2. Kayleigh came to WSW nine months ago when she found herself struggling to cope. Like a lot of lone parents day to day life is hard for Kayleigh; Kayleigh moved from Leeds after fleeing a violent partner, she is isolated and has no family living nearby. Kayleigh and her kids have been in temporary accommodation for several months, she hopes to have a home by Christmas and to remain in the Muirhouse area. There are days when it is hard for Kayleigh to leave her front door as she suffers from panic attacks.

Her health visitor referred Kayleigh to WSW, it took a lot for Kayleigh to make that first important step and come to the project...

"I can still remember how hard it was to just come through the front doors for the first time, I can totally see why someone would find even that impossible... All I can say is I am so glad I did come. I meet with my worker once a week now and talk over what is on my mind, sometimes its what is going on that day, the stress of being a Mum, not having a 'forever home', not being settled or running out of bread for the packed lunches – then I can also speak about what has gone on and why ended up ill... I am definitely better, or getting there... I look forward to coming in. Dionne has just started nursery and so she misses the crèche, Daniel still goes he runs up the corridor and can't wait to get in there. WSW made it easier for me to go to other projects, to go to the housing office and get my benefits sorted out at Granton Information Centre... I've now got hopes for the future.

The Counselling Service

A busy year for our counselling team as they continue to provide this much needed and popular service.

The Counselling Service here at Pilton Community Health Project offers two distinct branches; one is an Adult Counselling Service and the other a Young Person's Counselling Service.

The Adult Counselling Service has been around since Pilton Community Health Project first opened its doors. Currently within the Adult Counselling Service we have a team of eight counsellors offering daytime counselling appointments Monday to Friday, with evening appointments available on Wednesdays.

Anyone aged 18 years or over can contact us to ask for counselling. Although it is free to use our counselling service we greatly appreciate any donations you can make to the continuation of the service.

People come to counselling with a wide range of different issues. Nothing is too large or too small to bring! As a popular service we often have a waiting list but please don't let that put you off as the sooner you contact us the quicker we will be able to see you.

The Young People's Counselling Service was first set up in 2004 and still operates, as it did then, within Craigroyston Community High School and Broughton High School. We have a fully qualified counsellor in each school one day a week, offering a free and confidential space to anyone from eleven to eighteen.

The support I've received from this project has been priceless' (Adult)

Over the last year, 46 young people have been supported by our Young Person's Counsellors. Young people bring a whole range of worries, concerns or wonderings to counselling. Nothing is too big or too small!

What our Service Users say:

"The service has been a great help and made a huge difference in helping me cope with life and my emotions. Thank you for offering such a great service." (Adult)

"I feel that coming here and having counselling has saved my life. I could not be more grateful." (Adult)

"It (counselling) has helped me calm down!" (Young Person)

"Its been a positive experience. I gelled well with the counsellor." (Adult)

"I found it easy when the counsellor understood what I was going through." (Young Person)

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OUR YEAR *in* NUMBERS

1,130 Adult counselling sessions provided

Young people's counselling sessions provided **400**

657 Episodes of one to one support provided to local women (wsw)

Creating the best start for children

Peep (Parent Early Education Partnership) is a charity set up in 1995 to work with parents and carers to enhance their children's learning and development from birth helping children become confident communicators and active learners.

Staff from WSW and the crèche at PCHP have been trained to deliver a Peep Group. The delivery of age groups delivered in the community varies. At PCHP, we decided to offer a weekly group to a mixed age group from babies to 5 year olds.

Peep supports all parents/carers to create the best start for their children by making the most of every day learning opportunities - listening, talking, playing, singing and sharing stories and books.

Peep recognises that:

- Parents/carers are a child's first and most important educator.
- Self-esteem is central for learning.
- Learning works best when the world is understood from a child's point of view.
- Children learn through play, interaction, and singing, stories and books are extremely important in the education of children, beginning at birth.
- Relationships are at the heart of learning, adults with children, adults with adults, children with children and they need time to develop.

Peep has taught me to have more patience with my girls. I enjoy watching them play alone and together'

What parents say about PEEP and the difference it makes to them...

"Peep has taught me to have more patience with my girls. I enjoy watching them play alone and together."

"It gives me ideas for things to do to play at home."

"I am more confident with my child out playing with other children."

"It's made me realise that a mess is OK and it is very important for the children to have playtime."

"I learned that mums don't need toys for play as Peep Practitioners can demonstrate how to use creative play by using recycled items from home."

...and the difference Peep makes to their children.

"They are doing new play activities at home."

"The children are more confident and creative."

"Playing with other children."

"He is more patient and has stopped biting other children."

"Socialising, learning to be with other children."





LEFT:
Laughs and smiles while hula hooping in West Pilton Park during the Hidden Gems Treasure Hunt



RIGHT:
Tasting affordable recipes during a 'Cook and Taste' at Muirhouse Community Shop



ABOVE:
Shona Robison, Cabinet Minister for the Commonwealth Games, Sports, Equalities and Pensioners with our physical activity team Lianne Pipskji and Clare Symonds at the PAHA awards- they won the community category for 2014





ABOVE:
Being entertained by local performers at the Burns Night Ceilidh



ABOVE:
The youngest (and probably cutest) performer at the Burns Night Ceilidh which included performances from around the world

BELOW:
Scottish Government's Public Health Division visit Pitton Community Health Project



Men's Health PIT STOP
(As part of the Living in Harmony walk)

North Edinburgh Arts Centre
15a Pennywell Court
Friday 21st March between 1-3pm

Bring your Dad, Brother, Carer, Uncle, Granddad, Teacher, Friend and he will receive his free Healthy Men's Goody Bag including:

- ✓ A Free Gym Pass
- ✓ A Free Healthy Breakfast Voucher
- ✓ Toiletries
- ✓ Health Information
- ✓ Blood Pressure Check
- ✓ Carbon Monoxide Check

So bring along the men in your life to the Men's Health Pit Stop.

NHS Lothian Pitton Community Health Project www.pchp.org.uk
facebook.com/PittonCommunityHealthProject

ENTER INTO THE QUIZ AND GO INTO OUR £50 SHOPPING VOUCHER PRIZE DRAW!

SUMMER 2014 FOOD ACTIVITIES

Take part in our fabulous programme of FREE Summer Food Activities: Fun Family Barbecues, Cooking and Tasting Sessions, Gardening Workshops and much more.

FREE SUMMER EVENTS
2 JULY - 16 AUGUST 2014

Physical Activity - positive role models

During the year we held a physical activity consultation, one of the most interesting findings to come out of the consultation was that people are more likely to take part in activities that are led by people who they can relate to.

Over the last year the team have been recruiting and supporting a number of local people to become role models and lead their own physical activity sessions in the area.

One of these 'positive role models' is local mum; Savita Purran. Savita had been taking part in classes on the physical activity programme for several years before we discovered that she just so happens to have a hidden talent for Bollywood dancing. When Savita heard that we were looking for people who wanted to share their skills with others she immediately put herself forward as an activity leader.

Savita has been delivering Bollywood dance classes in the area since February 2014 and at the moment she is working on a specially choreographed dance with a group from Pilton Equalities Project. The group will be performing the routine in front of a live audience at their annual Christmas show this year...exciting stuff!

Savita's Bollywood classes are going very well, in fact they are going so well that there has even been discussion about starting a second class sometime soon. So who knows what's next for the Bollywood class...? Maybe next year we could be seeing a 'North Edinburgh Bollywood Dance troupe' strutting their stuff at the Edinburgh Mela!!!

What's next for the project?

2014 has been a very significant year in the history of the physical activity project at PCHP. The team were totally honoured to win the PAHA (Physical Activity Health Alliance) award for the consultation they carried out in 2013. The 'Moving Forward' report is now widely recognised- even by the Scottish Government, as a good piece of community research. The report digs under the surface to expose the real barriers that are stopping local people from being more physically active. Even more importantly, the suggestions on ways to tackle these barriers have come directly from the people who face them every day.

Over the next year we will be continuing to work hand in hand with local people, organisations and decision makers to bring these ideas to life. We are in the early stages of a project that will see us support the development of a 'Friends of West Pilton Park' group. This exciting piece of work will give local people a chance have their voices heard and influence positive changes to the space that will benefit everyone in the area.



OUR YEAR *in* NUMBERS

111 Food and cooking sessions

Number of volunteered hours **2,078**

1,685 Visits to physical activity sessions

MMM... men making meals

The team at PCHP gathered together the essential ingredients for a very satisfying project that really delivered.



Ingredients:

Local research PCHP carried out found that men were complaining of a lack of men only activities in the area. At the same time, a male volunteer from the Food for Thought Forum wanted to volunteer with us food to deliver cooking sessions for men. He was concerned about single men and their lack of cooking skills. Co-incidentally, a group of dads from Dad's Rock expressed their wish to do some cooking. All the ingredients for a new group!

Method:

In order to respond to the needs of local men, PCHP gave the volunteer some advanced, accredited nutrition training (RSPH level 3) and pulled resources together (kitchen, ingredients etc.). The PCHP Development Worker supported the volunteer to plan, deliver, and evaluate the sessions. Any local man could join the Dad's Rock group in the Men Making Meals group.



It's good to talk and relate to other fathers'

What the men wanted:

"to learn to cook for my family",

"to learn cooking healthy, easy and cheap".

They felt:

"there is not much out there for fathers"

"I am currently fighting for child access, at the moment I am without my child and feel helpless".

The results:

"when I come to the group my son can interact with other children and give me a break"

"Coming to the cooking group gives me preparation for parenthood and gives me a productive, positive outlook on my current situation".

"I got to share my problems with fathers who have had similar experiences"

"It's good to talk and relate to other fathers, leave my worries at the door".

"I am more aware of budgeting food and cook more balanced and healthy meals"

"learn new tricks for cooking"

"I made risotto at home for the first time",

ILLUSTRATION: Drawn by Jim Anderson, local artist and MMM participant



Hidden Gems

In March the Living in Harmony launched the North Edinburgh Community Map with the Hidden Gems Treasure Hunt.



The event provided an opportunity for local people to explore the area around Pilton and Muirhouse and visit some local venues, getting to know the staff and activities that take place at each. The fun filled afternoon was especially for families. They followed a trail of clues and used the map to find each 'Hidden Gem' along a mile long route. Along the way they took part in cracking puzzles and riddles and activities put on at each location. Those who completed the trail won a prize and there were plenty of additional prizes to be won every time someone took part in an activity.

The event was great fun to organize because it involved so many people and organisations working together. Hannah, the Living in Harmony development worker at PCHP, teamed up with colleagues in the Physical Activity Team to help co-ordinate and run the event. Local organisations such as the Muirhouse Community Shop, Craigroyston School and North Edinburgh library enthusiastically agreed to take part. A route was devised to include each organization that had signed up and various clues were set to lead people to the venues. Each organisation taking

part decided what activities they would put on, this ranged from egg hunts at West Pilton Neighbourhood Centre, planting seedlings at North Edinburgh Arts to

arts and crafts at Pilton Youth and

Children's Project. On the day, the walking volunteers helped to guide the families leaving the Arts Centre towards West Pilton, having marked the route with balloons and chalked footprints. On arriving at each venue everyone was encouraged to take part in the activities and answer the clues in the treasure trail quiz. Those who completed their forms were put in for a prize draw at the end of the day.

Volunteers help make the day happen

PCHP works closely with many volunteers who help deliver our services. We have a team of 9 walking volunteers who we rely on to run two regular walking groups as well as other walking related activities. The volunteers are really enthusiastic about walking and are always keen to help run day activities such as this. Their skills were essential to planning a safe walking route for the day, as well as being there to guide and walk with people between the venues. Their collective 25 years of experience walking with people in Pilton means that events like this are friendly, safe and fun.

A new volunteer Dave had just suggested starting a walk/jog club as a way of introducing people gently to jogging, whilst getting to know their local area and encouraging people to use the local parks and green spaces in the area for outdoor activities. This idea fitted in with our own Physical Activity strategy, Moving Forward, and we decided that the treasure trail provided the perfect opportunity to test run a session with another new volunteer, Phil. The research and consultation that fed into the Moving Forward strategy highlighted the fact that West Pilton Park was perceived to be an underused piece of green space. It seemed a good idea to use it for this activity. Each participant was given a pedometer for taking part in the activity and everyone, particularly the children, enjoyed Dave and Phil's approach which was fun and included optional extras such as hula hooping! As a result of this successful activity plans for a new walk/jog club were considered and the club began to run in July....but that's another story.





Overall over 60 people took part in the treasure trail, many of them discovering the 'Hidden Gems' in the area. Everyone who gave feedback said they had found at least one venue or organization that they had never been to before. Some particularly commented that they hadn't realized there was so much to do in the area and that the event had highlighted the various activities that run regularly in the places they visited. The organisations taking part were pleased to be able to open their doors to new visitors and said it was a worthwhile day for them. All in all this was a successful event and a big thank you to everyone who got involved.

This was a great event, which brought the community together, whether that was helping one another or chatting at different venues. It also encouraged people to WALK!

'There's a lot more to do in the area than I realised'

'I learnt a lot and it was very fun'

STOP PRESS

Our hard-working walking volunteers have just won Path's for All prestigious Walking Champions award for their amazing contribution to all our walking activities. They received their award from MSP Shona Robison, Cabinet Secretary for Commonwealth Games, Sport, Equality & Pensioners Rights, at a Parliamentary reception in November. We are particularly pleased that the whole team is being celebrated! Well done and well deserved!



What 's Next for PCHP?

The next year will continue to provide us with many opportunities to work with the community and our partners, addressing the issues that impact on their health in a creative and dynamic way. We will continue the process of reviewing PCHP internally and seek additional funding to develop the work we do, whilst looking for new opportunities.

We recently reviewed our Vision and Mission statements, these are now clear and transparent and ensure that we maintain the vision we have set out and are still relevant to the communities' need. We will continue to recruit additional new Trustees for our board and hope this will bring fresh energy, new skills and ideas coupled with strategic thinking to our newly developed board.

Working together

We value partnership working and recognise that partnerships are a means of ensuring that what we do is sustainable, linked in, relevant and utilising the skills, experience and knowledge of a wider group. We will continue to work in partnership with other agencies and organisations, strengthen these partnerships and explore new opportunities with others. We will seek funding to take our Living in Harmony project beyond its initial 2 year period and hope to secure additional funds for our Young Person's Counselling Service and other areas of the project that have exciting plans for the year ahead.

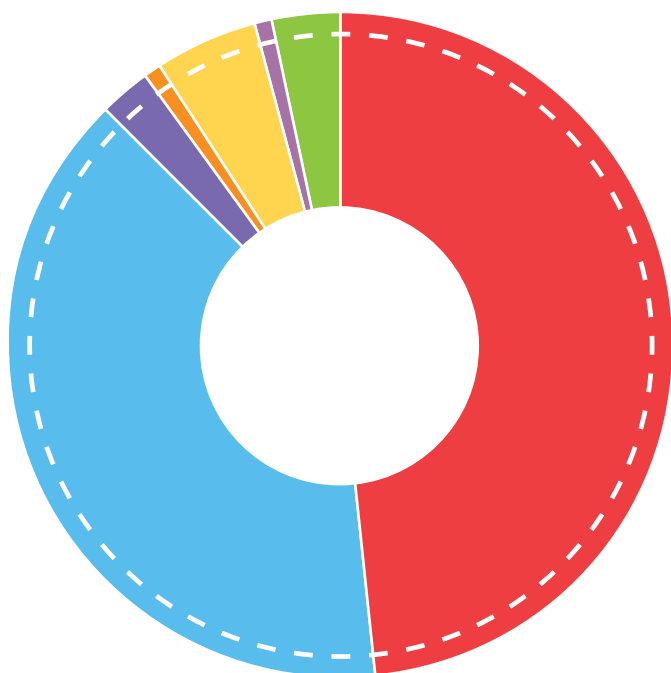
All in all it will we anticipate it will be another fruitful and busy year ahead!

Jen Richards

Director



Funding/Income:



● NHS Lothian	196,060
● City of Edinburgh Council	158,362
● Foundation Scotland - Volant	10,000
● Paths For All	3,360
● Scottish Government Equalities Unit	20,000
● Forth Neighbourhood Partnership	4,000
● Generated income & donations	12,535
TOTAL:	404,317

We would like to take this opportunity to acknowledge the following:

- All our volunteers!
- All our sessional workers
- Staff and volunteers within our partner organisations – Bethany's Gateway Project, Broughton High School, Helen Bourquin and Community Learning and Development, Craigroyston Community High School, Drylaw Neighbourhood Centre, The Edinburgh Trust -Elizabeth Finn Care, Fresh Start Hit Squad, Granton Community Gardeners, Granton Information Centre, Health Literacy team, Laura Hamilton NHS Lothian, Lennon Design, Link Up, Muirhouse Community Shop, Muirhouse Library, North Edinburgh Parent and Carer Support, North Edinburgh Arts Centre, Julie Smith and North Edinburgh Timebank, Danielle Ward and North Edinburgh Young People's Forum, Paths for All, Physical Activity Health Alliance, Pilton Youth and Children's Project, Robertson-Lindsay Interior Design, Royston and Wardieburn Community Centre, Sean Webster City of Edinburgh Council, Douglas Samuel and The Spartans Community Football Academy, Stepping Stones, West Pilton Neighbourhood Centre
- Our elected representatives who are particularly involved and supportive of our work, Malcolm Chisholm MSP and Counsellors Cammy Day and Vicki Redpath.

• EDINBURGH •





PCHP supports and enables local people to improve their own health and create a healthy community and environment

Here is a brief summary of what you can expect from us:

Food cooking groups, the Food for Thought Forum, training, volunteering, events, trips to farms and gardens, eating local food, a community food map – all making it easier for people to eat well

Physical Activity Walk/jog, walks, North Edinburgh Physical Activity forum, Bollywood, chair based exercise, tea dance, aquafit, improving green spaces, advice and information and much more so more people get active

Counselling, free confidential counselling for local people over the age of 18 by trained counsellors. We also provide counselling for young people through two local high schools

Women Supporting Women one-to-one emotional support, befriending, first Friday drop in, playing and learning with children and mums and other group work

Living in harmony diversity and equalities training, information sharing, community events – all designed to encourage and support different ethnic communities in the area to know each other

Crèche provision SSSC registered, highly trained staff and purpose built playroom

Tackling health inequalities we provide other activities that bring people together and, hopefully, help them feel better about themselves; ask us about these.

We do much more than we have been able to include in this report. To find out more....

- look at our NEW IMPROVED website www.pchp.org.uk
- get the latest news and views on our facebook page www.facebook.com/PiltonCommunityHealthProject
- give us a call on **0131 551 1671**
- or pop in and speak to us face to face at **73 Boswall Parkway, Edinburgh, EH5 2PW**



Pilton Community Health Project