



# Pilton Community Health Project

*Annual Report  
2009/2010*



## Chair's Report



Yet again it is time to report on the work that the Health Project has done over the past year.

The year began with struggles and celebrations. While we looked back at 25 years of work, we fought now familiar battles to retain funding, even at a reduced level.

Our work was recognised nationally by Community Health Exchange "We acknowledge the extensive community development work, wealth of experience and expertise that the Project has brought to tackling health inequalities at a local and national level".

Reflecting on our past gave us inspiration to bring in some new community development work. We were glad to begin our social marketing project, Community Healthy Lifestyles. This project will be promoting the ways that local people DO take care of their health as a means to encourage more to do the same. We also won an Awards for All grant to develop a

forum theatre piece about barriers to accessing health services by ALL sectors of the local community; continuing our work with marginalised communities locally.

All our work is vitally important. Referrals from statutory services continue to increase as recognition of the way we complement what they are able to offer rises. The Project is somewhere else for people to come to get support for the complex issues that prescribed drugs alone cannot cure.

As the full force of the recession hits, with unemployment rising and benefits and other safety nets being cut, we need to fight to ensure we continue to be able to deliver high quality services to people who live in the area.

Irene Garden, Chair

## Co-ordinator's Report



This year has presented some considerable challenges to Pilton Community Health Project.

Our key challenge has been, and will continue be, to maintain the level of services we deliver to local people with a reduced level of resources. We have become more efficient at what we do and we will need to continue to be so in the coming years.

At the present time it is not clear how the looming cuts will affect the Project but our strategy to survive has two elements. Firstly we have sharpened up our fundraising efforts and are applying to a range of funders at a time when there is increasing competition for every pound available to the third sector. We are also developing our ability in tendering and this strategy is beginning to show some success. A critical factor in this is the commitment of our senior management and staff teams and developing the skills and knowledge base of them both.

Secondly, having received funding from the Scottish Government's

Third Sector Development Fund, we have embarked on a process of identifying opportunities for raising additional income through selling our services at a profit to those who can afford to pay and reinvesting that profit in the free services for those who cannot afford to pay. In this way we will be able to survive cuts in funding that come our way.

The key challenge for us in this is to stay focussed on our purpose of challenging health inequalities and improving the health of the communities of North Edinburgh and seeing social enterprise as just another tool to enable us to do that. It is clear that in the next few years the voluntary sector will look quite different to now but I am confident that the Health Project has the ability to meet the challenges ahead and thrive in difficult circumstances.

David Hewitt, Project Co-ordinator

## Our projects' work and achievements

### Community **Healthy Lifestyles**

This Project is a social marketing project that seeks to work with local people to identify barriers to local people making healthier lifestyle choices and uses marketing techniques to challenge these barriers.

The Project is funded by the Health Inequalities Standing Group which contains representatives of City of Edinburgh Council and NHS. The funding comes from the Scottish Governments Fairer Scotland Fund.

Some of the ideas that are being worked on include;

#### **Muirhouse Million Steps**

This is a walk around Muirhouse that will take place on 17th September. Local people, people who work in Muirhouse and local organisations



are being encouraged to take part and every person will receive a goody bag on completion.

#### **Yummy Mummy**

This is a healthy eating campaign that will work with local people to produce a cook book. It is hoped that celebrity chefs will be involved.

#### **Healthy Heroes**

This is an initiative to identify local people who have made healthy lifestyle choices. They will be celebrated by working with a local photographer and taking their photos which will then be displayed on Billboards and bus shelters.

## Volunteering *for a Change*



This year we have seen an increase in the number of people coming through the door to volunteer. Pilton Community Health Project and the Prop Stress Centre have provided volunteers with many different opportunities in volunteering.

In May The City of Edinburgh Council invited us to do a presentation on volunteering, highlighting the fact that we are a joint project and how our partnership works well for both organisations and its volunteers. One of our volunteers spoke to the audience about her voluntary job and called it an "invaluable experience".

In September we had a Volunteer Away Day to thank all our volunteers for their hard work and commitment and to get some feedback from them about their volunteering experience. 75% of volunteers said that their "sense of community/belonging has grown" and they "feel more included in things and less alone".



*"Volunteering lets me express different parts of my identity"*

*"Volunteering helps me and my son get used to being away from each other – thanks for providing the PCHP crèche"*



## Children *at the Health Project*

We welcome children with their parents or carer into the project and all our events are children friendly. At the health project we value children and recognise the importance of positive play experiences for each child and their family.

### Childcare

Pilton Community Health Project's playroom is a welcoming place where children can play safely. Children are given a rich and stimulating experience. They are encouraged to learn and develop through play. We offer a wide range of toys, equipment and activities for children to choose, including creative arts, book corner, construction toys and jigsaws. We can look after children from

6 weeks to 11 years of age. Our crèche is registered with the Care Commission and we were recently inspected and achieved a very high grade. All our staff are qualified and registered with the Care Commission.

Over the last year PCHP have offered **482 Crèches for over 780 children**, a vital service that has enabled people from the local community to access many services offered at PCHP.

### PEEP (Parents Early Education Project)

We continue to develop and run our 'Lets Play' group for parents or carers with their children from birth to 3 years. PEEP focuses on how to enrich learning and relationships make the most of learning opportunities at home through listening, talking, playing, singing, sharing books and having fun. Children and parents take part in fun activities that can easily be repeated at home and there is a 'talking time' for adults to share their experiences.



*Over the last year PCHP have offered 482 Crèches for over 780 children*

*“For me it was like a lifeline... I was having too many suicidal thoughts. The anxiety was so intense and my mood was low all the time. I needed someone to talk to before I did something to myself.”*

## *Pilton* Counselling Service

Pilton Counselling Service (PCS) has continued to grow and develop over the last year. Presently, PCS has an adult daytime and evening Counselling Service, based at the Health Project. In addition, PCS run a Schools Counselling Service at Craigroyston and Broughton High School, which is in great demand.

Over the last year the need for Counselling has increased and PCHP has offered **over 1,400 appointments, 1,100 to the adult service and 300 to the schools service**. At the moment, there are 28 people on the waiting list to access free adult Counselling.

There are many benefits to Counselling that include improvements to mental health and wellbeing, increased confidence and self esteem and a decrease in self harm and suicide attempts.

People come for Counselling for lots of different reasons, for example,

- Feeling lonely, frightened or fed up about relationships, work or just life in general.
- Feeling worried, angry, anxious, confused or depressed without knowing why.
- Upset about things from the past.
- Dealing with a loss or some other kind of crisis in your life.
- Dealing with difficult situations in your family.
- Feeling worthless, a nobody.

## Headspace

After 4 years of operation, the funding for Headspace’s therapeutic service in Craigroyston High School came to an end during 2009.

School staff and pupils expressed great regret that this well used resource would no longer be available.

Over this time **112 High School pupils engaged in the service**, with sessions covering all aspect of mental health and wellbeing.

As the counselling service came to an end, a pilot project using video feedback to help teachers reflect and build on the good practice was carried out. This project was evaluated very positively and at time of going to press PCHP is seeking funding to continue the project on a larger scale.



*“It was good to see what I have been doing well. Things go by so fast in the classroom that there is no time to reflect. The process has made me reflect more on what I do and has given me more confidence in the classroom.”*

## Women Supporting Women

Women Supporting Women (WSW) offer a range of services that include a therapeutic one to one support service, group work and a befriending service for women.

There are considerable challenges for WSW as we find that the demand for our services grows with **more than 100 women** accessing our service over the year. Coupled with changes to statutory services' provision, a shifting landscape of city wide voluntary agencies, changes to funding criteria and developing relationships with funders, WSW have been continuing to support women and assist them to source and access services to support themselves, and their families.

We trained **11 volunteer befrienders** to support women who have one or more children under the age of 4 years.

One volunteer assisted us with the updating of our 'A-Z of services' contact file.

We delivered **2 Confidence Building** (part 1) groups which involved 14 women and



**1 Confidence Building** (part 2) group which involved **8 women**.

WSW participated in a city wide project with Getting It Right For Every Child (GIRFEC) to deliver training and awareness raising sessions on Domestic Abuse.

We assisted in the **delivery of 3 sessions** to public services workers.

One member of WSW gained her COSCA Certificate in Counselling Skills. Congratulations Kathryn.

*"it was a great experience, a good mix of healthy eating information and cooking things that the group can do at home."*



## Barri Grubb

We continue to provide support to individuals and organisations who want to eat more healthily in Greater Pilton. We have done a lot of partnership work this year with a range of organisations in the area.

### Work with schools

We worked with schools to support them to develop healthy tuck shops in line with new government legislation. This project included working in the classroom doing taster sessions with the school pupils, sending ingredients and recipe cards and fun activities to the parents as well as delivering training to **5 local schools**.

### Work with local organisations

We ran **6 cooking groups** with other organisations in the area. We worked with them using our knowledge of food and health and their knowledge of their client group to develop sessions tailored to their needs.

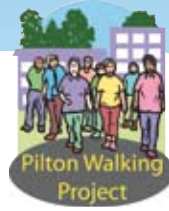
### Working in the community

We were awarded a small grant from Community Food and Health Scotland to promote and develop **two community fruit stalls**. We launched one at North Edinburgh Arts Centre last year in collaboration with the café staff. Unfortunately there were insufficient sales to keep this going but we are exploring alternative venues.

### Work with Edinburgh Food and Health Training Hub

We became members of a consortium of food and health organisations that won a tender to co-ordinate the delivery of food and health training across the city.

## Pilton Walking Project



This year, the Pilton Walking Project increased walking opportunities for people in Pilton, both in groups and independently, mainly by supporting the existing led walk programme, running evening walks in conjunction with Keep Well and supporting the volunteers through a programme of events and training.

Over **50 people have attended walks** led by the Project during the year, and there have been about **100 different walking opportunities** available in this time. The fact that the two minibus walks have continued to thrive despite minimum input during the year,

shows the great social support that there is in these groups.

The Pilton Walking Project makes referrals to a number of projects, most notably the Move It, Pilton Equalities Project, Smoking Cessation, Pilton Counselling Service and Women Supporting Women, therefore ensuring that local people are given relevant support to help them continue to look after their health and wellbeing.

The Project also takes referrals from and works with many other projects.

Yet again the Friday Walkers completed the Great Scottish Walk – Nancy, at 88 was probably one of the oldest walkers there!



## Move It



The Move It Project aims to increase the number of local people participating in regular physical activity.

### Achievements

**275 physical activity sessions** were delivered as part of our Open programme; including a number of Keep Fit sessions, Tai Chi and, Line Dancing.

Move It delivered **140 chair based exercise classes** for older people at residential care homes, pensioners clubs and local church groups.

**40 keep fit sessions** were delivered for local Chinese Women's group, in partnership with CORE.

### In the future

To increase the number of participants in the Move It programme, new activities are being developed; we hope in the coming months Box Fit will be on the programme and also Aqua Fit will return, which has been very popular previously. These are being developed in partnership with Craigryston Community High School.



Starting in September 2010 Move It is also helping support a Family Sport group at West Pilton Neighbourhood Centre; this is a group for parents with children under 5.

Lianne Pipskyj the current Physical Activity Coordinator will be on Maternity leave from January 2010. In her absence the Move It Project will be managed by Michelle Murdoch.

## Finance

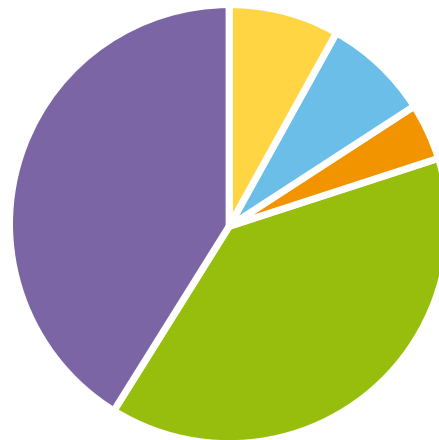
### Funders and supporters

We would like to give thanks to all our funders and supporters who enable Pilton Community Health Project to continue to offer a variety of projects and programmes that provide support and opportunities for local people.

- NHS Lothian
- Edinburgh City Council
- Forth Neighbourhood Partnership
- Inverleith Neighbourhood Partnership
- Fairer Scotland Funds and Social Justice Fund
- Scottish Government (Third Sector Enterprise Fund)
- Paths to Health
- Scottish Community Foundation, Volant Trust
- Awards for All Scotland
- Links Foundation
- Community Food and Health (Scotland)

### Sources of Income

Detailed audited accounts are available on request.



- Edinburgh City Council
- NHS
- Scottish Executive
- Trusts & Donations
- Generated Income

## Thanks to

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