



Aberdeen City Health and Social Care Partnership

Health Improvement Fund

Annual Report 2019-20

Aberdeen City Health & Social Care Partnership
A caring partnership

ABERDEEN CITY COUNCIL

NHS Grampian

Background

The Health Improvement Fund (HIF) seeks to improve health and wellbeing in communities across Aberdeen. The Fund is awarded through community grants of up to £5000.

Principles of the Fund:

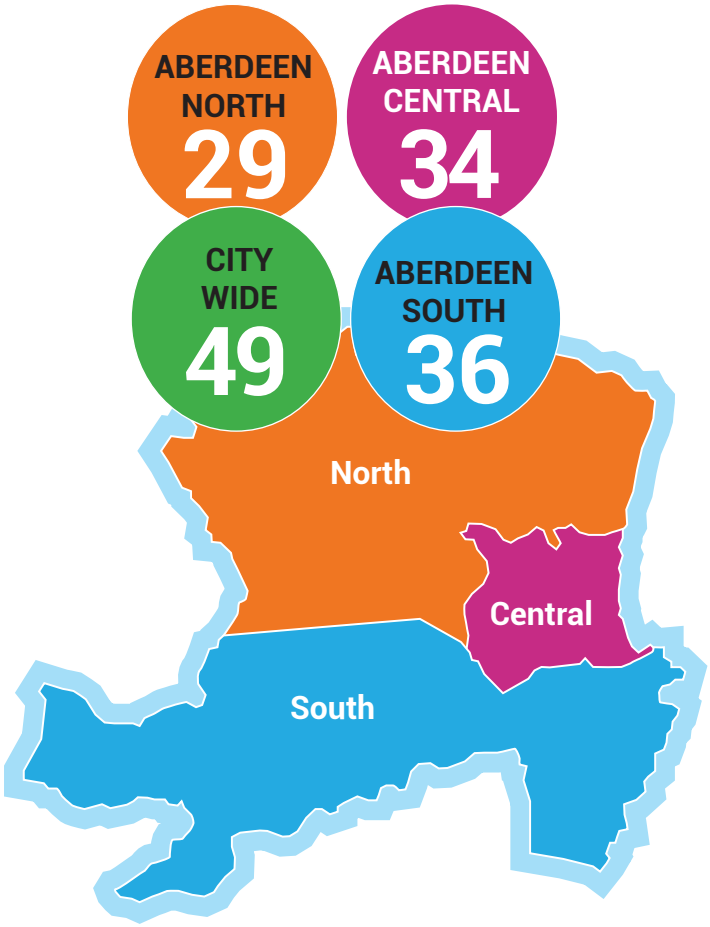
- Are new, innovative and creative
- Are community led and inspire community members to get involved
- Meet local need and reflect local circumstances
- Join people together
- Can show improvements in health and wellbeing



Of the 77 funded projects in 2019/2020, the top 3 sources of applications were from:

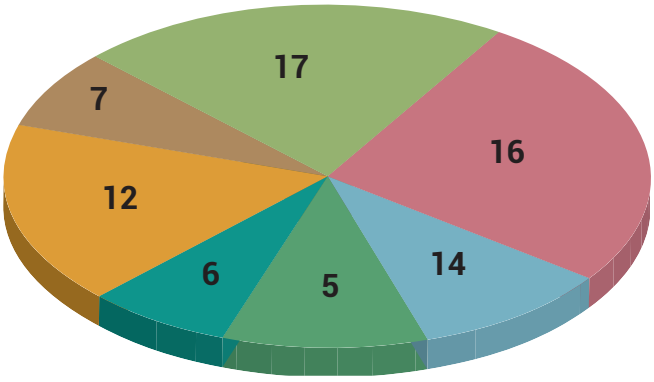


Applications Received in 2019



Funded Projects

Over ½ of projects were funded. The focus of funded applications are illustrated here:



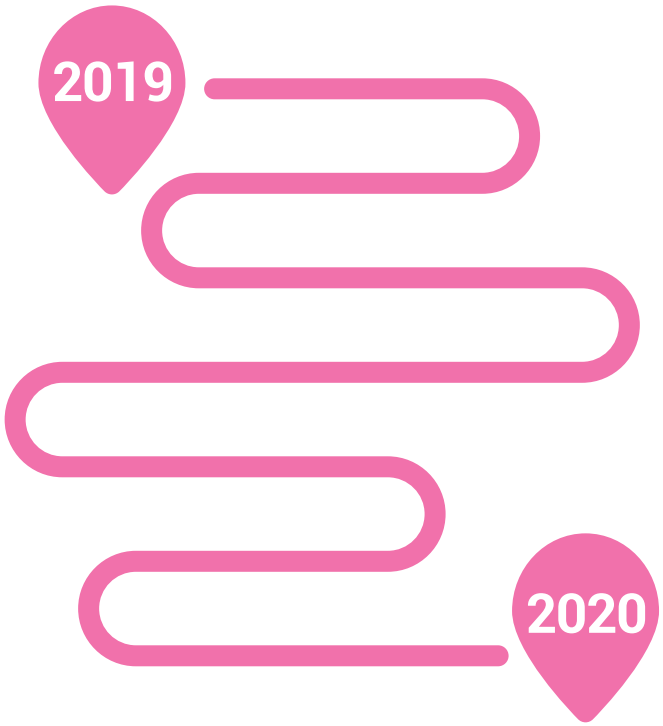
- Primary Prevention
- Self Help/ Self Management
- Environmental Improvements
- Inclusion
- Early Years
- Food
- Older Adults

Our journey during **2019 - 2020**

Key Developments

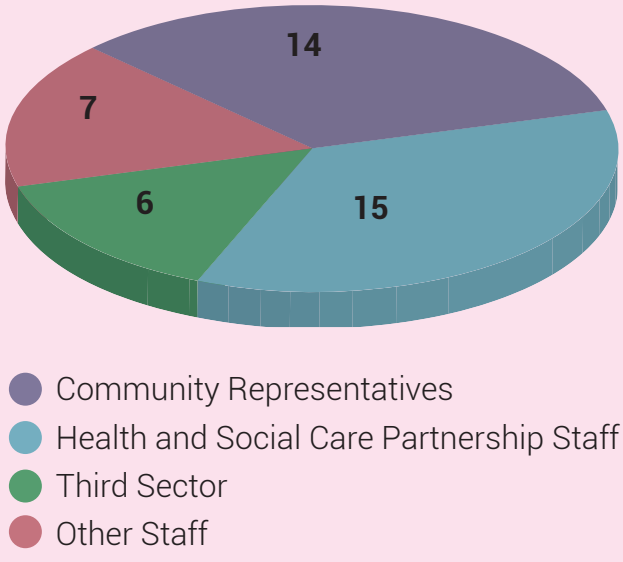
- Community grants have increased from £2500 to £5000 for new initiatives that will improve health and wellbeing.
- The 'Neighbourhood Health' website has been incorporated in the Aberdeen Health and Social Care Partnerships website: **www.aberdeencityhscp.scot/our-innovations/the-health-improvement-fund/**
- Co-ordinated social media plan to reach staff and local communities.
- Two showcase events to celebrate the range of the fantastic work going on across Aberdeen to improve Health and Wellbeing.
- Updated guidance form to support applicants.
- Working in collaboration with ACVO to review how HIF can better support the health and wellbeing needs of people in Aberdeen.





Decision Making

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



Showcase Events

Gardening Gala

On the 12th June 2019 a showcase event was held at Hazlehead Park Cafe. The aim of the event was to celebrate the fantastic work going on across Aberdeen to improve health and wellbeing. Eleven projects that were supported by HIF attended to showcase how they have used the fund to develop gardening and outdoor projects. The event aimed to inspire people, to learn something new and to make lots of new connections.

Gardening and outdoor projects were chosen as there are so many health benefits that come from being outdoors and gardening such as being physically active; supporting mental wellbeing; providing a social opportunity as well as being a way to grow healthy produce.





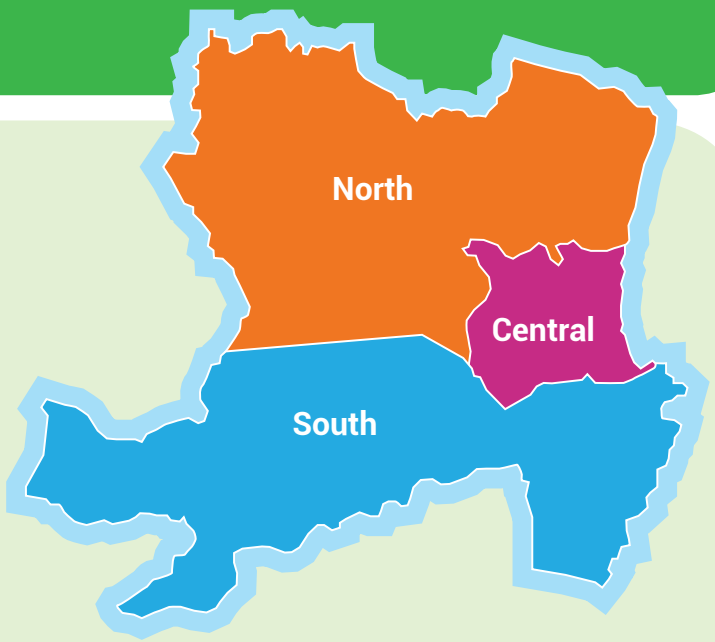
Grow, Cook, Connect

Our second showcase of the year took place at the Grow, Cook, Connect event in October. This event was organised to celebrate food initiatives across the city. Six projects that received funding from HIF attended to highlight how they used the fund to progress food growing and cooking projects.





Case Studies – **City-wide**



Artroom

'Artroom' is an exciting arts project which works with patients who are undergoing intensive specialist stroke and neurological rehab. Taking part in art has been proven to improve the wellbeing of patients. This project aims to build independence and restore self confidence in a way that complements medical treatment. The group received HIF funding for art materials, including a starter pack for taking home after they leave the ward and for equipment. This was specialist equipment that could work around patients' limitations that would enhance their creative journey.



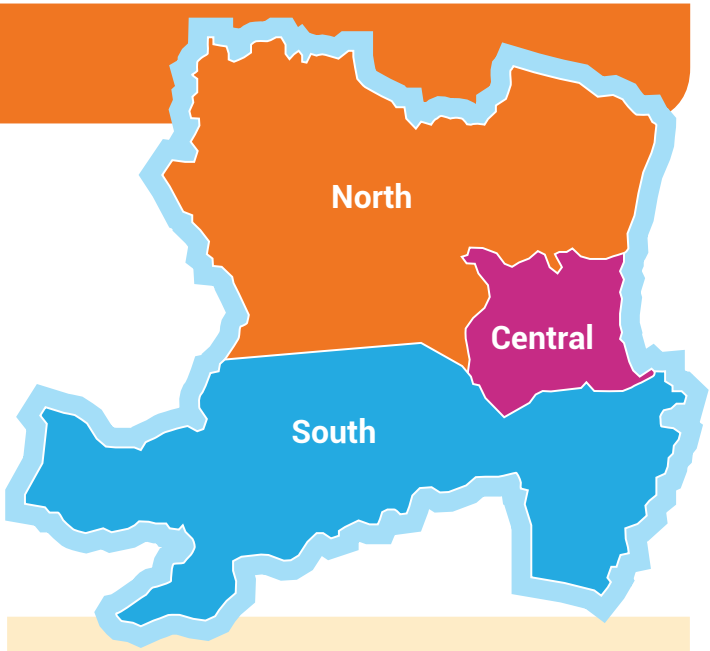


"When we first met one participant, she came across as a very reserved and quiet person - now we see her laughing, joking and getting completely absorbed in her chosen art material."

VSA Community Dementia Resilience

Last year VSA Airyhall supported 3500 people with dementia from across Aberdeen City. With a little help from the fund VSA helped digitally transform their service. They were given funding that was aimed at making the most out of technology by bringing patients closer together, stimulating conversations as well as encouraging cognitive thinking. Currently the service deals with many people who have socially removed themselves due to their dementia. Through the purchase of iPad's, a camera and a TV they have been able to expand on the Life Stories project. A life story is a person specific record detailing the history and family of a person. The items purchased during this project have been selected to encourage conversations and reduce social isolation. Relatives have noted increased stimulation and cognitive reflection of their loved ones from the uploading of music and videos to existing files. Having this type of technology to improve a person's life story forms easy talking topics for staff and helps break the ice when generating conversation. The money was also used to provide staff with training on how to get the most out of the new technology. The project has been welcomed and embraced by carers as they have better digitalisation of memories and talking points.

Case Studies – **North**



Greener Living @ the Hub

After successfully running cooking classes with support from HIF, Middlefield Community Project decided to start growing their own fruit and vegetables to be used in the cooking classes. As well as the cooking classes the produce is used in the community café, for snacks in the nursery and to be given out to the local community. The funding was used to purchase a greenhouse, raised vegetable beds and grow tables. The group have 17 volunteers along with nursery children, children from the after school club and the youth club who all help out on a regular basis.



A mother of twin boys stated:

"The boys loved getting dirty and planting".

"It was really good to get outside in the fresh air and let all your worries drift away".

"Since the gardening has started it's been good to be able to help out and meet like-minded people in the community"

Persley Castle Music Project

Persley Castle Care Home received funding to purchase music equipment for a new music project. The project aims to promote good mental health and wellbeing through music for all the residents and staff. Music has evoked special memories for the residents of when they used to dance at the Beach Ballroom. The project has also created the opportunity for intergenerational work with children coming along to sing with residents and staff at Christmas time.

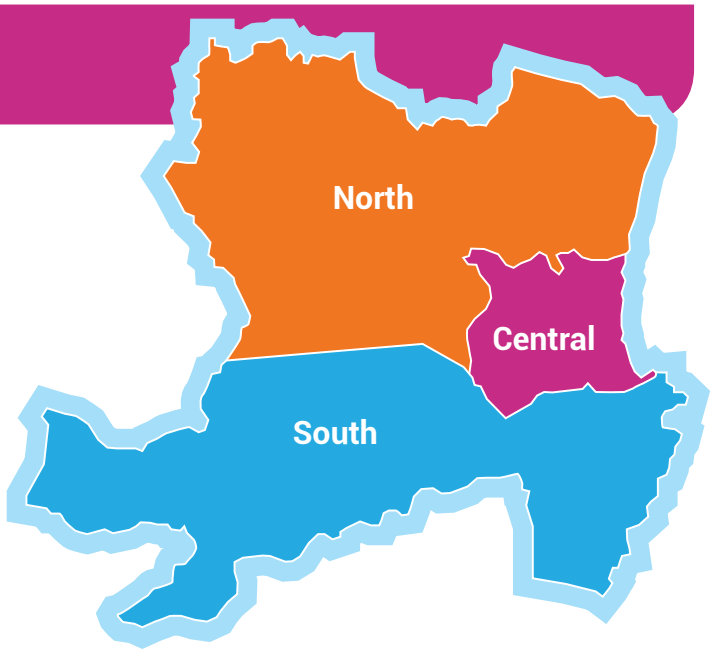
"Everyone loves singing along or moving in some way."

"Everyone loves music and it creates a connection with everyone"

Karen, Activities Coordinator



Case Studies – **Central**



Stocket Grange Lunch Club

Staff at Stocket Grange sheltered housing complex applied for funding to enable them to expand their lunch club with a focus on healthy eating. The lunch club has grown from just 8 people attending to 25-30 people. Funding was used to purchase cooking equipment such as casserole dishes and serving spoons to ensure that more people could attend. The club has been a key part of residents socialising and has put on events for Christmas and St Andrew's day.



Fiona, who runs the club said:

"One gentleman had not been down to the communal area for 4 years, now he comes weekly!"

Seaton Young Parents

A group of parents meeting at Seaton community centre received funding to run a programme of activities on areas they had identified as being important to them. These were topics such as healthy cooking, budgeting and baby first aid. The funding has been used to provide a creche and a range of activities such as cooking classes.

"The ladies made some fabulous food today in their community centre! It's fair to say they loved every minute of it"



Case Studies – **South**

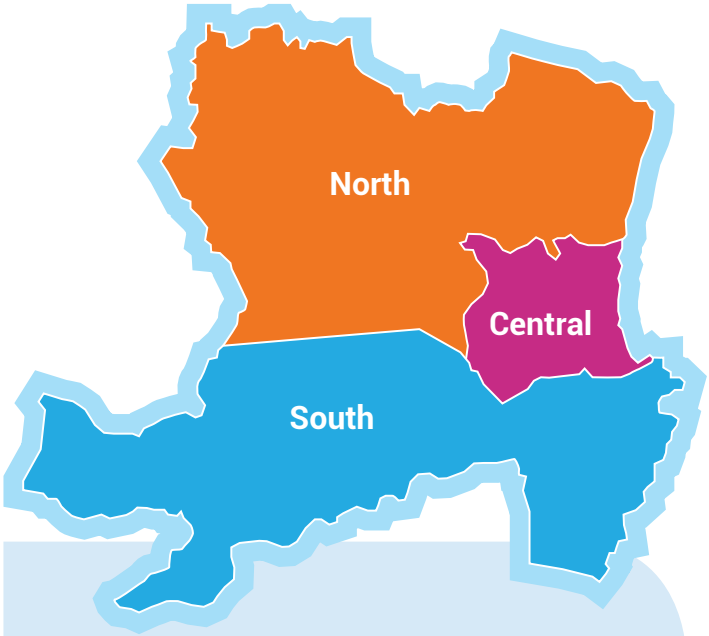
Lochside Academy Health and Wellbeing Game

Lochside Academy received money from HIF to bring a board game to promote wellbeing to life. The game was created and designed by an S2 pupil at Lochside Academy to update an older, less interactive game. His idea was to create a game which requires those playing to travel from Marischal College to Lochside Academy via landmarks like Union Square and Aberdeen Beach. Throughout the game players are able to pick up "choice cards" with positive wellbeing messages enabling them to move forward a number of squares. The choice cards can be made to suit any topic or theme that the young people would like to discuss, meaning the game is suitable for use across the Lochside Academy ASG, from primary to secondary school. The pupil had the idea for it to be printed on large, durable poster material so that those playing the game can complete the journey from Marischal College to Lochside Academy interactively.



"I enjoyed getting to be creative making the game and making sure it was colourful"

Sean-Paul Gordon, Wellbeing Game Creator/Designer



Men's Shed- Helping the Community

Men's Sheds are a place to pursue practical interests at leisure, to practice skills and enjoy making and mending. Men's Sheds are about social connections and friendship building, sharing skills and knowledge. Normally they utilise waste materials because they cost little and many of the projects help the local area.

In summer 2018 a group of men decided to set up a new Men's Shed. Currently meeting at Altens Community Centre and working with other local groups (including Cove in Bloom' and 'Cove Woodland Trust') the group received funding from HIF to become involved in small community home and garden projects in surrounding areas.

"It's a good partnership working with the Mens Shed. They helped set up this years Cove Gala"

(Cove in Bloom)

"Spring cleaning gardens locally has helped get me fitter"

(Member of the Men's Shed)

Project	Organisation	Purpose	Amount Awarded	Locality
Physical Activity				
Inclusive Cycling Len Ironside	Len Ironside Centre	To offer inclusive cycling for adults with additional needs.	**£4,600**	**North**
Westpark AC Running and Cycle Track	Westpark School	Install a 300m running/cycle track in the grounds of Westpark school.	**£5,000**	**North**
Kaimhill/Hanover Street Activity Programme Project	Active Schools	To purchase equipment to allow children to participate and organise sport festivals.	**£235**	**South**
Active Schools P1-3 Sports Clubs	Active Schools	Provide extra curriculum sport and physical activity opportunities in Skene Square and Gilcomstoun schools.	**£2,280**	**Central**
Women's Self-Defence Classes	Granite City Taekwondo	Provide self-Defence classes for women in the Tillydrone area.	**£1,170**	**Central**
Fitness Classes for Older Generation People	Granite City Taekwondo	Provide fitness classes for older people in the Tillydrone area.	**£1,170**	**Central**
Disabled Access Dyce Bowls	Dyce Bowling Club	Create disabled access to the bowling green.	**£1,168**	**North**
Be Yourself	Hip Hop School Scotland	Improve self-confidence and show participants a way to express themselves creatively through music and dance.	**£3,982**	**Citywide**
Bucksburn Academy Leadership Programme	Active Schools	Offer a CPD programme for pupils to provide the opportunity to develop key leadership skills.	**£1,032.05**	**North**
Dyce Community Streetsport	Dyce Academy	To buy equipment for children and young people to take part in physical activity on a Friday evening.	**£290.68**	**North**
Exercise and Dance	Sunnybank Community Centre	Trial an exercise and dance event for families.	**£300**	**Central**
Gilcomstoun Gymnastics Club	Gilcomstoun Primary School	Purchase equipment for gymnastics club	**£500**	**Central**
Cults Primary School Walking Bus	Cults Primary School Walking Bus	Expand the walking routes to allow children an opportunity to walk to school.	**£778.50**	**South**
Criminal Justice Social Work Running Group	Aberdeen City Council	Set up a running group for Criminal Justice clients.	**£2,500**	**Citywide**
Get Active: Next Steps	Sport Aberdeen	Reduce the number of children and young people who are re-referred to the Children's Physiotherapy department as a result of them not continuing to be physically active.	**£1,800**	**Citywide**
New Petanque Boules	Albury Outdoor Centre	To purchase a petanque court and equipment.	**£2,916.67**	**South**
Torry Cruyff Court Outdoor Gym Equipment	Aberdeen City Council	Provide outdoor gym equipment which will be free and open to anyone in the community at any time.	**£5,000**	**South**
Gardening/Growing				
Greener Living @ The Hub	Middlefield Community Project	Grow fruit and vegetables to be used in the community cafe and community groups e.g. Confidence to Cook	**£885**	**North**
Heathryburn Community Garden	Heathryburn Primary School	Develop a garden to grow vegetables and herbs.	**£1,210**	**North**
Hilton's Edible Heritage Community Garden	Cultivate Aberdeen	Create a community edible garden.	**£2,230.40**	**Central**
Community Garden Development	Queen's Cross Church	Grow plants, vegetables and herbs working with adults with additional needs.	**£4,318**	**Central**
Civic Pride in the City Centre/ Gardening For Mental Health	Aberdeen Inspired	Make improvements within the city centre through planting flowers and fruit trees.	**£650**	**Citywide**

Project	Organisation	Purpose	Amount Awarded	Locality
Gardening/Growing				
Middlefield Corners	Manor Park Community Centre	To make improvements to a local green space area through planting flowers.	**£465**	**North**
Bonnymuir Community Garden - Wildflower Area and Community Apiary	Bonnymuir Green Community Trust	Setting up beehives in a wildlife friendly zone.	**£2,200**	**Central**
Tenants Garden Improvement	Tenants at Loch Court Sheltered Housing	Make improvements to communal garden area to allow the tenants to spend more time outdoors.	**£575**	**Central**
The Potting Shed Plus Project	Garthdee Fields Allotment Association	A year long programme of structured tutorials and workshops on gardening and outdoor DIY.	**£2,466**	**South**
The OSF Garden School Training Programme	One Seed Forward	Train teaching students how to grow vegetables and fruit to give them the confidence to roll growing projects out in schools.	**£2,200**	**Citywide**
Hazelhead Sensory Area	Hazelhead Primary School	To create a sensory area within the playground of the school.	**£2250**	**South**
Eatwell Project	Orchard Brae School	To purchase accessible gardening equipment to allow the children to grow fruit and vegetables to be used in cooking classes.	**£3000**	**North**
Benches and planters for the local area	Kincorth Network Group	To grow flowers to make improvements to the area whilst encouraging wildlife and a creating a local focal point.	**£2,180**	**South**
Food				
Project heart logo Love Yourself	Hanover School	Using food donations from zero waste to cook healthy recipes with children.	**£394**	**Central**
Reducing Food Waste for Dyce Residents	Dyce and Stoneywood Community Association	Purchase a fridge and freezer to store perishable items that are available to the local community for free	**£1,705**	**North**
Chair Based Cooking	Danestonce Community Centre	Promote healthy, social eating with some small-scale upper body exercise included.	**£2,215**	**North**
Nourish to Flourish	Danestonce Community Centre	An affordable and varied brunch for those that are lonely and isolated.	**£3,375**	**North**
Just Friends Kitchen	Cathedral Church of St Andrew	To purchase a new kitchen for various community groups to use.	**£4,453**	**Citywide**
Equipment Library & Primary School Food Education CPD Sessions	Hazelhead Academy	Teach secondary pupils self-management and independent living skills.	**£2,835**	**South**
Lewis Court Tenants Lunch Club	Bon Accord Care	Purchase cooking equipment for a lunch club in a sheltered housing complex.	**£230**	**North**
Food Bank Donations to Local Community	Little Acorns Day Nursery Community Links Focus Group	To purchase equipment to enable the children from the nursery to drop off food donations to local food bank.	**£140**	**Central**
Lunch Club at Stocket Grange	Bon Accord Care	Purchase cooking equipment to run a lunch club in a sheltered housing complex.	**£250**	**Central**
Evening Supper Club	Bon Accord Care	Sheltered housing residents to come together for an evening meal once a month.	**£1,300**	**South**
Sunday Soup on a Monday	Northfield Community Centre	To purchase a new cooker to be used for the lunch club and other groups.	**£600**	**North**
CFINE Community Pantry Developments	CFINE	Purchase of fridges to be used to display/hold food in the pantry.	**£4,900**	**South**

Project	Organisation	Purpose	Amount Awarded	Locality
Self Management				
Aberdeen City Freedom Programme	Grampian Women's Aid	12-week programme to support women who have experienced abuse.	**£4,082**	**Citywide**
Powis Men Shed	Powis Residents Group	Support the setting up of a Men's Shed.	**£2,300**	**Central**
St Machar Academy Mentoring Scheme	Police Scotland	Raise the attainment of targeted pupils at St Machar Academy, reduce disengagement and break the cycle of families not attending university.	**£3,775**	**North**
Seaton MAS (Mums Achieving Skills)	Aberdeen Foyer	To bring learning opportunities for young, unemployed mums into their local community to enable them to take the next steps toward independent living, learning and employment.	**£4,562.36**	**Central**
16-Days of Action	Aberdeen Violence Against Women Partnership	A programme of events throughout 2019 of Action Against Violence Against Women	**£2,050**	**Citywide**
Men's Shed - Helping the Community	Cove and Altens Mens Shed	To start a project in the community for small jobs in the home and garden.	**£530**	**South**
Seaton Young Parents	Seaton Young Mums Parent Group	Run a program of activities on areas the parent group have identified as being important to them.	**£2,280**	**Central**
Woodside Wellbeing Opportunities	Woodside Network	Kickstart a range of taster session which will benefit the local community's health and wellbeing.	**£1,280**	**Central**
Project Craster Work Experience	Aberdeen City Council	Work with groups to make items such as beehives and planters using recycled materials.	**£3,000**	**Citywide**
CPR and Emergency First Aid Training	Cove and Altens Community Council	Launch event to raise awareness of CPR and emergency first aid work that is being done in local area.	**£520**	**South**
Relaxed parents at the Hub	Middlefield Community Project	A pilot project to run an anxiety support group for parents.	**£2,542.46**	**North**
Community Focused Mental Health Development Group	Next Steps	Create a group coaching environment where different topics are discussed each week on how to improve mental and emotional wellbeing and tying things together with physical exercise.	**£2,500**	**Citywide**
Mental Health Movie Monthly Reach Out	Robert Gordon University	Hold an event showing a film in the City Centre on Mental Health Awareness Week and on World Mental Health Day to provide an inclusive safe space where people can discuss mental health.	**£840**	**Citywide**
Drug Overdose Risk Awareness	Aberdeen in Recovery	To create an online resource to deliver preventative information regarding substance misuse.	**£1500**	**South**
First Steps in Tillydrone	Aberdeen Foyer	Bring learning opportunities for individuals in recovery into their local community to enable them to take their first steps toward independent living, learning and ultimately employment.	**£4,562**	**Central**
Inclusion				
Fortnightly Social & Games Activity for People with Special Needs & Carers	Froghall Community Centre	Purchase equipment for games for adults with additional needs and their carers.	**£500**	**Central**
Phoenix disco/ entertainment nights	Inchgarth Community Centre	Disco for adults with additional needs.	**£5,000**	**South**
Four Unity 1-2-1 room	Four Pillars	Create a private and confidential space within the existing cafe area.	**£1,170**	**Citywide**
Community Dementia Resilience	VSA	Use of technology to bring people living with dementia together and stimulate conversation as well as cognitive thinking.	**£4000**	**South**
Volunteer Initiatives	Len Ironside Centre	Establish a befriending service for adults with additional needs	**£4,320**	**Citywide**

Older Adults				
Intergenerational Work with Shmu	SHMU	Support volunteers from Shmu to visit residents in sheltered housing complexes across their target communities to ensure they are represented within the community magazines and across the ShmuFM schedule.	**£4,190.90**	**Citywide**
Coronation Hoes and Forks	Bon Accord Care	To purchase equipment for a gardening project in a sheltered housing complex.	**£2050**	**South**
Wellbeing Shed at Craigton Road Day Centre	Bon Accord Care	Provide a wellbeing shed for service users from the day centre and the sheltered housing to use for various activities including intergenerational work with the local primary school.	**£5000**	**South**
Boccia	VSA	To purchase Boccia equipment for a residential care home.	**£190**	**Central**
Bus Trips	Margaret Clyne Sheltered Housing	Bus Trips for outings to build relationships for older adults living in sheltered housing.	**£2,500**	**South**
EncourAGE	EncourAGE	Reminiscent programmes and exercise for older adults in sheltered housing.	**£1,538**	**North**
Persley Castle Musical Project	Persely Castle Care Home	To promote good mental health and wellbeing through music.	**£1,000**	**North**
Arts and Crafts				
Artroom	Grampian Hospitals Art Trust	Art sessions for patients at Aberdeen Royal Infirmary who are undergoing intensive specialist rehabilitation.	**£3,500**	**Citywide**
Refuse the Norm	Torry Youth and Leisure Centre	Street art on waste bins in Torry to encourage people not to fly tip.	**£2,600**	**South**
Children and Young People				
Out to Play - Caring for Children and the Woods	Creative STAR Learning LTD	To purchase equipment for nursery aged children to play and care for the woods.	**£575.45**	**North**
Fersands Youths Recycling Project	Fersands and Fountain Community Project	A project to educate local young people on ways they can recycle and take care of their community and their planet.	**£781**	**Central**
Back to Old Playtime Games	Sunnybank Community Centre	Intergenerational project for local sheltered housing complex to teach local children games they use to play during their childhood.	**£150**	**Central**
TillyKidzEvents	TillyKidzEvents	To run a taster event for local families.	**£100**	**Central**
Families Outisde	Families Outside	To lead a peer support group for children and families who either currently have a family member in prison or have done in the past.	**£2,560.50**	**Citywide**
Lochside Academy Health and Wellbeing Game	Lochside Academy	Purchase equipment for games to promote health and wellbeing.	**£387.50**	**South**

Miscellaneous spend:

- **Marketing £931**
- **Staff Development £1105**
- **Events £2004.74**
- **Healthy Working Lives Support (ACHSCP) £8959**

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