

The Yunity Project Evaluation Report

October 2023

Commissioned by



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Introduction

Annexe Communities is a community-led development trust working with people living in Central and West Glasgow. The Annexe team works with local people to develop and deliver activity programmes and wellbeing services. They strive to build community capacity and support local people to get involved in activities and to shape and develop new ideas. The Yunity Project is one of the many projects led by Annexe Communities, and is funded by The National Lottery Community Fund through the Large Grants Improving Lives stream.

The organisation was awarded over £336,576 in 2020 for three years activity. The project endeavours to bring the Partick community together, build community capacity by working with local residents, groups and partners, and play a central role in developing new connections and opportunities. The project's goal is to ensure that the most vulnerable, isolated and lonely people are supported to be actively engaged in the process. To ensure The Yunity Project would achieve and be able to evidence its outcomes, they outlined goals and targets for each quarter and year.

As a requirement of this award, it was requested by The National Lottery Community Fund that all funded organisations should recruit an evaluation partner to support the organisation in evaluating their project. Impact Funding Partners (IFP) is a fund manager and offers consultancy services that support organisations across Scotland. As a part of their consultancy services, they come alongside organisations to offer learning, monitoring and evaluation support, as with The Yunity Project.

As their evaluation partner, IFP regularly contacted the project and received progress sheets, quarterly reports, annual reports, case studies, and images throughout the three-year funding period. The Yunity Project worked with IFP to finalise their monitoring and evaluation framework and to produce detailed progress reporting sheets to ensure all of their activities were being reported on and to ensure they were monitoring their progress. These sheets were the main source of information for providing evidence to their reports and ensuring The Yunity Project was on track to achieving their goals. IFP provided the project with feedback and comments on this information to ensure continuous improvement.



Figure 1: People enjoying arts and crafts.

The Yunity Project has worked tremendously hard in their community and made a real difference to those involved. Throughout the reporting period, The Yunity Project has continued to make progress while navigating unprecedented periods, including the lockdowns due to the Coronavirus and the Cost-of-Living Crisis which continues to impact many of their members today. This report contains information on The Yunity Project's four Outcomes and targets, which are focused on: Resilience, Purpose,

Connections, and Sustaining activities. This is followed by an overview of the organisation's achievements, learning and 16 case studies.

Fund Outcomes

As mentioned, there are four fund outcomes which each has its own indicators; Combined, 140 beneficiaries have been reached during the three years of funding. The project supported their community and brought many people and organisations together, and the impact has been enormous for people and families. Throughout the funding period, IFP received reporting sheets, pictures, and case studies which highlighted how the project made a positive impact to the daily lives of people in the surrounding area of Partick, Glasgow. In the following sections, the fund outcomes are explained, and the impact the project had on people in their daily lives is illustrated through direct quotes.

Outcome One: Resilience

Through Outcome One: Resilience, the aim was to work with vulnerable adults experiencing isolation, low confidence, and lack of knowledge of local opportunities. They were to be supported to gain motivation and courage to be active members of the community, learn new skills and feel empowered to make their own choices to live their lives.

Indicators:

- 90 people – improved confidence, following personal action plans.
- 90 people more self-reliant to engage in activity.

People
said...

“My family had the best time. First time out as a family cause the event is free. Thank you so much for organizing these events for the community.”

“This box made my Christmas. Thank you for thinking of me.”

“I feel I can think clearer now and am putting on weight, so am starting to think about getting back to work.”

“A voucher is ideal to be honest, as it gives me a little bit of autonomy in terms of getting what I need rather than what is available.”

Outcome Two: Purpose

Through Outcome Two: Purpose, the aim was to support individuals who were motivated and ready to build their involvement in community life and to be facilitated to engage in and/or create local activities and groups to match their own needs.

Indicator:

- 90 people improved sense of achievement and purpose in life 30 volunteering and 6 new community groups established.



"No doubt about it, I believe in myself, I WILL PASS with flying colours and make the Partick John Muir Group PROUD ... Bring it on."

"I wasn't sure I could complete this walk. I'm so glad I did it and I am so proud of myself."

"Meeting you people and coming to the Annexe has changed my life. Last year I was sitting around the house doing nothing and totally miserable. There's no stopping me now. Watch this space. I will be unstoppable by next year."

"There is lots of fun in being a volunteer."

Outcome Three: Connected

Through Outcome Three: Connected, the aim was to support individuals and groups to have more connections and influence to shape/contribute to local community plans and maximise the use of opportunities and resources – which local stakeholders and partners report as underused.

Indicator:

- 90 people more influence to shape local plans 20 local organisations sharing resources.



"Amazing to know that our local community is looking out for us. Still struggling but not feeling so alone. Really appreciate this. Please thank everyone involved."

"Great to get a home cooked meal. I'm not well, no energy to cook for myself. Thank you so much, really means a lot to me."

"I feel more confident with applications now. It was cool buzz to get this funding in for the plot and my local community."

"Can't wait to switch this on. Internet here I come."

Outcome Four: Sustained

Through Outcome Four: Sustained, the aim was to support people to have improved access to tools, connections, and opportunities to influence, celebrate and sustain their activities, groups and local plans in the longer term.

Indicator:

- 9 new people trained and motivated to engage/attend/represent the community at local decision-making forums, structures or community meetings.

People
said...

“Taking the course has provided me with a non-domestic outlet and broaden my horizon. I certainly enjoyed the course content as well as the interactions with the other course participants.”

“This has been good for my confidence and was lovely how people liked my idea. Really glad I came today.”

“I’ve wanted to do this for over 30 years, but with one thing and another it hasn’t happened. Thank you, I feel really excited about this.”

“These photographs have really captured people’s positivity through the first lockdown. I’m totally impressed, so professional. Thank you for letting the community share the experience.”



Figure 2: The Yunity Project Planting Trees.

Achievements

The organisation followed a plan with detailed targets for each outcome. These were first reported on in quarterly and annual reports only. However, IFP was not confident that The Yunity Project was promoting all of the wonderful work they were doing through these reports. IFP recommended that The Yunity Project track all their progress throughout the reporting period.

The breakdown was detailed on a reporting progress sheet which included outcomes achieved, activities included, the progress made towards outcomes, sources of evidence, and evaluation methods. Through this method, IFP and the Annexe Communities could monitor and evaluate the progress being made on the project. In the below table 'Table 1: Yunity Project Annual Plan Achievements,' the plan for each section is outlined beside each achievement, these are taken directly from the application. All of the goals were achieved in the project, which can be seen in the table below with some examples.

Yunity Project Plan	Goals Achieved
<p>Engage with 40 aspiring and vulnerable local people.</p> <p>Providing encouragement, focus and practical steps forward. Referrals from SPRING, self-referrals, other organisations, or word of mouth. Offer support and offer group sessions where appropriate. Refer interdepartmentally where opportunities arise for building confidence. Converge engagement with people for group work and inclusion in all Annexe Communities and local activities. Collaborate with colleagues.</p>	<p>Achieved</p> <p>They met with 120 people on a regular basis and support another 18 at home for various different physical and mental health reasons.</p>
<p>Co-develop, with local focus of need or aspiration – 10 volunteering opportunities.</p> <p>e.g. Christmas Boxes packing + delivery Pamper Packs packing + delivery, Annexe Café Support.</p>	<p>Achieved</p> <p>There have been over 10 volunteering opportunities.</p>
<p>Support local organisation development with ideas, funding, local plans.</p>	<p>Achieved</p> <p>Partick Pluckers;</p> <p>Partick Community Growing Project;</p> <p>Creative Writing;</p> <p>Happy Camera Club;</p>

	<p>Two Left Feet- ballroom dancing;</p> <p>Dreams and Aspirations;</p> <p>Partick John Muir Group;</p> <p>Lion Moon Theatre Company;</p> <p>The Partick Food Pantry;</p> <p>Hyndland Secondary School Food Bank;</p> <p>Glasgow City Council Area Budget Committee;</p> <p>Behind the Scenes.</p>
Build and strengthen links between 10 local organisations.	<p>Achieved</p> <p>They have nurtured approximately twenty partnerships with organisations across Glasgow.</p>
Host 2 local organisation meetings and 4 meetings with local housing Association community development staff.	<p>Achieved</p> <p>Over four meetings with Partick Housing Association;</p> <p>Multiple local organisation meetings.</p>
Compile a map of Share Partick resources to be shared amongst 10 local organisation to support better serving of our local community. Providing opportunities to share resources effectively or more use of underused resources that can be utilised by local people.	<p>Achieved</p> <p>45 iPhones with one year top up £9000 - GCVS;</p> <p>22 computers from North Weste Voluntary Sector network;</p> <p>150 bike padlock from the Police - £6000;</p>

	<p>100 rainbow window crystals during covid;</p> <p>50 jigsaws and 60 children arts and wellbeing packs during covid;</p>
<p>Organise two local community cohesion events to bring organisations and local people together to form better relationships and listen to each other.</p>	<p>Achieved</p> <p>Recovery Groups;</p> <p>Christmas Events;</p> <p>Cost of Living Support.</p>
<p>Source and Secure £20k funding for local activities working in Partnership with other local organisations.</p> <p>e.g £3000 for Christmas boxes-PHA -£5000 for self care packs-PHA</p>	<p>Achieved</p> <p>Over £146,000 secured.</p>
<p>Compile six case or events case studies to capture progress, group stories and celebrate achievements and to capture local community development and cohesion and celebrate local achievements.</p>	<p>Achieved</p> <p>There are 54 case studies in total. Included on Page 17 of this report are 16 case studies.</p>
<p>Contribute to two local Councils.</p> <p>e.g Sub rep Ward 23 Glasgow City Council Partick Community Council.</p>	<p>Achieved</p> <p>Partick Community Council;</p> <p>Glasgow City Council;</p> <p>Thornwood Community Council.</p>
<p>Create four capacity building activities to involve and bring local people together in creative ways e.g. Light Up Partick, Spring Art Exhibition.</p>	<p>Achieved</p> <p>Halloween Harvest Party;</p> <p>Diwali celebrations;</p> <p>Light Up Partick;</p> <p>Spring Equinox;</p>

	<p>Wee Partick Summer Picnic;</p> <p>Thornwood Park – Thornwood Mini-fest;</p> <p>Summer at Plot;</p> <p>Harbour Event;</p>
<p>Compile four quarterly progress reports.</p> <p>Recording progress to date towards project outcomes, outlining activity and local achievement.</p>	<p>Achieved</p> <p>All progress reports were received from Annexe.</p>
<p>Provide 40 SOS sessions.</p> <p>Providing listening, confidence building and practical steps towards better self-reliance.</p>	<p>Achieved</p> <p>73 people for SOS sessions.</p>
<p>Host and Facilitate 2 HIIC courses and 4 into and tasters</p> <p>Engage with local organisations by phone/emails or Zoom meetings and bring together for intro/taster sessions. Converge those interested into full accredited courses bringing elements of the community together in mutual learning. Liaise with colleagues for HIIC group presentations to merge with PB opportunities where available.</p>	<p>Achieved</p> <p>10 people have completed the HIIC courses.</p>
<p>Facilitate two groups of mutual interest.</p> <p>e.g Positive attitude. Community Network Groups. Aiming to help start via Zoom and encouraging them to keep these up for themselves. Refer those interested to various training opportunities, i.e. SPRING and PB where appropriate. Collaborate with colleagues.</p>	<p>Achieved</p> <p>Dreams and Aspirations Group;</p> <p>Behind the Scenes;</p> <p>Friends of Mansfield;</p> <p>Partick Community Growing Project;</p> <p>Partick Pluckers;</p> <p>The Lion Theatre;</p> <p>Partick John Muir group.</p>

<p>Contribute to two local network meeting.</p> <p>Share knowledge and experience e.g CHEX network group Network mental health sub-group</p>	<p>Achieved</p> <p>North West Voluntary Sector Network; Ward 23; Glasgow City Council; Thornwood Community Council; Partick Library Team Meeting; Community Health Exchange; Health Issues In the Community; Network Zoom Meetings.</p>
<p>Support at least 15 volunteers.</p> <p>Help formulate their ideas and ways to give of themselves for the benefits of themselves and their local community. The activities included a range of activities including 15 people making their own table at shugwood wood and metal work workshop.</p>	<p>Achieved</p> <p>There are 75 registered and 53 active volunteers; Nine volunteer local groups have submitted their ideas.</p>
<p>Source, Secure and host four training opportunities for group and volunteer development.</p> <p>e.g Governance for group formation and the different roles involved and needed- Chair, Secretary, Treasurer.</p> <p>Group development training</p> <ul style="list-style-type: none"> - Minute taking - Bookkeeping and budgeting - Fundraising - Funding application writing <p>Activity requirements</p> <ul style="list-style-type: none"> - First Aid - Health and Hygiene 	<p>Achieved</p> <p>Governance Training; Booking Keeping and Treasurer; Fundraising; Funding Application Writing; Health Issues in the Community; First Aid;</p>

	Mental Health First Aid; Positive Wellbeing Sessions; Healthy Living Club; Digital Skills Awareness Training; Food Hygiene Training; Walk Leader Training; Footcare Training.
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Table 1: Younity Project annual plan and achievements.

The project was inclusive and supported many people in their communities. Through the project, people were given the opportunity to get involved in activities, engage with people who share similar interests, attend training, establish new local groups, and work with numerous organisations, which are listed below in 'Table 2: List of Organisations that worked with the Younity Project.'

Those who could not join in person were often supported by people visiting them, dropping off various items such as food boxes, or checking in to see what support was needed. This continuous support benefitted people and their wellbeing when they could not get out to meet others. Throughout the evaluation process and the regular meetings IFP had with The Younity Project lead, there were examples of how the project supports people's development and wellbeing. Some examples are highlighted in the case studies shared below on Page 15 of this report.

Organisations that worked with The Younity Project
Annexe Communities
Community Fund
Corra Foundation
Glasgow City Council
Glasgow City HSPC
Glasgow Council for the Voluntary Sector

Glasgow Life
Glasgow Wellbeing Fund
Impact Funding Partners
North West Glasgow Voluntary Sector Network
Operation Play Outdoors
Partick Community Council
Partick Community Growing Project
Partick Housing Association
Partick South Church
Scottish Association for Mental Health
Scottish Community Development Center
SWG3
The Language Hub
The Partick Pantry
The Scottish Government
University of Glasgow
Well-Fed

Table 1: List of organisations that worked with The Younty Project

Organisations and funders
that the Yunity Project
worked with over the three
years.

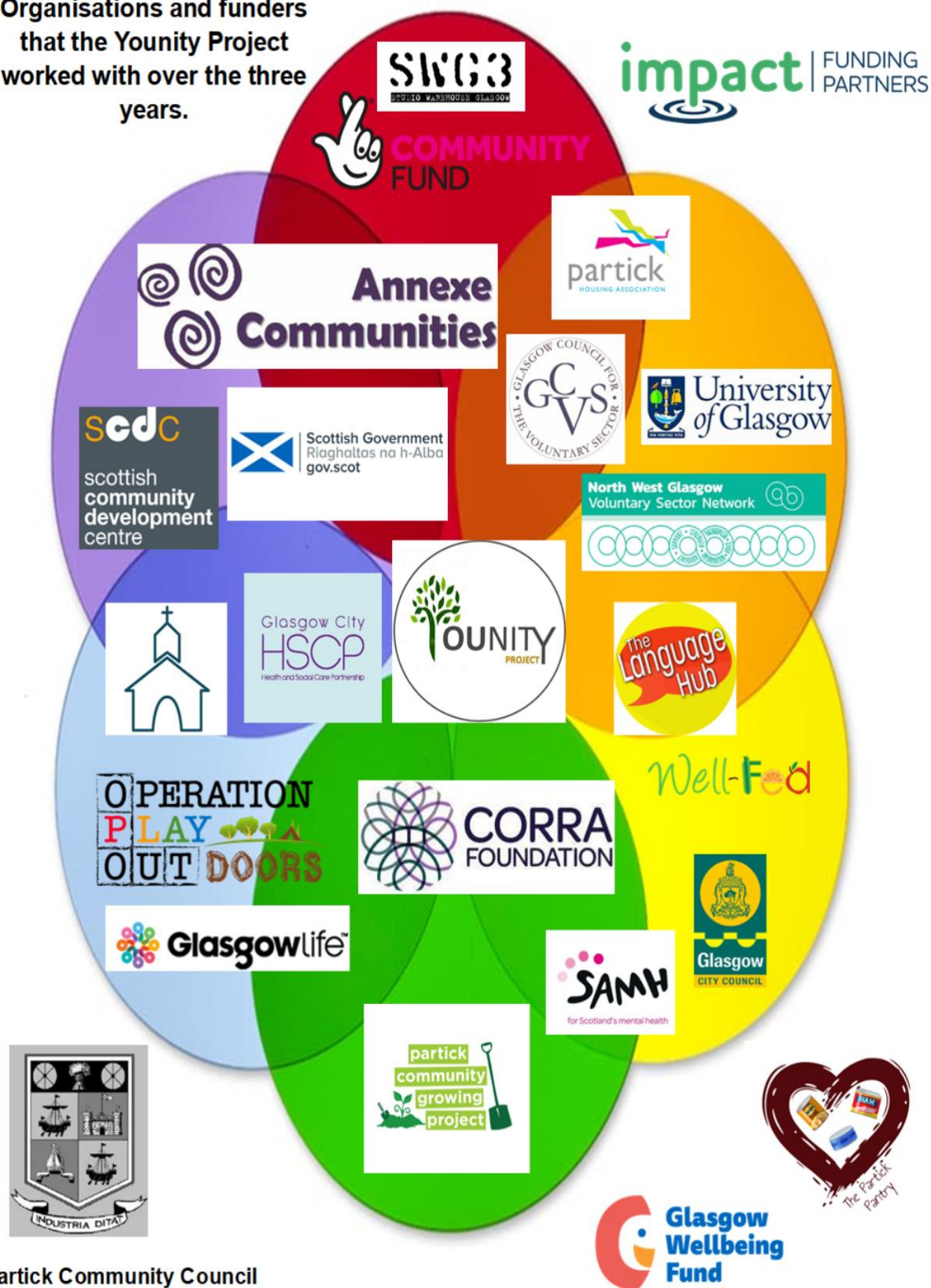


Figure 3: Organisations that The Yunity Project worked with.

Learnings

The Younity Project faced challenges from the onset as they supported their community during the Coronavirus lockdowns and the Cost-Of-Living Crisis. However, at times, this would add pressure to the team as they were managing people's needs and expectations; they needed to ensure everyone on the team was looking after themselves during this time, as the well-being of staff was vital.

These challenging periods helped them to learn how people in the community wanted to help one another and volunteer. They wanted to give back to the local community, and through the Younity Project, they could share their talents and skills to support others. When the team at the Younity Project were asked what they had learned that could help others, they shared about the importance of listening:

"Listening! Really just listening out for "oh I'd love to do that" or "I used to..." or "I've always wanted to do..." and then supporting the next step towards that and the next step and the next step... so potentially you could end up with a community full of people doing what they love!"

This aspect of truly listening to people is highlighted through the work of The Younity Project as they engage the community throughout, and everyone is welcomed and encouraged to partake in activities or shape their own activity.

They learned that supporting the community does not mean asking people how they can help, as it can make people feel uncomfortable. They reframed the question to ask, "How can we support you, to support yourself?" Now, they ask people in the community, "How can we support you to support others?" This approach gives people agency in their actions and how they support themselves and others. While people in their community still need support in various areas, the community continues to unite to support one another. The Younity Project has learned that it all takes "time, compassion, and consistency." They endeavour to put the You in Younity.



Figure 4: Enjoying a day out at the beach.

Case Studies

The Younity Project shared sixteen case studies that highlight the project's impact on people and their community. The project has helped many people by bringing them together, growing confidence, and supporting one another. As a note, the images placed beside some of the case studies are for representation purposes only and individuals are not linked to that specific case study, and the case studies are direct copies submitted by The Younity Project.

Case Study 1

This 53 year old lady came to our community café with support from Garr Gomm in a state of deep shock and grief. Her husband had died in hospital the previous year. She was unable to stop crying and wasn't ready to join in with social activities. She was extremely fragile. She continued to meet every 3 weeks or so for a coffee to chat and overcome her deep grief at his death in hospital on Christmas Day 2021. She wasn't allowed to be with him and he died after a dose of Midazolam and other drugs including Fentanyl. The need for him to have these never rang true to her. This lady is courageously challenging all the doctors/medics involved at the time of his death with their conduct and looks for clarification and scrutiny. At first, she was in shock and as her grief progressed, she felt something wasn't right and didn't add up as she was being told her husband had conditions that she knew he didn't have. She placed an FOI (Freedom of Information Request), along with a request for his medical records, which she received in due course. All the above details are evidently there in his case sheets. She simply needed someone to chat with about queries she had and to hear them out.

It emerged that she was still grieving the loss of their grandchild and daughter the year before her husband died too. She was encouraged to come along to our Social Café when she felt she could and she did a couple of times, although was way too overwhelmed around others. She had every plan to join in when she felt clear enough. At times, she needed a walk in the park and simply to get out of the house, into nature. She simply needed someone to hear her without judgement and to be present while she spoke it out and cleared her head. She now keeps in touch sporadically, as she goes through the process of meeting with 7 major heads of departments within the NHS. She is supported with a large group of people (5K+) whose family members died under similar circumstances and has researched and informed friends by her side at the meetings.

The first meeting took place early July 2023 and with the Ombudsman on board, she believes it will go on for some time. It clearly states in his medical records that he had 5 times the legal dose of Midazolam and she insists that there would have been no indication for this kind of treatment to be administered in the first place. Her GP is now on board and can see that she is right in her opinion of there being massive discrepancies and missing notes from his care at that time. She is bereft, like so many she connects with, mostly at not being allowed to be with him, to be there to question his care at the time... to be robbed of the chance to say goodbye! Naturally, she is angry and wants justice. She is not alone and is part of an on-going campaign

with others in bringing justice to those who died cruelly and unnecessarily. At their meeting, she took a photograph of she and her late husband on their wedding day and faced it towards them during the meeting, asking them to feel how she may be feeling. This is the beginning of an on-going enquiry into malpractice and subsequent avoidable death of her husband... she feels strongly she represents others too, who have had similar experiences during the last 3 or so years. She will have justice...



Figure 5: Volunteers out walking.

Case Study 2

This lady in her early 40s joined our Dreams & Aspirations group and was presented with the opportunity to participate in our Health Issues in the Community (HIIC) accredited course. She attended the following week in a state of deep vulnerability. She has been reclusive for 8 years, previously attending regular complementary therapies a few years back. At that point, being her complementary therapist, she didn't disclose why at the time, merely deep depression. HIIC is a challenging course, bringing up many issues in a shared class environment and is not easy for those who are still in the healing phase. Ms D was compromised by being diagnosed with chronic fatigue throughout the course duration. With support from one to ones, she realised she had never really finished anything and regretted that she didn't go for further education as she has a penchant for writing.

On exploring her feelings, she became determined to put all her energy into completing the course and achieving her accreditation. Her chosen topic of focus was teenage violence and the impact on families. Her own son was the victim of an unprovoked attack while standing at a bus stop. This was in the press at the time, 8 years previously. He was a teenager with a scar right across his face and neck, missing his vena cava by less than a centimetre! Building their lives back was her only focus, giving him the support to overcome the trauma. She was beginning to realise that she was traumatised deeply too and had forgot her own needs through the process. She became determined to find out what is out there in her local and peripheral communities for teens and youngsters, as part of her course work and connected with other organisations, identifying the gaps. Although her son is now a settled adult, who has recently become a father himself, she wants to help other families and teens to tackle these issues before they get out of hand, where everyone is a victim, including those who perpetrate violence.

Through the 5 months process of the course, it has been witnessed and testified by herself that she has gained confidence that she has never felt in her life to date. From a tearful, nervous woman at the start of the course, she went on to be the sunshine in the room, encouraging others to believe in themselves. She was an avid researcher and found a joy in writing her essay, identifying areas where she herself wants to improve with future aspirations to help others. Ms D is looking forward to being an active grandmother and has plans to build her focus on becoming a support worker for youths, helping families to reduce bullying, teenage violence and to be



active citizens in their local communities. She is inspired by her connections with Younity & Annexe Communities, becoming more active. She now gives and receives support from new-found friends. She passed her accreditation and was overjoyed... watch this space.

Figure 6: Enjoying a day of touring.

Case Study 3

This retired man came to our HIIC class in 2022. He had worked in community development most of his career. He wanted to become involved in his local community again and thought the course would be just for him. He was a major contributor to the group process. He lived locally and seemed interested in spending time getting to know his local area and becoming more involved in the grass roots of what people want to see changed. He is a quiet man, albeit well informed and very genuinely curious with an ability to ask open questions and engage in deeper meaningful discussions with his fellow group participants. As the senior member of the group, he had a calming effect and commanded a gentle respect. This offered a great grounding effect on the others in the group, which mainly comprised of men. His chosen topic was focused on 'How do we communicate our health needs better?' He was observant and aware that people were more closed off with questioning health issues with the last few years' experience with covid. He also has an understanding that this is the perfect opportunity to open up and share what is on our minds more clearly.

The groups' presentation focussed on 'From Stigma to Empowerment', with 2 other group participants converging 2 separate topics based around clarity of disabilities that aren't particularly noticeable. The presentation, on the whole, was well received with a wide audience from our local community including agencies and health professionals as well as community members and local parliamentary representatives. Mr C was last to present his part of the group presentation and it was a good way to bring everyone in conversation for after refreshments. He had prepared a questionnaire about what people would like to discuss further in terms of health with opening up discussions in mind. From this, a list of those interested was compiled and his tutor, our Yunity CCW, met with him and organised a date, time and marketing flyer for a further open discussion with the community in general. This took place in 18 May 2023 and an audience of 16 people attended. This was facilitated by Mr C where, again, he had a further questionnaire asking if people wanted to meet further and expand on their further feedback. This was his original idea and merely supported by staff. This was to be arranged and organised for early autumn, before our Yunity project comes to an end. However, it has transpired that as there is no funding for CCW to continue with this work beyond Yunity project, it has been cancelled by Mr C. A celebration for all previous participants has been arranged as a well done to all their endeavours, bringing like minds together.



Figure 7: Enjoying an event.

Case Study 4

This 55 year old man came along to our Health Issues in the Community introduction session. He was volunteering for a local charity one day per week. He came in a state a relative vulnerability and was an avid and keen participant. As veteran and mental health nurse, he wanted to be more proactive in local community work. As the course progressed, he opened up and it transpired that he has a diagnosis of multiple personality disorder. He was gracious about disclosing his journey and was keen to present his accreditation on stigma and alternative ways to deal with adverse childhood trauma. He always felt that he had a somewhat misdiagnosis, although related to some of the diagnostic traits. He was fast speaking and he learned to slow down his diction in order that we could understand all that he was expressing. He spoke with a London accent. He was always early, dedicated to the course and a team player. His fellow participants befriended him warmly and genuinely. His research material was vast and he re-wrote his submissions in order that they would be read easier, as he had so much to express. His language skills were clear and concise. He never missed a session and helped others with their research. He accepted support where needed and was a gentleman who appreciated all the support he got from the group and tutor.

The group presentation was widely attended and his focus was on stigma: MPD. He was highly professional and invited the police who he referred to as a major support system in our communities. His candid presentation had everyone attentive and you could hear a pin drop with the information he shared. The next part of the accredited process is the essay for which he worked diligently and took support occasionally. Before Christmas 2022, he and another group participant went to a local pub for a pint after a review session for the course. He had all his learning logs, notes, his ipad, etc. in his bag and his intentions were to complete the final part of his essay. He had the option to leave his logs and notes here in the office. He decided that he may need them.

Early the following week, he phoned in distress to say that his bag had been stolen in the pub! He was grateful he had his phone in his pocket and he was bereft at losing all his belongings and work.

He came into the office right before we stopped for festive break and was offered another folder with all the relative content and his intention was to do it all over again. He left a message on our office phone through the holiday period saying he couldn't do it all again and would simply accept a completion certificate. He was contacted variously with no response. Sadly, we never saw him again, although his fellow participant assures us that he has seen him and he's good and will be in touch



Figure 8: People out exploring.

in due course. He had lost his phone and contacts. He had plans in the making to move to Erskine Veterans Village which he discussed with the group. We are all hopeful that he is settled and happy and open to having a nice lunch when he reappears.

Case Study 5

Younity project staff engaged with various networks of agencies and health professionals. Community Capacity Worker (CCW) engaged mainly with Health Issues in the Community, 2 mental health networks, one with the NHS/GCC Health Improvement teams and another for the third sector, which along the way merged after having been affected by circumstantial dis-engagement during 2020. Community Health Exchange (CHEX)/Scottish Community Development Centre (SCDC): Health Issues in the Community (HIIC) Tutor Network: This invaluable network keeps those facilitating and delivering the courses in regular touch with outcomes from HIIC groups, developments of the pack (updating etc.) and gives opportunities to learn further together, looking at different emerging health issues prevalent in everyday people's lives.

One school in Castlemilk have this course as part of their curriculum and their senior school youths. One SCDC staff member was supported in her Tutor Training via Younity's first delivery of the 10 weeks course. She passed her accreditation to deliver the course and her contribution was very much appreciated by participants and CCW. North-West Mental Health & Well-being Forum: This forum is a partnership of NHS, GCC and Third Sector agencies coming together and sharing information and resources. Available training is regularly made known to each of the agencies. Younity's CCW has signed up for 'What's The Harm?' Training in helping those who self-harm this is due mid-September 2023. There is a sub-group focussing, in particular, on suicide prevention and we all attended the Glasgow City Suicide Prevention Partnership, Action Plan Session for National Strategy Framework Event on 15th February 2023. The workshops were attended by 40 participants from all agencies both statutory and third sector in the Glasgow Region, overlooking last year's strategy outcomes.

This year's minutes for dissemination have yet to be received. The last NW Mental Health & Wellbeing Forum meeting attended by CCW was on 18/4/23 in person at The Whiteinch Centre where 12 agents from the Annual Strategy Action Plan Session attended and agreed that it was overdue that we addressed the issues since 2020 and it was felt that we were all on the same page and appreciated meeting in person again all the time on Zoom. The minutes and outcomes from the Annual Strategy Session has still be received and disseminated, CHEX Annual Conference - National Held in March 2023, this was attended by in excess of 100 people from different agencies. 5 Workshops were facilitated over morning and afternoon, giving the chance for those attending to be present at 2 workshops.

The topics were: 'Supporting the health and wellbeing of the gypsy/traveller community in Scotland'; 'Costing of Living and Travel'; 'Trauma? What's that got to do with me?'; The Power of Peer Support – "let the group decide"; How many Health Issues in the Community (HIIC) tutors does it take...?'. Keynote speaker was Prof. Chik Collins (Director of Glasgow Centre for Population Health) coming in from South America and sharing his years of experience in community health. This set in motion a good space for tutors, resource staff, academics and peers which lived experience, the chance to come together and share their experiences too, articulating their learnings. Genuine case studies were discussed, perceived and appreciated by those in attendance. In particular, on open group discussion, it was

remarked the importance of vulnerability and honesty leading to true support, especially from self. This session was facilitated by Previous Health Issues in the Community participants of our Yunity CCW, whose workshop Session was based on Lived Experience: Mental Health & Group Work. This session had massive applaud and people were in tears it was so poignant and raw. The facilitators were part of a group who as recent as 2022 published a report with the Scottish Government on Mental Health Lived experience. Their publication was put out verbatim... a unanimous decision made by the group. The report was hard hitting (Report of C2C Expert Reference Group with Lived Experience to the Primary Care Health Inequalities Life Working Group, March 2022).



Figure 9: Celebrating receiving certificates.

Case Study 6

This 50 year old man came to our Dreams & Aspiration class and Social Café where he heard about our Health Issues in the Community course. He came along week 1, mentioning it was a real challenge for him as he struggled to get out in the morning. Five other members were in the group at the onset of the course. It was apparent that he was antagonistic from the start and he challenged petty issues and impeded the flow of the sessions. This was after ground rules were established by the whole group. Facilitation was a challenge as every 10 minutes or so, the rules (which were on display throughout the whole course) had to be referred to again and again. The group cohesion was otherwise developing quite healthily and every now and then he would pull back with criticising everything anyone said. As the nature of content can be triggering, other group member's sensitivities were coming to the surface. This is usual by the mid-point of the course and tutor support is always offered, at this time especially, albeit available throughout the whole course.

One particular week, he started to 'pick on' the female members of the group and at point, they stood up and left with the other male member present leaving too. He was challenged as he raised his voice and the tutor raised her to meet that, in order to be heard, asking him to stop behaving belligerently and gaslighting the group. He was left on his own for 10 mins as the whole group took a break. He seemed unmoved by this and somewhat smug. Peace was restored the rest of the day, however, the 2 female participants were considering not coming back to finish the course! At the break, support was offered by Annexe staff, offering to ask him to leave. He was given a second chance, with inclusivity in mind. The following week, he was calmer, seemingly in a different head space and was complimentary to everyone in the group. Working towards their group presentation, he seemed to have balanced out and his fellow participants keenly gave him a chance and actually supported him very well. He in turn supported them. All was good.

His topic of choice was NHS Complaints Procedures (he had various outstanding complaints) and he did a good job of his slides and delivery. When it came to his essay, he was advised to follow the criteria as he had missed a couple on point, after tutor perusal. This is when he got extremely nasty. Without going into all the details, his tutor (Younity CCW staff) was psychologically abused with raised voice and belligerent body language, where a member of staff had to come and stop the situation. The police became involved the next day as he made a complaint about being threatened for his life. He was simply asked to leave. The policewoman mentioned that there would be no further action as he has a record and advised us not to be alone with him & to keep CCTV



Figure 10: Receiving awards at an event.

on him. He was barred from the premises, however, he was given the opportunity to hand in or email his essay to complete his accreditation for the course, for which the results would be emailed. He has never been seen since. His Certificate of Completion will be emailed to him over the next couple of weeks. He worked hard through the course and chose not to complete to accreditation.

Case Study 7

Y is in her mid-thirties. She lives locally and came in to find out about volunteering opportunities. She struggles with her mental health and was looking to occupy her time. She is also living on very little money. She met with VDW and registered to volunteer as soon as possible. Y volunteered with packing and delivering of 3 sets of 50 x food bags. Y suffers from a serious sleep disorder which leaves her very tired during the day, but it was clear from the outset that, despite this, she had a very good work ethic and was quite strategic, organised, and particular. When she knew what was required of her Y was able to be left to her own devices ultimately to direct other volunteers in sorting and packing. Y then went on to help out at all Younity's annual events. She directed other volunteers to teach crafts at these events and when she showed talent for gardening was left in charge of the potting stall at each event. Y is geared up to help with all Younity summer events, is looking forward to them and is happy to be using her time meaningfully, contributing and supporting the community. Y lives next door to the Annexe so is ideally placed to pick up any free food available from Fareshare and Annexe Café left over hot meals.

Case Study 8

Thanks to the Lottery's Cost of Living Support Fund we had the capacity, volunteers and funds to organise hardship food bags for 150 local vulnerable families in the community. In January we supplied 50 soup pot packs which included a large soup pot, measuring jug, ladle, and personalised wooden spoon. Also included were ingredients for two different soups and a recipe leaflet with six tasty simple soup recipes. In February we supplied 50 x "Italian Job" food bags with various Italian ingredients herbs and sundries. This also included a leaflet with six different simple Italian recipes. In March we supplied 50 x Cupboard essential bags with an Easter egg thrown in for good measure (or two for a family)! None of this would have been possible without the dedicated time and energy of our 16 packing volunteers who helped transport, lift and lay, sort and distribute and deliver to those in need. Two of the volunteers showed up with a van in the nick of time as our transport had let us down. With almost 1500 items to lift and pack they were a godsend and have offered to help with any future supermarket pickups. Over the piece Yunity have developed a dedicated team of packers who are willing to help at the drop of a hat. They are very aware how much need people are in and how much these deliveries mean to people going through hardship. I feel I need to comment on how much the supermarket let us down, as an organisation. They were not in the least interested in helping in any way and were disorganised and shambolic. Thankfully some of the local supermarket staff were aware of the impact of what we were doing and were as willing as they were able to help with our order.

Case Study 9

Events Volunteers Younity volunteers were busy autumn/winter 2022 with our two end of year events, “Wee Halloween Harvest Fest” and “Light Up Partick”. Four volunteers helped sort and pack 100 Halloween treat bags for kids and events volunteers were crucial to manning craft tables and stalls at events. From pumpkin carving to kite building, from arts and crafts to distributing goodies, from lifting, laying carrying, setting up, and taking down equipment, gazebos, tables, chairs and various decorations, approximately 20 volunteers supporting at each event were ultimately responsible for their smooth running and success. Both Halloween and Light Up Events were unfortunately beset with downpours. This however did not stop anyone’s enjoyment of the events. If anything, it added to the madness and fun. None of Younity’s events would happen without the energy and commitment of our behind-the-scenes volunteers most of whom spent their entire day supporting the events. We also received a lovely donation of Halloween biscuits from a local bakery for the event and as a thank you for cheering up the neighbourhood.



Figure 11: Enjoying the mountains

Case Study 10

The Partick John Muir Group. This volunteer led group was set up as a result of Yunity working in partnership with a local organisation Operation Outdoor Play, who ran a series of Branching Out Programmes whereby participants and volunteers achieved the Discovery and Explorer John Muir award by participating in outdoor and outward-bound activities. The group were keen to continue and to further journey and work towards their Conserver Award which compromises 125 hours of outdoor and conservation work. One of our volunteers was particularly keen as his experience at these sessions had had such a positive impact on his mental health and wellbeing. He volunteered to lead the newly formed Partick John Muir Group after completing his online John Muir Training. He is currently working towards achieving his lowland leader award which will allow him to lead walks without the support of staff.

The group is made up of Yunity Project staff and volunteers with ages ranging from 28-75 years old. Originally 6 people having been referred to the group though their GP's and 8 people in the group having allotments locally. Half the group have already achieved their Discovery and Explorer awards so are well versed in their commitments to the John Muir ethos. We held our first meeting of this group on 21st April to mark and celebrate John Muir Trust 21st Birthday. We continue these volunteer- led group meetings on the third Thursday of every month. We applied to join the John Muir Trust on the 4th of May 2022 and were accepted. And now official. The group now numbers 19 people 12 of whom are Yunity volunteers including the group lead. Amongst our activities towards the conserver award, we have planted 600 trees on the shore of Loch Lomond and 750 in Victoria Park. We have teamed up with the local TCV – conservation volunteers- to join in some of their midweek and weekend conservation activities, as well as looking more locally and organising many Rivers Kelvin and plot clean ups and litter picks. The group also spent an afternoon cleaning and conserving the gardens of the heart of Scotland Community Centre, for which the centre were very grateful. The group have also organised many walks on the John Muir Way which the volunteer group lead had previously risk assessed. The group has also set up their own face book page, sharing our progress with our local community and other local organisations. They now have their own official logo, membership forms, and Partick John Muir Group t shirts and badges, with the blessing of the John Muir Trust.

The volunteer group lead applied on behalf of the group to Participatory Budgeting- Partick and Thornwood Ideas Fund to fund a series of 6 John Muir walks. They were successful in this and have since completed 4 of the walks including the Antonine Way walk. They applied to the same pot of funding recently to



Figure 12: Enjoying a day out

accommodate a celebratory award giving ceremony, to be held at the Oran Mor, in their John Muir room, for those who have worked toward and achieved their conservator award. They were successful in this also. The Partick John Muir group have drafted their constitution and are in the process of opening a treasurers account. The group will then be fully constituted which will allow them to apply for larger pots of funding to continue their activities and good work. The John Muir Trust also asked permission to use Younity's testimonial in their website. "It is very evident that those who have experienced John Muir through our collaboration with Operation Outdoor Play have an improved outlook and better mental health and increased vitality and awareness of their surroundings. Along with members of the group who have had experience elsewhere, or no experience to speak of, all members of the newly formed group are extremely keen to take their level of achievement further, to further develop their own personal skills and understanding of their surroundings, intrinsically aware that being and working with nature lifts the spirit and enhances their lives. They are committed to making their environment a better place in any way they are able. Each member of the group will record their undertakings which we will share with each other monthly. Group trips and excursions/ clean ups/ plantings etc, will be organised, and ideas for this, for conservation and other projects, will be group led". "Being in nature is healing and doing conservation work gives people a focus and a purpose that makes them feel good for doing something to help the planet."

Case Study 11

Café Volunteer X, aged 66, initially came through SPRING social prescribing Project after being very isolated after she had retired. She was Looking for social and health activities. She was called by Spring staff and extended a Christmas lunch invite which she attended and enjoyed very much. X decided to come to line dancing and attended it three times but got agitated at not “getting it”. She then went on to try ballroom dancing instead which she enjoyed. X decided to give the choir a go too. X signed up to make a silver ring at workshops funded by Partick Community Growing project and took part in crafts classes also funded by PCGP and held at the Annexe. She then had a meeting with the VDW as she was interested in volunteering weekly in the café. X has been doing this regularly since the beginning of February 2023. X has dipped in and out of various classes and activities, but she is very consistent, willing and able as a café volunteer and likes being in the hub of it. X has also offered to stand in when other volunteers cannot make it and has administrative skills which we hope to put to good use in the future. Case Study 6: Ava Awards Every two years all Annexe Volunteers are celebrated at Annexe Communities AGM.

This year, October '22, Yunity Project decided to thank our volunteers for their dedication, energy, time and commitment by inviting all of our 47 volunteers to the AVAs (Annexe Volunteer Awards) held immediately after the AGM. This was a red-carpet, RSVP event where volunteers were invited to glitz, glam and dress up with all the sparkle of the Oscars! A red carpet was rolled out for the occasion and each of the 47 volunteers nominated by Yunity was up against another two contenders. All this in a comedic vein, supported by power point pictures of all contenders. E.g. Café volunteer was up against Delia Smith and Gordon Ramsey. Gardening volunteer was up against Bob the Builder and Alan Titchmarsh or a belly dancing volunteer who also happens to do counselling up against Oprah Winfrey and the Queen of Sheeba etc. Then Tah-da! The golden envelope was opened. Each volunteer walked the red carpet to accept their award and was presented with an inscribed gold AVA/Oscar statuette award. Some even had an acceptance speech ready!

They had their photographs taken with all their finery and their gold award and then enjoyed some food and refreshments. All this was a lot of work for staff but well worth every minute to see everyone having so much fun, the laughter and smiles, and the effort that folk had put into their costumes and the spirit of the occasion. All AVAs gratefully received and well deserved! Volunteer AVA Award Acceptance speech: Before I start, I just want to say how fabulous it is to see so many of my fabulous friends who have all come here to celebrate my utter fabulousness. You're all a bunch of fabulous old pro's! I richly deserve this fabulous little award and know just where to put it-..... in my fabulous display cabinet with my other 46 Oscars. I have a big, long list of fabulous people who have helped me to be so fabulous, but I must have left it in my fabulous limousine with my fabulous chauffer Basil, but I have the most important ones here. Top pf the list is, of course, me. I've had to work so hard to be this fabulous, what with, dirty tricks, lawsuits, greasing palms and countless casting couches. Darlings - you name it I've done it! Next on my fabulous list are my parents. Mother always said I was a right little madame - and that set the tone for my whole fabulous life. I also want to acknowledge my 15 ex-husbands and the part they played in making me so fabulous.

I want to tell you about my fabulous cat, Rover, and my dog, Tiddles. Rover is a fabulous Siamese kitten and Tiddles is a fabulous miniature toy poodle. They are both black and have fabulous diamond encrusted collars, and they both adore me. My pool boy, Randy, keeps them amused while I'm at the studio making fabulous movies. I must now draw your attention to my fabulous agent, Lisa Simpson, who cherry picks the best parts for me, she works really hard for her 10% - I make sure of that! One day she will be President of the United States - you mark my words. Last but not least are the million of fabulous faceless little people who are working so hard to keep me so fabulous. Ladies and Gentlemen, I give you ME!



Figure 13: A day canoeing.

Case Study 12

12 weeks learning bushcraft skills, fire building and getting out into nature and the fresh air. We have built up a relationship with Craig Thomson from Operation Play Outdoor and have watched his organisation grow over the years. Yonity Project worked in partnership with Craig and his Branching Out Course this year January through to April 2023. 23 local people being able to take part in 12 weeks branching out programme with bushcraft and fire building activities. Most completing the 12 weeks, some popping in and out when they could. Friendships were made and mental health improved. So, partnership working in that, Craig secured Forestry Commission funding but needed people living with mental health issues to take part. Yonity Project supplied the people through the Annexe's Doctors referral SPRING project and some from the Cost-of-Living project as mounting debt was causing a whole bunch of stress, loss of dignity and anxiety, depression and worry about the future.

The group was also working towards their John Muir awards as this is an integral part of the Branching Out programme, sharing the legacy and ethos of the conservationist, inventor, and explorer John Muir 1838-1914. Massive big thank you, thank you, thank you to Craig and all at Operation Play Outdoors for another amazing time during our Branching Out afternoons and day trips. We all had the best of times and totalled up another 36 hours towards our Partick John Muir Group conservator awards "I'm so glad I got off the couch today, loads of lovely people thanking us." Litter pick Thank you so much. Am loving it, thank you so much for this xx "Great to get outside, away from Partick. Clears my head and gives me something to look forwards too. We built fires, learnt how to use a Kelly kettle to boil water to make tea, we learned all about different trees and the legacy John Muir Craig had been working on a dream of owning his own Outdoor Adventure Centre and we were privileged to be the first group to go and visit his new site on the bonnie banks of Loch Ard. As we were many, we helped out with heavy jobs around the site, like putting up the new toilets and pulling trampolines out of the loch. Quite a workout. Craig treated us to tea and cake and a visit to Queen Elizabeth Forrest Park. We also were invited back for a day of archery and a canoe on Loch Ard. Everyone had the best time. To finish off Craig came along and presented everyone with their John Muir certificates at Partick John Muir Groups awards ceremony up in the John Muir Suite in the Oran Mor. Perfect setting for their celebrations of all they had achieved. Group member John secured PB funding to pay for the hire of the hall and the buffet.



Figure 14: Preparing for a workshop

Case Study 13

J 27 years old male-had just moved into the area and had nothing in his new flat and was awaiting his benefits. He got a few hot meal tickets, £30 for his gas bill and two bags of shopping for his cupboards from the cost-of-living support. Jamie came in for a one2one and fill in his paperwork to start the SPRING programme. 2 years ago, J hung himself but was saved by a man walking his dog, J has had 8 close friends kill themselves. He didn't see any other way out and his x partner had stopped him from seeing his daughter. He has been diagnosed with PDSD, anxiety and depression. He has recently found God and a church that is helping him. J is coming to help out with the Spring event in Mansfield Park. He is going to use his SPRING prescriptions for lunch in the Annexe. J is still waiting for his benefits to be sorted. Gave him another £30 cash for gas. "God bless you." And a place has become available for Branching Out's all day canoeing next Wednesday- so he said he is totally up for it! J came and was a great help with our Spring event- great, lateral thinker, working on his own initiative, got right stuck in, looking for things to do. Great team player. J came to help out with the Plot Spring open day and again was a great help. Got a wee group of friends already with K, J and MM J came with us up to Craigs new adventure activity space up at Aberfoyle. Too windy to canoe but had a couple of jobs that needed done, heavy lifting and moving so needed many hands-on help. J got right in the middle and his energy helped to get the two jobs done. Craig well chuffed as he has had these jobs on his mind for a while.

J with J and MM came along to help out at Sofia's Fun and Games Day. Great help, great energy J attended Dreams and Aspirations and met Dr Jack and did his survey. J helped out with the packing and delivering the food bags. Has no food so gave him a few hot meal tickets. He came to the café for lunch. K has given J a couch and R gave him a big bean bag for his new flat. He took home the food bags. Very keen to help out where he can. J came with us to Loch Ard for the last day of Branching Out. He did archery and canoeing and built the fire. We provided cost of living packed lunch to enable J to attend. Walked along to introduce J to Well Fed. On way back visited Wall of Death and the Harbour. J attended Dreams and aspirations then goes off to Ruth Food pantry to collect some food. J was a great help at Dreams and Aspirations bring and buy sale. Not only did he help set up and man a stall, he also went out with flyers to get some more folk to come in. Made quite the impression cause 3 people also did another survey with Dr Jack, both joking that J now had a £10 to spend at the sale! J came in for a chat and to have a look at furniture that Martina has emailed out for folk that might benefit. He completed his final WEMWBS. "I still have a way to go but I feel brilliant, feel cared for, feel like a part of a group of friends. Not what I am used to. No ulterior motives. I feel more appreciated, running with a better crowd that have my back and have morals and are genuinely looking



Figure 15: Children enjoying their face paints.

out for me. My Doctor is over the moon about my progress and my emotional state and my life style choices. I am coming down safely off my medications.”

Case Study 14

PATCH2 Heat AND Eat project. Cost of Living Support In preparation for a potential winter of discontent because of the forecast energy prices going up alongside all the food costs rising too, Younity Project put in an application to Awards for All for £10,000 to help alleviate the financial struggle of some local individuals and low income families. Then a Lottery Cost of Living Support fund came out where you could apply for more. So we scrapped the Awards for All application, copy and pasted much of it and ended up securing £24,500 instead. This extremely well timed funded ended up supporting 120 local struggling individuals and low income families. Younity worked in partnership with Partick Housing Association, Dowanvale Food Pantry, Hyndland Secondary Food bank, Partick Community growing project and Partick South Church, to identify people and making sure the funding was getting spread out as wide as possible. Younity Project was then able to distribute financial support January- April 2023 in the forms of:- 1. January - £2500 to local food pantry for weekly food staples- milk, eggs, cheese, bread 2. January -£3000 Morrisons food vouchers £30 x 100 people 3. January-March ran 12 weeks of social soup shares and workshops- £600 4. February- £3000 gas cash- £30 x 50 households 5. February - £1500 cupboard essentials food bags £30 x 50 households 6. February- £2400 Primark clothing vouchers -£40 x 60 people 7. March- £3000 gas cash- £30 x 100 households 8. March-£1500- Soup Pack Pots-£30 x 50 people 9. March food bags x £30 x 50 people- £1500 10.March- £20 x Greggs vouchers for hot food for 100 people- £2000 11.Volunteer expenses- £100 12.Annexe overheads costs Admin and Management support- £2000 13.Community free cost of living picnic at our recent Wee Partick Picnic -£400 We were approached by the National Lottery press offices to supply them with a few local case studies so that they could press release the funding.

A few stepped forwards as long as their story could help other people. One ended up splashed all over the papers as she had lost two stone already, by feeding her



Figure 16: Preparing for Christmas

children first before herself! Kelly's situation was rising debt because of a zero hour cleaning job so we spent time working out if there was a better financial way forwards for her. So now, in conjunction with the benefits office, Kelly has a 12 hour permanent job with Partick South Church and has set herself up with her own wee business of "Kelly Care" providing cleaning and care packages. She has even managed to save up and take her family on their first holiday in years. "It an amazing feeling when someone believes in you." Attached to this case study is the feedback to the Lottery with plenty of quotes of appreciation and thanks for the support Younity and the Younity volunteers provided. "Just so lovely to have your community looking out for us. Thanks.

Case Study 15

H was referred by Partick Housing Association for Cost-of-Living Support as he is struggling financially. So saw H once a week for COL support and started to get to know each other. He was very grateful for the support as he is in debt, for a variety of reasons, but wants to get back to work. Met H in the street on the way to his Doctors, he was in a bad way, very anxious and panicky, said I'd phone him afterwards as the Annexe has some support for him through the SPRING process. H came in for a one2one and to complete his paperwork. He talked for nearly two hours about his past. He went through a traumatic night that is the route of his anxiety and triggers behaviours in himself that are not who he normally is. To cope he threw himself into a world of drugs and other behaviours that were not him. He has pressure from his family back in China to be someone different from who he is and has been struggling with this and his sexuality. He is gay but that is not accepted by his family. Only child, his Dad is more understanding but his Mum wants him to marry and have grandchildren. He finds it easier to be himself here in Glasgow but struggling with his mental health. He has had suicidal thoughts recently and has walked around looking for ways to kill himself after he was asked by his GP if he had a plan. This question put the idea of a plan in kill himself into action. Knives, underground, tall buildings but needs to talk things through with professionals. He has kept it all in till now. H came to the Café with a free Hot lunch ticket and asked to help out at our events and activities. He came to help at Sofia's Fun Day and had a great time and met MM, J, J and a Chinese family that he now keeps in contact with.

H picked up his cost-of-living support food bags and came to Dreams and Aspirations and is making friends with M, they left together after class to go for a walk. He volunteered packing up the food bags. H came with us to Loch Ard for the last day of branching out. He had never shot an arrow before but did eventually hit the target much to his delight. He did try out the canoeing with M in his canoe. He loved it. We provided cost of living sandwiches and juice so that H could take part. He has some ideas for the future, so I explained about the Participatory Budgeting funding. H came with J, K, and M to introduce them to Well Fed. The main guy to ask for is Terry but they put the food out in the container at 11am and normally all gone by 11.30am. So just potluck!

On the way back visited the Wall of Death and checked out the harbour site for possible future event space. He exhibited anxious behaviour and shared with us his experience of being in an earthquake in China. H came in to chat about a few ideas that he had for Partick and Thornwood funds idea. H came in for lunch and to work on his funding application H helped out at the Dreams and aspirations bring and buy sale. He manned a table with M. Phoned H re his PB application and emailed back and forth with it. Taking shape. Hong took part in the table making workshop and made himself a table. H handed in his PB application, his participatory idea was of wanting to build bridges between Chinese culture and Glasgow by offering Chinese Tea Ceremonies. He won enough votes to be able to fund his idea. He did a Tea ceremony with Dreams and Aspirations, where he shared his culture. It was amazing, so relaxing and respectful. Everyone was served tea to drink and were given a wee Chinese silk purse with more tea to try at home.

Case Study 16

Met MM though her being referred by Partick Housing Association for the cost of living support and at the Dowanvale Soup Social where we got chatting and felt that M would benefit from a Younity referral for SPRING 12 social prescriptions support as she was struggling financially. M would like to get back to cooking for herself as presently eating chippys and microwaved meals cause bored and a bit lazy. Need to get out and about more as very isolated. As we got to know each other many stories from the past were chatted about. M is very lucky to even be here after all that she has been through. Interested in creative workshops, walking, meet new people, cooking classes, Dreams and Aspirations and joining Branching Out this Wednesday. Booking up for Leila's jewellery and ring making workshops and Sinha Chandras stained glass at Spring celebration. Keen to take part with the SPRING allotment. Introduced MM to Joe- she went on the health walk- "That blew away a few cobwebs!" MM attended Dreams and Aspirations class and totally enjoyed it. MM joined us for Branching out and made a Catalan platter out of willow canes. MM joined BO for lunch in the Annexe café. MM attended the social soup workshop at The Partick Pantry- getting cost of living support.

Attended mediation- "was feeling a bit overwhelmed, but that class really settled me, brilliant." Regularly attending branching Out, Annexe Café and then Dowanvale Soup Social Attended mediation- "Floating on the air" picked up her Morrisons shopping bags Michele joined us to help plant 750 trees along at Victoria Park. Attending Dreams and Aspirations "I know I am in here permanently now M attended meditation After Introduced M to the SPRING plot as she is keen to do some herbs and vegetable growing and be a bit responsible for the SP plot – introduced her to Jim for gardening tips. M filled forms to become a volunteer to help out at events.



Figure 17: Awards for Volunteers.

M picked up her soup pot pack M been receiving cost of living support M attending Branching Out and Dreams and Aspiration M helped out at Spring event in Mansfield Park and met J- got a nice friendship going M came on all day Branching Out trip and she attended two afternoons of table making workshops where she made her own table that she is very pleased about. M, with J, came along to help out at Sofia's Fun Day where she met H and they have become good friends too. She plans to come to keep coming to Dreams and Aspiration, with S will be puppet making, attending last day of Branching Out on 14th April, went on John Muir Walk on 6th April. Registered as an Annexe member. Helped out at all the summer events and turns out M is amazing at therapeutic facials, so she got her insurance and now volunteers at our Chill Out Zones with ten years younger looking facials.

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