

Aberdeen City Health and Social Care Partnership

Health Improvement Fund

Annual Report 2023-24



Headlines | Background



£2.7million

value of return to wider health and social care economy in prevention activities**



22
active screening panel members



£146,953.95

value of volunteering

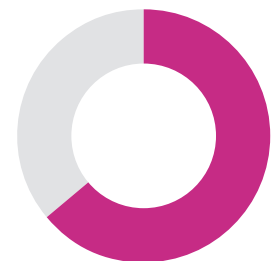


8,884
people supported



64%

state the project will continue



393
volunteers



9,295
hours of volunteer time



*Volunteering time is generally valued as the median hourly pay rate in the area, in Aberdeen this was £15.81. (Office of National Statistics, the Annual Survey of Hours and Earnings (ASHE))

** Based on research which found £1 invested in public health interventions offered on average £14 return to the wider health and social care economy (Public Health Wales)

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 £5,000.00. Anyone living and/or working in Aberdeen City is eligible to apply.

Principles of the Fund:

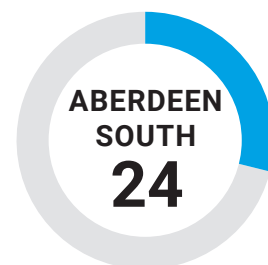
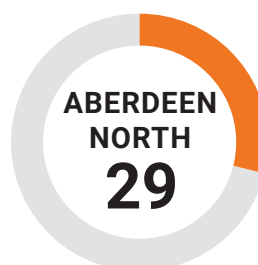
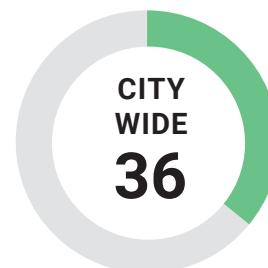
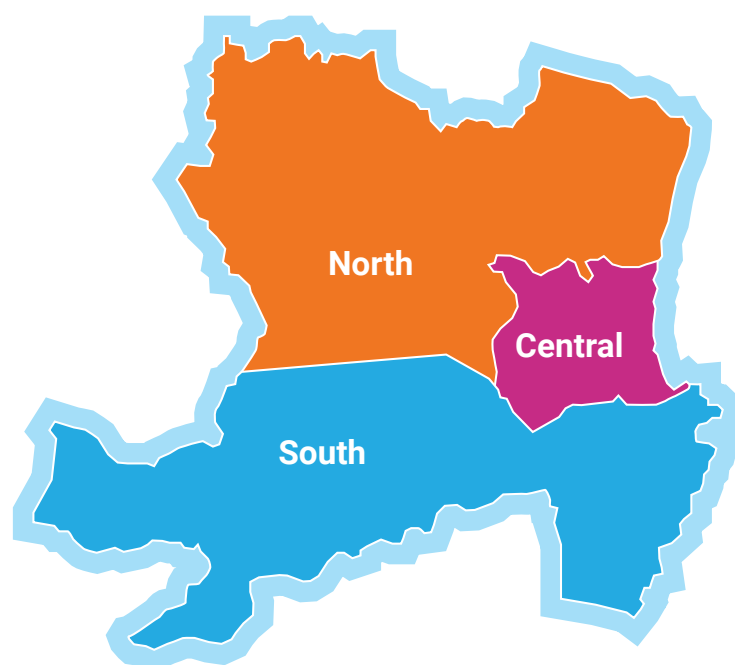
- Projects are innovative and creative.
- Projects are community led and inspire community members to get involved.
- Meet local need and reflect local circumstances.
- Join people together.
- Can show improvements in health and wellbeing

Our 2023/2024 Journey

2023

2024

Applications received in 2023/2024:



Key Developments

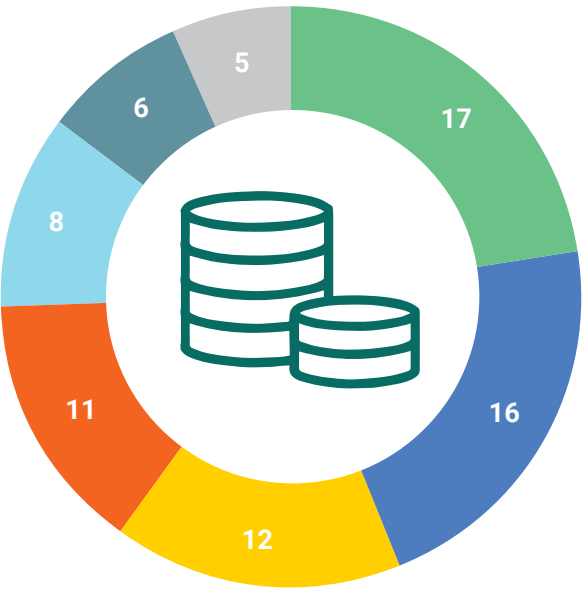
- In response to the cost-of-living crisis and to support projects following on from Covid-19 Pandemic, the fund expanded to support the continuation of projects; not just kickstart initiatives. However, as this is not year-on-year funding, projects must not have received funding from the Health Improvement Fund within the previous 11 months to be eligible.
- Projects must support at least one priority of the Aberdeen City Locality Plans and Local Outcome Improvement Plan (LOIP) for Citywide projects.
- The screening process was updated to reflect feedback from panel members and ensure the process was accessible and appealing to new members.

Our 2023/2024 Journey

Funded Projects:

63% of applications (75 in total) received were funded from the Health Improvement Fund during the funding cycle. The outcome of many projects overlap, however the main focus of the funded projects is illustrated here:

- Self-help and Self-management
- Children and Young People
- Older Adults
- Inclusion and Social Isolation
- Food and Food Growing
- Environmental Improvements
- Physical Activity



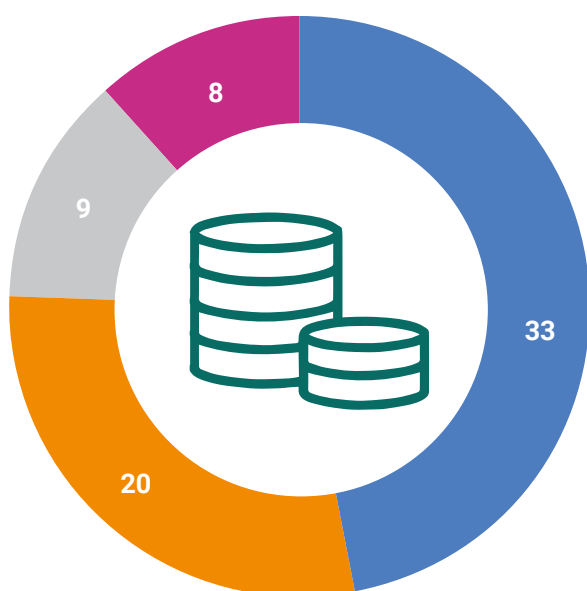
2023

2024

Our 2023/2024 Journey

Of the funded projects in 2023/2024, the top 4 sources were from:

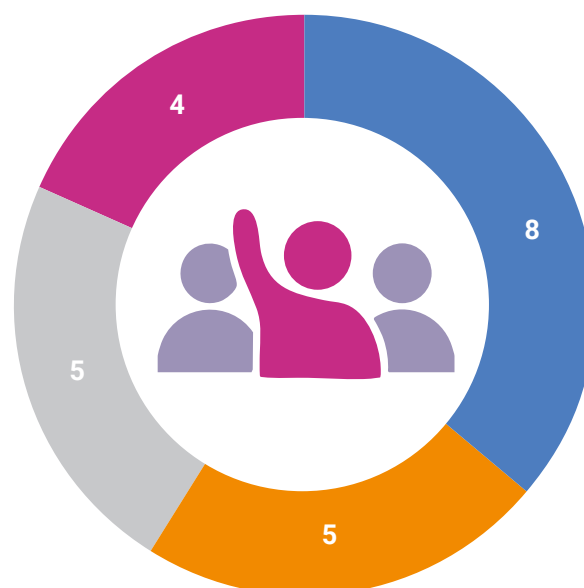
- Registered Charity
- Statutory Body (including schools)
- Voluntary or Community Organisation
- Constituted Group of Club



Decision Making:

Allocations are decided upon by a local screening panel in each locality, involving a range of community representatives and staff from the LEG and PNP, guided by a scoring process based on the funding principles. A breakdown of the 22 panel members:

- Volunteer
- Member of the Public
- Member of Staff (Public Sector)
- Member of Staff (Third Sector)



2023

2024

Case Studies

Volunteers

Volunteers are a vital part of our community and have had a beneficial impact on the running of Health Improvement Funded projects.

Number of volunteers involved:

393



Approximate number of volunteer hours:

9,295

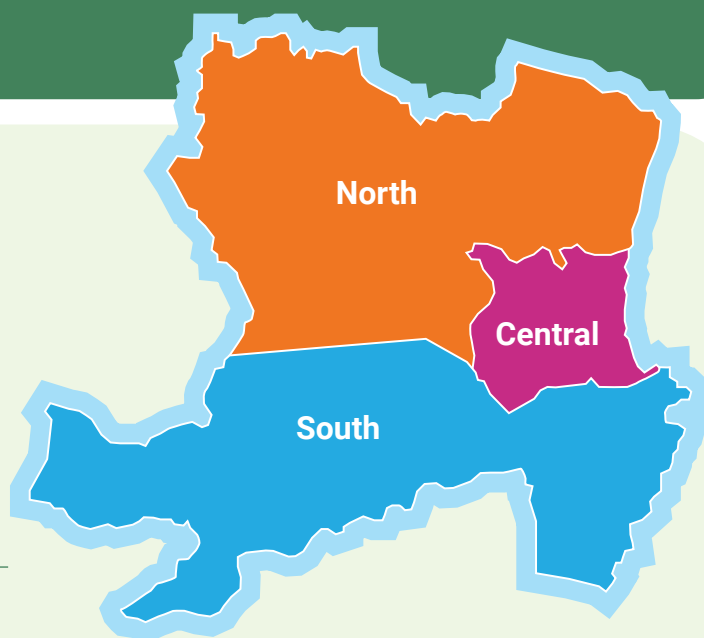


Value of volunteering*:

£146,953.95



*Volunteering time is generally valued as the median hourly pay rate in the area, in Aberdeen this was £15.81. (Office of National Statistics, the Annual Survey of Hours and Earnings)



Number of People Supported

Health Improvement Fund projects focus on improving the health and wellbeing of individuals living and/or working within Aberdeen City.

Number of people supported by a Health Improvement Fund Project:

8,884



Value of support*:

£2.7million

value of return to wider health and social care economy in prevention activities**

** Based on research which found £1 invested in public health inventions offered on average £14 return to the wider health and social care economy (Public Health Wales)



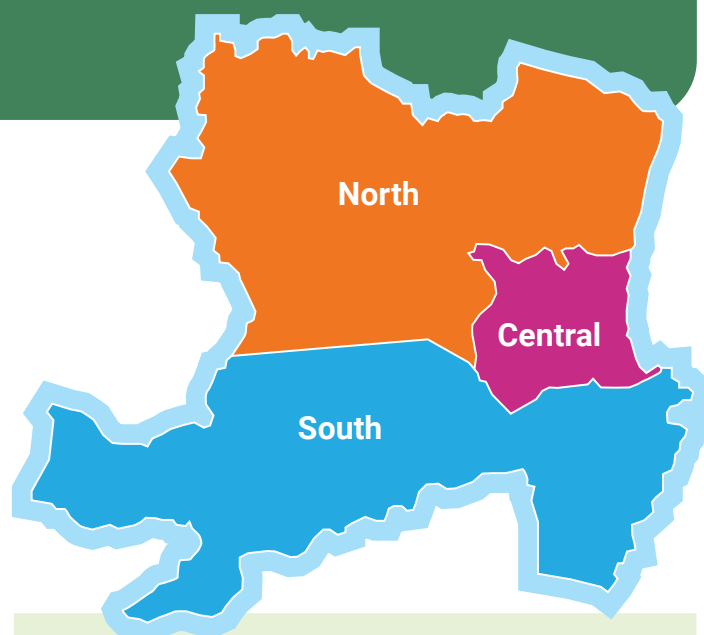
Case Studies – Citywide

Stand Up to Falls

Stand up to Falls is an initiative which aims to raise awareness of falls prevention tips, information and sign-posting. This is a partnership between Volunteer Falls Ambassadors, Sport Aberdeen, Aberdeen City Health and Social Care Partnership and NHS Grampian.

A toolkit of resources was created which will allow the project to continue past the funding period. This included the creation of a logo and booklet which brings together a range of key messages in one hand-out. The Stand Up to Falls team host pop-up events in community area to support the public to become more aware and confident with Falls Prevention information.

“In October 2024 a lady approached the Stand Up To Falls Ambassadors at the vaccination centre, to thank them for the advice she’d received from them 6-months earlier. Although she’d subsequently had a fall, she said she was better able to respond because she’d thought about her falls plan and put measures in place.”



Ladies Swimming – Alhikmah Foundation

The Alhikmah Foundation received funding from the Health Improvement Fund to run an 8-week, women-only, block of swimming lessons. The swimming lessons were targeted at beginners and provided the opportunity for women, who may often struggle to find women-only sessions, to learn how to swim in a supportive environment. At first, 40 places were available, however due to high demand an additional 7 sessions were organised. The lessons focused on increasing confidence in the water and physical activity and improving mental health and wellbeing.

“The initiative was highly appreciated by Muslim sisters in Aberdeen, who often lack access to dedicated women-only swimming facilities”

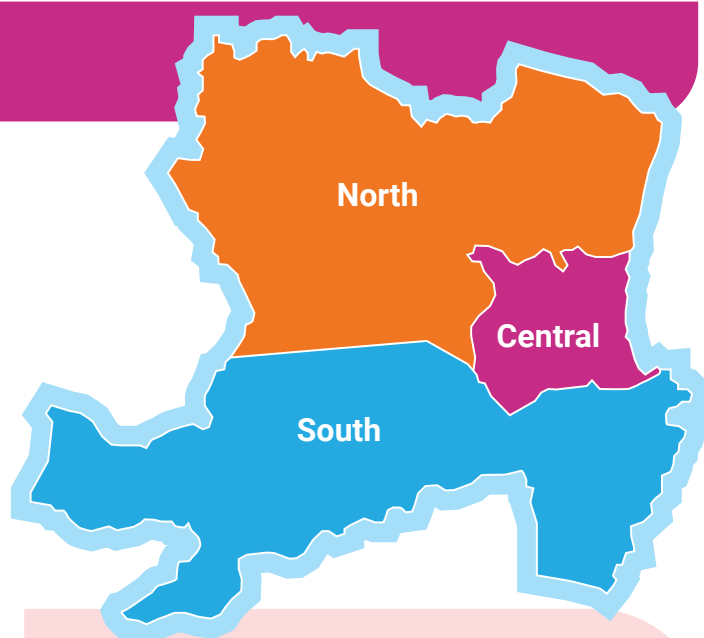
Case Studies – Central

Festive Celebrations – Cairncry Community Centre

Cairncry Community Centre hosted a number of festive celebrations during December to support those who may not otherwise be able to join in with Christmas meals and parties, due to financial or personal constraints. The main event included a 3-course Christmas Day lunch which was open to local residents who could not access food or were lonely or isolated. A free meal was provided, along with entertainment and a gift. The celebrations reduced social isolation, improved mental health and aimed to reduce the stigma around food access.



“The day really emphasised community spirit and the importance of coming together.”



Rosemount Community Garden – Rosemount Community Centre

A group of volunteers have come together to transform a previously unused area of greenspace within the Rosemount Community Centre grounds into a community garden. The group meet weekly to design and develop the garden into an attractive and educational space. Over the course of the project Skene Square Primary School and Midstocket Play Group have used the area and supported the creation of the community garden. The volunteers have also collaborated with the Rosemount Community Centre Association for support with storage and access to the garden-site, and local Men's Sheds to borrow and share tools. The project aims to increase physical activity, improve mental health and wellbeing and reduce social isolation, as well as providing education around gardening and growing.



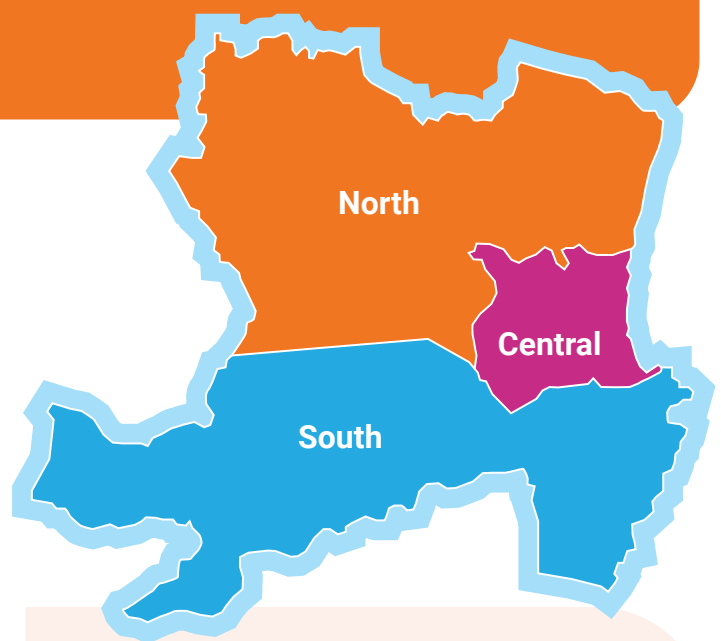
Case Studies – North

Occupational Therapy Student Led Groups – Robert Gordon University

Occupational Therapy Students at Robert Gordon University received funding from the Health Improvement Fund to design, create and run activity sessions within Sheltered Housing Complexes within the North Locality of Aberdeen City. The students were able to work with the residents to facilitate and adapt the sessions as appropriate. This intergenerational project supported the Students learning through real-life scenarios which they may face when working within the health and social care sector upon graduation. Furthermore, the project supported the active aging of residents through meaning activities. The project has involved 32 students, who visit the sheltered housing complexes for 2 hours per week, over an 8 week period.



"This allows social integration for the residents through purposeful holistic activities."



Coping Skills – Middlefield Community Hub

Coping Skills is a weekly, 2 hour session, which provides participants the opportunity to develop skills to deal with matters that cause them anxiety, to feel low or depressed. The group is facilitated by an experienced tutor, who is also a trained counsellor. Each session is group-led and participants are encouraged to share things which may be affecting their mental health, group discussions are then formed around these areas. The sessions equip participants with skills to self-manage their mental health and increase confidence to share how they are feeling, while also learning from others. Following on from the group, participants identified a Bereavement Group would be beneficial and this will now be starting up within the Hub.

"The group has bonded really well, it doesn't matter what the age difference is"

"It's a safe space to share how you are feeling and get support"

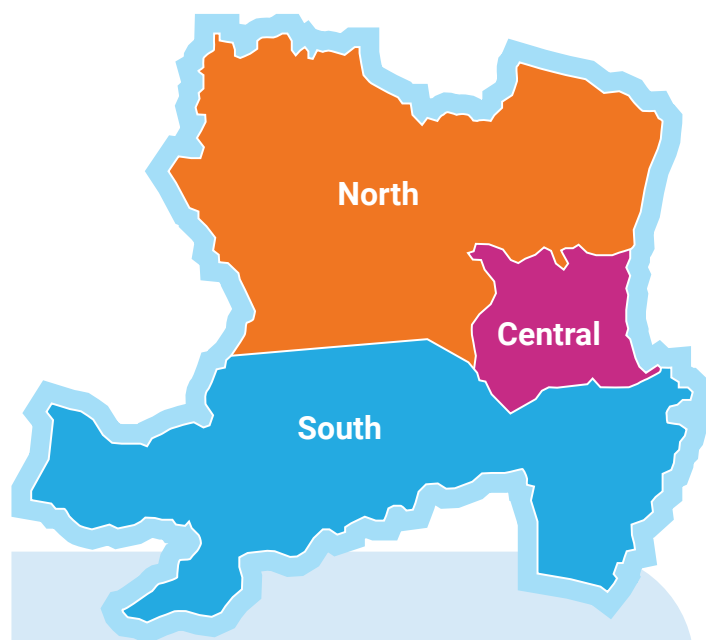
Case Studies – South

Cook and Create – Freelance Creative Practitioners

Cook and Create was a project targeted at primary aged children to encourage food skills and healthy eating within a creative and inclusive environment. The project was run over 3 sessions, each session consisted of cooking and eating a healthy meal together and participating in some arts and crafts to finish the day. While eating the meal, the participants were able to speak about the ingredients used within the meal and explore the importance of healthy eating together. The work undertaken during the art sessions was utilised to create a recipe book for all participants to share with their families upon Cook and Create project finishing.



“.. a portion of the recipe for each child to take away at the end of the session. This ensured that participants had adequate access to healthy food whenever we were able to support this and it also supported sharing of what was learnt in the sessions with family and friends after the session ended.”



Inchgarth pre-school and p1/2 fun clubs - Inchgarth Community Centre

This project aimed to provide several pre-school activities within the Community Centre. The aim was to support both the children and their parents. The Centre appreciated that often if parents are picking their child up, this would be an avenue to ensure any additional support could be provided. The fun clubs provide an opportunity for children to play with friends and build confidence, approximately 680 people have been supported by this project.



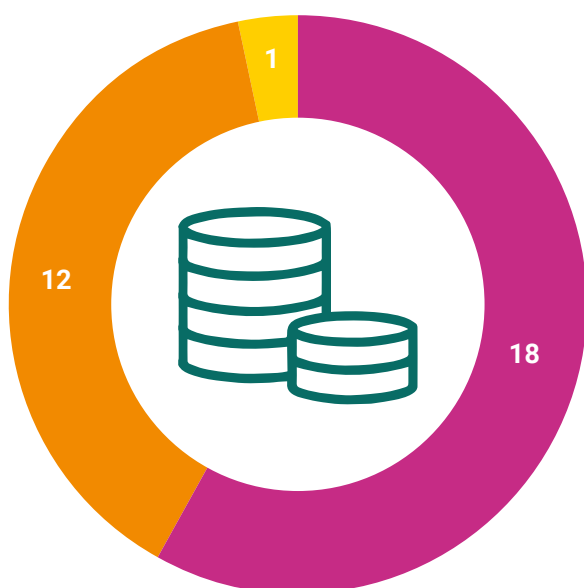
Project Sustainability

2022/2023

To better understand the sustainability of projects which have been funded through the Health Improvement Fund, we carried out a follow-up survey with the previously funded projects from the 2022/2023 funding cycle. The survey was conducted during 2024, 1 year after the funding cycle had completed.

Of the 68 projects funded, 31 completed the follow up.

- Project still running with slight changes
- Project still running with no changes
- Project ended once funds were utilised



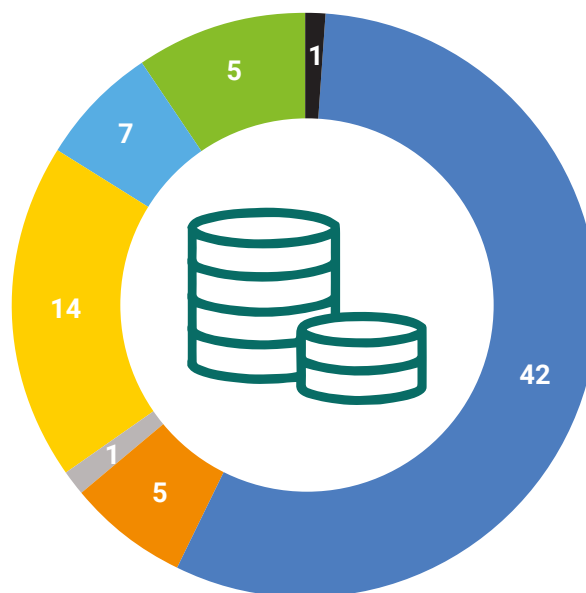
2023/2024

As part of the project end evaluation which is completed 1 year after funding has been awarded, projects were asked to identify the status of their project.

64% (48 in total) projects have stated the project will be continuing out with the funding awarded.

Of the 75 projects funded:

- Project will continue with no changes
- Project will continue with minor changes
- Project will continue with major changes
- Project is complete
- Project not yet started (due to various issues)
- Not yet completed evaluation
- Money returned



Looking ahead to 2024/25

The 2024/2025 funding round is now complete and we wanted to highlight some of the successful projects which will be underway this year. All projects have been asked to input their details onto the ALISS website (A Local Information System Scotland), so if you would like to find a certain activity near you – have a look!

CITYWIDE

Nature Prescriptions – RSPB

RSPB will train all Link Practitioners in the City to confidently undertake Nature Prescribing. RSPB will provide various supporting documents and a regular group meet-up for those prescribed to nature.

Youth Wellness Project – Touch of Love

Open to young people aged 8-18. Activities focus on physical activity, mental and emotional wellbeing, education and skills workshops and social and community engagement activities.

Pillow Talk – The Period Place

A series of community-based menopause and fibroids workshops focused on minority ethnic women, especially African women.

CENTRAL

Chair Based Zumba – Tillydrone Community Campus

Chair based Zumba sessions within the Community Campus to increase physical activity and improve strength and balance.

Knit and Chatter (Intergenerational) – Your Love Rara

Craft sessions which will bring older and younger generations together, to reduce social isolation and improve mental wellbeing



NORTH

Postnatal Pathways - Mastrick, Sheddocksley & Summerhill Community Council

A weekly support group for postnatal mothers

Nurturing Young Minds – Bridge of Don and District Men's Shed

An intergenerational gardening project involving the Men's Shed and Forehill Primary School.

SOUTH

Walk and Talk Therapy in St. Fittick's Park - Friends of St Fittick's Park

Improving mental health and wellbeing by supporting people to get access to being outdoors in nature and the opportunity for conversations during nature walks.

Albury Outdoor Centre

Replacement of equipment (putters, tennis balls and bowling matts) which can be used by those who visit the Outdoor Centre.



Funded by



Aberdeen City
Health & Social Care
Partnership

Health Improvement Fund

This year we have launched a Health Improvement Fund logo. Successful projects have been asked to share this logo on any promotional materials that are shared with the public. Keep an eye out for local projects near you!



You can also keep up with the latest news by following our Facebook Page "Health Improvement Fund". We share project updates from successful applicants and various funding opportunities as they arise.

HIF Code	Project	Award	Summary
Inclusion and Social Isolation (11)			
Citywide	Parent/Carer support services - SensationALL	£700.00	Regular support groups, networking and information sessions for parent/carers of neurodiverse individuals and those with complex needs.
Citywide	Walk Aberdeen – Inclusive Walking Project - Sport Aberdeen	£4,270.00	These new walks will focus on equality and inclusion and will be designed with and for people to help them overcome barriers to being active and enjoying the outdoors.
Citywide	Therapies at the Bread Maker - Aberdeen Day Project Ltd t/a The Bread Maker	£2,880.00	Therapeutic programmes for adults with learning disabilities.
Central	Cairncry Festive Celebration - Cairncry Community Centre	£3,099.00	Provide lunches to families and vulnerable people over the festive period to prevent social isolation and food poverty.
Central	Woodside Adult Wellbeing Activities - Fersands and Fountain SCIO	£4,000.00	Kickstart a range of adult services within a disadvantaged community.
Central	New Scots Funded Football Sessions - Sport Aberdeen	£2,920.00	Funded football sessions for New Scots, providing kit where necessary.
Central	ASN/Kinship Group Playscheme - Family Learning (Aberdeen City Council)	£2,100.00	A peer-support group for the ASN/Kinship Carer groups.
Central	Sunnybank Healthy Moving - Sunnybank Community Centre Association	£2,000.00	A range of activities including yoga, employability support for English as second language and a book challenge for primary age children.
North	Swing For Garden - Len Ironside Centre	£4,694.40	Purchase of an accessible swing for the Garden at Centre.
North	Occupational Therapy Student Led Groups - Robert Gordon University	£152.97	Occupational Therapy Student Led Groups supporting adults in supported accommodation.
South	Denis Law Family Fun Day - Torry - Denis Law legacy Trust	£1,500.00	A Free to attend Family fun day in Torry planned and run by local Young People.
Physical Activity (5)			
Citywide	Better Health Better Future - Alhikmah Foundation	£152.97	Weekly fitness classes for women.
Citywide	Feel Good Football - Strikers	£2,250.00	A range of activities to support improved health and wellbeing such as Pilates and Yoga.
Central	Powis Accessible Gym Enterprise (PAGE) - Powis Residents Group	£4,993.20	Accessible outdoor exercise equipment in local park.
North	Move it LIC - Len Ironside Centre	£3,050.15	Sensory games, team sports, and personalized exercises for those with long term health conditions.
North	Walking Football Wednesday - Strikers	£956.00	Weekly walking football sessions.

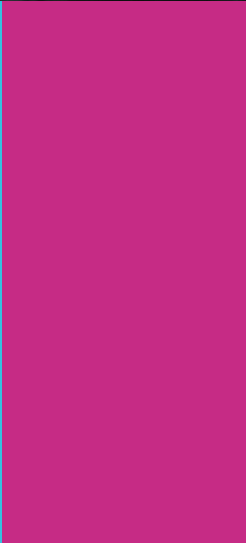
HIF Code	Project	Award	Summary
Self-help and Self-management (17)			
Citywide	Health and Wellbeing checks - Sport Aberdeen (connections to HIFA684, HIFA700, HIFA702 HIFA709)	£6,400.00	A project which linked many requests from 23/24 applicants to undertake Health Checks (HIFA684, HIFA700, HIFA702 HIFA709)
Citywide	Health Issues in the Community Training - CHEX	£3000.00	Training for staff working in Aberdeen City to undertake the Health Issues in the Community tutor course.
Citywide	Community inclusion and integration - Aberdeen in Recovery	£2,000.00	Additional drop in sessions with the offering of food, warmth, company, themed information sessions on a variety of wellbeing issues.
Citywide	African Women Health Talk Series project 2023 - 2024 - The Bridge	£780.00	Peer support group for African women to promote positive health and wellbeing.
Citywide	African Men Health Talk Series project PART 2 2023 - 2024 - The Bridge	£390.00	Peer support group for African men to promote positive health and wellbeing.
Central	Dance for Life - Laura Booth with What Moves You CIC	£2,472.50	A dance project created specifically with the needs of people living with Cancer.
Central	Chilling in the Chill Out - S.T.A.R. - Seaton Taking Action For Regeneration	£4,200.00	A sensory room open to all to book and utilise.
Central	Music Café at The Ivories - Music 4 U	£1,942.92	A music based social activity for those with additional support needs, health conditions and the wider community.
Central	NESS Accessible Yoga Classes - Grampian Society for the Blind, operating as North East Sensory Services (NESS)	£3,640.00	Yoga for adult service users living with serious sight and/or hearing loss.
Central	Exercise groups at Maggie's Aberdeen - Maggie Keswick Jencks Cancer Caring Centres Trust (Maggie's Aberdeen)	£2,500.00	Exercise groups for people with Cancer as well as their family and carers.
North	Natural Healing with Wendy – Beacon Centre Community Association	£635.00	A holistic course to support participants with anxiety.
North	Natural Healing with Wendy - Cummings Park	£635.00	A holistic course to support participants with anxiety.
North	Positive Pathways - Pathways	£4,675.00	A series of short courses to help people identify the issues in their lives, plan how to address these issues and build their confidence.
North	Coping Skills - Middlefield Community Project	£5,000.00	Coping Skills for Living with Anxiety and Depression 12-week course.
North	Community Nappy Exchange - Danestone Community Centre	£449.95	Community Nappy Exchange for centre.
North	Trauma Informed Time Together - Let's All Talk North East Mums (LATNEM)	£2,022.00	Training of 4 new volunteers to meet demand and provide trauma-informed support for service users in the area.
South	Connecting New Scots - Asylum and Refugee Care (AARC)	£4,931.96	An eight week programme for asylum seekers using social and therapeutic horticulture practice.

HIF Code	Project	Award	Summary
Children and Young People (16)			
Citywide	Aberdeen Surf Lifesaving Juniors Club - Aberdeen Surf Lifesaving club	£4,720.00	Set up of a kids club (7-16 years) to promote physical fitness, improve wellbeing and teach life-long lifesaving skills.
Citywide	Stay, Play and Connect - Sport Aberdeen	£3,037.00	Increase opportunity and participation in sport for children with additional support needs and provide safe spaces for families to connect.
Citywide	Anime Art Academy at Ninja HQ - We Too!	£3,000.00	Creating an Art Academy for Neurodivergent Teenagers and their families.
Citywide	Aberdeen Hospital Outreach - Team Jak	£4,186.80	Activity sessions for children staying in hospital for treatment of Cancer, and provide support and signposting to parents, carers and families.
Citywide	Young Carers Awareness Group - Barnardo's	£2,500.00	Carers awareness group for Young Carers.
Citywide	Czech school - Czech school Scotland CIC - Aberdeen	£472.00	Czech school for children 6-12 years of age.
Central	Mile End Sensory Garden - Mile End Sensory Garden	£771.00	Creating a sensory garden in the school grounds.
Central	Celebrating Cultural Diversity - Skene Square Primary School	£1,470.00	Celebrating the diversity of the Skene Square Community through cooking classes, and celebration event.
North	Oldmachar Youth Club - Oldmachar Church	£2,000.00	Youth Club held in Oldmachar Church (open to all, not faith focused).
North	Heathryburn Community Garden - Heathryburn Primary School	£275.40	Community garden to engage families in the cycle of food growing, plants through the seasons.
North	Westpark School Senior Hockey Team - Westpark School	£2,000.00	Equipment for the school hockey team.
South	Hazlehead PEEP - Bringing families together - Aberdeen City Council	£4,008.86	PEEP sessions for families to promote positive parenting and make connections with others in local community.
South	Rainbow Room Sensory Garden - Kaimhill School Enhanced Provision	£5,000.00	Creating a sensory garden for children with additional support needs.
South	Confidence to Cook session - Cults Academy	£389.00	Confidence to Cook sessions will allow young people.
South	Broomhill Primary Garden - Gray Street Allotment Association	£118.00	Purchase of equipment to support an intergenerational gardening project at Broomhill Primary School.
South	Inchgarth pre-school and p1/2 fun clubs - Inchgarth Community Centre	£5,000.00	Activities for pre-school, P1 and P2 children that benefit both the children and parents.

HIF Code	Project	Award	Summary
Environmental Improvements (6)			
Citywide	Wernham House support - Aberdeen Cyrenians	£1,478.40	Purchase of mattresses to replace those worn.
North	EncourAGE – Dyce & Stoneywood Community Association	£2,000.00	Purchase of 2 benches for Central Park.
North	Champions Club - Kings Church	£5,000.00	Creation of a fully equipped changing room suitable for complex medical needs accessible to the general public as well as in house users.
North	Hearing Loop Installation - Aberdeen North Parish Church	£1,116.00	Installation of hearing loop within the Church.
South	Improving the Teaching Kitchen at Deeside Family Learning Centre - Deeside Family Centre	£1,271.50	Upgrading and enhancing the teaching kitchen at Deeside Family Centre.
South	Repair of Lovers' Walk - Culter Community Council	£5,000.00	Repair of Lovers' Walk.
Food and Food Growing (8)			
Citywide	The Garden Group - Len Ironside Centre	£3,850.00	Purchase of equipment to allow of accessible participation in garden year-round.
Central	Eat Your Way to a Healthier Happier Future - Seaton Community Hub	£2,000.00	Food education and production sessions within local community.
Central	Transform Storehouse (Central Community Pantry) and Social Enterprises. - Catalyst Transform, a department of Catalyst Vineyard Church	£4,920.00	Provision of emergency and top-up food to people in Central Aberdeen.
Central	Rosemount Community Garden - Rosemount Community Garden Project	£500.00	Design and development of an accessible community garden, including growing vegetables.
North	Greenfern Orchard - Greenfern Orchard	£2,051.93	Transforming unused area of land into a community garden for all.
South	Cook and Create - Freelance Creative Practitioners	£2,876.44	Cooking sessions to encourage increase in skills and creation of recipe book.
South	Families Cooking Together (FCT) - Community Food Initiatives North East	£4,874.40	Cooking and information sessions for families where adults and children.
South	Movement & Menu for wellbeing - Kincorth Development Group	£2,000.00	Weekly exercise classes.

HIF Code	Project	Award	Summary
Older Adults (12)			
Citywide	Stand Up To Falls - Stand Up To Falls	£2,489.50	Falls awareness sessions with volunteer falls ambassadors, and health and wellbeing staff.
Citywide	Cycling Without Age Scotland – Aberdeen City	£4,000.00	Purchase of a tri-shaw bike.
Central	More Than Alzheimer's - No Just	£1,800.00	Art class for people living with Alzheimer's, the final works professionally printed and displayed at an exhibition
Central	Seaton Soup and Sannies - Seaton Community Hub	£1,864.58	Two monthly lunch clubs for the sheltered housing residents in Seaton.
Central	Boogie in the Bar at Dee Swim Club - Aberdeen City Health and Social Care Partnership	£4,800.00	Boogie in the bar at Dee Swim Club, Gerrard Street.
North	Boogie in the Bar - The Green Trees	£2,400.00	Greentrees Boogie in the Bar at Greentrees Pub, Dyce.
North	Active Aging - Danestone Community Centre	£2,735.94	Physical activity sessions for older adults.
North	Dyce Lunch Club - Dyce and Stoneywood CA	£942.00	Monthly lunch club for older adults.
North	Sunnybank Boogie in the Bar - Aberdeen City Health and Social Care Partnership	£2,400.00	Boogie in the Bar at Sunnybank Football Club.
South	Torry Boogie in the Bar - Aberdeen City Health and Social Care Partnership	£1,932.98	Boogie in the Bar in Torry.
South	Something we can all do - Bon Accord Care	£2,596.86	Creation of an accessible garden for residents with support from local school.
South	Creating an accessible garden within Very Sheltered Housing Complex - Bon Accord Care	£3,500.00	Creation of an accessible garden for residents.





Aberdeen City Health and Social Care Partnership

Health Improvement Fund

Annual Report 2023-24



HealthImprovement@aberdeencity.gov.uk



www.aberdeencityhscp.scot/our-innovations/the-health-improvement-fund/



Health Improvement Fund



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