

Annual Report against the North, South and Central Locality Plans

2021-22



Community Planning
Aberdeen

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BACKGROUND

In December 2020 two locality planning models for Community Planning Aberdeen and Aberdeen City Health and Social Care Partnership (HSCP) were integrated. Both models were established in response to legislation, namely the Public Bodies (Joint Working) (Scotland) Act 2014 and the Community Empowerment (Scotland) Act 2015. Following a review of locality planning conducted by staff from Aberdeen City Council and Aberdeen City HSCP, it was proposed that there would be significant benefits to be gained from a more integrated approach to locality planning for communities, partners and staff across the Community Planning Partnership.

This integration of locality planning models resulted in shared:

- localities and priority neighbourhoods
- locality plans
- Locality Empowerment Groups (LEGs)
- Priority Neighbourhood Partnerships (PNPs)

The development of Aberdeen Cities – North, South and Central Locality Plans (2021-26) took place during a global pandemic which meant many of the traditional ways of engaging with communities and staff, including meeting face to face and canvassing opinions in neighbourhoods was not possible. Instead, most engagement had to take place on-line. To ensure community members and staff living and working in each locality were involved in the process the following engagement opportunities took place:

- Online community and staff workshops.
- Online staff survey for those that could not attend the workshops.
- Online survey for children and young people.
- Online simulator to enable communities to express what was important to them and their community. The top five priorities identified in the simulator were shared with members of the LEGs and incorporated in discussions to identify the six overarching priorities for each locality plan.
- Health and Social Care Alliance Scotland (the ALLIANCE) facilitated workshops including: a visioning session and workshops for each of the three localities.
- LEG and PNP meetings.

Throughout each locality plan, links have been made between community priorities and the work of the wider Community Planning Aberdeen Partnership being delivered through the city-wide Local Outcome Improvement Plan (LOIP). This is essential to ensure collaboration on common priorities, supporting each other by sharing knowledge and experience and testing out ideas together to ensure they have the best chance of success, scalability and sustainable results.

Most importantly, locality plans allow us to tackle the issues which are important to local communities. It is by doing this, that we will ensure no community is left behind in realising our vision of Aberdeen as a place where all people can prosper.

This report highlights continued engagement and activity within our communities despite the challenging circumstances brought by COVID-19.



COVID-19

The past year has continued to be dominated by COVID-19. Restrictions and lockdown measures are still affecting how people are participating and engaging in community groups and activities. Many groups and activities have yet to restart or have reduced numbers attending. It will take time for many to feel confident to re-engage and fully participate in their community as they did pre-COVID.

Locality Empowerment Groups (LEGs) and Priority Neighbourhood Partnerships (PNPs) continued throughout the pandemic to meet through online meetings. This digital connection made it easier for some community members to connect however for others, this has been a barrier to engaging.

Between December 2021 and March 2022, the Omicron variant required an elevated response to COVID-19. The priority for many staff within Aberdeen City HSCP and Aberdeen City Council during this time was to support vaccination uptake and Lateral Flow Device (LFD) testing and recording, particularly in vulnerable communities. Members of both the LEGs and PNPs participated in meetings that helped shape this response. Hundreds of LFD testing kits were distributed via community venues, COVID -19 key messages were shared across local social media pages and networks, and the mobile vaccination bus visited communities across the city. Community Planning partners worked together to protect and support communities.

The success of delivering Locality Plans since their publication in June 2021 has been challenging during the pandemic. Despite this, there has been lots of activity which has contributed towards the priorities identified by communities within each of the Locality Plans.



VISION FOR NORTH

The Vision for Aberdeen City is a 'Place where all people can prosper'.

We asked communities in the North Locality to break this down into what this means for them.

PRIORITIES

Do you agree with priorities?

○ Priorities do NOT apply to Bridge of Don

★ focus on regeneration

★ Should apply to full North

Change language around poverty

Differs depending on demographics of specific North communities

Physical health important across communities

What's working well?

VOLUNTEERING OPPORTUNITIES

Full sense - not just post covid

Battalion of volunteers - how to best use?

Asset mapping - priorities may change

Bridge of Don Community Council & Friends of Westfield Park

Bronnies Get together with other groups

Scouts

Outreach programme in sheltered housing - older volunteers - post covid support

GREEN SPACE

✓ Successful projects underway

Donestone Community centre busy - community wants

Scotland's Service Directory - what's out there? up to date

REDUCING POVERTY

Food & fun established holiday hunger programme

Parents involved in cookery prep & on committees

DIGITAL INCLUSION

Connecting Scotland delivering technology to households

Council looking to expand wifi for sheltered complexes

Silver Surfers

PHYSICAL HEALTH & WELLBEING

What needs to change?

- Grow confidence of volunteers - post covid

★ Crossroots - meetings dominated by professional staff

Professional help to recruit

Share volunteers across communities

Share resources too

Volunteering as a step into employment

How to create spaces, get better at connecting & sharing

e-consult

Transparency, honesty & listening

PRINCIPLES/VALUES

TOP 3

- 1 Empowered & connected communities
- 2 Focus on prevention, early intervention & reducing inequalities
- 3 Build on what we already have

Other suggestions:

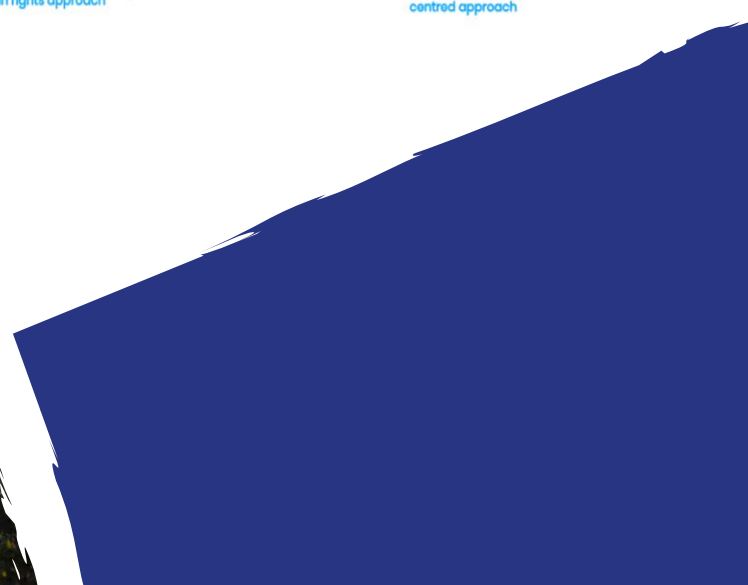
- Happy & active community
- Rewarded & valued community
- Listening, transparency & honesty

VISIONING NORTH LOCALITY

Aberdeen City Health & Social Care Partnership
A caring partnership

During one of the workshops participants were then asked to vote on what was most important to them and this is what they said (the words in largest font were voted for the most with the words in smaller font receiving the least votes):

equity build transparency
valued community
connected community inequality early intervention
active community
prevention focus
listening honesty person inequality
human rights approach justice centred approach



Using a combination of data as well as insight from community members and front-line staff, six priorities were identified to ensure that all people living in North locality, including those people living in our most disadvantaged communities, have an equal chance to prosper. These include:

Locality Priorities	Link with city wide LOIP Priority Themes
Reduce the number of people living in poverty through the creation of local employment, training and apprenticeship opportunities, and create solutions to tackle food poverty	Economy
Increase digital access and skills across the locality	
Improve the physical health and wellbeing of people	People
Support local volunteering opportunities beyond the pandemic	
Early intervention approach targeted at those who are involved in, or at risk in offending behaviour (domestic abuse, substance misuse, anti-social behaviour)	
Maximise use of disused outdoor space to increase food growing opportunities	Place

Above and throughout this document we have made the links between our priorities and the work of the wider Community Planning Aberdeen Partnership being delivered through the city wide LOIP. This is essential to ensure we are working collaboratively on common priorities, supporting each other by sharing knowledge and experience and testing out our ideas together to ensure they have the best chance of success, scalability and sustainable results.



THE NORTH ECONOMY

1. Reduce the number of people living in poverty through the creation of local employment, training, and apprenticeship opportunities, and create solutions to tackle food poverty

The Cubby was developed in response to the high levels of food poverty in the Cummings Park area. Based in Cummings Park Centre it supports up to 30 families who are experiencing food hardship and supplies occasional emergency food supplies to those in need throughout the city. Currently funded by the Trades Widows Fund and support from Cfine, Fair Trade and Tesco, residents can pick up fresh vegetables, frozen and dried goods, tins and baked goods plus cleaning and hygiene products.

During the pandemic Aberdeen City Council staff ensured the Cubby continued to support vulnerable families. As restrictions have relaxed 6 volunteers from Cummings Park Community Association are being trained to take over the running of the Cubby reducing the need for staff assistance. Once current funding has expired the Association have agreed to fund the Cubby ensuring continuing support for vulnerable families.

The Association have also started “Coffee at the Cubby” and are presently surveying those who attend to identify their wellbeing and learning needs. Once these are established, they plan to invite appropriate support organisations to advise Cubby participants and set up groups/sessions in response. It was also recognised by staff, volunteers, and participants that the Cubby provides a safe, positive social setting for many, helping with mental wellbeing.

Staff and volunteers have recently noted an increase in demand from those experiencing food hardship from the wider area, partly due to the increase in fuel bills and have been signposting to other support including Middlefield Hub, Northfield and Mastrick Community Centres. So far, in 2022, support has been provided through the Cubby and emergency bags to almost 300 individuals. There has been a total of 375 volunteer hours given to support the Cubby. Feedback from people who have been supported by the Cubby (below) has been positive;

“It’s good that we get frozen stuff too, to make it last”

“It really helps me out when I’m short of cash”

“I only come out of the house to go to the Cubby”

“It’s a great help”

FareShare is the UK’s longest running food distribution charity, with a belief that no good food should go to waste, especially when people are going hungry. FareShare redistributes surplus food to charities and community groups and have pantries in Mastrick, Northfield, and Cummings Park.

Pathways Sessions have been regularly held in the Danestone and Bridge of Don areas to help and support people living in the North with finding employment and to reduce barriers to finding work.

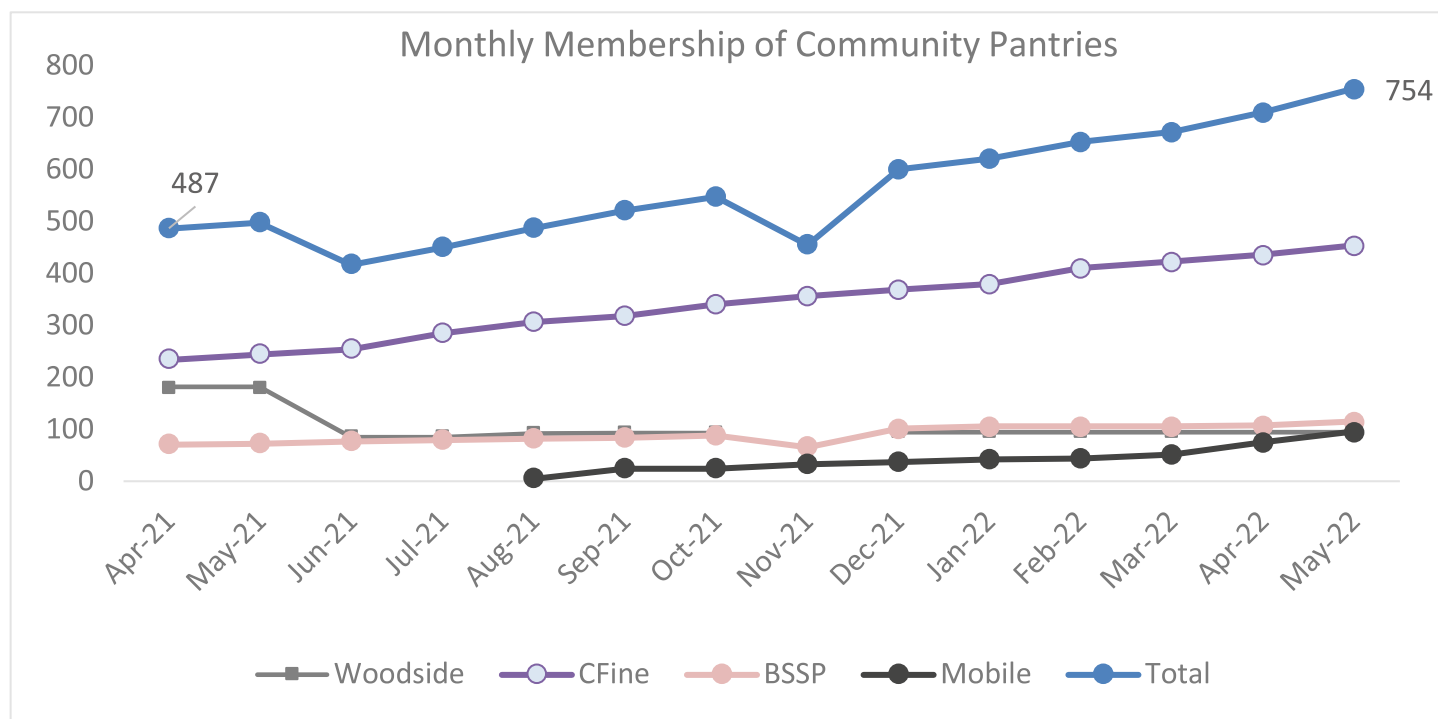
LOIP 1.1: Increase the number of people using community pantries by 20% by 2023



Prior to and during the pandemic Aberdeen had experienced increasing use of food banks by people experiencing poverty, with an extensive network of these operating in the city. A key outcome of our improvement work is to increase the number of people using community food pantries to increase access to affordable, fresh healthy food for those who are suffering food insecurity.

This project has achieved its aim with the number of people using community pantries having grown by 38% between April 2021 and March 2022. The increase has been supported by the launch of a mobile pantry in September 2021 which prioritises our most disadvantaged and vulnerable communities, by offering flexibility to those not in a position to travel.

As of May 2022, the mobile pantry had 94 members and is available in 8 neighbourhoods, including Middlefield, Sheddocksley, Bucksburn, and with Northfield having been recently added. The number of members has increased monthly since it launched in August 2021



LOIP 10.2: Total number of individuals supported through my way to employment



The pathways to employment projects has successfully made connections within the North Locality which has led to unpaid work placements being offered at Auchmill Golf Course at the woodlands; to build benches at Heathryfold Park and to get involved in landscaping once the new community paths are built at Auchmill. This placement will be offered to individuals who are referred through My way to Employment (MWTE).



2. Increase digital access and skills across the locality

Digital Health

The Stay Well Stay Connected Digital (SWSC) Divide workstream, worked in collaboration with Connecting Scotland, Robert Gordons University, Aberdeen Library Services and Bon Accord Care to:

- Promote digital inclusion and build confidence, through the introduction of a digital activity App with residents within two Bon Accord Care supported accommodation sites
- Reduce the impact of deconditioning seen in older adults through COVID
- Support the development of Occupational Therapy student's practical interpersonal skills through practice-based education.

Eleven iPad devices, supplied through the Connecting Scotland programme, supported participants digital access. Aberdeen Library Services recruited a "Kick Start" Intern who provided basic digital skills training to participants and SWSC staff provided dedicated student placement support throughout the project.

This collaboration resulted in a dynamic inter-agency project with enormous scope to support digital inclusion, promote physical activity and support reciprocal learning between older people and students.

Adult Learning team

During the COVID-19 pandemic tutors continued to teach learners on a one-to-one basis when restrictions allowed. Home Schooling support - Digital support was given to individual parents who were unable to log on and use the chrome books provided by the education department to allow their children to access the required platform to complete their online schoolwork.

ICT Tutors and community teams took on the role of Digital Champions and supported individuals who were provided with I-Pads or Chromebooks via the connecting Scotland Scheme. The support was for a period of 6 months, by telephone. Learners were supported in how to set up and use the devices and MiFi equipment and given instruction and tuition on how to use various applications such as video calling, online shopping and navigation of websites and facilities that would help them to remain connected.

Classes have since resumed at Mastrick Library from April 2022.

LOIP 2.1: Increase employer sign up to the Real Living Wage by 5% year on year to 2023 to achieve Real Living Wage City Status by 2026



Sixty-nine employers headquartered in the city are now Real Living Wage accredited, a 56% increase since the project started and a 41% increase since January 2021, 13 of these employers are based in the North locality.

LOIP 3.2: By December 2022, increase by 10% the number of people in Aberdeen who; have digital access; and feel comfortable using digital tools.



A promotional campaign across localities has been undertaken to raise awareness of access to PCs in libraries. This has seen an overall increase of 6266 users on PCs in libraries post COVID-19. In North locality the increase was 1537 users, showing targeted promotion within localities was successful. The project team are now looking to use this method for raising awareness in other areas where devices can be accessed.

THE NORTH PEOPLE

3. Improve the physical health and wellbeing of people

Recipe for Life

HomeStart Aberdeen have been undertaking their Recipe for Life 12-week programme which supports low-income families to shop, cook and eat healthier. Families are referred into the programme via self-referral or a referral from health visitors, social workers, or local voluntary organisations. Each family is assigned a Family Volunteer who delivers one-to-one fortnightly cooking sessions in the family's own home. The project is flexible and adaptable to the needs of families and takes into consideration, the age of children, knowledge and skills of parents, dietary requirements, cultural diet, and food preferences. Towards the end of the programme, families can attend two group sessions where they cook and eat together, this provides a great way to make friends and share any tips learned in previous weeks!

The project successfully received Health Improvement Funding at the beginning of this year which will ensure participants receive a fortnightly recipe pack made up of meat, fish, fresh fruit and vegetables and store cupboard ingredients. Alongside the recipe pack, participants will also receive a year's membership to the CFine Food Pantry.

The feedback from participants has been positive;

"We have been trying different ingredients and trying different meals that are very healthy. We've been adding more fruit and veg to meals and the whole family is much healthier."

"It has helped with food bill, helped with our budget as money had been tight. We always menu plan now – it's so easy and we're saving money."

"Knowing there is help and support had been great, so helpful to be able to interact with others in different ways. It's been so lovely, thank you for the time spent with us - I really appreciate it and it's made me more confident."

Health Improvement Fund – Awarded Feb 2021

Get Active Chair Based Exercise Classes at Danestone Community Centre. Danestone Community Centre have been running weekly Chair Based Exercise classes after successfully receiving Health Improvement Fund monies. The classes are 1 hour long and will run for 40 weeks throughout the year. The classes support individuals in the community that may have mobility and/or health problems such as older adults, individuals with disabilities or those with underlying health conditions.

The group has strong links with the local GP Practices and the exercise instructor is qualified in Exercise Referral. Following on from the Chair Based Exercise class, refreshments are offered to the group to support those who may be feeling socially isolated. This is a great way to increase physical activity and make new friends!



Boogie in the Bar

Sunnybank Social Club has restarted the ever-popular BITB, a dementia friendly disco aiming to have fun, tackle social isolation and promote positive mental health and wellbeing. The Sunnybank Social Club are again to host the disco on a Friday afternoon, once a month. It is free of charge and is supported by staff and volunteers who have been through their dementia awareness training or understand what it means to be dementia friendly. Those who attend will be able to dance, have a drink, a light lunch and a blether in a safe and friendly environment!

Step out September

The Stay Well Stay Connected team ran a health through walking promotion aimed at supporting people experiencing social isolation to re-engage into community life through a series of safe social distancing local walk and talk events.

A total of 64 people attended the walks, 16 people completed walk leader training and the Step out September website received a total of 1,026 views during September to October 2021. Connecting people through community walks was well received and had a positive impact on both walk leaders and walk participants.

“The majority of participants at all the walks I attended were so glad that the walks were back on and that they could socialise again”

“Highlights the importance for activities such as Step Out September to connect the dots and get people out there again”

“Heard about these walks ... and wanted to get out and about again”

“Had barely been out of the house since the start of lockdown, delighted to be part of a walking group”

Physical Activity Packs

A project taken forward by Stay Well Stay Connected and Sport Aberdeen provided physical activity packs, designed by Sport Aberdeen and endorsed by NHS Grampian, to residents within supported accommodation facilities in Aberdeen. Each physical activity pack contained a Theraband™ and exercise sheets at 3 different levels.

The aim was to test the acceptability of the packs to promote activity in older people who were shielding during the COVID-19 Pandemic. Participant survey responses were positive with 91% reporting the packs as ‘good or very good’ with 86% saying that they would recommend to their friends or family and 55% of those who used the packs said they had been more active with the packs.

GetActive@Northfield

The refurbishment of the Northfield swimming pool is nearing completion. Community engagement involving local community groups within the North locality have been taking place to collate locals wants and needs around the re-opening of Northfield Pool. This will also, hopefully have, integrated partnership community services serving the area in a more “locality” way.

Techno Gym Dyce

Technogym equipment is accessible to all fitness levels and all ages. It uses hydraulic resistance, therefore there is no need to adjust weight stacks, due to this it is easier on joints and can help with rehabilitation.

Technogym classes have always been popular throughout the city, therefore ensuring these were back up and running after COVID-19 was extremely important. The Techno gym at Dyce has retrained volunteers giving them a master class and circuit card created by physios showing “how to” use equipment to kick start sessions as local demand was high for the return of this activity.

Middlefield Hub Cycling Project

COVID-19 increased anxiety around using public transport for many. With monies received from the COVID-19 hardship fund and Cycle UK shift grant, 11 bikes were purchased and a community bike repair shed was built.

The cycling project provide bikes on loan. The terms of the loan are that a bike can be kept for as long as needed, only returned if another bike is bought. Throughout the term of the loan, the bike repair shed offers support to fix and maintain the bike. After the launch day many people donated unused bikes to the project. With the support of Adventure Aberdeen all donated bikes were checked to ensure they were safe to use. Basic bike maintenance and repair training has also been provided by Adventure Aberdeen funded by Shift, and so far has been completed by four volunteers.

To date 41 bikes, including children's bikes have gone out on loan. The Middlefield cycling project also supplies helmets, locks, lights and hi viz accessories and currently have six bikes that are ready to be loaned out.

LOIP 5.4: 100% of children and young people have free access to physical activity which improves mental health and wellbeing by 2022



All active school's activities are now free, providing accessible physical activity to children and young people in all school settings across city.

LOIP 5.3: 100% of schools offer sustainable and equitable access to counselling for those children aged 10 and above who require it by 2022



All schools across the city now offer sustainable and equitable counselling services for any child aged 10 and above who requires this type of support.

LOIP 12.3: Reduce the incidence of fatal drug overdose through innovative developments and by increasing the distribution of naloxone by 10% year on year by 2022



Naloxone is a medication that can reverse opioids overdose. Distribution of Naloxone Kits in the North Locality has reduced over the last 2 years. During 2021/22, 87 Naloxone kits were distributed to 'Persons at Risk' in the North Locality.



4. Support local volunteering opportunities beyond the pandemic

Streetsport

Streetsport is Denis Law Legacy Trust's flagship programme, delivering free sports and creative activity sessions for young people across Aberdeen City in areas of high youth annoyance, as identified by Police Scotland and the Scottish Fire and Rescue Service.

Streetsport have 12 volunteers from the area currently volunteering, all aged between 14 and 21. Jenna Greig, from Northfield, is up for Young Volunteer of the Year at Aberdeen's Sports Awards, attending sessions in both Northfield and Mastrick. Streetsport coach Nor-Dean Elouissi has completed 1000 hours volunteering in Northfield over 8 years.



5. Early intervention approach targeted at those who are involved in, or at risk in offending behaviour (domestic abuse, substance misuse, anti-social behaviour)

Streetsport

Streetsport Diversionary Sessions programme delivers activities in Northfield, twice weekly for 50 weeks of the year. The Allan Douglas Park, multi-sport session, utilises the MUGA, skate park and play park attracting a wide range of ages.



	Boys	Girls	Total Participations	Hours Volunteered
2021	972	785	1757	327
2022 Q1	132	90	222	170

At the Bill Burr Astro, sessions continue to be a success with upwards of 100 young people regularly attending.

	Boys	Girls	Total Participations	Hours Volunteered
2021	2315	1249	3564	526
2022 Q1	601	222	823	122.5



Streetsport

Streetsport's Youth Forum, Granite City Speaks, was initially founded in 2021. The forum now includes 11 active participants with representation from Northfield, Mastrick, Torry, Garthdee, Kincorth and the City Centre.

Hannah Clews, Streetsport Development Manager at Denis Law Legacy Trust who leads Granite City Speaks (GCS), said:

"The formation of GCS was born out of us wanting to ensure the young people who attend our Streetsport programmes are listened to more in the city they grow up in. Many of them come to us with problems or concerns and we want them to have the ability to amplify their voices so that they themselves are heard, rather than having to rely on others to represent them indirectly".

Tesco Youth Hub

As part of the Tesco Outdoor Youth Hub partnership Aberdeen City Council Youth Work staff have supported 5 young people to take part in art sessions using spray can painting techniques. Beginning with school-based engagement, targeted at young people at risk of becoming involved in low level crime and anti-social behaviour, an art specialist and youth work partners gathered young people's ideas for a mural to personalise their space at the Tesco store. These ideas were worked up and presented back to them resulting in a cartoon-based theme being decided upon. The mural that the young people produced is of a high quality, has attracted positive attention from the local community and store users and enabled 5 young people to gain their first Saltire Volunteering Award for their contribution to improving the local area to the benefit of themselves and their friends.

Reported anti-social behaviour has plummeted in the area with five calls involving youths since 27/05. Compared to a peak of 93 calls in the month of December 2020, prior to this intervention. The area feels safer now for those working, living and visiting.

This project has provided an opportunity for Youth Workers to engage with a small group of young women, observed to be demonstrating risk taking behaviours, with a view to establishing a Girls' Group to support them.



Further funding from Cashback for Communities has now been secured which will enable the diversionary activities to continue for another 12-months, in addition to two trips, and cookery classes for young people. Funding from Acciona Community Fund will also allow part of the hub to be blocked in to provide better shelter during inclement weather.

This work has been nominated for a ACC STAR Award and an Excellence in Scottish Policing Award, although awards in themselves are meaningless with regard to impact, these nominations indicate and highlight the innovative approaches used to combat anti-social behaviour with diversionary activities and youth work interventions.

Northfield Youth Hub

The project aims to provide a safe place for young people causing anti-social behaviour in the area, at risk of criminalisation and exposure to controlled substances. A seating area and Wi-Fi has been provided and a bespoke mural was designed and painted by five young people who received a Saltire Award for their volunteering. Youth Workers, Street Sports, AFCCT and the Foyer's Wellbeing Coaches have all engaged positively with the young people when activities are provided on a Monday and Thursday evenings.

The Northfield Hub, although still in the planning process, has already secured two 20ft containers, £30k in funding, the services of an Architect and Quantity Surveyor and developed a multiagency team including community representatives to support this project.

THE NORTH PLACE

6. Maximise use of disused outdoor space to increase food growing opportunities

Springhill community garden

Community allotments have been developed on old Sport Aberdeen bowling green in Mastrick, Sheddocksley and Northfield

LOIP 15.1: Increase the number of community run green spaces by a minimum of 8 that are organised and self-managed for both people and nature by 2023



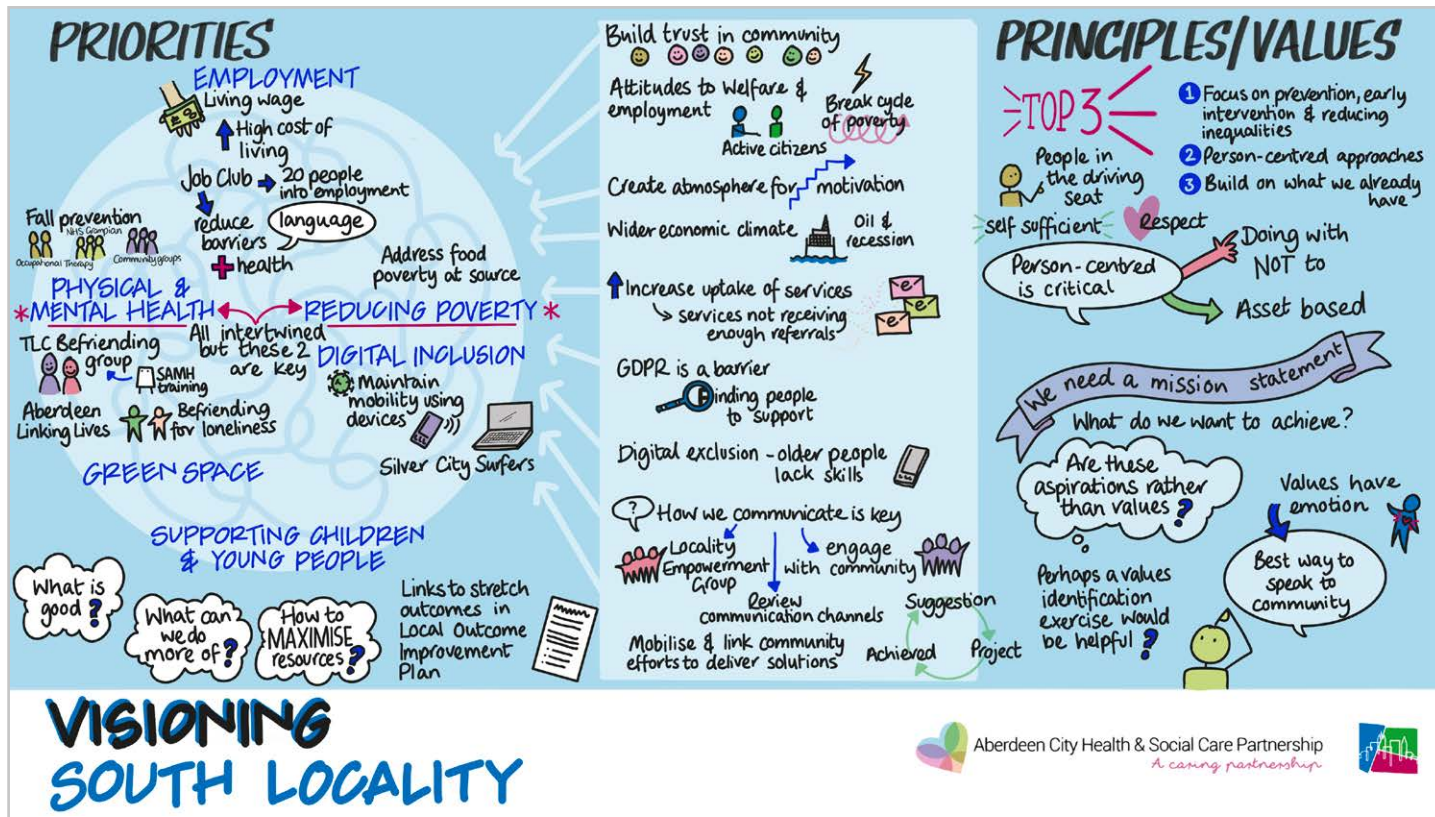
This project achieved its aim with 36 new community run green spaces established as at June 2022, an increase of 31 since Feb 2021, 11 of these community run green spaces were in the North locality.



VISION FOR SOUTH

The Vision for Aberdeen City is a 'Place where all people can prosper'.

Communities in the South Locality were asked to break this down into what this means for them:



The South Locality identified six locality priorities which will ensure all people living in the locality, including those in our most disadvantaged communities, have an equal chance to prosper. These include:

Locality Priorities	Link with city wide LOIP Priority Themes
Improve and create employment; employability opportunities. Develop Skills, training and support for young people and business.	Economy
Reduce number of people living in poverty. Address food poverty; fuel poverty by identifying and using local assets (for example community cafés; Community Kitchens).	
Identify and embed opportunities to mitigate digital exclusion; improve access to online assessments and referrals.	
Support children and young people to achieve their maximum potential.	People
Focus on early intervention, prevention and re-enablement actions to reduce inequalities and improve physical and mental wellbeing outcomes.	
Identify and maximise use of green space; Community food growing and community garden access (inter-generational community gardens).	Place

THE SOUTH ECONOMY

1. Improve and create employment; employability opportunities. Develop skills, training and support for young people and business.

Torry Skills Centre

The Torry Skills Centre is a pilot project, borne from a partnership approach to address the adverse impacts of COVID-19. Opening in March this year, its focus is on increasing and enhancing the delivery of training and employability support for the community of Torry.

A range of organisations were brought together, facilitated by the Communities team. They agreed that a shop front was the best way to bring these opportunities and services to local people on their doorstep in a welcoming and inclusive way.

'Pathways' who offer employability and other support took the lead on the hire of a shop unit on Victoria Road. A reduced rent lease for a year enabled the pilot to become established and suitable funding secured.

Other partners include Aberdeen Foyer, Station House Media Unit, Adult and Family Learning and ABZ Works. Elevator (small business support), Barnardo's and Enable will be offering targeted support to young people 16-25 and those with special needs.

A programme of delivery is being built up – ranging from drop in, one to one, small group and accredited training programmes. Outcomes will include increased numbers gaining suitable support into learning, training, employment, and volunteering or simply gaining confidence to move forward in their employment journey.

Health Improvement Fund - Playground Captains Leadership Programme Lochside ASG

The Playground Captains Leadership programme, run by Active Schools, is a project in which all Primary 6 & 7 aged children in the Lochside Associated Schools Group (ASG) can participate in 5 weeks of practical training. The aim of the training is to equip the Young People with skills to become a Playground Captain in which they will then facilitate playground games for lower stages of the school. Following on from the training sessions, the Playground Captains will host playground games at 1 lunchbreak each week during the school year. The project will benefit approximately up to 488 children. The aim of the project is to empower Young People to take an active role in developing younger members of their community, while also developing key qualities in themselves such as leadership, communication, and teamwork. The project was successfully awarded Health Improvement Funding for the purchase of play equipment, which will ensure as many Young People can take part as possible.

2. Reduce number of people living in poverty. Address food poverty; fuel poverty by identifying and using local assets (for example community cafés; community kitchens).

Best Start and Smile Pantry

The Pantry reopened its doors in March 2021 following the December lockdown with continuation of strict COVID-19 protocols put in place in 2019. There was still a tangible fear of COVID-19 and during this period several members did not return. The non-returners continued to receive food deliveries including fresh fruit and veg, toothpaste packs, oral health information cards and vitamins.

Since January this year membership has increased and although the Best Start and Smile Pantry funding finished in March 2022, CFINE will continue to provide an oral health element to members offering support from Childsmile as required and providing oral health messages, healthy eating ideas and recipes, toothpaste and toothbrushes.

Food in Focus – Practical Food Skills

St Fitticks Church have volunteers involved in the Aberdeen City Food Network, Food Champions Programme who have been funded by Food in Focus to train in The Royal Environmental Health Institute of Scotland (REHIS) Elementary Food Hygiene and REHIS Food and Health to deliver practical food skills to the community. There are also early plans to refurbish the community kitchen so that it is accessible to Food Champions trained across the city to deliver practical food skills.

CFINE at Poynerook Road have received Food in Focus funding to deliver their practical food skills programme 'Won't Cook, Want to Cook'. They are currently in the process of recruiting participants.

LOIP 13.2: Reduce the generation of waste in Aberdeen by 8% by 2023



Sixteen reusable period product libraries have been established in the South Locality, providing free reusable period products to the community:

- Cults Medical Group
- neoGym
- Culter Library
- Kaimhill Library
- Torry Library
- Torry Neighbourhood Centre
- Cults Library
- Kincorth Library
- Inchgarth Community Centre
- Whinhill Medical Practice
- Get Active@Peterculter
- Tullos Swimming Pool
- Cove Library
- Ferryhill Library
- Tillydrone Library
- Old Torry Community Centre

3. Identify and embed opportunities to mitigate digital exclusion; improve access to online assessments and referrals

A promotional campaign across localities has been undertaken to raise awareness of access to PCs in libraries. In the South Locality there has been an increase in 2845 users, showing targeted promotion within localities was successful. The project team are now looking to use this method for raising awareness in other areas where devices can be accessed.

Adult Learning Team

During the COVID-19 pandemic tutors continued to teach learners on a one-to-one basis when restrictions allowed. ICT Tutors also took on the role of Digital Champions and supported individuals who were provided with I-Pads or Chromebooks via the Connecting Scotland Scheme. The support was for a period of 6 months, by telephone. Learners were supported in how to set up and use the devices and MiFi equipment and given instruction and tuition on how to use various applications such as video calling, online shopping and navigation of websites and facilities that would help them to remain connected.

Digital support was given to individual parents who were unable to log on and use the chrome books provided by the education department to allow their children to access the required platform to complete their online schoolwork.

LOIP 3.2: By December 2022, increase by 10% the number of people in Aberdeen who; have digital access; and feel comfortable using digital tools



Case Study -

Elderly couple with kinship care of grandchildren were unable to access their chrome books, therefore the children aged 6 and 8 were not doing any schoolwork. The school tried to assist over the telephone unsuccessfully. Once we had spoken to the grandmother it was agreed that a home visit was necessary.

Due to COVID-19 restrictions a risk assessment was completed. It was then agreed that a Tutor would meet the grandmother outdoors in the garden, both would wear masks and a two-meter distance would be maintained throughout the visit.

The visit was successful and after establishing that a third party may have password protection on the equipment, the tutor was able to establish the passwords, facilitate access to the chrome books and show them how to use the learning platform. Both grandparents were extremely grateful, and the children were excited to be able to have access to their teachers and classmates, who they had not seen since the beginning of lock down.



THE SOUTH PEOPLE

4. Support children and young people to achieve their maximum potential.

Torry Pump Track

A pump track is designed to be ridden completely by riders 'pumping,' generating momentum by up and down body movements instead of peddling. An initial consultation was completed by 229 respondents, all but 4 in favour of having a Pump Track in Torry. Two of those not in favour was because they thought it would be overtaken by the proposed Energy Transition Zone (ETZ) project. The project team are continuing to source funding before moving forward.

LOIP 9.1: Increase by 50% the number of 10 to 16 year olds in target areas of the city who access youth community activity by 2023



A new youth group for P6 and P7 pupils who attend Kirkhill and Abbotswell primary schools started on 9th March 2022. The group was set up in response to the lack of things to do for children and young people in Kincorth and to grow back community-based youth work after the impact of COVID-19. The first aim of the Kincorth group was to provide a place where young people want to come and enjoy themselves, and since the first session in March, the numbers have increased to 19. Next steps are to continue an offer for P7's as they move up to S1. It's encouraging that so many want to return next term!



Exploring the Gramps with Youth Workers Fay and Graeme



During an evaluation session this lad let us know what he thought of his community! (it says "we are the best community in the world EVER")

LOIP 5.3: 100% of schools offer sustainable and equitable access to counselling for those children aged 10 and above who require it by 2022



All schools across the city now offer sustainable and equitable counselling services for any child aged 10 and above who requires this type of support.

LOIP 5.4: 100% of children and young people have free access to physical activity which improves mental health and wellbeing by 2022



All active schools activities are now free, providing accessible physical activity to children and young people in all school settings across the city.

5. Focus on early intervention, prevention and re-enablement actions to reduce inequalities and improve physical and mental wellbeing outcomes

Boogie in the Bar

Boogie in the Bar sadly had to move to Kincorth from Torry as the bar was taken over. Diane the manager of The Abbott in Kincorth is a very community-led person so it is a wonderful new place to host the Boogies.

Each Boogie has a different theme, the first was 28th April - Mexican, 26th May - The Jubilee and 30th June - The Movies, these have all been a great hit with the people who come. These include people from Care Homes and Sheltered Housing in the area and has been going from strength to strength.



The Boogies are a way for people to combat loneliness and social isolation, to get together during the day and enjoy themselves in a warm, people friendly environment where everyone is made to feel welcome and included regardless of their age, disabilities, etc.

Technogym

Technogym equipment is accessible to all fitness levels and ages. It uses hydraulic resistance, therefore there is no need to adjust weight stacks, due to this it is easier on joints and can help with rehabilitation.

Technogym classes have always been popular throughout the city, therefore ensuring these were back up and running after COVID-19 was extremely important. We did an audit of all the equipment throughout the city and ensured it had all been serviced. Some of the classes were quick to start up again as they still had instructors or volunteers to deliver the classes.

The equipment at Kincorth Community Centre was no longer being used, this set was split between the Sheltered Housing Complexes - Margaret Clyne Court and Mark Bush Court in Kincorth and Brimmond Court in Torry. Training sessions are delivered to interested individuals, and the equipment is set up in common rooms for tenants to use as and when they wish.

There is also a set of equipment at Coronation Court in Peterculter and staff have been trained to support residents to use the equipment here. Increasing capacity throughout the city and ensuring those who may not usually have access to physical activity is extremely important and Technogym allows this.

Wellbeing Group at the Albury Community Sports Hub

Restarting with an Open day on Friday the 10th June from 1.00-3.00pm, The Wellbeing Group provides a range of multi activity sessions for older people including putting and lawn bowls.

These activities can be tailored to suit all abilities and assistance can be offered to people coming along with their carers. The group runs every Friday from 1-3pm.

Health Improvement Fund - Potting Shed for Patter

The Potting Shed for Patter project aims to build upon the excellent work that is currently being carried out at St Fitticks Community Garden by connecting communities through conversation and growing. The project will utilise existing intergenerational relationships to offer accessible workshops focusing on loneliness, isolation and the promotion of positive mental health and wellbeing. These aspects will be tackled through 64 bi-weekly workshops. The sessions will be hosted by a team of volunteers at the community garden and free to access for participants. Health Improvement Funding was awarded to Cultivate Aberdeen to purchase the Potting Shed and the resources required to facilitate the 64 sessions, alongside a number of home-growing kits for participants. The Potting Shed will have a multi-purpose as community members will also be able to utilise the space to sit, read and relax while overlooking the garden.

LOIP 10.3: Reduce the number of wilful fires by 10% by 2022



Torry and Ferryhill were identified as areas where there were most incidents of deliberate fires during the period 2015-19. During the length of the project, fires were reduced from 57 (5-year average) to 37 which is a 36% reduction. Secondary fires were reduced from the 5-year average of 54 to 28 which is a 49% reduction.

Some of the interventions that were implemented:

- Fire setters' intervention and re-education scheme was utilised to educate 7 offenders and to date there has been no reoffending after receiving this input.
- In 2021 video presentations were delivered at schools to spread the fire safety message.

As well as the engagement and intervention processes put in place it must be recognised that societal changes brought around by lockdown will have contributed to the reduction of incidents throughout 2021.

LOIP 12.3: Reduce the incidence of fatal drug overdose through innovative developments and by increasing the distribution of naloxone by 10% year on year by 2022



Naloxone is a medication that can reverse opioids overdose. Distribution of Naloxone Kits in the South Locality has remained stable over the last 2 years. During 2021/22, 100 Naloxone Kits were distributed to 'Persons at Risk' in the South Locality.

LOIP 14.1: Increase % of people who walk as one mode of travel by 10% by 2023



A pilot project was developed to deliver Health Walks at RGU and encourage staff and students to undertake Walk Leader training and volunteer on health walks. The project actively encouraged and signposted people to existing resources such as walking routes and health walks available. The project successfully showed an improvement in participants physical activity levels. Next steps for the project will be to promote and encourage staff and students to actively commute to and from Campus.

THE SOUTH PLACE

6. Identify and maximise use of green space; Community food growing and community garden access (inter-generational community gardens)

Food in Focus – Food Growing

Three organisations in the South Locality have been funded up to £500 through the Aberdeen City Food Network (ACFN), Food in Focus Funding to increase community food growing:

- Cultivate Aberdeen – Edible Garden
- Tigh a'Chomainn Camphill – Practical Skills and Micro Gardening
- COMPASS – Fruit Growing

Torry Community Hub

The Torry Community Hub development has been a community desire for a number of years.

The hub will bring a range of services and facilities together, including:

- Primary School
- Early Learning Centre
- Community Library
- Community Café
- Training Kitchen and Community Garden
- Facilities for Big Noise and SHMU
- A 'one stop shop' to access services such as Housing, Health and Social Care etc.

The pandemic has put a hold to progress over the past 2 years. Construction has recently started with community engagement at the heart of planning and decision making. The Community Hub is due to open at the end of 2023.

Big Lunch Torry

St Fittick's Community Park, Greyhope Bay and The St Fittick's Edible Garden, three of Aberdeen's most scenic locations, were the host venues for the first Big Lunch Torry (BLT). The Big Lunch is a simple idea to connect people by sharing food with a neighbour or friends and is supported by Eden Project Communities.

The sun shone and the visitors were treated to a full program starting off with Elevenses at the Edible Garden on St Fittick's Road. Then it was off across the road to St Fittick's Park for one of 100 free packed lunches on offer, a nature treasure hunt, stencilling and a display of bunting kindly decorated by pupils at Tullos School (the theme was Torry) and Scoop the Dog. The last stop for a coffee and a cake was at the Greyhope Bay centre for one of their fantastic tours followed by dolphin spotting, the fabulous Walker Road Dancers and a piper as a finale to the most wonderful day.

The ACC Communities Team was delighted to work with local volunteers, ACVO, the Eden Project Communities, Clean Aberdeen and SHMU on such a fantastic day. Tesco donated lots of juice, water and fruit. It was wonderful to see their manager and a fellow staff member come along to help on the day. Leftover fruit and water went to the Ukrainian refugee project. The Friends of St Fittick's Park part of the event was generously funded by Aberdeen City Fairer Aberdeen Fund which made possible the free packed lunches and the art activities at the park.



Greyhope Bay

Greyhope Bay visitor centre opened at Easter to massive interest from the public. The café as well as the funded workshops have been extremely popular. Links with the schools have been made and there is to be a special project day with Tullos school in September. Every second Sunday they run beach cleans for up to 60 volunteers. The University of Aberdeen is involved in these and they carry out valuable research at the same time.

Community coffee morning, whereby locals can get a cup of coffee for £1 plus engage in interesting discussions on all things Torry and marine life, will relaunch in August. In addition, Aberdeen College and Greyhope have teamed up and the college's apprenticeship scheme has found it very useful working with the project. There are further exciting plans in store but meantime it is great to see such a project valuing the natural environment of Torry and affording the local community an excellent resource for relaxation, volunteering and learning.



Health Improvement Funding - Community Garden Development

Queens Cross Church received Health Improvement Funding to support the development of their community garden. The project set out to create an urban green space where individuals from nursely age upwards would be able to contribute to the planting and maintenance of the garden. The purchase of raised beds and seating supported individuals with mobility needs to participate in the planting of flowers, vegetables, and herbs. The garden has had a large input from the Monday group which has several adults with additional support needs attending, thus providing the group an invaluable opportunity to build social relations and learn new skills. A tree has also been planted to mark the Queens Platinum Jubilee – a great way for the legacy of everyone involved in creating the space to continue! The garden now provides a place of serenity for the local community to visit and relax.

LOIP 15.1: Increase the number of community run green spaces by a minimum of 8 that are organised and self-managed for both people and nature by 2023



There are 6 new community run green spaces in the South Locality.



VISION FOR CENTRAL

The Vision for Aberdeen City is a 'Place where all people can prosper'.

We asked communities in the Central Locality to break this down into what this means for them.

PRIORITIES

- MENTAL HEALTH & WELLBEING**
 - Made worse by covid
 - Community Garden
 - More activities to improve mental health
 - Work in community
 - Big Lottery funded - each Thur AM
 - Raise awareness
 - team individuals
 - Counsellor
- REDUCING POVERTY**
 - Fuel poverty - if not connected to mains gas
 - Reaching out
 - Other areas?
 - Gift card
 - STIGMA
 - Communicate what is available
 - Food banks
 - Hot food & drink
 - Free breakfast / surplus food distribution
 - Social Bite Cafe
- DIGITAL INCLUSION**
 - What about adults
 - FREE e-consultations
 - WIFI cost
 - Difficult to use
 - GP
 - Connect Scotland & local community groups help people get/stay connected
 - Other ways to engage
 - OPTIONS

OUTDOOR SPACES

- Do it! Recovery BICI!
- Allotments
- Gardens opening up
- Running clubs Rugby
- LGBT
- Get outside - a smile makes a big difference
- George St football pitch well used
- test site for electric scooters
- lots of strategies
- little implementation
- Safe cycling?

HATE CRIME

- Push 4 Pillars
- Hate crime reported
- Active community = People feel safer
- Shout about it
- More forums - share views

PERSON CENTRED

- Empower individuals
- Let communities take ownership
- Remove bureaucracy
- Informal approaches - neighbours
- Can be removed
- Training - getting better at it
- Make sure everyone who wants to be involved is involved
- Communicate better about available services
- Get out into community
- Long term investment required
- Drugs & alcohol are a BIG problem

VALUES & PRINCIPLES

GROUP 1

- Empowered & connected communities - Only need this one
- Must happen all the time
- Enables all others
- Collective 'person centred' approach
- Too many different definitions
- Remove Person Centred
- What can you do? ... and do for others?

GROUP 2

- Add these:
- Tackling STIGMA
- Facilities supporting access to service & digital inclusion

TOP 3

- Focus on prevention, early intervention & reducing inequalities
- Empowered & connected communities
- Facilities to support accessing services & digital inclusion

VISIONING CENTRAL LOCALITY

Aberdeen City Health & Social Care Partnership
A caring partnership

Using a combination of data, community and front-line staff identified six priorities which will ensure all people living in Central locality, including those people living in our most disadvantaged communities, have an equal chance to prosper. These include:

Locality Priorities	Link with city wide LOIP Priority Themes
Reduce the number of people living in poverty through creation of opportunities for employment and development of skills, and create solutions to tackle food and fuel poverty	Economy
Ensure people have the digital means to ensure they don't miss out on opportunities	
Improve mental health & wellbeing of the population	People
Ensure people can access services timely through a person centred approach where the needs of the whole population are considered	
Create safe and resilient communities where hate crime will not be tolerated and develop initiatives which reduce the impact of substance misuse and anti-social behaviour	
Maximise use of spaces in communities to create opportunities for people to connect and increase physical activity	Place

Above and throughout this document we have made the links between our priorities and the work of the wider Community Planning Aberdeen Partnership being delivered through the city wide Local Outcome Improvement Plan. This is essential to ensure we are working collaboratively on common priorities, supporting each other by sharing knowledge and experience and testing out our ideas together to ensure they have the best chance of success, scalability and sustainable results.

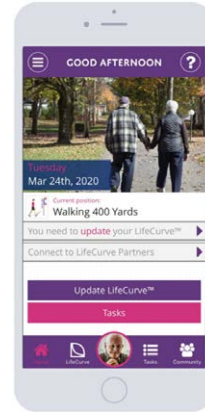
CENTRAL ECONOMY

1. Ensure people have the digital means to ensure they don't miss out on opportunities

Digital Literacy

Occupational Therapy: Peer Digital Placement with Robert Gordon University Occupational Therapy students supported residents in Hilton and Dominies Court to get digitally connected and test the LifeCurve App.

Part of this project is educating student Allied Health Professionals in wellbeing in a holistic fashion. This can mean looking at some non-traditional interventions and community settings. Example of this include the Boogie in the Bar project.



LOIP 3.2: By December 2022, increase by 10% the number of people in Aberdeen who; have digital access; and feel comfortable using digital tools.



The project focused on a promotional campaign across all localities to raise awareness of the access to PCs in libraries. It has seen an increase of 6266 PC users within libraries post COVID-19, an increase of 1884 users within the Central Locality, showing that targeted promotion within localities was successful. The Digital Group will now look to use this method for raising awareness in other areas where devices can be accessed.

The communities team distributed laptops and the means to accessing the internet, providing ongoing support to individuals and families to get started. The Adult Learning team continued to provide tutors, on a one-to-one basis, as restrictions allowed. ICT Tutors took on the role of Digital Champions to support individuals who were provided with iPads or Chromebooks through the connecting Scotland Scheme. The support, by telephone, was for a period of 6 months. Support was provided to learners on how to set up and use the devices and MiFi equipment. In addition, tuition was provided on how to navigate websites, use various applications such as video calling, online shopping and facilities that would help them to remain connected.

Digital support was also provided to parents who had received chrome books via the education department to ensure that their children could access to the required platforms to complete their online schoolwork.

Case Study - Digital Support

Online 1-1 computing skills was provided by a tutor, via the team's platform, to one learner who had to isolate during COVID due to their health condition and disability. The learner said that this really helped as it gave them contact with the outside world as well as being able to continue to improve their computer skills. During this period, they completed core skills Level 2 Information and Communication Technology and began working on her Level 3. Once this is completed, we are encouraging her to do her ECDL qualification via Northeast Scotland College.

Since April 2022 8 classes have resumed at Tillydrone and Central Library.



2. Reduce the number of people living in poverty through creation of opportunities for employment and development of skills, and create solutions to tackle food and fuel poverty

SVQ Level 2 Award in Health and Social Care for Carers

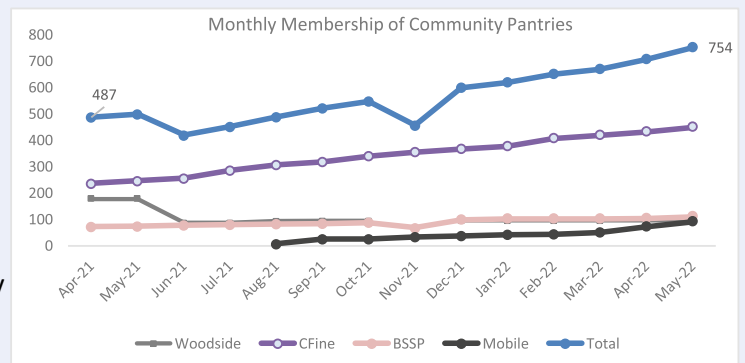
Aberdeen City Health and Social Care Partnership are delighted to be working in partnership with Bon Accord Care, Barnardo's, and Aberdeen Carer's support services (Quarriers) to offer people with caring responsibilities, the opportunity to undertake a nationally recognised qualification. The opportunity is open to 20 candidates, over a 12-month period, and delivered by Bon Accord Support Services. The qualification is free to complete and full support will be given throughout the award.

LOIP 1.1: Membership of Community Pantries



Prior to and during the pandemic, Aberdeen had experienced increasing use of food banks by people experiencing poverty, with an extensive network of these operating in the city. A key outcome of the improvement project is to increase the number of people accessing community food pantries, to increase access to affordable, fresh healthy food for those who are suffering food insecurity.

This project achieved its aim with the number of people using community pantries having grown by 38% between April 2021 and March 2022. The increase has been supported by the launch of a mobile pantry in September 2021 which prioritises our most disadvantaged and vulnerable communities, by offering flexibility to those not in a position to travel. As of March 2022, the mobile pantry had 51 members and was available in 6 neighbourhoods across Aberdeen which includes Tillydrone and Seaton.



LOIP 2.1: Number of Employers Paying the Real Living Wage



This project's aim is to alleviate in-work poverty by increasing employer sign up to the Real Living Wage, meaning that low-income employees will benefit from a pay rise. This helps tackle pockets of in-work poverty within the city, with the added effect of increasing average earnings, productivity and boosting the wider economy. Based on data from Living Wage Scotland, 69 employers in the City are Real Living Wage accredited, a 47% increase since this project started and a 32% increase since January 2021. Forty-five of those employers are located within the Central Locality.

Latest data available at the end of 2021 showed that 86.6% of employees in the city were in living wage employment, a 4.6% increase since 2016. 80% of all Living Wage employers believe it has enhanced the quality of the work of their staff.

LOIP 2.2: Number of individuals starting a business within the city who are coming off or significantly reducing their universal credits



This project aims to support 50 people to come off benefits or significantly reducing their benefits through starting a business in Aberdeen by 2023. The project tested how dedicated Business Gateway Advisers could increase the number of direct referrals being passed over to the service. A Community Business Adviser is now present, twice a month, in each locality. The Department of Work and Pensions have offered space for an advisor within their building to connect with Work Coaches. Within the Central Locality 5 individuals have been supported to reduce their reliance on benefits and start a business.

A Community Business Gateway Adviser has engaged with four community projects in the Central Locality with a view of supporting them to become a Social Enterprise. The communities team, using their networks and local knowledge supported this project by linking Business Gateway with 3 of the groups.

CENTRAL PEOPLE

3. Improve mental health & wellbeing of the population

Food in Focus – Practical Food Skills

George Street Baptist Church have volunteers involved in the Aberdeen City Food Network, Food Champions Programme. They have been funded by Food in Focus to train in REHIS Elementary Food Hygiene and REHIS Food and Health to deliver practical food skills to the community. There are also early plans to refurbish the community kitchen so that it is accessible to Food Champions trained across the city to deliver practical food skills.

Health Improvement Fund - New Futures - Station House Media Unit (SHMU)

Station House Media Unit (SHMU) were awarded Health Improvement Funding to run a “New Futures” project, in partnership with St Machar Academy; The Aberdeen City Council Refugee Team, ABZ Works and Skills Development Scotland. The programme aims to offer support, training, activities, and opportunities (both in school and in the community) to young people aged 16-25 years old who have recently arrived in Aberdeen following their emergency evacuation from Afghanistan.

The young people will engage in a variety of media and employability-based activities with the aim of developing their skills, building confidence, and supporting them to have a plan in place for leaving school. This may include moving on to SHMU’s post-school employability services if identified as the most appropriate route.

Health Improvement Fund - Bonnymuir Community Trust

The Bonnymuir Green Community Trust was set up by the community to transform a derelict former bowling green into a thriving community green space and community hub. The Trust received money from the Health Improvement Fund to develop an area with native wildflowers, including bee and butterfly attracting plants. Alongside the wildflower meadow, a team of volunteers were given the opportunity to undertake a beekeeping course, as well as receiving monies to set up and maintain beehives – including the bee nucleus!

Bonnymuir Community Garden now has an established wildflower meadow and an enclosed apiary in a quiet area of the garden, as well as 2 beehives which are maintained by an enthusiastic team of volunteers, staff and trustees. Visitors can view the apiary from a safe distance and there is ongoing interest in joining the bee team! Bonnymuir Garden had over 19,500 visitors last year and has become a popular and cherished community space.

The project received 2 yields of honey last year which were available for the community to purchase via a donation.



“The other members of the bee team were not people I knew already, and it’s been lovely to meet new people. We’ve really learned from each other, and it’s been fun being part of a project that the community is so interested in.”



“Volunteering with the Bonnymuir bee team has been brilliant as I’ve got to learn more about bees and biology as a result and I feel like a proper part of the community when I’m helping out with the hives.”



“Volunteering at the Bonnymuir bee team is brilliant and has helped me out with my university application, but also with my job and with my communication skills which in turn help set me up for the rest of my life”.

Seaton Soup and Sannies

Seaton Soup and Sannies has been re-established since COVID-19, working in partnership with Aberdeen City Health and Social Care partnership, SHMU, Aberdeen Football Club Community Trust and Aberdeen City Council. The funding was provided by ACVO and will help towards putting the volunteers from SHMU and AFCCT through the Royal Environmental Health Institute of Scotland (REHIS) qualifications as well as ensuring the sustainability of Seaton Soup and Sannies. Residents are welcome to attend from Seaton Sheltered Housing complexes (Lord Hays Court, Donview, Seaview and Seaton House). Transport is provided upon request to ensure those who might not normally be able to attend have an option. Homemade soup, sandwiches and home bakes are provided as well as juice, tea, coffee and entertainment. Food from CFINE is offered to anyone who would like to take any. This event provides nutritious food and reduces social isolation. It also allows the opportunity to advertise other activities which the residents can attend within the local area.

Sheltered Housing Activities in Lord Hays Court

Lord Hays Court have arranged film nights and Age Scotland activity days which have included wellbeing conversations, quizzes, body boosting bingo and gentle exercises. The next step is an exercise class within the common room and to encourage people to use Technogym classes at Pittodrie with Aberdeen Football Club Community Trust.

Improving Exclusive Breastfeeding in Tillydrone

Local peer support volunteers have been recruited and trained to become Breastfeeding Peer Supporters. Although the initial plan of group sessions in the community campus did not happen due to COVID-19 restrictions, virtual support sessions were provided to mothers in Tillydrone via Facebook and MS Teams.

Exclusive breastfeeding status at 6-8 weeks: There was an increase in exclusive breastfeeding in two test areas from baseline. Old Aberdeen- 37% - 42%; Tillydrone 32.14%- 35.11%.



Meno & Pause Co-lab Cafes

Partners are working together to try and diminish the stigma around menopause, to empower women with relevant information, support and relatable role models who understand the rollercoaster of emotions you can find yourself on. Aberdeen City Health and Social Care Partnership and Aberdeen Football Club Community Trust have developed a series of Meno & Pause Co-lab Café events. The first event, held in March, was a facilitation session to ascertain what people wanted to know more about, then the next five events were structured. These events have been open to anyone who is interested and delivered in a very relaxed environment.

LOIP 5.4: 100% of children and young people have free access to physical activity which improves mental health and wellbeing by 2022



All active schools activities are now free, providing accessible physical activity to children and young people in all school settings across the city.

4. Ensure people can access services timely through a person centred approach where the needs of the whole population are considered

Carer Information Resource Pack

The ACSHCP Wellbeing team working in collaboration with Barnardo's and Quarriers have created a carer information pack for both young and adult carers within Aberdeen City. This is to ensure carers have access to the support and opportunities. Plans for this to be launched in March 2023.

LOIP 5.3: 100% of schools offer sustainable and equitable access to counselling for those children aged 10 and above who require it by 2022



All schools across the city now offer sustainable and equitable counselling services for any child aged 10 and above who requires this type of support.

Primary Care

Since the inception of the 2018 GMS contract, there have been 6 new primary care services developed under the ACHSCP 'Primary Care Improvement Plan' (PCIP) to help support GP Practices. The PCIP achieves this by expanding and enhancing the multi-disciplinary team working to help support the role of GPs as Expert Medical Generalists, to improve patient outcomes.

Implementation of these services has continued despite the impact of the COVID-19 pandemic and other workforce challenges. The following teams have been successfully recruited:

Community Treatment and Care Service (CTAC) & Immunisations: delivers a range of 'treatment room' interventions such as getting your blood taken or minor wounds dressed.

Pharmacotherapy Service: to provide pharmacotherapy service to GP practices, included medicines reconciliation, actioning hospital discharge letters, medication review, actioning acute or repeat requests as appropriate, dealing with pharmaceutical queries from patients and colleagues.

Links Practitioner Service: Commissioned from SAMH, the service provides non-clinical support to people with issues they are experiencing, to identify and manage barriers that affect their ability to live well and help them to talk about what really matters to them. In the Central Locality there were 625 referrals to a Link Practitioner from GP Practices. The three main referral reasons were mental health, benefits/finance and money and housing and homelessness. The Link Practitioner has made 626 onward referrals to 149 different organisations who are best placed to provide the individualised support.

"I had never heard of this service before I was in deep crisis and found my Link Practitioner to be a diamond on the industry and her help plus service to be invaluable!!! I would not have managed to get through a tough period or adversity without her. Thankyou. I would have no hesitation in recommending myself or anyone else to this service again: first class!!!"

"My Link Practitioner was so good thanks to her I can sleep at night. wonderful service"

First Contact Physiotherapists: These highly specialist physiotherapists are based in Calsayseat, Elmbank, Hamilton, Newburn and Rubislaw GP Practices and have the advanced skills necessary to assess, diagnose and recommend appropriate treatment or referral for musculoskeletal problems on a patient's first contact.

Urgent Care: Advanced Practice Clinicians visiting patients who need an unscheduled home visit that would have usually been undertaken by a GP. The patient is visited in their home then the clinician liaises with the GP Practice for any further action.

5. Create safe and resilient communities where hate crime will not be tolerated and develop initiatives which reduce the impact of substance misuse and anti-social behaviour

George Street Community

A Community Development Officer (CDO) was tasked with carrying out a community audit of the area to identify which groups, organisations and partners operate in the area. This resulted in many hours of door knocking, meeting, attending and supporting a range of community groups and organisations. To date contact has been made with over 20 organisations who are based in the area or operate in the area.

These connections have resulted in the CDO supporting individual groups in a number of different ways; connecting them to partners, source of advice and information, identifying and supporting them to maximise their offer and identify wider issues.

In discussion with George St Community Council, it was identified that groups and organisations in the area did not necessarily know each other. It was decided to organise and host an opportunity for them to meet through a consultation exercise. This led to an engagement event where 20 individuals attended representing 7 organisations. The report from the engagement event has been shared with George St Community Council with a view to create a plan of action thereafter.

Shut the Chutes

In a number of properties across Tillydrone it had become apparent that bin rooms and bin chutes no longer met the needs of the residents and are becoming costly to maintain. This is largely reported to be due to vandalism and general upkeep of the areas. To address the issue, Aberdeen City Council's Housing and Waste and Recycling services are working together to improve recycling and reduce flytipping within the Tillydrone. Phase 1 of the project has involved closing the bin rooms and bin chutes in Tillydrone and replacing them with new external bins. The first phase covered blocks in Harris Drive, Wingate Place, Wingate Road and Tillydrone Avenue and the new bins seem to be working well and there has been no flytipping to date in the areas and an early increase in recycling too.

LOIP 12.3: Reduce the incidence of fatal drug overdose through innovative developments and by increasing the distribution of naloxone by 10% year on year by 2022



Naloxone is a medication that can reverse opioids overdose. During 2021/22, 161 Naloxone Kits were distributed to 'Persons at Risk' in the Central Locality. Distribution of Naloxone Kits in the Central Locality has remained stable over the last 2 years.

LOIP 9.4: Citywide Public Space Youth Antisocial Behaviour



The introduction of the Safer City Unit within the City Centre has resulted in a spike in figures. It is accepted that this spike is a direct result of increased Police presence and proactive engagement with youths within the area. Work is ongoing to identify solutions to the youth problem. Through the Community Safety Hub all youth calls are reviewed and documented. Following this, youth details are collated and compared against previous incidents. Anti-social behaviour letters are thereafter sent to the home address of these youths, either from Police or Early Intervention, depending on age. As a result of this improved process, there has been a rise in letters being sent from 78 in 2021, to 128 in 2022 so far. Of the youths originally sent letters, less than 20 have had to be sent further letters.



CENTRAL PLACE

6. Maximise use of spaces in communities to create opportunities for people to connect and increase physical activity

Health Improvement Fund - Women only well-being and activity club - Alhikmah Foundation SCIO

Following on from a successful women's only taster session of yoga, the Alhikmah Foundation applied to the Health Improvement Fund and secured funding for a Yoga Instructor to provide women only sessions at the mosque in which the Alhikmah Foundation is based. The idea for a women's only session arose as several women highlighted, they would be hesitant to attend mixed gender gyms or exercise groups. Additionally, this setting provides an environment for women to meet others and combat social isolation after the COVID-19 pandemic lockdowns.

LOIP 14.2 Number of people who cycled in either rest of city or city centre in past year as percentage



Through the 'Light for Dark Nights initiative' Police Scotland distributed bike lights to cyclists whilst on patrol. The "Be Bright at Night" Road Safety Campaign was promoted on radio, social media, billboards, and bus shelters. Police Scotland teams distributed 8 sets of lights to people in living in Tillydrone.

Food in Focus – Food Growing

Denburn Court Tenants and Residents and STAR Flat have been supported through the Aberdeen City Food Network, Food in Focus Funding to develop communal gardens which will increase community food growing.

LOIP 15.1: Number of Community run green spaces (City Wide and Priority Localities) Hubs



This project was established to build a green spaces network of communities and partnerships that empowers communities to establish, take responsibility and run their local green spaces. This can facilitate local engagement and increase volunteering and local community pride. The project achieved its aim, with 36 new community run green spaces established as of June 2022, an increase of 31 since Feb 2021, 16 of those are within the Central Locality.

The Central Locality has 6 Community Champions which aim to raise awareness and change thinking about wider sustainability issues in communities. These champions have produced films which they have promoted throughout the locality.

Tillydrone Campus Management Group

An Operational Group of local representatives and Aberdeen City Council (ACC) Officers was set up to coordinate the buildings design, layout, and future aims. The aim is to compile a community led survey of needs into a report for public viewing to help develop the campus programme, reopen the café through a social enterprise, ensure that the campus doors are open to residents and increase committee membership and volunteers. Currently membership of the Management group has increased by 50%.



The Tillydrone Cruyff Court

Cruyff Court projects are small, free to access, unbookable, fully floodlit 4G Astro pitches that aim to promote sports and values such as social responsibility, integration, team play and personal improvement. The Tillydrone Cruyff Court, to be located near Formatine Road, will be a floodlit 3G/4G pitch with a multi-sport hard surface and a running track. Planning permission for the Cruyff Court at Tillydrone has now been granted and construction is estimated to start before the end of 2022.

Feedback from residents and volunteers has been positive;

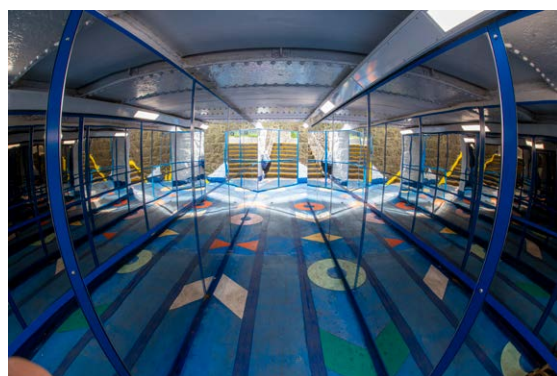
"I think Cruyff Court will benefit the community for there is nothing for kids in area to do... it will keep them off the streets."

"I've lived in the Tillydrone community for 10 years. The Cruyff court will have a massive impact on the area. It's what it's been missing and kids of all ages in the area will be kept off the street with an opportunity to kick a football around and enjoy themselves with their pals."

Tillydrone Underpass

The revamp of the underpass follows concerns to address walking and wheeling accessibility, safety concerns and the connection between Tillydrone and Woodside. Residents and community groups were invited to contribute to the overall design to help shape the future of the area.

The agreed design for the underpass redevelopment uses an array of colourful anti-slip paint to brighten the area, along with reflective panels and lighting to increase visibility and become more pedestrian friendly. So far, an observed footfall by children and families using the underpass has increased by 20%.



The redevelopment was resourced by the Scottish Government Town Centre Regeneration fund and Aberdeen City Council's Place Based Improvement fund. This forms part of a wider Street Design Project led by Sustrans and Aberdeen City Council, known as the Tilly-Wood Street Design Project.

The Tilly-Wood Street Design Project aims to make Tillydrone and Woodside a more attractive place to live, work and move around independently by improving Hayton Road and Don Street. The project team have worked closely with residents in a co-design approach to understand the aspirations, needs and ideas of the local community.



NEXT STEPS

COVID-19 has had a negative impact on everyone's lives. As individuals we have all had to change the way we did many things, to adapt to living in lockdown, such as working from home. Many businesses and organisations, who work within community settings, had to adapt to ensure service delivery. Many new partnerships, collaborative approaches and ways of working have become common practice, for example remote home working via digitally based models.

One of the many challenges throughout COVID has been community engagement. There has been a noticeable decline, with a significant reduction in engagement within the three locality engagement groups and priority neighborhood partnerships.

As restrictions are lifted, this is an ideal opportunity to take stock and look to improving communication and engagement within our communities.

A Locality Planning Refresh Roadmap has been developed to give a systematic approach to next steps in the delivery of locality plans. The intension of the Roadmap is to refresh the role and remit of the LEGs and PNPs, review and prioritise community ideas, identify community assets and plan community projects based on action for change.

Locality Planning Refresh Road Map

