



North Ayrshire  
Community Planning Partnership

## Arran Locality Partnership

Wednesday 9 September 2020 at 4.45 pm via Microsoft Teams

### Business

Item	Subject	Pg No	Ref	Officer	Timings
1.	<b>Welcome and Apologies</b> <ul style="list-style-type: none"><li>Special Thanks to Theresa Potter.</li></ul>	-		Cllr McMaster	4.45 – 4.50
2.	<b>Action Note</b> Review the action note and deal with any outstanding items.	Pg 3	Enclosed	Audrey Sutton	4.50 – 4.55
3.	<b>Community Hubs and Support</b> Receive update from Audrey Sutton.	-	Verbal	Audrey Sutton	4.55 – 5.40
4.	<b>CIF Application</b> Receive report Anne-Marie Hunter.	Pg 10	Enclosed	Anne-Marie Hunter	5.40 – 5.55
<b>Comfort Break</b>					<b>5.55 – 6.00</b>
5.	<b>Community Asset Transfer</b> Receive update from Lesley Forsyth on the Community Asset Transfer for Arran Youth Foundation.	-	Verbal	Lesley Forsyth	6.00 – 6.05
6.	<b>Islands Officer Proposal</b> Receive update from Caitriona McAuley.	-	Verbal	Caitriona McAuley	6.05 – 6.15
7.	<b>Arran Recovery Group</b> Receive update from Tom Tracey.	-	Verbal	Tom Tracey Jude King	6.15 – 6.25
8.	<b>Locality Partnership Forum/HSCP Update</b> Receive update from Greg Hamill.	-	Verbal	Greg Hamill	6.20 – 6.35
9.	<b>Arran Drug and Alcohol Study and Dementia Friendly Arran</b> Receive update from Vicki Yuill.	-	Verbal	Vicki Yuill	6.35 – 6.45
10.	<b>AOCB</b> <ul style="list-style-type: none"><li>Arran Mountain Bike Club</li></ul>			Cllr McMaster/Audrey Sutton	6.45 – 7.00

## Distribution

### **Elected Members**

Councillor Ellen McMaster **(Chair)**  
Councillor Timothy Billings  
Councillor Anthony Gurney

### **Community Representatives**

Richard McMaster (Arran Community Council)  
Tom Tracey  
Diana Turbett

### **CPP/Council Representatives**

Vicki Yuill, Senior Lead/ HSCP Chair  
Audrey Sutton, Lead Officer  
Greg Hamill- Lead GP **(Vice Chair)**  
Carol Kane, TSI  
Michelle Sutherland, HSCP  
Alison Wilson, Police Scotland  
Dougie Robertson, Police Scotland  
Anne-Marie Hunter, North Ayrshire Council

<b>Meeting:</b>	<b>Arran Locality Partnership</b>	
<b>Date/Venue:</b>	30 January 2020, Video Conference Meeting (Arran High/Greenwood Conference Centre)	
<b>Present:</b>	<p>Councillor Ellen McMaster <b>(Chair)</b>; Dr Greg Hamill, GP Lead <b>(Vice Chair)</b> Audrey Sutton, Interim Executive Director (Communities) North Ayrshire Council (Lead Officer); Anne Marie Hunter, North Ayrshire Council; Inspector Alison Wilson, Police Scotland; Carol Kane, Operations Manager, Arran CVS Diana Turbett, community Representative Lesley Forsyth, Senior Manager Information and Culture Michelle Sutherland, North Ayrshire Health and Social Care Partnership Richard McMaster, Arran Community Council Representative Theresa Potter, HSCP Engagement Officer</p> <p>Jennifer McGee, Community &amp; Locality Planning Assistant, North Ayrshire Council (Notes)</p> <p><b>In Attendance</b></p> <p>Thom Ledingham, Planning Officer <b>(Item 3)</b> Caitriona McAuley, Head of Economic Development &amp; Regeneration <b>(item 4)</b> Gillian Jennings, Health Improvement Officer, NHS Ayrshire &amp; Arran <b>(item 6)</b> David Meechan, Senior Project Officer, NHS Ayrshire &amp; Arran <b>(item 6)</b> Heather Still, Drug and Alcohol Researcher, Arran CVS <b>(item 9)</b> Barry Smith, Head Teacher, Arran High <b>(item 8)</b> Suzie Dick, Depute Head Teacher, Arran High <b>(item 8)</b> Joao Gonçalves, Arran CVS Jordan Cooke, Deloitte Joanna Glacken, Assistant Planning Officer</p>	
<b>Apologies:</b>	<p>Councillor Anthony Gurney Councillor Timothy Billings; Tom Tracey, Community Representative; Sgt. Dougie Robertson, Police Scotland; Vicki Yuill, Senior Lead Officer (TSI)</p>	
<b>ACTIONS</b>		
<b>No.</b>	<b>Action</b>	<b>Responsible</b>
1.	<p><b>Welcome and Apologies</b></p> <p>Due to adverse weather and the cancellation of ferries at short notice, it was agreed that the Locality Partnership Meeting would take place via video conference. Those from the island joined from Arran High School and those from the mainland joined from Greenwood Conference Centre.</p> <p>The Chair welcomed everyone to the meeting including Jordan Cooke from Deloitte who was observing the meeting as part of the Council's Best Value Audit.</p>	<b>Noted</b>

	Apologies for absence were noted.	
2.	<p><b>Minutes from meeting held on 26 September 2019</b></p> <p>The minutes arising from the meeting held on 26 September 2019 were approved.</p>	Noted
3.	<p><b>Matters Arising</b></p> <p><b>Child Poverty Action Plan:</b> An update will come to the March 2020 meeting.</p> <p><b>National Islands Plan:</b> A Sutton advised that the Scottish Government have now published their National Islands Plan and that it would be useful to have this as a discussion item on the next agenda.</p> <p><b>Youth Cabinet:</b> will be held on Arran during March 2020. A confirmed date will be shared with the Partnership in due course.</p>	<p><b>J McGee</b></p> <p><b>J McGee</b></p>
4.	<p><b>LDP 2</b></p> <p>Thom Ledingham from the Council's Planning Department delivered a presentation on the Council's Local Development Plan.</p> <p>The presentation provided information on: -</p> <ul style="list-style-type: none"> <li>• The Timeline for the Local Development Plan 2, which commenced in 2016 and following engagement, consultation and examination was adopted in 2019;</li> <li>• The shared vision of the plan that every person in North Ayrshire is valued and should have the best opportunities to live their life to their full potential;</li> <li>• Four Strategic policies - Spatial Strategy, Placemaking, Strategic Development Area and Delivery on Community Priorities and how these align with the LOIP.</li> </ul> <p>The next steps will include an Action Programme, followed by the National Planning Framework and Regional Spatial Strategy, Monitoring, New Local Development Plan (incorporating ongoing engagement with Locality Planning Partnerships and communities) and Local Place Plans.</p> <p>Thom highlighted that the LDP 2 document is available to view online and a hard copy is available to view in the Lamlash Office and Brodick Library.</p> <p>The Chair thanked Thom for this presentation.</p>	

5.	<p><b>Community Wealth Building</b></p> <p>The Partnership received a presentation from Caitriona McAuley, Head of Economic Development and Regeneration on Community Wealth Building (CWB).</p> <p>The presentation highlighted:</p> <ul style="list-style-type: none"> <li>• CWB is a transformative approach to local economic development, developing wealth with local roots and ownership;</li> <li>• The five pillars of community wealth building – procurement, employment, land and assets, financial power and democratic ownership of the local economy. Local authorities and other well established ‘anchor’ organisations - such as Council’s, NHS, further and higher education institutions, and larger private sector organisations can leverage to support and develop local economies using these five pillars;</li> <li>• Securing £3m from the Ayrshire Growth Deal Community Wealth Building Fund for a regional approach to CWB;</li> <li>• 22 new business start-ups and 13 growth companies accounts managed by the Council’s Business Development Team in 2018/19 on Arran.</li> </ul> <p>C McAuley highlighted that the public sector in Ayrshire spends billions of pounds each year and CWB will look at harnessing these resources to create a new inclusive economy that delivers economic, social and environmental justice for the citizens of North Ayrshire. By increasing the amount of local expenditure by a few percent, could mean millions of pounds being paid to the local economy.</p> <p>C McAuley advised that work is now being undertaken with partner organisations to create a strategy that will help deliver a Community Wealth Building approach that supports local businesses and creates new democratic models of ownership, including worker co-operatives, to create good, well paid jobs. Publicly owned land and assets will be used for the common good and be an enabler for a vibrant, democratic economy.</p> <p>G Hamill asked C McAuley if she could confirm the target percentage aim North Ayrshire would like to see spent locally. C McAuley has confirmed that we currently spend 19% locally and they would be looking to increase this to 26%.</p> <p>Richard McMaster asked about support to local businesses to take advantage of tender opportunities.</p>	<p><b>Noted</b></p>
----	---	---------------------

	The Partnership thanked C McAuley for her presentation. The Chair suggested it would be good to revisit CWB at a future meeting with C McAuley for a more in-depth discussion.	<b>J McGee/C McAuley</b>
<b>6.</b>	<p><b>Community Engagement</b></p> <p>Anne-Marie Hunter and Theresa Potter provided the Partnership with an update on the work taking place around community engagement.</p> <p>They attended the Santa Sparkle event in Lamlash in November and engaged with 151 attendees. They engaged with attendees using 'Penny for Your Thoughts' which enabled them to have a quick intervention to determine the individual's priority in exchange for a chocolate coin. During the discussions it emerged that the Locality Partnership priorities matched the priorities of the local people.</p> <p>Overall the event was very well structured embracing the sentiments and fun of Christmas which captured the enthusiasms of the participants and enabled a very enthusiastic and positive response to their engagement.</p> <p>They have also met with the High School's Mental Health Youth Ambassadors to hold a Capacity Building session. This session was very well received and those who attended engaged enthusiastically, articulating their needs, issues and aspirations for bespoke Youth Mental Health Services.</p> <p>Some of the main highlights from this discussion were to de-stigmatise the 'Wellbeing Centre' already in place and develop safe spaces all around the school. Another was to explore more creative types of wellbeing including art, music and pet therapy. Currently a lot of the activities are based around sports, however this does not suit everyone. The Mental Health Youth Ambassadors are keen to develop a CIF application to help fund other therapies and more.</p> <p>The Partnership agreed that this would be supportive of receiving a CIF application from the Group.</p> <p>Both A Hunter and T Potter highlighted that they were looking forward to meeting with the Mental Health Youth Ambassadors again to continue their work.</p>	<p><b>Noted</b></p> <p><b>A Hunter/T Potter</b></p>
<b>7.</b>	<p><b>Green Health Partnership</b></p> <p>The Partnership received a presentation from Gillian Jennings and David Meechan, NHS Ayrshire and Arran on the promotion of Green Health in North Ayrshire. Green Health aims to improve health and reduce health inequalities by making more use of the outdoors for nature activities.</p> <p>Information was provided on the following:</p> <ul style="list-style-type: none"> <li>• examples of activities which improve Green Health;</li> </ul>	

	<ul style="list-style-type: none"> <li>the associated health benefits of promoting Green Health;</li> <li>other benefits of promoting Green Health;</li> <li>the organisations which form the North Ayrshire Green Health Partnership steering group;</li> <li>the use of referrals from KA Leisure and Active North Ayrshire; and</li> <li>the key messages about Green Health.</li> </ul> <p>They also highlighted that the 2020 and 2021 Development Fund would be merged (£30k from each year) in to a £60k funding pot. This fund will help support up to 13 x £1500, 4 x £5000 and 2 x £10,000 projects. The aim it to spread the funding across all six localities. Details of when the funding will go live will be available soon.</p> <p>The Partnership thanked both G Jennings and D Meechan for their presentation.</p>	<b>Noted</b>
<b>8.</b>	<p><b>Young People's Mental Health</b></p> <p>Barry Smith, Head Teacher and Suzie Dick Depute Head Teacher, Arran High provided the Partnership with an update on Arran High's Health and Wellbeing For All Strategy.</p> <p>B Smith and S Dick advised the partnership that over the last four years the team have been working on this strategy.</p> <p>The school's Wellbeing Centre was launched in August 2019 has a very island specific approach. On launch day pupils participated in a bespoke mindfulness session.</p> <p>A Mental Health SQA is being delivered within the school and National 4 and 5 level as well as a range of other awards for senior students.</p> <p>A full background report detailing the work happening within the school, the challenges face and the next steps was circulated to the Partnership for interest.</p> <p>Again, the Partnership conveyed their support of receiving a CIF Application from Group.</p>	<b>Noted</b>
<b>9.</b>	<p><b>Locality Partnership Forum/HSCP Update</b></p> <p>Greg Hamill provided the Locality Partnership with the following updates:</p> <ul style="list-style-type: none"> <li>There are still issues relating to recruitment and retention of staff on the island. This was also an issued for the Social Work Team, however this has changed</li> <li>Arran's A&amp;E department is seeing a grow in the number of people presenting themselves at A&amp;E;</li> </ul>	

	<ul style="list-style-type: none"> <li>Over the 12 months the ambulance service has been working with Cal Mac to make it easier to get patients off the island for treatment. The ambulance now has a priority boarding permit, which allows them to skip the queue when there is someone on the island who needs to see a healthcare professional on the mainland.</li> <li>GP Contract changes are progressing across North Ayrshire. Residents will now be able to see a Physio, Mental Health Nurse etc without being referred from the GP.</li> </ul> <p>T Potter highlighted that:</p> <ul style="list-style-type: none"> <li>A Drug Death summit was held at Saltcoats Town Hall on 21 January following a motion approved by the Full Council during 2019 declaring a drug death emergency. At the Summit it was announced that North Ayrshire Alcohol and Drugs Partnership would be holding a PB event. Community groups and projects can submit bids for funding grants of between £8,000 and £10,000 to promote recovery and address the impact of drugs-related deaths in our communities;</li> <li>Community Workers have also been trained to administer Naloxone;</li> <li>There are two consultations currently live. The first is one is future chemotherapy services in Ayrshire and Arran and the second relates to the Adult Social Care Reform Programme.</li> </ul> <p>A Sutton asked J McGee to circulate a copy of both consultations.</p> <p>The Partnership thanked G Hamill and T Potter for the update.</p>	<p><b>Noted</b></p> <p><b>J McGee</b></p>
10.	<p><b>Arran Drug and Alcohol Study</b></p> <p>Heather Still provided the Partnership with an update on her Arran Drug and Alcohol Study.</p> <p>H Still advised that she was based within Arran CVS, this is a six month post funded by the Corra Foundation.</p> <p>H Still highlighted that she has met with service users and families so far:</p> <ul style="list-style-type: none"> <li>23 people have come forward to be interviewed. 13 have been interviewed.</li> <li>50 survey responses have been collected</li> <li>Elderly and youth forum have been contacted</li> </ul> <p>During these conversations it was noted that the most frequently asked for support was either a crisis point contact or a light touch, informal support group. It was also pointed out that there are very</p>	<p><b>Noted</b></p>



	<p>little options of support for those living with an addiction on the island in comparison to the mainland. There is also no support for families.</p> <p>H Still revealed that the nature of drug use on Arran is very different to that on the mainland where it is mostly opiate based and necessitates people to be given Naloxone training whereas the misuse on Arran appears to be Cocaine based and therefore requires a different approach entirely. These findings were echoed by G Hamill and in response M Sutherland suggested that a different response might be more suitable for Arran and that this was something she would look in to.</p> <p>H Still advised the Partnership that she had contacted the North Ayrshire Alcohol and Drug Partnership requesting figures to set a monetary value against the loss of staff time when travel plans are disrupted.</p> <p>M Sutherland advised H Still that this kind of data may not be available and that she would liaise with a Senior Manager from the HSCP regarding this matter.</p> <p>It was agreed that H Still would forward a copy of the report she has collated to J McGee who would then share with the Partnership.</p> <p>The Partnership thanked H Still for attending and providing her update.</p>	<p><b>M Sutherland</b></p> <p><b>M Sutherland</b></p> <p><b>J McGee</b></p>
<b>11.</b>	<p><b>AOCB</b></p> <p>A Sutton highlighted that there had been a helpful discussion with the Brodick Nursery Voluntary Committee and Manager and that she would keep the Locality Partnership updated as things progress.</p>	<p><b>A Sutton</b></p>

**The meeting ended at 2.40 pm**



### **The CIF will support proposals and projects that:**

- Connect with:
  - The North Ayrshire [Fair for All Inequalities Strategy](#);
  - the [Community Planning Partnership](#) (CPP) and [Locality priorities](#); and
  - North Ayrshire Council's (NAC) values, priorities and business [objectives](#).
- Fulfil a compelling need and do not duplicate existing services or facilities;
- Provide long-term, sustainable, positive results for the greatest number of people possible;
- Exhibit project and/or organisational innovation in their approaches to their work in their way of addressing community challenges and in their request to Locality Partnerships and the Council;
- Come from (an) organisation(s) that is financially viable (can provide financial statements upon request) and efficiently and effectively managed. This can include an organisation to be created to deliver the project;
- Include options or potential for NAC and CPP employee engagement and volunteering where possible; and
- Include measurable outcomes and can report to NAC on outcomes on a regular basis.

### **When to apply and how?**

- LPs should continue to engage with their communities, and stimulate interest in the CIF. The Locality Partnership will then strategically assess the applications, make links and look at the funding 'in the round'.
- If the partnership supports a bid then the group will be encouraged to submit a full application form (attached), which they will decide upon before making a proposal to Cabinet for final approval.
- The finalised proposal will go to the next suitable Cabinet for final approval.
- Forms should be returned to your Locality Officer, by email if possible:

**Anne-Marie Hunter**  
**Engagement and Participation Officer**  
North Ayrshire Council  
Connected Communities  
2<sup>nd</sup> Floor (West)  
Cunninghame House  
Irvine  
KA12 8EE

Email: [Anne-MarieHunter@north-ayrshire.gov.uk](mailto:Anne-MarieHunter@north-ayrshire.gov.uk)  
Tel: 01294 324706

For more information see the guidance form here: <http://www.northayrshire.community/wp-content/uploads/sites/60/2018/06/community-investment-fund-guidance-notes-17-12-17.pdf>



## **1. Details of your organisation**

Name of Organisation

Arran Youth Foundations & Arran High School Parent Council

Postal Address for Correspondence

Name of Contact Person Graeme Johnston

Position in Organisation Youth Work Project Manager

Telephone Number

Email Address

## **2. Brief description of your organisation**

Please include its legal status, aims and objectives, activities or services provided and how long it has been in existence.

The bid is being submitted jointly, by Arran Youth Foundations and Arran High School Parent Council. We feel this is a strong partnership that will capture as many children and young people as possible; from 3-25+, both in school and out of school.

Arran Youth Foundations is a non-profit making charity and a company under guarantee, which provides youth work services for the Isle of Arran. We have two employees and ten volunteers.

We have a constitution and are registered with OSCR and Companies House, where signed examined accounts are submitted. We have insurance with Towergate Insurance. We are also registered with the Information Commissioner's Office to comply with the Data Protection Act in terms of the information we store about our young people and are up to date with the latest GDPR regulations.

AYF is managed by a committee of local trustees and members who give their time and expertise to the charity to see its objectives achieved for the benefit of Arran's young people. The committee is a varied and well-rounded team of local figures that includes the island's minister, the manager of Arran's biggest business (the Auchrannie resort), two Arran High School teachers, two parents of young members, NHS staff, a retired teacher, two 21 year olds who have been engaged previously as young members for 8 years, and members of the church congregation.

Our objectives are:

- To provide a safe, warm environment in which young people can meet

- To develop educational, physical and social skills and foundations of friendship through a variety of activities and events

- To build the capacity of young people by involving them in management and decision making.

We run at least 16 weekly clubs from a fantastic youth centre (our 'safe, warm environment'), based at the back of Arran High School, that has been entirely decorated and refurbished by young people, for young people. As with everything AYF does, all of these activities are provided free of charge.



Weekly activities include: cooking club; girls football; intergenerational activities at local elderly sheltered housing; band jam in the music room; art psychotherapy; youth forum; guitar tuition, accredited with qualifications; one-to-one mentoring; LGBT+ club; running club; Friday night youth club. We also provide trips and events in school holidays, including a trip to Alton Towers, gorge-walking, abseiling, paragliding, go-karting, paintball and many more.

AYF staff help young people with their mental health and wellbeing, helping to build the capacity of young people in many ways. Young folk come to AYF to discuss stress, grief, depression, suicide, self-harm and mental health. This is done in their own space - be it within the youth cabins, going out for coffee, within school, home visits, or jointly conducting GP appointments with one of the doctors at request of young people. Arran Youth Foundations won the inaugural Mental Health & Wellbeing Award in 2018 at the National Youth Work awards. We feel this demonstrates not only that we would be able to expertly deliver the work involved, but also how deeply passionate we are about the issues.

The Parent Council's main aims are to:

- Help parents become more involved in their child's education and learning;
- Welcome parents as active participants in the life of the school;
- Provide easier ways for parents to express their views and wishes

All parents are automatically members of the Parent Forum and are entitled to have a say in what happens at the school. As a member of the Parent Forum, parents have a say in selecting the Parent Council (the representative body) to work on behalf of all parents at the school.

The role of the Parent Council is to:

- Support the school in its work with pupils;
- Represent the views of all parents;
- Encourage links between the school and the wider community;
- Report back to the Parent Forum.

The parent council works in partnership with the school to promote and support all aspects of the children's lives to support them to become healthy and successful adults and members of the community. The council supports and promotes projects across the school whether it is sport, funding extra-curricular opportunities, supporting academic developments, or helping to support the creation of, and ongoing work of, the new wellbeing centre. This partnership working has also supported the school to become one of the three finalists in the 2020 Scottish Education Awards for Health and Wellbeing, with the winner being announced later this year.



### **3. Title and summary of proposal**

Tell us about your idea. Please describe in as much detail as possible, what the funding will be used for.

Please include:

- where it will be held / delivered
- who is your target audience
- who will benefit from it and how
- any partners that are involved.

Funding will be used to improve mental health and wellbeing services for children and young people on Arran.

Working in partnership, Arran Youth Foundations and Arran High School Parent Council are looking to tackle this problem through innovative projects that contribute to the day-to-day wellbeing of all children and young people.

We feel there is also a need for better, more frequent, and more readily available services for young people on Arran facing a mental health crisis. These services are currently limited and what we do have is often based on the mainland or subject to a long waiting list, such as CAMHS.

We will be able to offer new, innovative services to address this. This will include bereavement counselling, support to families around end of life care, crisis services and counselling for addictions, bereavement boxes.

There will be training for AHS staff and others, including a JumpStart type programme, ASIST course, Mental Health First Aid, Winston's Wish bereavement training and access to LGBTQI charter mark. All of this will be done with a view to building indigenous capacity, so that going forward, trained staff can peer educate other practitioners.

We will start a social club for young people aged 18-25, including those in work and those NEET, to provide an alternative to the pub and recreational drugs, somewhere they can seek help with everything from social isolation to CV writing and interview techniques, or simply get a game of pool and a cup of tea. In recent years, young people within this age group have completed suicide, and we want to do more to help.

We will also fund new activities for young people such as outdoor education, and a new group around physical wellbeing.

We will fund qualifications for young people that help them grow in confidence and leadership, such as access to mountain biking leaders courses, Jog Scotland Junior Leaders courses, and comedy / confidence workshops.

In addition, we will be looking to expand family learning opportunities and wider support for families, including those for whom English is not their first language, to

access education and working with our parents as partners on the island and to furthering education and positive relationships for all.

We will put staff through their D1 minibus licence, meaning we can use the Arran Outdoor Education Centre's minibuses to increase youth work provision around the island and ensure it is not just in Lamlash.

Arran Youth Foundations will provide an annual multi-activity residential at the Arran Outdoor Education Centre for young folk around their mental health and wellbeing, allowing them time to explore these issues as they start the first term of high school. Young people currently have varied support if they need specific mental health support. Much of this is underfunded and could be improved with new investment. We would use funding to support much of this ongoing work, which has already been proven to work:

- \* The future of AYF's art psychotherapy group would be secured for another three years.

- \* Young people benefitting from art therapy one-to-ones would now be offered more than six funded sessions.

- \* Arran High School's family therapy service is currently funded by a donor who covers two sessions for any family in need; CIF funding would be used to offer further sessions to families in crisis.

- \* AYF provides one-to-one weekly mentoring sessions for one young person (and has done so in the past for others), around self-esteem and non-attendance at school, but with staffing doesn't currently have capacity to offer this to more young people. CIF funding would allow us to use sessional staff to provide one-to-one mentoring sessions for more vulnerable young people in crisis, helping them with sensitive issues.

- \* One-to-one support for young people with Additional Support Needs to access extra-curricular activities.

We also want to contribute towards preventative activities that keep young people well in the first place, and help build resilience within them. Currently, young people on Arran are well catered for in terms of activities that help contribute towards their mental health and wellbeing – there is a wide range of extra-curricular activities, including all of AYF's weekly clubs, Arran High School Mountain Bike Club's weekly sessions, Isle of Arran Junior Triathlon Club, Arran Junior Sailing Club, etc.

We would use funding to support these activities, and to promote the above provision more widely. These are great services that are already well-used, but we want to ensure every young person on Arran knows where to turn to, both for spare-time activities and help in a crisis.

We would create, produce and distribute a 'pocket guide' to mental health and wellbeing for children and young people on Arran, with details of all extra-curricular activities and of specific mental health services, from seeing your guidance teacher or school counsellor to visiting the GP.



We would promote current provision by funding taster sessions within high school of mindfulness, art psychotherapy, guided meditations etc.

This project aims to deliver services around the island, opening up what is available to young folk in more remote areas. We will ensure it helps more young people, to increase their awareness and to improve provision on offer and access to provision for them. All of the work it would fund has been requested by young people, recommended by young people as something that already works, or has been identified as a need by ourselves or by partners of ours who work with and care about local young people.

Partners who have worked in consultation on this bid include the local youth forum, young people, parents, Arran High School, Arran Youth Foundations, local NHS team, Mary Davies Trust, Arran Ranger Centre, Arran Community & Voluntary Services, Arran High School Mountain Bike Club, Active Schools, Lamlash and Arran High Parent Councils, Arran Outdoor Education Centre, Social Services, Inside Out art psychotherapy, Community Alcohol Partnership, and North Ayrshire Council's Community Development Team, with whom AYF have a Service Level Agreement. That the project is to be delivered jointly by Arran High School Parent Council and Arran Youth Foundations ensures that children and young people as young as 3, up to young adults as old as 25 or so, will benefit –those in mainstream education and those who are home-schooled, have opted out of school or left.

#### **4. What difference will this project make within the locality and to local services and programmes?**

Please include:

- The outcomes you aim to achieve
- How you will approach reducing inequality
- How this proposal fits with the Locality Partnership priorities of 1. Social isolation 2. Transport 3. Affordable Housing

As a result of our project, children and young people on Arran will:

- \* have increased self-confidence and resilience
- \* have better access to mental health services
- \* be better able to cope with mental health crises
- \* better know where to turn to for support with their mental health and wellbeing

The work of Arran Youth Foundations tackles Social Isolation, one of the Arran Locality Partnership's priorities. Through this project, we will be better able to do that. All young people on Arran are uniquely disadvantaged by pitfalls of island life: isolation, lack of services, unemployment (with mainland-based jobseekers' services), higher house pricing. These factors have traditionally bred feeling amongst Arran young people of boredom, that there is nothing here for them or no one who cares about them. It has also led to real problems with alcohol abuse, drug use, mental health issues, road safety with young reckless driving. The work of Arran Youth Foundations now significantly challenges the view of old that there is no one who cares about young people.

Arran High School, through their wellbeing centre and other initiatives, have made the mental health and wellbeing of all pupils 3-18 across the island a top priority over the last two years and are furthering their approach to promote and support positive mental health across the island.

This project fits with many of NAC's identified priorities and objectives, including:

- \* NAC's Values, particularly Passion ('We are ambitious for our community') and Inspiration ('We all look for better ways to deliver our services')
- \* The North Ayrshire Council Plan 2019-2024 and the following 'Aspiring Communities' priorities: Active and strong communities; Children and young people experience the best start in life; People enjoy good life-long health and well-being; People and communities are safe.
- \* The three overarching themes of the Single Outcome Agreement: Reducing local inequalities of outcome; Building community capacity; Prevention and early intervention.





\* Within the Community Planning Partnership's priority 'A Healthier North Ayrshire', our project meets the target 'Children's health and wellbeing is improved by breaking the cycle of poverty, inequality and poor outcomes'

\* NAC's Fair For All strategy and the Children's Services Plan, which advocates a more rapid shift to early intervention to improve the outcomes for the most vulnerable children and young people; and says that 'All young people should receive pastoral support, guidance and careers advice in a nurturing education environment'.

Reducing inequality, our project will do a lot of work with home-schooled and self-excluded young people, youngsters with disabilities, and with school leavers, ensuring it is not just those in mainstream education we work with. By reputation, AYF are inundated with requests for help from parents and maintain great contact with social services, who often work with us to identify disadvantaged young people who would benefit from our input.

As AYF has grown, we have greatly increased our engagement of the young people who suffer more traditional indicators of disadvantage: those who are from broken homes or poverty, are involved with social services, have drug problems in their family, have learning disabilities, and victims of domestic or sexual abuse.

Through our youth cabins at the back of Arran High School, we will provide a hub for local young people, somewhere that greatly increases social contact. This facility provides a normal social network on Arran where geography and poor transport links have previously made this nearly impossible for many young people. Approximately 44% of Arran's population lives in datazones that are in the top 15% most access deprived in Scotland.

Our proposal also fits with another of Arran Locality Partnership's priorities, Transport. In putting staff through their D1 minibus licence, we will be able to utilise the Arran Outdoor Education Centre's minibuses to reach around the island and widen provision; taking young people out on trips, going to young people's villages and communities to put on activities, and even addressing transport issues young people may face in getting to or from activities. This has been identified as a key issue time and time again in consultation with young people.

As social relationships are key to good health, the benefits of this work are vast. We see the young people learn new skills, make friendships, increase their social circle, grow in confidence and increasingly take on responsibility, building their resilience in doing so.

Through our project, we will tackle social isolation and feelings of exclusion, taking young people to participate in outdoor education, facilitating sports clubs for physical wellbeing, and increasing access to extra-curricular provision.

Through our weekly activities, we will help young people with their mental health and wellbeing. Having built strong relationships with so many young people on the island, youngsters come to AYF or to AHS staff to discuss issues including depression, stress, grief, bullying, sexual assault, and many other problems.



For the schools, the difference is not just for Arran High School and the primary school and early years class on site but for the cluster for collaborative work in developing health and wellbeing for the young people and the community reflecting a whole island approach for sustainability, under the leadership of the two headteachers on the island.

A three year strategy was created that encompassed all areas of health and wellbeing from physical to mental, environmental and healthy living and worked closely with partners both on and off island to support each of those areas. The strategy began with a reactive phase in terms of providing training for senior students, staff and community members in supporting those who already needed help i.e. mental health first aid courses, Heart Start training, Healthy eating programme and plastic free campaign in conjunction with the local Coast environmental charity.

In year two the school and cluster moved onwards to providing ongoing support through the creation of a Wellbeing Centre/hub based in the high school which provides on a daily basis enhanced nurture, pet therapy, intergenerational projects, family support sessions, ongoing training for community members across the island, as well as providing a safe space for those who need it and a neutral space to support those who have anxiety coming into the main schools.

Moving into the third phase, the strategy reflects promoting and supporting positive health and wellbeing through activities, wider achievement, extra curricular and whole school and community and that is the outcome this will support.

Partnerships have been key to the ongoing work including with other island schools through the SHINE network, support from other schools such as Shawlands Academy on LGBTQI, Community Alcohol Partnership with Police Scotland and foremost, the partnership working with Arran Medical Group. The latter in particular has supported the health and wellbeing strategy by providing expertise, statistics and helping monitor the success of the strategy and were also instrumental in setting up a GP surgery in school.

Through all of the above the aim is to engage all learners on the island in positive health and wellbeing, wherever their interests lie, whether through sport, being creative, or a passion for the environment with the aim that when happy, secure and involved in their school and community, then they are more able and willing to learn and achieve in an ongoing, sustainable way.

The key is diversity of opportunity but with the aim of meeting equally, all four tenants of curriculum for excellence and this fund will support that. The pupil councils take the lead in monitoring and tracking the success of the health and wellbeing strategy, in addition to their initial input and design of the strategy outlined, through surveys, GL assessments PASS survey and through representing their class and year group's views. From these it can be seen what has been effective or needs changed or tweaked, and what else could or should be done, and the details in our bid reflect that. This has led to an increased use in the Saltire Awards, the



introduction of the Future Learn programme and the enhancement of individual curriculum pathways that reflects the different classes and programmes each student may take to reach their potential.

The skills being developed are not just for students and staff but for the whole island community as one is not separate from the other and the approach and strategy taken is reflective of that so that everyone progresses and for the benefit of all.

An island community is an inclusive community, everyone regardless of level of need attends their local school and the high school. But it also hides levels of deprivation that do not appear on the SIMD as rural poverty looks and feels different to urban and mainland poverty, including poverty of access in all areas and a higher cost of living with a lower average salary.

The strength of the high school and the cluster schools is that those who are care experienced, from different ethnic backgrounds or of a different gender do equally as well as others academically. What the health and wellbeing approach has done is help ensure everyone has equal opportunity to have positive mental health and this funding bid will go a long way to supporting that.



## **5. What engagement has taken place in relation to the project?**

Please include the number of people who have been engaged with or consulted as well as the range of people.

Partnership working is at the heart of the work of Arran High School, the primaries, and Arran Youth Foundations. Many of our close partners are organisations who make up our local Community Planning Partnership: NHS, Police Scotland, KA Leisure, SPT. Within the last year AYF have worked with Scottish Government, delivering presentations on Arran and in Holyrood to Nicola Sturgeon and John Swinney, and receiving a statement of support from Kenneth Gibson. We are close partners of NAC, with whom we have a Service Level Agreement with an annual grant to deliver youth work on Arran.

Arran High School is an inaugural member of SHINE research schools on mental health and wellbeing, the instigator behind the Scottish Island Secondary Schools network and are signatories to SAMH charter on mental health through sport.

Through consultation and strong relationships with Arran High School, primaries, social work, police, Active Schools, Arran Outdoor Education Centre, health etc, we have formed a great understanding of the mental health & wellbeing needs of local young people.

Young people have been heavily involved in the planning of this project. This meets AYF's third objective "To build the capacity of young people by involving them in management and decision making."

Consultation has taken place through meetings between parent council and the youth mental health ambassadors.

AYF's youth forum have been engaged and consulted regarding our project to improve mental health and wellbeing services for children and young people on Arran. This is a topic they are naturally passionate about and they are very supportive of the bid; young people have been keen to give lots of input and to give their perspective on what works and what is needed. The young members of Youth Forum hosted partners to discuss our funding bid. Present were:

Graeme Johnston (AYF, youth work project manager), Hollie Watkins (AYF, youth worker), Chris Attkins (Mary Davies Trust, psychologist), Jane Macbeth (Arran High School, guidance), Jo Totty (Arran Ranger Centre, parent), Moyra Manson (Arran High School, pupil support), Rebecca Lacey (parent), Gill Agnew (mindfulness coach), Heather Still (ACVS, drugs and alcohol research), Alexander Macbeth (Arran High School Mountain Bike Club), Abbie Jackson (AYF volunteer, committee member), Ross Kerr (AYF committee member), Lauren Gilbert (Active Schools Coordinator), Ian Staples (Arran Outdoor Education Centre), 17 young people from primary and high school. Input was also given by Margaret McMullan (Social Worker), Colin McDermott (home inclusion) and Shona Redmayne (art



psychotherapist), who couldn't attend.

Arran High School and associated primaries engaged through the parent council and pupil councils on ideas and plans, along with associated members of staff on the plans and where they would like to see the strategy heading.

Interested partners were also invited to attend a meeting hosted by North Ayrshire Health & Social Care Partnership at Arran Outdoor Education Centre, where it was agreed that AYF would be the lead partner and would agree a Partnership Agreement for delivery of the project with Arran High School Parent Council.

All of this means that the bid has really been driven by a consortium, with young people and their views at its centre.

## **6. How will the project be managed?**

Please include:

- How the finances will be managed
- Does the proposed project contribute to volunteering or employment opportunities on Arran? Please include the number of volunteering opportunities and employment opportunities
- If there are any staff requirements, please outline your HR plans

Funding would be managed by AYF. Arran High School Parent Council would invoice as per the Partnership Agreement for costs of the work they are to deliver. Their funds would be managed by the Education Business Officer, Alma Graham. All AYF expenditure is approved by our bookkeeper, Sylvia Alison, and treasurer, Peter Randell. At regular meetings, a financial report is then given to the rest of the committee. Annual signed accounts are prepared and independently examined then submitted to OSCR.

In the interests of sustainability, we have identified projects we believe most successfully help improve young people's and family's mental health and wellbeing, which we can fund for a three year period. This ensures provision in the medium-term, and allows time for the AYF fundraising team, Arran High School Parent Council, and other partners to identify future funding strands.

We would aim to secure the future funding for the various outputs of this project a year before required. AYF already has to bring in a lot of income on an annual basis and plans for this on a 3 year basis, especially where salary is concerned. For instance, salary for our Youth Work Project Manager is already mostly confirmed for the following three years.

The project will also contribute to volunteering opportunities on Arran. Gill Agnew has volunteered her time towards the project to deliver mindfulness and guided meditations. AOEC have volunteered use of their minibus and provide discounted rates for AYF for activities. Chris Attkins (psychologist), Shona Redmayne (art psychotherapist) and the bereavement counsellors have all offered to deliver their work at reduced rates. There will be volunteering opportunities within our new 18-25 social club.

Having secured and managed over £400,000 in funding over the last 10 years, AYF have a proven track record of managing funds, overseeing sustainable projects for Arran's young people, monitoring and evaluating these projects, and reporting back to funders on the difference this has made.



## **7. Amount of funding being requested**

Please supply details of funding being requested and any other funding you have had over the past 5 years, both financially and “in kind”.

Amount of funding requested (£) 45,226

Please give a breakdown of cost and recent quotations where appropriate.

**Please see attached Budget.xlsx document**

## **8. Monitoring and evaluation process**

Please include detail on the monitoring and evaluation processes planned or in place.

Quarterly evaluations are gathered from young people to measure how art psychotherapy has helped with their mental health & wellbeing, confidence, making friendships etc.

Other AYF activities such as one-to-one support for mentoring and ASN access, new weekly physical activity groups, school holiday trips/activities, multi-activity residentials, and weekend youth work would be evaluated by young people. These will reflect the differences made.





We do not anticipate gathering evaluations for one-to-one art psychotherapy or bereavement, family, addictions, or end-of-life counselling but would liaise with counsellors as to the progress of any referred young people and this can be anonymously reflected in funding reports.

AYF will be happy to formally report back to the Locality Partnership on a regular basis and will continue to consult with Arran High School on their monitoring of the work they are delivering with funding, to ensure all our identified outcomes are being met successfully.

Arran High School and associated primaries monitor and evaluate through fortnightly meetings with the pupil council and termly with the parent council who will be monitoring this project. The schools will provide the data from Pupil Attitude to School and Self national surveys undertaken each year, the results of which inform the projects going forward. Additional surveys and feedback is collected and collated over time and presented to our partners, including the health and social care partnership biyearly partnership meetings.

### **Applicant Details**

Name of Organisation:  Arran Youth Foundation & Arran High Scholl Parent Council	Contact Person:  Graeme Johnson
Address for Correspondence:	Telephone Number:  E-Mail:

### **Description of Project**

**This project is being submitted jointly by Arran Youth Foundation and Arran High School Parent Council. They are looking to provide innovative projects that contribute to the day-to-day wellbeing of all children and young people on Arran specifically looking at improving mental health and wellbeing services.**

**Some of the innovate projects have been piloted by Arran Youth Foundation and Arran High School including:**

- **Creation of wellbeing centre/hub**
- **Pet therapy**
- **Intergenerational project**
- **Family therapy sessions**
- **One to one mentoring sessions**
- **Art therapy**
- **Psychotherapy group**
- **Mindfulness**
- **Heart start training**
- **GP Surgery in school**
- **SHINE research school on mental health**
- **SAMH charter on mental health through sport**

**With the support of this funding they will continue with the above vital delivery and also develop and deliver new activities/opportunities/training including:**

- **Annual residential (on Arran) – to explore mental health and wellbeing**
- **Social club for 18 – 25 year olds – to support mental health and wellbeing**
- **Physical wellbeing group – developed by young people**
- **Bereavement counselling**
- **Support to families around end of life care**
- **Crisis services and counselling for addictions**
- **Bereavement boxes**
- **Production of a pocket guide to mental health**
- **Self harm support kits**
- **Training for staff and young people with a view to building indigenous capacity:**
  - **Outdoor activity training – mountain bike leaders, jog Scotland**
  - **Jump start type of training and project**

- Assist
- LGBTQI charter mark
- Mental Health First Aid
- Confidence and Comedy
- Winston's wish bereavement training
- Leadership programmes
- D1 minibus (allowing staff access to Arran Outdoor Centre vehicles)
- SVQ Level 5 Mental Health

Partners have been key to this work and in developing the application including Arran Medical Practise, Arran Locality Partnership, Arran CVS, North Ayrshire Health and Social Care Partnership, Arran Outdoor Centre, Arran Youth Forum, Police Scotland, Community Alcohol Partnership, Mary Davies Trust, Arran Ranger Centre, Active Schools, Arran Mountain Bike Club, Social Services, Inside Out art psychotherapy and North Ayrshire Councils Community Development Team.

Engagement has been at the heart of this application and young people have been heavily involved in planning these projects and application. Included in these engagement opportunities where Arran High School youth mental health ambassadors, Arran Youth Forum and Arran Youth Foundation.

### Funding

Amount requested from CIF: <b>£45,226:</b> <b>year 1 – £21,772.40</b> <b>year 2 - £12,456.40</b> <b>year 3 - £10,997</b>	Total cost of project: <b>£50,317.20</b>
Details of funding sought/received from other funders: <b>AYF has been successful in bidding for £10,000 for drugs and alcohol services for young people on Arran</b>	Contribution by Group: <b>£5,091.20 and other contributions such as venue, staff input, resources and complimentary delivery and activities</b>

### Supporting Information Provided

<input checked="" type="checkbox"/> Constitution/Articles of Association	<input checked="" type="checkbox"/> PVG Policy
<input checked="" type="checkbox"/> Annual Accounts	<input type="checkbox"/> Recruitment Policy/Plan <b>n/a</b>
<input checked="" type="checkbox"/> Bank Account	<input checked="" type="checkbox"/> Equal Opportunities Policy
<input checked="" type="checkbox"/> Estimates/Quotes	<input checked="" type="checkbox"/> Business Plan

### Officer Comments/Recommendations

**This application fits with the Arran Locality Partnership and Locality Forum priorities:**

- Transport
- Reduce Social Isolation
- Improve Support – complex care needs

- Affordable Housing
- Transport
- Social Isolation

This application has been driven by a consortium with children and young people and their views at the centre.

The finances will be managed by Arran Youth Foundation and Arran High School Parent Council will invoice as per the partnership agreement for costs of the work they will delivering. Arran Young Foundation have managed over £40,000 in funding over the last 10 years and have a proven track record for managing funds, overseeing sustainable projects, monitoring and evaluating projects.

They have managed to secure a number of voluntary contributions to the delivery of the project including mindfulness and guided meditations and use of Arran Outdoor Education Centre minibuses.

This project will support the children and young people of Arran to have better access to mental health services, be better able to cope with mental health crisis, know who to turn to for support with their mental health and wellbeing and increase their self-confidence and resilience.

**Officer Details:**

Name:	Anne-Marie Hunter	Position:	Engagement and Participation Officer
Telephone No:		Date:	26/08/2020

Service	Year 1	Year 2	Year 3	
10 sessions of one-to-one art psychotherapy for any YP who wishes	£1,760.00	£1,760.00	£1,760.00	
AYF one-to-one mentoring sessions	£1,459.20	£1,459.20	£0.00	
AYF group art psychotherapy sessions	£1,200.00	£1,200.00	£1,200.00	
Bereavement counselling	£200.00	£200.00	£200.00	
Family counselling	£600.00	£600.00	£600.00	
Weekly one-to-one support for Additional Support Needs access to activities	£1,094.40	£1,094.40	£1,094.40	
One-to-one support for ASN on school holiday trips/activities	£1,372.80	£1,372.80	£1,372.80	
Launch and deliver new wellbeing-focused physical activity group	£1,140.00	£0.00	£0.00	
Support to families around end-of-life care	£280.00	£280.00	£280.00	
Produce & distribute a pocket guide to mental health & wellbeing on Arran	£300.00	£0.00	£0.00	
Develop & launch an 18-25yo social club	£400.00	£100.00	£100.00	
Bereavement boxes	£100.00	£0.00	£0.00	
JumpStart type programme training	£300.00	£0.00	£0.00	
JumpStart type programme delivery	£100.00	£100.00	£100.00	
ASIST course	£600.00	£300.00	£300.00	
Mental Health First Aid	£600.00	£300.00	£300.00	
AHS LGBTQI charter mark	£250.00	£0.00	£0.00	
Weekend youth work, providing services outwith usual times	£576.00	£0.00	£0.00	
Annual taster sessions within AHS for art psychotherapy	£60.00	£60.00	£60.00	
Annual taster sessions within AHS for mindfulness	£30.00	£30.00	£30.00	
AHS sensory room	£1,500.00	£0.00	£0.00	
Winston's Wish bereavement training	£440.00	£0.00	£0.00	
AHS art therapy resources	£150.00	£0.00	£0.00	
Annual multi-activity residential to explore MH&WB	£1,000.00	£1,000.00	£1,000.00	
D1 minibus licence for 2 drivers	£1,260.00	£0.00	£0.00	
Training and workshops for young people	£500.00	£500.00	£500.00	
Outdoor education activities	£250.00	£250.00	£250.00	
Addiction crisis services / counselling	£300.00	£300.00	£300.00	
Family learning - SQA level 5 mental health	£350.00	£350.00	£350.00	
Creative Arts Programme (RAMD)	£2,500.00	£500.00	£500.00	
Drama therapy - parents and children	£500.00	£500.00	£500.00	
Family EAL café	£400.00	£100.00	£100.00	
Self harm support kits	£200.00	£100.00	£100.00	
			<b>TOTAL</b>	
	£21,772.40	£12,456.40	£10,997.20	£45,226.00

## Notes

Max 8 YP per year. £22/session

2 hours a week, for 2 YP. £9.60 per hour. 38 weeks per year. Third year funding to be secured.

£30/session. 40 weeks per year.

£20 per session. 10 per year.

£60/2hr session. 10 per year.

3hrs per week, £9.60 per hour. 38 weeks per year.

13 trips, 11hrs per trip, £9.60 per hour.

eg. weekly boxing class for young people with @ £30/session x 38 weeks. Further funding to be secured.

£40/therapist hour. 7 hours per year funded.

To detail extra-curric activities & wide range of services available

£5 per unit. 20 to be bought. Further funding to be secured if needed.

£50 per participant. 12 in Year 1, 6 thereafter.

£50 per participant. 12 in Year 1, 6 thereafter.

2 staff at £9.60 per hour. 10 weekends, 3 hours each time. Further funding to be secured.

£630 per 2-day course

eg. Standup comedy performance and workshops, mountain biking leaders, Jog Scotland leaders

# **Arran Youth Foundation Business Plan 2019-2020**

## **Contents**

- 1.0 Background & Introduction**
- 2.0 AYF Present Location & Accommodation**
- 3.0 Present Activities**
  - 3.1 Background**
  - 3.2 Activities**
- 4.0 Vision, Mission & objectives**
  - 4.1 Vision**
  - 4.2 Mission**
  - 4.3 Objectives**
    - 4.3.1 Overall Objectives**
    - 4.3.2 Accommodation Objective**
- 5.0 Market Research**
- 6.0 Financial Statement**
- 7.0 Conclusion**

## 1.0 Background & Introduction

Arran Youth Foundations was formed in 2008 with the aim of providing youth work services on the Isle of Arran. The driver for establishing AYF is based on the grounds that the greater majority of Arran youth consider themselves uniquely disadvantaged by pitfalls of;

- island life isolation
- lack of services
- unemployment (with jobseekers' services based on the mainland)
- social exclusion
- lack of housing
- higher house pricing

The consequence of these factors has traditionally bred feelings amongst the local young people of;

- boredom
- that there is nothing here for them
- no one who cares about them.

The result being, among other things;

- problems with alcohol and drug abuse
- mental health issues
- dangerous reckless driving.

As the project has grown, those working with AYF have greatly increased and improved engagement with young people who suffer also from more traditional indicators of disadvantage, such as those who are;

- from broken homes and/or where poverty exists
- involved with social services
- facing drug problems in their family
- experiencing learning disabilities
- victims of domestic or sexual abuse.

From its inception AYF has addressed this undesirable situation and continues to do so by challenging the view that no one cares about them and addresses the island's youth needs in a more holistic way.

To assist with continuing the great work by AYF this Project Business Plan outlines how it can grow by highlighting the important next step. Taking ownership of the present Portacabin facilities located at Arran High School, Lamlash, Isle of Arran through a Community Asset Transfer is this important next step.



## 2.0 AYF Present Location & Accommodation

When it started in 2008, AYF was volunteer-led and ran one poorly-attended weekly session, initially from an 8ft x 20ft Portacabin in Brodick and then Brodick Church hall.

Today the Youth Centre is located at the rear of Arran High School, Lamlash, Isle of Arran, which is ideal for the purpose of providing positive access and use for the c.240 young people who attend Arran High School.

The present accommodation consists of 4 Portacabins built on a single level and which have been configured in pairs with a short connecting corridor. These units have been entirely decorated and refurbished by young people, for young people, and allow numerous activities to take place free of charge weekly and at the different school holiday times throughout the year.

This helps to meet the charity's first objective, which is 'To provide a safe, warm environment in which young people can meet'.

The cabins are well-equipped and provide a great space for young people to meet. However, as the charity has grown, it is now clear that the space has become increasingly busier and less fit for purpose for the approximately 200 young people who take advantage of the opportunities provided by AYF within the facilities.

The significant transformation in the last nine years, since employing our Youth Work Project Manager (who is well supported by the AYF committee) in 2010, demonstrates the progress AYF has made through good organisation and management. This combination has excelled in running and growing Arran Youth Foundations which at present is accessed regularly by approximately 200 of the 240 pupils who attend Arran High School.

The present land and Portacabins on the land come under the jurisdiction of **North Ayrshire Council**. As such, decisions regarding both land and equipment rest with the Council. There has been support by the Council for the AYF from its inception and the Council certainly appreciates the endeavours and acknowledges the success of the efforts to date.

By definition Portacabins are temporary in nature and the present facility being used by the AYF is over 10 years old and showing numerous signs of age. The average lifespan of a cabin is 18-25 years and there are costs associated with maintaining the present facility. With the planned increase in activity within the facility it can be expected that the maintenance and repair of the facility will increase in the coming years.

An example of the present expenditure was highlighted in 2018. Both emergency exits had to be repaired due to water ingress, new heaters had to be installed, and a pest control company lay poison and mesh around the rotten wood at the bottom of the cabins due to rodents living underneath the cabins.

At a time when Local Authority budgets are coming under pressure and are likely to continue to do so, prioritising where funds are allocated is a significant challenge for the Authority. Therefore, it is doubtful that the Council will fund new facilities to replace AYF's current base when the time comes.

For these reasons it is appropriate that Arran Youth Foundations addresses taking the steps to safeguard our own future.

### **3.0 Present Activities**

#### **3.1 Background**

The present cabin location for the youth facility is considered ideal for the purpose of engagement with the youth of Arran due to its proximity to Arran High School. This is underwritten for the following reasons:

- Young people come straight from school at 3.45pm into the youth centre and can safely take part in a variety of clubs until around 7.00pm when the last buses travel round the island.
- As there is so little for young people to do after school on Arran – especially for those in the smaller villages around the island – many young people do not wish to go straight home, but to spend their afternoon and early evening in the social hub which has been created.

#### **3.2 Activities**

Currently at least 16 weekly clubs are provided for the young people, free of charge, in a safe, warm environment. During school holidays a number of activities and events take place on the mainland and around the island.

These different weekly activities provide an outlet for the young folk and help to develop friendships, as well as educational, physical and social skills. These activities include but are not limited to:

- Daily - lunchtime drop-in, an opportunity to socialise on their break, play Xbox and PS4, or get a game of pool.
- Monday - a unique cooking project teaching culinary skills. The highlight is an annual night at the Auchrannie's 1869 restaurant with invited guests where youngsters prepare a three-course meal under the guidance of head chefs and hospitality staff, now in its sixth year.
- Monday – after-school girls football, in conjunction with one of the high school teachers, following requests from many young girls.
- Monday & Thursday – professional guitar tuition from Rock School tutor Steve Agnew for over a dozen young people. This is funded by an individual who donates to AYF, meaning free tuition is provided for a wide range of young people, including some vulnerable youngsters who otherwise couldn't afford such an opportunity. Students have the chance to sit exams and work towards accreditation.
- Tuesday – intergenerational activities at McKelvie Road sheltered housing, followed by a couple of hours of relaxed social activities at the youth cabins and a band jam in the music room.
- Wednesday - an art psychotherapy group with a trained professional, helping young people with their mental health. AYF also fund six sessions of one-to-one time with the therapist for anyone who wishes.
- Thursday - mixed-abilities running club for youths which has seen a core group progress from absolute beginners to seasoned runners, completing their first 5K event, training to achieve their Jog Scotland Junior Leaders qualification, with one senior member becoming co-coach.

- Thursday - Youth Forum, a committee of young people meet to tackle issues important to local youngsters. Young people work towards Dynamic Youth and Youth Achievement awards for their part in all of this. Through Forum, our youth workers assisted youngsters in bids to become Members of Scottish Youth Parliament, with one successful and receiving further support. That young person now inputs on area-wide youth work services decisions at a council level. AYF took her to Youthlink Scotland's Mental Health Conference and also supported her to develop and launch our LGBT+ club.
- Thursday – LGBT+ club, where youngsters have received LGBT-specific sexual health education, anti-bullying activities, support on coming out, transitioning gender, reporting hate crimes, fun social nights with other clubs, and so much more.
- Friday – drop-in, our biggest group, with numbers anywhere between 40 and 70. Friday drop-in is a varied night that includes sport, games, dance, drama, arts & crafts, movie nights or tackling issues such as smoking, alcohol and drugs.
- Weekly – our youth workers, Graeme and Hollie, each have several one-to-one mentoring sessions they deliver, with young people who are struggling with low mental health or have complex needs such as Oppositional Defiance Disorder. Much of this work is through partnership with Social Services.

While all of this work is hugely positive for the young folk, the level of activity provided is at a natural maximum. On Mondays, the cabins can prove congested and uncomfortable. Cooking club runs at the same time that one-to-one guitar lessons are provided in the music area, meaning this space cannot be used for anything else, e.g. as a break-out space, for alternative activities, or for confidential chats.

Similarly, on a Thursday there are typically around sixteen young people taking part in youth forum and LGBT+ club in one half of the cabins, with guitar lessons in the other. At 5.00pm there is also running club, thus there are three different clubs taking place at the same time.

With all of these activities provided, there is often the need (usually daily) for at least one young person looking to discuss sensitive issues going on in their life e.g. depression, thoughts of suicide, sexuality, exam stress, bullying, anxiety, abuse. The activity congestion often only leaves space in a small cupboard for a confidential chat.

As well as receiving help from AYF, many of its young members are also referred on to counselling, GPs, Child and Adolescent Mental Health, and other professional services.

Over and above the weekly activities, a school holiday programme is provided free of charge, ensuring poverty is never a barrier for young people to engage in AYF's activities. This includes:

- Our annual trip to Alton Towers
- Car mechanics at the Three Towns Motor Project
- Live football with Kilmaronock and live rugby with Glasgow Warriors and the Scotland national team
- Outdoor education, such as abseiling, gorge-walking, archery, paragliding, mountain biking and climbing Goat Fell.

All of this meets the second objective of the charity, 'To develop educational, physical and social skills and foundations of friendship through a variety of activities and events'.

AYF has won many awards for its work, including: Graeme Johnston, National Full-Time Youth Worker of the Year 2017; Hollie Watkins, Part-Time Youth Worker of the Year 2017; Helen Kerr, Community Champion 2017; Abbie Jackson, Young Volunteer of the Year 2017; AYF, Mental Health & Wellbeing Award 2018.

## **4.0 Vision, Mission & Objectives**

### **4.1 Vision**

The overall vision is for AYF to create a sustainable youth model for this and subsequent generations by addressing and lessening the numerous negative influences impacting the lives of the youths living on modern day Arran and improve the quality of their life.

In the organisation's forward planning, together with identifying the need to own bespoke facilities, AYF has recognised the need to take on more staff to allow additional activities and support to take place to that already provided.

Currently Arran Youth Foundations has 2 employees and 10 volunteers. In addition, 7 new sessional staff are going through the PVG process to join our team. Our staff team will be further bolstered by the addition of two Modern Apprentices in Youth Work, who will complete an 18 month apprenticeship whilst completing an SVQ Level III, on a Living Wage salary. This will provide local young people a route in to education and employment.

### **4.2 Mission**

Assisting the youth of the island not only requires committed individuals, but also demands a facility which generates the most appropriate environment to encourage the young people to engage with those prepared to help. Such personnel and facilities will require to meet the following holistic objectives;

- To provide a safe, warm environment in which young people can meet;
- To develop educational, physical and social skills and foundations of friendship through a variety of activities and events
- To build the capacity of young people by involving them in management and decision making.
- To help participants to increase their self-confidence to reach their potential
- Seek to establish connections around Arran and provide for its youth regardless of location or other barriers.

To match the great contribution of present staff together with volunteers a corresponding excellent facility requires to be provided. AYF is meeting numerous parts of the Vision at present and recognises there are areas for improvement which includes taking ownership of the present facilities. This will fuel the transformation of the present facilities which when reshaped would be more fit for purpose to address the present day needs of the Arran youth.

### **4.3 Objectives**

#### **4.3.1 Overall Objectives**

Our forward plan is centred on three key components, namely;

1. Recruiting sessional staff with specific skill sets thus increasing youth work service delivery opportunities.
2. Engaging modern apprentices fresh out of high school thus improving local young people employment opportunities leading to 'growing our own staff'
3. Taking ownership of our youth cabins by Community Asset Transfer

The first component of the forward plan has successfully been initiated, having just recruited 7 sessional staff who are due to start work soon.

The second component of the plan is well underway. AYF's Youth Work Project Manager is currently finishing the relevant SVQ (L&D9DI Assess Workplace Competence Using Direct and Indirect Methods) which will allow him to be an SVQ assessor. Potential sources of funding are being identified to offer apprentices the Living Wage, with some bids already submitted. It is anticipated these apprentices will be recruited in summer 2020 at the earliest.

#### **4.3.2 Accommodation Objective**

With component parts 1 and 2 well underway, the third and arguably most important component has to be delivered: Taking ownership of our youth cabins and securing a permanent home for the organisation must now be a priority.

It is for these reasons that Arran Youth Foundations would propose that North Ayrshire Council allow ownership and responsibility of the land and Portacabin facility be adopted by the AYF utilising the mechanism of a Community Asset Transfer. There are a number of reasons with associated benefits for such a proposal, examples of which are summarised briefly as follows;

1. This would secure a permanent home for the organisation, ensuring we can continue to deliver all of the work described earlier under our own jurisdiction.
2. When the cabins reach an age where they are no longer fit for purpose, owning the land will allow the option of replacing the facility at a cost to Arran Youth Foundations through our own fundraising efforts.
3. Arran Youth Foundations' ownership would also provide the option to replace our current cabins with a new and bigger purpose-built facility. The space allocation within such a facility will be bespoke for the increasing number of activities and young people expected. The bespoke nature of such a facility will also accommodate more staff, which will in turn engage more young people and give them the chance to upskill.
4. A secure, bigger facility as a base, increases the possibilities as to how Arran Youth Foundations can grow independently as an organisation and continue to improve on the already acknowledged good work achieved on Arran in helping the youth of the Island.

From the positive results already achieved with the young people of Arran and the support already provided by the local community, it is believed that Arran Youth Foundations has already demonstrated a capability to embark on the next stage of our development. This is further substantiated in the following sections.

## **5.0 Market Research**

The previous narrative demonstrates high levels of young people commitment, engagement and involvement in participating and running the charity. As an organisation with deep appreciation of the needs of local young people, the next step for the AYF is to move forward and develop the ownership of our own facilities.

To underwrite the belief in the work being done by AYF, consultations have taken place with local residents. It is worthy of note this work has also been undertaken with the help of our young people.

The consultation results and a short report on the survey can be read in Appendix A attached. The overall result of this process has proved very positive, with 99.3% of 292 respondents indicating their support for the work being done by the AYF and their endeavour to take ownership of the existing facility.

In addition to carrying out the consultation survey, AYF has also received supporting statements from: local police sergeant Douglas Robertson; Kenneth Gibson, Cunningham North MSP; Arran Churches Together; and the Arran Locality Partnership.

## **6.0 Financial Statement**

Our annual accounts demonstrate that AYF is an organisation that is more than successful at attracting the required funding whilst operating with sizeable expenditure.

For several years now, AYF has operated with a 'rainy day fund' set aside to ensure the work of the organisation can continue despite any temporary gaps in funding. This has recently been increased from £5,000 to £10,000. To date AYF have never had to use it. We believe this is a financially prudent way to run an organisation.

Our funding strategy aims to fund work three years at a time, with applications submitted well in advance of when funds are required to avoid living hand to mouth to ensure a very sustainable, well-planned project.

Having grown in size steadily since 2010, AYF can demonstrate sound financial management. If we take ownership of the cabins and land, we would therefore be able to budget successfully for the associated costs and would attract funding to support this. We have already enquired as to the current running costs of the cabin such as electricity and water, to give us a better understanding.

As we have a very high success rate with funding applications, we would also be confident of securing the funds required for any potential new build.

As an organisation, we are already insured at both Brodick church hall and the Lamlash youth cabins and on activities we undertake outwith these locations, so arranging relevant insurance is something we could do easily.

Attached is a separate document '3 year cash flow statement', which shows a 3 year cash flow statement.



## **7.0 Conclusion**

Since 2010, Arran Youth Foundations has grown in numbers and strength and has demonstrated the ability to successfully connect with the young people of Arran and make significant positive impact upon their lives. The number of young people participating in the different events and opportunities has also grown to the extent that the present facility has reached saturation point and is no longer fit for purpose.

To date, the AYF leadership has delivered on their commitment to the young people and now requires a shift in momentum to continue to deliver a first class service.

As such the AYF requests that the present facility and the land on which it sits be transferred utilising the mechanism of a Community Asset Transfer.

Thank you.





**Health and Wellbeing**  
**@**  
**Arran High School and Lamlash Primary**  
**& Early Years Class**

**Year 3/3**

*‘Learning through Health and Wellbeing promotes confidence, independent thinking and positive attitudes and dispositions. Because of this, it is the responsibility of every teacher to contribute to learning and development in this area’ (Building the Curriculum 1)*

North Ayrshire want to promote a whole school approach to health and wellbeing in our educational establishments, which is relevant, robust and works with children and their families to identify the strengths of the child, and support need. The term ‘curriculum’ is understood to mean – *‘everything that is planned for children and young people throughout their education, not just what happens in the classroom’*. Health and Wellbeing therefore encompasses outdoor learning, and wider achievement. Good health and wellbeing is central to effective learning and preparation for successful independent living for all young people. We, as professional teachers, have to prepare our children and young people for life in a modern civilised society. It is the shared responsibility of everyone who has contact with children and young people to create this supportive environment to aid learning and foster good health and wellbeing.

### *Our School's Vision*

Arran High School and Lamlash Primary is committed to ensuring the Health and Wellbeing of our school community. We are a small school and strive to create an ethos of care, where everyone is nurtured; feels respected; is included; is safe, healthy, active, valued, responsible and successful (wellbeing indicators). This is seen as the responsibility of *everyone*. We ensure this through a holistic approach to Health and Wellbeing, enabling all our pupils to be successful learners, confident individuals, responsible citizens and effective contributors. This also supports our school values of Ambition, Belonging, Compassion and Trust.

Students at Arran High School and Lamlash Primary are afforded numerous opportunities to develop their knowledge and understanding, capabilities, skills and attributes which are fundamental to their mental, emotional, social and physical wellbeing for the present time and the future.

#### *Our overarching aims are to provide:*

- ✚ A supportive environment
  - ✚ Caring staff
- ✚ Promotion of health and wellbeing in the wider curriculum
  - ✚ Build and promote positive relationships
  - ✚ Have our ethos and values underpinning all we do

## ***Our Focus 2018-2019***

### ***Mental Health and Wellbeing***

Across Scotland 10% of children and young people “have mental health problems which are so substantial that they have difficulties with their thoughts, their feelings, their behaviour, their learning, their relationships, on a day-to-day basis”. Additionally, the 2013 Scottish Adolescent Lifestyle and Substance Use Survey (SALSUS) indicated that around 23% of S2 pupils and 26% of S4 pupils had emotional and/or behavioural problems (in Murphy, 2016).

At Arran High school and Lamlash Primary we believe strongly in supporting the wellbeing of all our staff and students and the importance of our role in building resilience and promoting good mental health through early intervention. As stated by Kibble (n.d) of the Nurture Group Network, schools have great potential for action to improve mental health, and much of the research base recognises schools as a key factor in building wellbeing and resilience in the face of adversities such as poverty and family difficulties.

We are doing this by aiming to train all our staff to assess the needs of children and young people, recognise warning signs, and where appropriate, put into effect early interventions whether through in-school support, or working with our partners on the Isle of Arran. As the one place young people attend every day, this is where young people can build effective secure attachments through the intervention of qualified and experienced teaching staff. Additionally, making use of pupil voice, surveys and on the ground observations and data collection (i.e. attendance statistics) we are working to ensure our school is a welcoming, safe and enjoyable place to be. In the Child and Adolescent Mental Health – Trends and Key Issues briefing paper commissioned by the Scottish parliament it is stated that ‘ Young people who “disliked school, felt pressured by school work, truanted on multiple occasions or had been excluded had poorer mental health and wellbeing than those that did not”. Pupils who stated they did not like school were four times more likely to have borderline or abnormal scores than those who said they liked school a lot (Murphy, 2016).

### *Looking inwards: a responsive approach*

- ✚ Review of focus each year to ensure relevance
- ✚ Student voice evaluated to ensure they are being consulted and have input
- ✚ Working with partners in the community to provide expertise, coherence and a community approach
  - ✚ Providing a range of cultural, spiritual and physical experiences to all students
  - ✚ Analysing the PASS results and responding to these
  - ✚ Adaptability to the changing needs, current issues and new ideas

### *Looking outwards: a proactive approach*

- ✚ Seeking out and critically evaluating current research and recommendations
  - ✚ Looking at best practice in other educational settings and beyond
  - ✚ Active engagement in national training opportunities for our staff

### *Looking forwards: an ambitious approach*

- ✚ Working in partnership with others on the island, including healthcare professionals, to provide a comprehensive support network for our young people
- ✚ Moving forward to become signatories to the Mental Health Charter with the Sport and Recreation Alliance
- ✚ Conduct a comprehensive review of whole school policy, procedures and actions and to ensure health and wellbeing is rigorously monitored for each child and young person

### *Our curriculum*

Within Arran High and Lamlash Primary we deliver strong messages through the delivery of the curriculum. Health and wellbeing experiences and outcomes are specifically taught through discrete health lessons, personal and social education, home economics, hospitality, moral issues, and physical education.

Within Curriculum for Excellence, experiences and outcomes for Health and Wellbeing are overseen by three main subject areas;

#### *PSE/ Guidance*

Compulsory across all year groups (including organising visits and talks relating to the above within the school).

#### *Physical Education*

Physical education, physical activity and sport (including organisation of sports day, sporting challenges etc).

#### *Hospitality*

Food and Health (including food related external visits, visitors, cooking competitions, and so on)

HWB Experiences and Outcomes that are the responsibility of all, must be continuously monitored by the individual Faculty Leaders and teachers of all subjects are responsible for ensuring these are covered at the appropriate levels within their curriculum and entered on the 'cfemachine' audit.

### *What we have achieved so far (first two years)*

1. Finalists in the Scottish Education Awards – Making a Difference Category for our work
2. SHINE - School's health and wellbeing improvement research network. Original partnership school supporting and promoting research into health and wellbeing in schools.
3. We have become signatories to the Mental Health Charter with the Sport and Recreation Alliance. By doing so our aim is to cement our commitment to tackling mental health issues through ensuring that a wide range of sporting opportunities is available to everyone.
4. The set up and operation of a Wellbeing Centre with two designated staff to run it on a day to day basis.
5. Ongoing commitment to providing access to training for our senior students, staff and community members that support aims of promoting and supporting mental health and wellbeing. This has included Mental Health First Aid, ASK and ASIST, Solihull courses.
6. Instigation of a Mental Health Day with support from external organisations
7. Offering staff and student mindfulness courses at prelim time in partnership with occupational health.
8. Enhanced nurture for primary students four mornings a week
9. Two nurture groups in secondary
10. Safe space at lunchtime for all students
11. 1:1 support for 4 students who are unable to attend mainstream school on mental health grounds
12. Pet therapy each morning
13. Inter-generational project with the sheltered housing, CVS and our students which will also enable the students to gain the Saltire Award.
14. SQA Nat 4 + 5 in Mental Health – this year we have started offering the SQA courses in mental health to our senior students with the aim over the next two years that the Nat 4 +5 will be made available to all students.
15. Health and Wellbeing Day – using external providers to give our students tasters of many activities including art therapy, music therapy, sound baths, cognitive behaviour therapy, yoga so that they can experience a range of options to help keep themselves healthy.



16. Outside speakers – people in the community and from beyond, including famous sports people, coming in to the school to talk about their own mental health journey and run workshops for our students.
17. Staff – staff mental health is important and the staff social committee organises meals, events and weekly walks to support staff mental health and wellbeing.
18. Sensory packs – every classroom has a sensory support pack for use by students including ear defenders, fidget toys, stress balls etc.
19. Exam support – tea, toast and calm space on offer for students during the prelim and exam period
20. Resources – library section on promoting and supporting positive mental health, custom made booklets and pamphlets in the library and toilets.
21. School nurse –working with the school nurse, Ann Reid, to promote and support health in schools.
22. Creation of an Arran #13 Ways campaign with posters and booklets printed and around the school, including on different coloured paper so that they are accessible to all.

### *Our aims this year*

1. Closer partnership working with our parent council and Arran Youth Foundations to identify funding streams to
2. A whole school approach, and the health and wellbeing of everyone within and beyond the school community to be considered.
3. Creation of a Peer Mentor Group in S6 to lead the student voice in our strategy. They will be taking forward the LGBTQI application and Nurturing Schools (see below).
4. LGBTQI Charter Mark – In year 2 we registered for the Bronze award programme to support those who identify with LGBTQI in recognition of some of the mental health challenges that can be faced.
5. Investigate and apply for the Nurturing Schools Award
6. Place2Be – using the self-assessment tool to look at all aspects of the school and to check where we are in terms of promoting a 'Mentally Positive' school ethos.

7. To establish new health and wellbeing working group, which could include learners, teachers, non-teaching staff and members from the wider community. This group should have responsibility for developing and establishing the vision into achievable actions with a clear vision across the school. (Including representation from:

\* Arran Youth Forum,  
\* School Nurse,  
\*School Canteen, SLT,  
\*Pastoral,  
\*Active Schools Coordinator  
\*Colin McDermott - Area Inclusion Worker  
\*Community representation

8. Faculty Leaders and teachers will carry out an ongoing audit of Health and Wellbeing provision which is recorded at Arran High School and Lamlash Primary on '*thecfemachine*'.
9. Ensure that everyone is a positive role model for others and promotes Health and Wellbeing within their own classroom, school and community, where all individuals are treated fairly and equally. Everyone should be made aware of and follow the Ethos and Relationship policy.
10. Ensure a clear understanding of the importance of Health and Wellbeing by all staff to help everyone across the school community make informed healthy choices in their approach to life, learning and work. This can be supported by Senior Managers through training, events, and so on decided on by the Health and Wellbeing Working group.
11. Expand the use of monitoring and tracking to include Health and Wellbeing conversations with each student, addition of individual student targets relating to these to be included in parental reports and each students profile page.

12. Renaming of our Support for Learning/Nurture provision to come under one banner of 'Personalised Support' as part of our ongoing journey to enabling a personalised curriculum for each child that meets their needs as an individual including academic, social and emotional needs.
13. Making our counselling provision available to younger students, specifically those in p6 and 7 across the island and investigate the use of play therapy for those younger.

## *Achieving these aims*

### *In the Classroom*

This is done through the broad general curriculum in S1, S2 and S3 and will continue through the senior phase. Through practise of Critical Skills, Growth Mind set, Visible Thinking and Visible Learning techniques, and other learning and teaching styles, pupils are provided with a wide range of opportunities to create and take responsibility for their own learning journey with the teacher as the facilitator.

Practitioners will look to ensure tasks and activities provide:

- ✚ appropriate breadth challenge application.
- ✚ learners with a balance of activities which include opportunities for collaborative, co-operative and independent learning.
- ✚ opportunities for, and encourage staff to engage in, continuing professional development and dialogue within and outwith Arran High School and Lamlash Primary.
- ✚ use of the outdoor environment to promote and enhance healthy approaches and lifestyles.

## Whole School Initiatives

Choose Life – See Me Project

Arran Community Land Project

Mindfulness

Heartstart

Teenage Cancer Trust

Learning

Conversations

Student Voice

S6 Mentor programme

Partner Agencies



## Arran High School Health and Wellbeing Overview



## Our Partners

School Nurse

Counsellor

Inclusion Worker

GP's

CAMHS

Arran Youth Forum

## Whole School Focus Weeks

Dyslexia Awareness Week, Show Racism the Red Card, Jeans for Genes Day, Sport/Comic Relief, Anti-Bullying Week, Active Girls Day, Promoting Cycling

### Whole School

#### Initiatives

Turtle pathway  
programme

Sports clubs

Nurture

Fit 15

My learning  
questionnaire

Pupil committees

School Merit System  
(marbles and sticks)

Partner Agencies

## Lamlash Primary School Health and Wellbeing Overview

### Our Partners

School Nurse

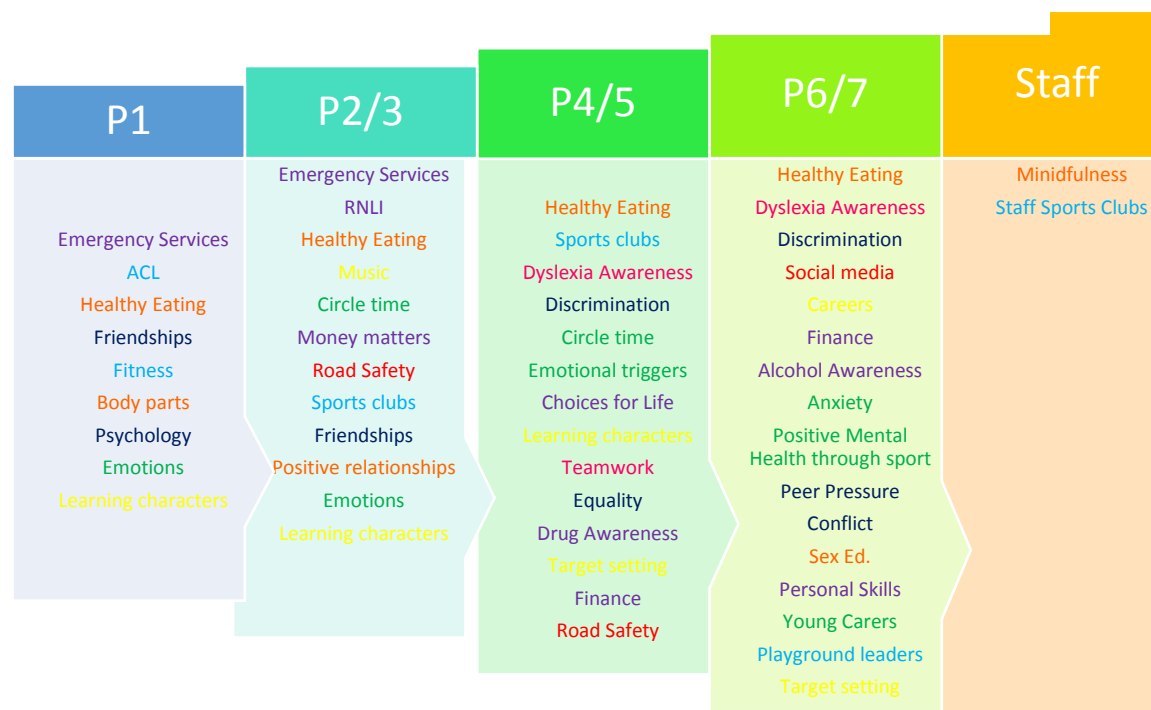
Pupil support

Inclusion Worker

GP's in School

CAMHS

Rainbow House



### Whole School Focus Weeks

Dyslexia Awareness Week, Internet safety week, Eco-savvy, Sport/Comic Relief, Anti-Bullying Week, Promoting cycling, Peer reading scheme

### ***Staff Health and Wellbeing***

Staff Health and Wellbeing is extremely important and must also be considered. NAC has a duty of care to ensure it provides support and preventative measures for its staff. At Arran High School and Lamlash Primary we have a small group who organise social events, along with the possibility to practise Mindfulness, 10% reduction on Auchrannie Membership, and so on. Staff supports for Health and Wellbeing can be found on NAC Connects.

Arran High School and Lamlash Primary is a supportive community where sound knowledge and application of positive Health and Wellbeing will drive improvement and support our children and young people to succeed.



Your family

Your friends

Trusted adult

Feel you have no-one?  
Try here too...

On Island

GP (Doctor)  
01770 600516

Listening Ear  
01770 600516

Religious Leaders  
Ask Moyra

Graeme & Holly  
(AYF)



Peer Mentors

Your  
**Close Circle of  
Support**

Colin McDermott  
(Inclusion Worker)



Mrs Macbeth

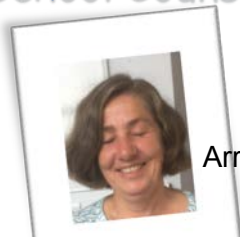
Ann Reid  
(School Nurse)  
Drop-in clinic  
school



Wellbeing Centre

Ask Mrs Dick

Beth Moon  
(School Counselor)



Shona Redmayne  
(Art Therapy)








### *Monitoring, tracking and evaluating*

As important aspects of health and wellbeing are the responsibility of all staff in educational establishments in partnership with others, and because of the importance of health and wellbeing to learning and development, everyone should be clear about their areas of responsibility and their roles in assessment. In health and wellbeing, assessment has to take account of the breadth and purpose of the wide range of learning experienced by children and young people within this curriculum area. It will focus on children and young people's knowledge and understanding, skills and attributes in relation to physical education, food and health, substance misuse, relationships, sexual health and parenthood, and their social and life skills. Teachers and learners can gather evidence of progress as part of day-to-day learning inside and outside the classroom and, as appropriate, through specific assessment tasks. From the early years through to the senior stages, children and young people's progress will be seen in how well they are developing and applying their knowledge, understanding and skills in, for example, key features of healthy living and relationships, and in approaches to personal planning, assessing risk and decision making.

For example:

-  To what extent do they understand the role of healthy eating and physical fitness in contributing to their wellbeing?
-  How well are they applying personal and interpersonal skills as part of their daily lives, and developing them as they grow and mature?
-  Through their involvement in planning, managing and participating in individual and group activities in school and in the community, do they demonstrate skills, attitudes and attributes which will be important for the world of work, such as judgement, resilience and independence?

Progression in knowledge, understanding and skills can be seen as children and young people demonstrate that they are:

- ✚ applying their knowledge and skills with increasing confidence and competence in dealing with familiar circumstances and new challenges
- ✚ developing an increasing depth of understanding of their own and others' motivations, attitudes, beliefs and behaviours
- ✚ extending the range of their relationships within and outwith the school.

### *Leadership and management – we are*

Working to ensure we are exhibiting the best possible practice in providing a comprehensive, fit for purpose, Health and Wellbeing Strategy and Plan for Arran High School, Lamblash Primary and Early Years Class.

### *Learning provision – we intend to*

Identify what we are doing well and where gaps may exist through the use of the wellbeing wheel and GIRFEC. Through this, look to continually enhance our provision to ensure it is as thorough, relevant and challenging as is appropriate.

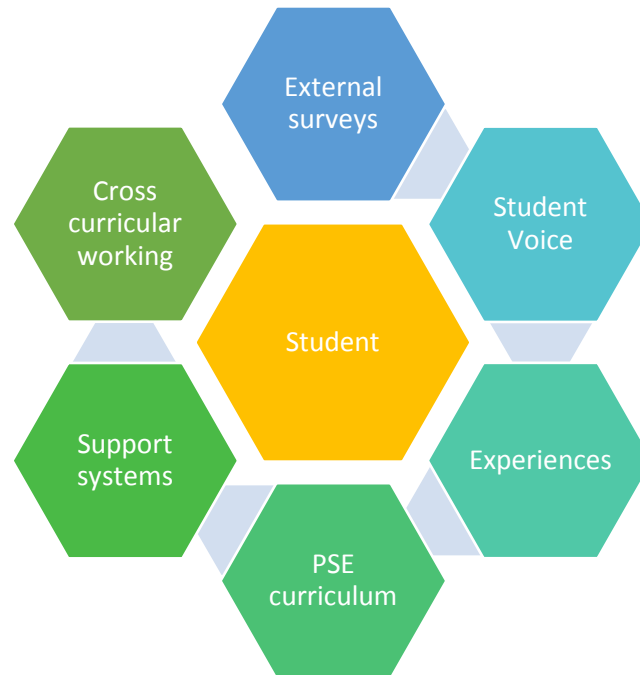
### *Successes and achievements – we will*

Recognise individual, group and faculty successes and look to share good ideas through professional learning and dialogue.

Expand our outreach to include the rest of the cluster, work with others in the local authority and to promote what we are doing at a national level.

Work with our families and community to share our learning journey in the pursuit of mental health and wellbeing for all.

*Our students – will have the opportunity to*



## Policies and plans

National Policy	Local policy	Other considerations
<ul style="list-style-type: none"> <li>• Education Scotland's Making the Links , Making it work <ul style="list-style-type: none"> <li>• The Curriculum for Excellence</li> </ul> </li> <li>• Getting It Right For Every Child (GIRFEC)</li> <li>• Child Poverty Strategy for Scotland: Our Approach 2014-2017</li> <li>• Children and Young People (Scotland ) Act 2014</li> <li>• Schools (Health Promotion and Nutrition) (Scotland) Act 2007 <ul style="list-style-type: none"> <li>• Equally Well</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• North Ayrshire Children's Service Plan 2016-2020: Getting It Right For You</li> <li>• North Ayrshire Council's Education Directorate Plan</li> <li>• Mental Health and Wellbeing Strategy April 2015-March 2027</li> <li>• Ayrshire Healthy Weight Strategy 2014-2024</li> <li>• Ayrshire and Arran Tobacco Control Strategy</li> <li>• North Ayrshire Active Communities Strategy</li> </ul>	<ul style="list-style-type: none"> <li>• Schools (health Promotion and Nutrition Act( Scotland)</li> <li>• (Curriculum for Excellence, 2009)</li> <li>• GIRFEC (Getting It Right For Every Child)</li> <li>• (Health Promotion Guidance (2007) Scottish Government)</li> </ul>

## Health and wellbeing improvement plan

### Improvement Priority

3.1

#### Accountable

Mrs Dick

#### Responsible

HWB: Mrs Urquhart Dixon  
Guidance and PSE: Mrs Macbeth

### Working Group members

#### Start Date

Aug 2020

#### Review date

June 2020

#### Evaluation date

June 2021

#### Outcomes (what do you want to achieve)

1. A whole school approach
2. To establish new health and wellbeing working group
3. Faculty Leaders and teachers will carry out an ongoing audit of health and wellbeing provision
4. Ensure that everyone is a positive role model for others and promotes Health and Wellbeing

#### Success criteria

Creation of a HWB strategy document pulling together all that is happening and our intentions.

A sustainable, representative group is formed and agreed actions undertaken, minuted meetings held

Q.I machine used effectively with agreed actions being implemented at a faculty level

All staff knows what this could look like for them as a teacher and within their subject

<p>5. To become signatures to the Mental Health Charter with the Sport and Recreation Alliance.</p> <p>6. Expand the use of monitoring and tracking to include Health and Wellbeing</p>	<p>School signs the charter</p> <p>Consistent approach taken in PSE and through the pastoral system to monitor and track health and wellbeing.</p>
---	--

### The challenge questions in brief

<i>Questions</i>	<i>What we do</i>	<i>What we could do</i>
How well do staff know GIRFEC, wellbeing indicators and UNC on rights of child?	Have key posters displayed around the school. Regular training reviewing these key areas at INSET Online training made available to new members of staff	Have small card packs for each staff member highlighting the key messages of each policy  Enhance the promotion of the local authority and national training calendar promoting events available.
How well do staff understand their role in promoting HWB	Through staff questionnaires, knowledge is gauged and awareness raised. Specific INSET activities offered with HWB focus in conjunction with current school aims.	Include specific HWB questions as part of the observation process and staff learning conversations.
How well do we know and take into account local/national documents and guidance	Latest guidance reviewed in conjunction with school priorities and strategy.	Look at how other schools have responded to the guidance documents and schedule a review of own policy when we know when government and LA reviews are being published
How well do we ensure students feel (wellbeing indicators)	Regular pastoral and learning conversations with each student. Introduction through PSE of HWB targets to increase student awareness of the indicators and how they experience school is integral to the school's success	Consult more with the student voice and enable them to take the lead in reviewing HWB in the school and taking forward actions

How well do students show consideration for others, positive behaviour	The majority of behaviour in the school is positive the majority of the time and incidents are low. Strong promotion of working with others in the community and of restorative practices. Introduction of a reward system for all students.	Increase recognition of positive behaviour and contributions to the school community. Continual enhancement of the promotion of positive behaviour for learning in the BGE and upper primary.
How well do we listen to students and involve them in making decisions	Meetings weekly with the school captains to gauge their views in secondary and weekly in primary. Monthly meetings with the student voice and additional meetings with active schools sports leaders and senior prefects where relevant. SLT operate an open door policy.	Increased involvement of student voice in creating, running and analysing surveys, and ensuring they are an integral part in the review of, and subsequent creation of policy and strategy for the school.
How well do ensure staff undertake professional learning around legislation, codes of practice	Relevant legislation reviewed through network meetings at the local authority and in discussions with their link faculty leader and DHT.	Schedule regular reviews of legislation and codes of practice, including building it into faculty meeting agendas. Look at all faculty leaders attending a LA or national training on relevant legislation and policy within the next 18 months.
Can we be sure that all staff guidance is fully relevant and up to date	Staff guidance reviewed at the start of each year, and as and when guidance is changed or updated at a local and national level. Guidance also reviewed at local authority level between heads of schools and their senior managers.	Have all guidance in one place for staff to find and to be referred to in the staff handbook.



How well do we communicate with parents and partners	The schools have regular meetings with a wide range of partners, both from within the local community to support health and wellbeing, learning and social responsibility, and outwith. Parents have regular opportunities to engage through the parent council and at parents' night.	At parents' evenings provide more opportunities for parents to feedback on future strategy. Greater use of technology to gain parental views. Seek parental input and dialogue for students HWB targets.
How do we know the steps we have taken have improved outcomes	Through student surveys and PASS survey year on year comparison. Through observation and positive feedback and a reduction in the number of logged incidents.	Greater use of the student voice and family learning hub to create a joined up approach to tracking and monitoring.
How well can we demonstrate improved attainment for groups/individuals facing barriers?	All distinct groups are monitored for any differing trends on a continual basis, with additional monitoring carried out for those with ASN.	Look at our area specific barriers i.e those to do with remote rural communities. Further discussions with cluster schools on this issue.
How have we successfully established an inclusive learning environment	Through both schools we work hard to promote inclusivity and the importance of being an individual and also working successfully in a community. We have a range of cross year group opportunities, including paired reading (primary) and mentoring (secondary).	Listen to the student voice on issues around inclusivity and their thoughts on barriers to learning and how to continually move forward. Look for examples of best practice elsewhere in the authority and country.
To what extent does our school celebrate diversity	School takes part in many different events from Chinese New Year to LGBTQI+ month to promote understanding of diversity.	A review to be undertaken each year on where discussions around diversity can take place and create a list of outside guests and speakers that can be invited to run

		workshops and speak at school events.
How well does our school ensure that the curriculum is designed to promote equality and diversity? How do we ensure there is an ethos and culture of inclusion, participation across the whole learning community?	During curriculum reviews and termly faculty leader meetings with link DHT, curriculum is reviewed to ensure that it is equal and diverse and where further opportunities and ideas can be included.	Work with others in the local authority to compare curricular design, share ideas and discuss best practice.