



North Ayrshire
Community Planning Partnership

Arran Locality Partnership

Thursday 5 December 2024, at 5.00 p.m. on Microsoft Teams

BUSINESS

Item	Subject	Pg No	Ref	Officer	Ask of the Partnership
1.	Welcome, Apologies and Declarations of Interest.	-	-	Cllr Currie	
2.	Action Note Review the action note and deal with any outstanding items.	Pg 4	Enclosed	Lesley Forsyth	Is this an accurate record of the meeting. Have all actions been completed?
3.	CIF Impact - Arran Geo Park Receive update from Malcolm Wilkinson on Impact CIF Funding has made to their project.	-	Verbal	Malcolm Wilkinson	Receive update and discuss learning and partnership opportunities.
4.	Ayrshire Growth Deal Receive update on the progress and outline next steps from Kathleen Dow on the Ayrshire Growth Deal, Marine Tourism Programme and Arran Project.	-	Verbal	Kathleen Dow	Receive update, provide feedback on project options and discuss learning and partnership opportunities.
LOCAL MATTERS – TACKLING INEQUALITIES					5.45– 6.45 pm
5.	Health and Social Care Partnership Receive report from Seony Ross to provide overview of the HSCP LP process.	Pg 11	Enclosed	Seony Ross	Receive update and discuss learning and partnership opportunities.
6.	Arran Community Link Worker Receive report from Lorraine Hewie on the work of the Community Link Worker Service on Arran.	Pg 15	Enclosed	Lorraine Hewie	Receive update and discuss learning and partnership opportunities.
7.	KA Leisure For discussion and direction from the Locality Partnership on the work of KA Leisure.	-	Verbal	KA Leisure Rep	Discuss progress, learning and partnership opportunities.
8.	Education Overview For discussion and direction from the Locality Partnership on the work taking place across education establishments on the Island linking in with Locality Priorities.	-	Verbal	S Foster J Worthington Active Schools	Receive update and discuss learning and partnership opportunities.

9.	Islands Plan For discussion and direction on the work of the Arran Islands Plan.	-	Verbal	S Baird Island Plan Leads	Discuss progress and how LP can further support this work.
10.	Police Scotland and Scottish Fire and Rescue - Wellbeing and Partnerships Officers to discuss with the Locality Partnership the key impact of wellbeing and partnership work being carried out by SFRS and Police Scotland on Arran.	-	Verbal	David Cameron/Martin Spence	Discuss progress, learning and partnership opportunities
AOCB					6.45 – 7.00 pm
11.	AOCB <ul style="list-style-type: none">CLD Strategic Plan Launch	-	Verbal	Cllr Currie Lesley Forsyth	LP to use this time to raise/discuss matters linking to the Locality, the LP priorities and tackling inequalities.
REPORTS FOR INFORMATION					
12.	CLD Strategic Quarterly Update	Pg 24	Enclosed	Cllr Currie	Locality Partnership are asked to note the reports and share as appropriate.

Distribution List

Elected Members

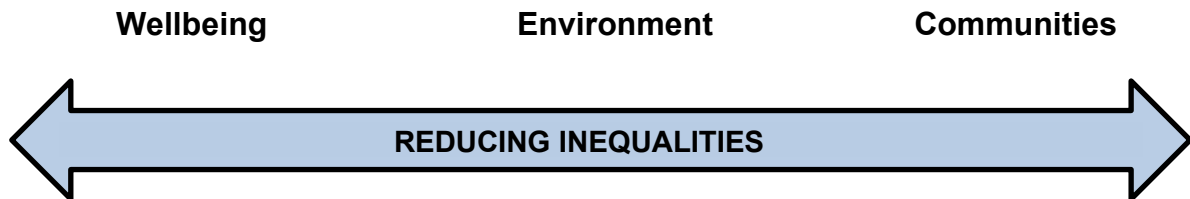
Councillor Charles Currie (**Chair**)

Community Representatives

Bill Calderwood, Arran Community Council
 Sheila Gilmore, Community Island Plan Lead
 Alastair Dobson, Business Island Plan Lead
 Simon Ross-Gill, Environment, Island Plan Lead

CPP/Council Representatives

Vicki Yuill, Senior Lead Officer
 Lesley Forsyth, Lead Officer
 Ruth Betley, NHS Ayrshire and Arran
 David Cameron, Police Scotland
 Lesley Forsyth, North Ayrshire Council
 Anne-Marie Hunter, North Ayrshire Council
 Carol Norton, Arran CVS
 Martin Spence, Scottish Fire and Rescue

Arran Locality Partnership Priorities

Arran Locality Partnership – Community Investment Fund	
The Arran Locality Partnership CIF allocation to date:	£194,000
Funded Projects	Total Funding Awarded
Arran Youth Foundation and Arran High Joint Bid - Young People's Mental Health	£45,226
Arran Geo Park	£79, 853
Remaining CIF Balance	£68,921

Meeting:	Arran Locality Partnership
Date/Venue:	Thursday 6 June at 4.45pm on Microsoft Teams
Present:	Councillor Charles Currie (Chair) Lesley Forsyth, Senior Manager Information and Culture (Lead Officer) Sheila Gilmore, Islands Plan Lead for Community Alistair Dobson, Island Plan Lead for Economy Simon Ross-Gill Island Plan Lead for Environment Louise Logan, Island Plan Vice Lead for Environment David Cameron, Police Scotland Seony Ross, Team Manager Strategic Planning & Equalities Ross Dobson Active Schools Susan Foster – Head Teacher, Lamlash Judi Worthington, Argyll College Claire Nelson, Police Scotland
In Attendance	Jennifer McGee, Policy & Community Planning Officer (Notes)
Apologies:	Ruth Betley, Senior Manager, Arran Services, NHS Ayrshire & Arran Sarah Baird, Senior Officer (Islands) Carol Norton, Operations Manager, Arran CVS Vicki Yuill, Chief Executive Officer, Arran CVS (Senior Lead Officer) Bill Calderwood, Arran Community Council Anne Marie Hunter, Engagement and Participation Officer Scott Morrison, Community Sport Manager, KA Leisure

ACTIONS

No.	Action	Responsible
1.	<p>Welcome/Apologies/Declarations of Interest</p> <p>The Chair welcomed everyone to the meeting, introductions were made and apologies for absence were noted.</p> <p>L Forsyth took the opportunity to welcome Cllr Currie to his first meeting of the Arran Locality Partnership.</p>	
2.	<p>Action Note</p> <p>The action note arising from the meeting held on 6 June 2024 was approved subject to one change being made.</p> <p>S Gilmore highlighted that at the June meeting she was referring to dirty campers and asked if Police could get out of Police van, and go to where foot passengers come off, so that any potential dirty campers would see there is a Police presence on the island. The Partnership approved this change.</p>	J McGee
3.	<p>Grants</p> <p>The Locality Partnership were asked to consider two Grant applications.</p>	

	<p>Community Benefit Fund – the Partnership were asked to consider an application from Arran Dogs, who applied for £4,000 funding to create a dedicated dog park on Arran, providing a safe and enclosed space for dogs to exercise and socialise off the lead, encouraging the safety of wildlife and wild stock.</p> <p>The Partnership requested some clarity around the application as they are aware that that the dog park is already operational. They requested clarity on the current position and an itemised list of what the funding will be spent on and a reassurance that it was not duplication what assets they already have in place.</p> <p>It was agreed that once the information was available, it would be circulated to the Partnership for a decision by email</p> <p>Elderly Grants Fund – The Partnership were asked to consider and application the Elderly Grant Fund where Arran CVS is awarded £2,841 for distribution to Arran groups for outings, meals and activities. The activities planned will be aimed at enabling elderly people to engage in activities outside their own homes & reduce social isolation.</p> <p>The Partnership approved this application.</p>	<p>L Forsyth/R Ramsay/S Fleming</p> <p>J McGee</p> <p>R Ramsay/S Fleming</p>
<p>4.</p>	<p>Street Naming Report</p> <p>The Partnership were asked to consider a street naming report. This was for a residential development site to west of Rowarden, Benlister Road, Lamlash, one street name is required.</p> <p>The Partnership approved the name Halls Field as the street name for this site.</p>	<p>L Dempster</p>
<p>5.</p>	<p>KA Leisure</p> <p>S Morrison was unable to attend the Partnership meeting, however he did share a written update which would be shared with the Partnership along with the action note.</p>	<p>J McGee</p>
<p>6.</p>	<p>Education Overview</p> <p>Schools</p> <p>S Foster provided the Partnership with an update in relation to the Island Schools:</p> <ul style="list-style-type: none"> • New Head Teacher appointed for Primary Island Schools, Alison Conner, who started post earlier this week. S Foster will extend an invite to Alison to next meeting. • During the summer attended the opening of the Arran High Mountain Bike Club Park at the Dyemill. S Foster commented that this is a great asset to the island. 	

- Careers Fayre took place in the school June which was hosted by Chamber of Commerce. Primary and Secondary students were in attendance. There was contribution from business from mainland and Island.
- The Arran Skills Group meeting with Sheridan Walden taking place in the high school tomorrow.
- Continuing disruption of ferries is denying young people on the island equity due to having to cancelling going to event due to ferry disruptions.
- SQA results this year were excellent, particularly with National 5 in S4

A Dobson commented that he is happy to amplify issues at Regional Skills partnership and thinks it would be good to keep escalating the issues the ferries are causing as they are continually disrupting the lives of young people, communities and business on the island. The Chair commented that any evidence we can gather to add weight to this issue would be beneficial.

Noted

Argyle College

J Worthington provided the Partnership with an update in relation to the College:

- Graduation Ceremony taking place this Friday in Dunoon.
- More student enrolling this year than ever before. 19 students enrolled this year across further education, higher education degrees and post graduate course.
- 10 different courses running. The first Arran PGDE Students, first time people living on arran doing their primary teaching degree. With support from the Council they are being allocated local placements where possible. This will hopefully address future issues.
- Continue to work close with Arran skills group on skills mapping and skills development locally.

A Dobson commented that it is encouraging to hear about the increasing engagement of students, and implementing localised solutions is a positive step forward. He also highlighted that the Skills Group is focusing on the supply side, not just the demand aspect and are working to identify the specific skills that businesses and organisations require, which will guide the initiatives of both the College and the Skills Group.

Noted

Active Schools

R Dobson provided the Partnership with an update in relation to the Active Schools:

- Flagship Leadership Programme has 14 NASA students from Arran High School.

	<ul style="list-style-type: none"> • 14 young ambassadors were meant to attend the Leadership Programme last week however due to issues with the ferries they were unable to attend. R Dobson is arranging for the Tutor to come over to the island to deliver the programme. • There is an active girls committee this year within the high school. Two girls lead on a committee and they both attended conference few weeks ago. Events being arranged with four different community clubs to offer taster sessions to high school students. • Working with Archie McNicol, focusing on working young people who are looked after and non-attenders. • Residential held at the end of last term at Inverclyde 18 young people from Primary 5-7 attended. The residential focused on building relationships and engaging them in extra circular sport. • Over 40 clubs for primary and secondary pupils. R Dobson conveyed this thanks to the volunteer community coaches and clubs for supporting these clubs. • Arran High, Lamlash and Brodick Primary schools have achieved their Sport Scotland Gold School Sport Award. • KA Leisure classes are starting up week beginning 21 October at Arran High School. Three of the coaches employed are NASA students which is fantastic. • Eight local events held on the Island, shinty competition was a real success, sport hall athletics event taking place on Friday at Auchrannie sports hall. <p>S Foster commented that she is thrilled the way things are progressing with Active Schools Team it has been a huge success and growing every year.</p>	Noted
7.	<p>Island Plan</p> <p>The Island Plan Leads gave the Partnership an update on each of the three strands:</p> <p>Business</p> <p>A Dobson highlighted that it has been almost one year since the big meeting in Brodick Hall took place which looked at Skills, Decarbonisation and Digitisation. Since then, a skills group and skills coordinator are now in place, a Net Zero Accelerator model is due to launch shortly which has been supported by North Ayrshire Council and Zero Waste Scotland. This is aimed at helping businesses and organisations decarbonise and also includes exploring circular economy opportunities. In terms of digitalisation, there is a big push to improve connectivity and help businesses engage better with the community. There is a lot of positivity on the island which demonstrates that many people and businesses here want to make a difference.</p> <p>Community</p> <p>S Gilmore highlighted that the community meetings were held in different villages. The main takeaway from the meetings is a need for less corporate communications and more in plain English. Recognising that</p>	Noted

	<p>some community members feel isolated, S Gilmore has been sharing all Community Planning Partnership (CPP) updates with the network. This approach aims to boost engagement and keep more people in the loop about what is happening locally. Looking ahead, the group is exploring ways to make progress. One idea they're considering is setting up a community benefit society. This could be a way to drive initiatives forward and increase local involvement. to look at how they can drive things forward possibly looking at in community benefit society.</p> <p>S Gilmore left the meeting after the update</p> <p>Environment</p> <p>S Ross-Gill highlighted that multiple meetings have been held, with an ongoing open invitation extended to all environmental groups on the island to participate.</p> <p>S Ross-Gill also highlighted the project mapping tool available on the Island Plan Website. This tool outlines current initiatives and future needs. There are plans to enhance this tool, potentially allowing islanders to provide direct input on projects in the future. The group is considering implementing either a cooperative model or a 3DF model. In theory, this could enable all islanders to become members of an island-wide cooperative, potentially attracting more funding to Arran.</p> <p>L Logan highlighted that Cooperatives UK has offered to conduct a 10-part orientation and awareness session. This would help the community understand how the cooperative model could be applied to Arran, including its benefits for fundraising, share leasing, and community voting on policies and priorities.</p> <p>S Ross-Gill noted that he would be keen to meet with Councillor Currie to discuss strategies for moving these initiatives forward.</p> <p>A Dobson commented that this work is not intended to replace existing plans or create additional bureaucracy. Instead, it aims to support organisations and provide a unified, concise voice.</p> <p>L Logan added that the Carbon Neutral Islands team is working with other communities across Scotland, and they have shown interest in understanding Arran's approach. While there is no funding for a shared Island Officer, there is an opportunity to share best practices and lessons learned. This puts Arran in a position to potentially connect with other communities and integrate various working groups.</p>	<p>Noted</p> <p>Noted</p>
<p>8.</p>	<p>Police Scotland</p> <p>D Cameron provided the Partnership with an update in relation to work of Police Scotland. D Cameron highlighted that he has recently took over the role of Locality Inspector covering Arran, previously covering Irvine, Kilwinning and Garnock Valley. D Cameron also introduced C Nelson who is the local Sergeant based on the Island.</p>	

	<p>D Cameron highlighted that:</p> <ul style="list-style-type: none"> • The Team is working in Partnership with SFRS, the Council and other partners around operation Moonbeam which is a community safety programme that focuses on addressing public disorder and safety concerns around Bonfire Night. This is not a major issue on Arran. • Sergeant Guy Jenner has been over on the Island and is working with Partners and Groups working alongside Trading Standards and Public Health around tobacco and vaping. <p>C Nelson advised that two officers on the island have completed training in the young people driving scheme and will be visiting the school soon. Vaping has also become a concern within the school, and she plans to liaise with G Jenner regarding a visit to the school.</p> <p>D Cameron also highlighted that there is an opportunity for work experience with Police Scotland and is keen to not miss the opportunity for this happen on the Island. S Foster welcomed this opportunity for the young people.</p>	Noted
9.	<p>Community Mental Health and Wellbeing Fund for Adults</p> <p>In V Yuill’s absence, J McGee advised the Partnership that the Community Mental Health and Wellbeing Fund for Adults opens on 30th September and will close on Monday 11 November 2024 at 12.00 noon. The ambition of this fund is to support initiatives that promote mental health and wellbeing for adults (16+) at small scale, grassroots, community level. The fund can support both new and existing groups or projects, mental health does not need to be the central focus, but the activity should clearly benefit the wellbeing of people, providing opportunities to connect and revitalise our communities.</p> <p>J McGee also advised that an additional pot of money (£22,000) from the Children, Young People and Families Communities Mental health and Wellbeing Fund, to offer in addition to the adult fund.</p> <p>Further information and application guidance can be found on the Arran CVS website – Communities Mental Health and Wellbeing Fund - Year 4 - Arran CVS</p>	Noted
10.	<p>AOCB</p> <p>L Forsyth highlighted that the Locality Partnership previously awarded funding to Arran Geo Park to assist in their pursuit of UNESCO status. Initially, part of the funding was released to help them prepare their application for UNESCO Geopark status, with the remainder to be provided upon successful completion.</p> <p>L Forsyth advised that UNESCO has endorsed the Geo Park, with a final decision expected by Spring 2025. To enable the team to continue</p>	

	<p>working on UNESCO's recommended actions, there is a request to release half of the remaining funds.</p> <p>The Partnership expressed support for this, recognising it as a significant achievement for the island.</p> <p>L Forsyth undertook to liaise with the group and provide J McGee with the relevant information to allow the payment to be processed.</p> <p>The Chair conveyed his thanks to all in attendance.</p>	<p>L Forsyth</p> <p>L Forsyth</p>
<p>11.</p>	<p>Reports for Information</p> <p>The Chair advised the Partnership of the reports attached to the agenda for information.</p>	

Arran Locality Planning Partnership

Date: 5th December 2024

Subject: Health and Social Care Partnership Locality Planning

Purpose: Information and Agreement

1. Introduction

- 1.1 The Arran Locality Partnership encompasses the various legislative requirements around locality planning for the Community Planning Partnership and the Health and Social Care Partnership. This is a unique partnership in North Ayrshire and the other localities have distinct processes for each.
- 1.2 This paper provides an overview of changes to the HSCP locality planning process in the other localities and proposes how to ensure the Arran Locality Partnership is considered in HSCP strategic planning processes.

2. HSCP Locality Planning pre-2024

- 2.1 The previous governance mechanism for locality planning was the HSCP's Locality Planning Forums, which operated in each locality. Each had a chair who represented their locality at the Strategic Planning Group, as well as a coordinator to support the development of local priorities.
- 2.2 Due to the Covid-19 pandemic, meetings were no longer able to take place in person, and the HSCP had to deliver services in new ways, which meant they had to focus on ensuring service-users were able to be supported. This led to locality planning structures being suspended until 2023, when work was carried out to develop a new process.

3 HSCP Locality Planning Process 2024

- 3.1 Each area has a new **Locality Planning Review Group** (replacing the Locality Planning Forums) to coordinate and collaborate for locality working. Each group is responsible for assessing the needs of the community based on engagement, data, an understanding of local services, and an understanding of local need. These groups met for the first time in June and will meet biannually to develop local priorities, actions and plans. The Locality Lead for each mainland area is a Head of Service from the HSCP, who represents their locality at Strategic

Planning Group, but membership will vary between areas depending on local priorities and is currently being developed.

- 3.2 The views and opinions of members of the local community have been incorporated into this process through **Locality Conversations**, which have been developed as biannual periods of community engagement to be carried out in each of the 5 mainland areas. These periods of engagement will target different groups to ensure as wide a range of voices as possible can be included in the development of local priorities. Additionally, we will be pulling in what we know from previous engagement with service-users over the previous couple of years
- 3.3. The statutory guidance outlines that each HSCP should produce locality plans for each area, and that the locality plan should include:
 - A list of all the services under the management of the Integration Authority of which the locality is a part;
 - A note of priorities for each locality under each of the service headings; and
 - Planned expenditure under each service heading, using the locality budget.
- 3.4 Additionally, the Strategic Plan must include details of how it will carry out functions in each locality, and locality plans should be consolidated within it. The Strategic Plan is being reviewed by Spring 2025, so it is anticipated this will contain information about separate priorities in each area and the locality plans will be drafted by the end of 2025.
- 3.5 A draft timeline to develop Locality Plans for each mainland area is:
 - Locality Conversation April 2024 – General public
 - LPRG June 2025– first meeting
 - Locality Conversation September 2024 – Equalities/ Existing groups
 - LPRG November 2025 – review initial priorities or themes
 - Locality Conversation Spring 2025 – Children and Young People
 - LPRG Summer 2025 – confirm themes, initial actions identified
 - Locality Conversation Autumn 2025 – tbc
 - LPRG Winter 2025 – Draft Plans

4. Arran Proposed approach

- 4.1 The Locality Planning process in Arran has always been integrated, so although the other localities had separate priorities for the HSCP locality planning process and the CPP locality planning process, Arran has always operated under a joined-up process. Arran also has set themes and priorities in which

the HCSP Plans will work towards to ensure consistency with other ongoing work in Arran.

- 4.2 The HCSP intends to develop a health and social care locality plan for Arran as for the areas to ensure that Arran will still have a published plan with information and intended actions around health and care. However, there is no need to replicate the same governance structure as with the other areas because of the existence of this group which negates the need for a Locality Planning Review Group, and Arran has a set of engagement priorities already, so the generic locality conversations are also not required.
- 4.3 In order to develop priorities and actions for each of the localities, the Locality Planning Review Groups are compiling Locality Information Packs, which will be developed at each phase of review groups to summarise the results of locality conversations and available data in order to support the plans to be developed.
- 4.4 For Arran, an information pack will also be developed by a working group across the partnership and it is proposed that the plans be developed through these Arran Partnership meetings.

5. Link to Strategic Planning

- 5.1 In addition to ensuring a consistent approach for health and social care plans across each locality, the HCSP wants to ensure Arran needs are reflected in the strategic planning process.
- 5.2 The HCSP Strategic Plan is required to be reviewed every 3 years and work is currently ongoing to develop this. Part of this development work is carrying out an analysis of all engagement between January 2023 and December 2024, to highlight any feedback across different services and localities, so previous locality engagement will support the development of the strategic plan.

6. Conclusion

- 6.1 The HCSP intends to develop a Locality Plan for all localities in North Ayrshire. An Arran locality plan would:
 - Be consistent with and fit under the existing Arran priorities
 - Utilise and support the previous and planned engagement already agreed by the Arran Locality Planning Partnership
 - Be developed by an existing working group that's previous purpose was to coordinate engagement in Arran
 - Be accountable to the Arran Locality Planning Partnership
 - Ensure Arran engagement is fed into the HCSP Strategic Plan and other strategic processes
- 6.2 The working group met in September to discuss this approach and it was agreed it would, upon agreement of the process through this group, meet biannually to continue the engagement and plan development.

Name: Seony Ross

Designation: Team Manager – Strategic Planning and Equalities, NAHSCP

Date: 5th December 2024

Arran Community Link Worker Report September 2024

Background:

The Arran Community Link Worker (CLW) can help enable individuals who require nonmedical interventions to access support and information. They can signpost to various community well-being activities and offer supported self-management and information on multiple issues, such as stress management, employment, healthy living, and managing health conditions.

The North Ayrshire Health and Social Care Partnership (HSCP) employs 11 Community Link Workers. The 12th Link Worker is funded by the HSCP and employed directly by Arran Community and Voluntary Service (Arran CVS) on the island of Arran. Arran CVS have several social wellbeing projects focussed on early intervention and prevention. As partners in the Third Sector Interface, they have excellent links with local groups and organisations, are part of the Arran Locality Partnership and partners in delivery of the Arran Island Plan.

Community Link Workers in your GP practice

To help you find services and support
in your local community



This CLW service arrangement recognises the nuances of island employment and the needs of the practice with this ‘one size does not necessarily fit all type approach,’ dating back to the GP Engagement on Community Connectors it recognises the needs of individual GP practices.

The Arran CLW works closely as part of the wider local health and care team; This local arrangement works well, whereby the Arran link worker is directly linked to community wellbeing activities when not in practice and offers an opportunity to connect with wider groups and individuals developing earlier interventions.

Another difference recognised in the practice is the delivery of smoking cessation and weight management by the CLW, something which was also seen as a gap in service locally through GP engagement when establishing the service. Previous feedback on this local CLW service has been largely positive. The link worker has found that during this support, individuals disclose other non-medical challenges and the CLW is able to assist with these providing a holistic approach to early intervention.

Partners:

The Arran CLW works with a range of partners across 3 medical practices, Brodick, Lamlash and Shiskine, as part of the Arran Medical Group. The role brings them into contact with administration staff and the wider multi-disciplinary team, including GPs, Nurses, OTs, Physiotherapists and Mental Health professionals (Mental Health Practitioner and Income Advisor). In the community they have regular contact with the UNITY Carers development officer, Turning Point Scotland’s alcohol and drug worker, education professionals, Arran Youth Foundation workers, the school nurse, key locality leads, befriending co-ordinator, community transport coordinator, community group and organisational leads across the island. This creates a holistic vantage point for the link worker for both referrals and knowledge of who to contact for the best outcomes.



Engagement:

Arran CVS has an ongoing commitment to improvement and reflective evaluation of our impact, therefore carried out the following engagement with working partners to garner further knowledge on how effective these working arrangements are.

A short survey was created to engage with working partners enquiring as to their experiences. This was the most appropriate method given the limited time that practice staff have during the day. The survey asked respondent about their understanding of the service, the referral process, their perspective of the impact and the value of collaborative working within the role. Questions as follows:

- **Which best describes your service?** We are aware there are specialisms within each service but please respond in a general sense.

Services identified themselves in the survey and provided a balanced spread including GP, Nursing staff, Care at home, Care Home, other colleagues, administration, and management personnel.

- **How would you describe your awareness and understanding of the Community Link Worker role?**

86% of respondents suggested that they have a good awareness and understanding of the service offered.

14% suggested that they are aware of some services offered by the CLW. No one said they had no awareness or offered any other response.

- **How would you describe your knowledge on how to refer to the CLW service? The Arran CLW manages their own diary through tasks due to the complexity in different lengths of appointments required for individuals.**

86% strongly agreed they are confident in the knowledge of how to do this and refer frequently.

14% said they know how to refer to the service and have done occasionally.

No one suggested they did not know how to refer and had never used the service.

- **Please select in order of preference the services you feel are most impactful:**

Weight management was the highest preference, closely followed by social isolation type support/referral. Smoking cessation and long-term health conditions scored next highest followed by low level mental health conditions and financial/benefit support.

It is probable that awareness across the practice community of access to a mental health practitioner and a welfare officer via appointments influenced these selections.

- **What additional service or type of support, if any, do you feel is missing locally? This can be service offered by the CLW or general gaps in service which could be offered in the community.**

The only response to this question was the suggestion of 'group outings for isolated and lonely individuals. A return of the tea afternoons,' potentially a reference to the Wellbeing Café events. This is currently being revisited by a new set of volunteers and will commence under the new name of 'The Friendship Café.'

- **Please rate the following statements: The Arran CLW ...**

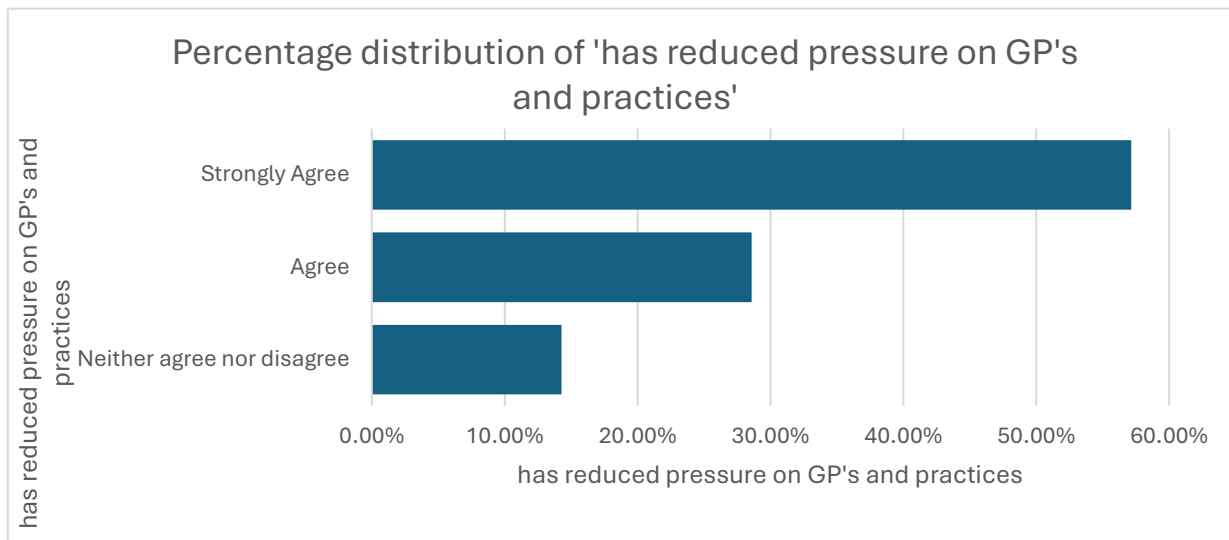
Is a valuable contributor and has become an integral part of the team. *14% of participants agreed, with 86% of participants strongly agreeing that this is the case.*

Is approachable and provides valuable information on local resources and organisations. *Similarly, 86% of participants strongly agreed, with the other 14% agreeing that this is true.*

The same percentages suggested that the CLW has strong working relationships with local organisations and works closely with them to bridge gaps in services.

86% suggested that they strongly agree the CLW provides a holistic person-centred approach, supporting individuals with nonclinical issues that are impacting their health and wellbeing, with 14% in agreement with the statement.

- **The service representatives were asked if the CLW service had reduced pressure on GPs and the practice in general, the results were as follows:**



- **What impact has the CLW service had on individuals you have referred?**

29% did not know

14% said their situation had improved

57% said their condition/situation had improved considerably

- **What impact would it have on your service or practice if there was 'no CLW' on Arran?**

Key comments included:

An increased demand of GP services and far more pressure on GPN services.

*Patients in an isolated island community would lose out to those living on the mainland.
Significant negative impacts and gap in services.*

*An increase in social isolation and the loss of a valuable point of contact would be significant.
We would be inundated with people looking for support without a designated person to signpost/support them.*

The current CLW is a huge asset to the island and a fantastic support to other services as well as the patients/service users.

Appointments:

April 2023 -April 2024

- 822 Appointments booked, of which 659 Appointments were attended
- 121 new referrals received, 93 of these resulted in contact made and support provided
- 26 – Social prescribing, 41 – Weight management, 26 – Smoking Cessation
- Arran CLW provided service cover for Saltcoats Medical Practice (October 2023 – February 2024)

Additional activity and awareness raising:

- Engagements, Events, Local Community Group Visits
- Arran – Carer Engagement Meetings (Remote)
- Regular participation in the Arran Alcohol and Drug Steering group meetings (AHS)
- Arran Unity Gateway Carers Event - Support Worker (The Douglas)
- Reablement in the Community Meeting (Remote)
- NDD Engagement Sessions (Ormidale Pavilion)



Qualitative Case Studies from Arran Community Link Worker

Case Study 1 Multiple Referral Reasons

Female (Age 59) patient with multiple physical health issues (Obesity, Stroke, Coronary Heart Disease, Asthma, Hypothyroidism, fibromyalgia, and Type 2 Diabetes) and mental health issues (Anxiety, depression, emotionally unstable personality). History of alcoholism and drug overdoses between 2008 - 2015. Alcohol detox in 2015 and remained abstinent until 2023. Stopped smoking in 2015 after alcohol detox, Smoking Cessation support with GP, prescribed Champix to aid this.

This person was referred to CLW on 15/01/2018 by GP for Weight Management, weight on referral was reported as 105.0kg. Patient was invited to join Weigh-to-Go Group Sessions. Pre-assessment with CLW on 30/01/2018 weight recorded as 104.6kg. Agreed 10% initial Weight Loss Target – 94.6kg. Patient attended 5 sessions with little or no change in weight and failed to attend a few sessions. 10/04/2018 CLW arranged 1-1 appointment with patient to discuss progress. Decided that Group Sessions were not suitable, due to their' severe anxiety and mistrust. Patients' belief was that nothing could help lose weight because of multiple health issues and medications that she was on. Throughout 2018 Patient had a total of 15

appointments with CLW and completed the WTG Learning Sessions. By 06/11/2018 the patients weight loss was recorded as 98.4kg just over 5% weight loss and agreed discharge.

- GP referral received June 2019 for further support with weight management. Pre-assessment with CLW on 01/07/2019 weight recorded as 91.0kg. Re-visited basis of WTG Programme and offered an appointment for a fortnight later and then followed by monthly weigh-in support. Almost 10% weight loss achieved with support during this period, over 7 appointments. Final appointment was on the 17/12/2019 weight recorded as 83.8kg. CLW also referred patient to the Recovery College for Anxiety. Agreed discharge from CLW support.

- GP referral received 20/07/2021 for CLW follow-up. Patient looking for dietary advice regarding bloating. Total of 4 CLW appointments held, and Exercise Referral and Swim Card arranged by CLW. No further intervention required.

- GP referral received 14/01/2022 for CLW follow-up. CLW had 1 appointment with patient and arranged referral for 6 sessions of Mindfulness at Heather Lodge through the Mary Davies Trust.

- Self-referral 26/04/2022 – requesting regular weigh-ins, CLW agreed to quick weigh-in appointments, suggested regular exercise and eventually patient agreed to Exercise referral to KA Leisure classes. KA Leisure Exercise Leader was invited to meeting with the patient and CLW present. Patient attended a couple of individual sessions with KA Leisure but refused group exercise class and stopped attending due to anxiety.

- Self-referral 10/05/2023 – Bereavement Support, sudden loss of niece. Signposted to Cruse Bereavement and suggested that Pt contact CMHT for further support (Pt. known to service). CLW agreed to follow-up appointments.

The person drank alcohol and overdosed on pills after niece's funeral, admitted to hospital and referred to NADARS for addictions support. Also, started smoking. Continued with CLW support for Smoking Cessation and weigh-ins. They have had multiple re-starts at attempting to stop smoking, and still not there with this, but she maintains healthier eating habits and continues to lose weight. Weight on 25/05/2023 – 80.6kg and 19/12/2023 – 70.6kg

This was a complex case with various life events happening which have brought the patient back to CLW service for support. They are trying to get better, be healthier and manage their anxieties. Total weight loss with support equates to 34.6 kg which has improved blood sugar levels and diabetes medication reduced with the amount of weight lost, mobility has greatly improved, and they now walk every day.

Case Study 2 3rd Sector Referral – Social Prescribing

Male (Age 58) Patients daughter requested support through Arran Community & Voluntary Service, patient referred to CLW 28/08/2023.

30/08/2023 – Initial discussion, Patients permission given to discuss with daughter. Patient has Acute Health Issues and has had numerous admissions into hospital, mobility has deteriorated and sleeping on recliner chair in the living room as unable to climb the stairs. Confidence has

declined and loss of independence. Family is driving patient to medical appointments but not always ideal as they work. Informed daughter of Social Community Groups that her father could possibly attend and the Community Transport as an option for getting him to GP appointments or Community Groups. Letter sent with information re: Unpaid Carers Support (Unity Enterprise), SDS Payments and the above-mentioned 3rd Sector Community Services.

13/09/2023 - CLW brought case to Multi-disciplinary Team (MDT) and referred to Social Work for Community Alarm, Occupational Therapist for assessment of needs and Care at Home (CAH) for daily visits. Review of patients' needs taken on by Arran Medical Group and Community Nursing.

27/09/2023 – Updates from MDT, patient had been re-admitted into AWMH. Occupational Therapist arranged to visit patients' home and complete needs assessment. Social Work have set up Community Alarm for patients return.

28/09/2023 – Follow-up with Daughter, all services have been in touch and supports in place.

Report from MDT meeting on 06/12/2023 – Having the Community Alarm in place had effectively saved patients' life. Three weeks after the this was installed, the alarm was raised, and the patient was airlifted off the island.

Case Study 3 Weigh-to-Go NHS Weight Management Programme

Male (Age 68) patient with Type 2 Diabetes. Diabetes diagnosed 10 years ago and been on medication for this since then. Weight with Diabetes Nurse in January 2023 was 106.5kg Patient referred to CLW on 23/03/2023.

Pre-assessment with CLW on 11/04/2023 weight recorded as 103.6kg. Agreed 10% initial Weight Loss Target – 93.6kg this was reached by 10/07/2023. Weight on 06/02/2024 was recorded as 85.8kg.

On 15/08/2023 consent was received to use this person's progress as a case study, he reported that his blood pressure had reduced, and diabetes blood sugar levels were now being consistently professionally managed. In January 2024 patients Diabetes medication was reviewed and it was agreed by GP that Victoza Injection was no longer required and Rybelsus medication stopped.

Continues with weigh-ins, patient reports feeling healthier than he has in years and now has a regular physical activity plan for walking daily. CLW provided Swim Card for discounted swim/gym sessions as patient keen to add swimming to physical activity routine.

Patient's Quote:

"I wanted to thank you for all the support and help you have given me throughout my weight loss program. Your encouragement and guidance have been invaluable and have helped me stay on track even when things got tough. I truly appreciate all that you have done for me and cannot thank you enough. Losing weight has had a significant impact on my life. It has made me feel more confident and comfortable in my skin. It has improved my health and well-being

dramatically. It has increased my energy levels, improved sleep quality, (I have stopped snoring) and reduced my blood sugar levels to the point where I have been able to stop taking certain diabetic medication. You have also helped me develop a healthier and better relationship with food. My weight loss has also helped me with a more positive attitude to fitness and exercise. As you are aware, I have been power walking as often as possible. This is something I never thought I would be able to do, after a heart attack some years ago. Having lost all this weight I am easily able to explore the beautiful Arran scenery and wilderness trails, which I thoroughly enjoy.

Once again, many, many thanks for your continued support and guidance, on this journey to my goal weight.”

(Anon, 20/02/2024)

Challenges:

The Arran CLW’s integration within the Arran CVS team provides a distinct advantage, enabling direct and meaningful engagement with the community. Whilst the island location may limit frequent in-person collaboration with the wider partnership team, more robust online and hybrid meeting options would assist in sustaining essential partnerships despite current ferry disruptions.

To further optimise productivity, timely communication regarding any changes to in-person partnership meetings is critical, ensuring that no working hours are lost due to last minute postponements when ferry travel is already underway.

The CLW’s independent management of appointment scheduling is vital to accommodate the complex requirements of the various services. When new team members come onboard good communication on adherence to the established referral process is essential, this avoids scheduling misunderstandings and fully support the CLW's focus on impactful work with individuals.

To accurately reflect the unique contributions and extended services provided by the Arran CLW, it is essential to capture and report these activities in a way that highlights their distinct value within the larger team data. Arran data, within current reporting frameworks can inadvertently skew figures due to the breadth of additional services and appointments facilitated. A dedicated reporting approach that integrates these valuable activities into our broader data collection and feedback processes will more accurately demonstrate the impact of the CLW role. This refined approach would ensure that the depth and effectiveness of the Arran CLW’s work are comprehensively represented and valued within team metrics.

Community Link Workers provide support and information on a wide range of issues that can impact on health and wellbeing, including:



We're here to listen, help and support you to take positive steps to improve your health and wellbeing.

Ask the receptionist at your GP practice for an appointment with a Community Link Worker.

To find out about local health and social care services, visit www.nahscp.org
www.carena.org.uk is full of info about local activities and support services

In Conclusion:

Working as part of the Multi-Disciplinary Team on Arran has proved to be extremely successful in the delivery of the right support at the right time. As described in the case studies above, a broader scope of support for individuals was made more accessible by the CLWs involvement. Providing a higher number of return appointments for some services is necessary to help deal with the complexity and enduring nature of some of the issues encountered. The support and engagement which the CLWs offers is an opportunity to allow them to help with long term entrenched issues which take time and trust to support. This role is often fulfilling a need which is not being met by other services.

The program's embedded structure within Arran CVS has been instrumental in overcoming challenges unique to island settings, such as transportation limitations and communication needs, whilst maintaining essential links with the wider North Ayrshire Health and Social Care Partnership, ensuring ongoing collaboration and responsiveness.

The Arran CLW program stands out as a model for preventative community-based, integrated care. Its strengths in proactive engagement, resourceful partnerships, and impactful individual support clearly demonstrate a vital role in improving health and wellbeing outcomes for the Arran community.





COMMUNITY LEARNING & DEVELOPMENT

NORTH AYRSHIRE

**NORTH AYRSHIRE CONNECTED COMMUNITIES
NORTH AYRSHIRE YOUTH WORK, ADULT LEARNING
AND COMMUNITY CAPACITY**

STRATEGIC QUARTERLY UPDATE



An Introduction to the CLD Strategic Themes

This quarterly report focusses on the CLD strategic priorities outlined in our North Ayrshire CLD Strategic Plan that ties into North Ayrshire locality priorities.

YOUTH WORK

Contact: youthwork@north-ayrshire.gov.uk

Youth Work is an educational practice contributing to young people's learning and development. Youth work engages with young people within their communities; it acknowledges the wider networks of peers, community and culture; it supports the young person to realise their potential and to address life's challenges critically and creatively and it takes account of all strands of diversity.

ADULT LEARNING

Contact: adultlearning@north-ayrshire.gov.uk

Community based adult learning covers a wide variety of learning opportunities which target learners who have multiple barriers to opportunity, focusing on disadvantaged individuals and communities. Using a Social Practice Model, learning is built around the experience and needs of the learners and is underpinned by the three core principles of the Adult Learning Statement of Ambition - Learning is Lifelong, Life-wide and Learner-centred.

CAPACITY BUILDING

Contact: adultlearning@north-ayrshire.gov.uk

Community Capacity Building is the support that community groups access to help them address issues which are important to them. 'Capacity' describes the range of resources that people have – knowledge about their area or common interest, skills and ideas, shared experiences, and material resources like funding and community spaces.

The new Community Learning and Development Strategic Plan is Launched



North Ayrshire Council is striving to make communities stronger through its Community Learning and Development (CLD) Plan 2024 to 2027.

Adult learning, youth work and capacity building are the foundation of the plan – which has health and well-being, Community Wealth Building and workforce development at its core. Tackling inequalities and the need to target resources are also covered.

The views of people living in communities; Council partners including schools, colleges and third sector organisations; volunteers and staff have been vital in developing the plan, which local authorities are legally bound by the Scottish Parliament to develop every three years. The plan offers a framework that helps to empower people of all ages, individually and collectively, to make positive changes in their lives and in their communities. This is done through supported learning for adults and families, personal development and active citizenship to create stronger, more inclusive communities.

“What we are aiming to do is continue the good work that has been done previously to help residents across North Ayrshire learn, develop new skills and improve their own life chances while boosting their communities. There are many great opportunities within the plan for community development and individual learning. We want to ensure everyone – especially those who are vulnerable or marginalised – has access to learning opportunities and nobody is left behind.”

Councillor Alan Hill - Cabinet member for Communities and Islands

The Community Wealth Building economic model – which sees wealth being retained in North Ayrshire thanks to the council and partners increasing employment and using local produce and resources - is at the heart of the continuing drive to improve life for residents.

Achievements from the previous CLD Strategic Plan (2021 to 2024) across the six Localities include the success of Community Asset Transfers, food larders, participatory budgeting – which sees communities deciding how they want to spend public funds – and Community Investment Fund support.

A community consultation exercise and workshops, focusing on learners, have been held to help identify any gaps in services.

At a recent Cabinet meeting (29 October) the CLD Plan was approved. The new plan can be viewed in full on the North Ayrshire Council Website.

Joint Cabinet

Young people met with key Council decision makers at Saltcoats Town Hall this week to tackle a host of hard-hitting issues at the latest Youth Joint Cabinet meeting. The morning session taking place during National Youth Work Week was held on Tuesday 5 November.

It was the latest in a series of joint meetings involving North Ayrshire Council's Cabinet and Senior Officers alongside Members of the Scottish Youth Parliament and the Youth Council Executive.

Representing all of North Ayrshire's secondary schools, almost 100 young people attended from Irvine Royal, Greenwood, St Matthews, Kilwinning, Largs, Auchendarvie, Ardrossan, Garnock Community Campus, Arran High and Lockhart Campus.

With other events already underway, the lively session run by North Ayrshire Youth Services also featured representation from North Ayrshire's Youth Work Modern Apprentices, the Youth Executive, school youth forums, Pupils Parliament's and Police Scotland.



The discussions centred around key themes decided upon by young people prior to the event, including:

- North Ayrshire Council's Budget Engagement
- United Nations Convention of the Rights of the Child (young people's rights and youth voice)
- Youth crime and anti-social behaviour
- Health and wellbeing
- Activities and opportunities

The young people were also shared an update on the launch of the new North Ayrshire Community Learning and Development Strategic Plan 24-27.



Joint Cabinet



Cabinet Member of Education and Young People, Councillor Shaun Macaulay who opened the event said: *"I am astounded by the number of enthusiastic young people who have given up their time today to participate in the latest Joint Cabinet."*

"November marks our 30th Joint Cabinet meeting. As a local authority we are proud to be one of only two Councils offering this impactful approach to youth participation that ensures young people remain at the heart of our decision-making process."

"A key milestone of National Youth Work Week, we have used the event this morning as a platform to raise awareness of the importance of working upstream"

"Put simply, this is all about using youth work proactively to provide vital support to help local young people to unlock their potential in North Ayrshire."

"By giving them a voice and raising awareness of important topics including our ongoing Budget engagement, we have been able today to understand young people's unique perspective and most importantly determine their key priorities and the actions required to build a fairer and equal North Ayrshire for all."

During the round-table discussions, the format included a combination of listening to the experience of young people directly and encouraging attendees to scan a QR code and contribute online via the Council's Youth Participation digital platform."

Young People's Champion, Councillor Chloé Robertson was proud of the young people taking part in the event. She said: *"Thank you to our inspirational young people for attending today's Joint Cabinet meeting who spoke with courage and determination on behalf of their peers."*

"Joint Cabinet is a vital part of the Council's Youth Participation strategy, it allows pupils to learn more about how their local authority operates, while forming an important part of the Council's approach to give young people a voice."

"The action-packed morning was a brilliant example of the power of youth voice in action and the Council's commitment to UNCRC Article 12 that states the importance of ensuring that children and young people have the right to express their views and have them considered when decisions are made that affect them."

A full report of feedback will be available in January 2025.



National Youth Work Week Conference

We had a blast in the final event of National Youth Work Week - our annual Youth Conference

A [#youthparticipation](#) event packed with fun and exciting workshops, the day brought pupils from Irvine Royal, Arran High and Largs Academy together with our locality youth work teams, their local MSYPs, our Youth Executive and the Council's Energy and Sustainability team for a [#youthwork](#) event to remember.

Thank you to the young people for giving it their all across the four engaging workshops!



These covered:

- **How to become a community super hero:** where attendees had the chance to appreciate just how much of an impact they can make locally and what pledges they can take going forward to better their communities.
- **How to safely navigate a gaff:** a drama-led session where events unfold at a party. In this session, the young people were taught about the dangers of underage drinking and other risk-taking behaviours and what to do when things go wrong...
- **Escape room challenges:** Here, the problem-solving session explored climate change and the biodiversity crisis and what can be done now to prevent further nature loss and damage to the environment. Young people also made their own climate pledges.
- **Mobile phone use at school:** This session explored what school was like for Millennials and considered how Gen Z's can reap the benefits of digital technology but also understand its impact on interrupting learning in classroom settings. It also provided coping mechanisms if policy was to be introduced where phones were ever prohibited in school.

Finally, the young people had the chance to cast their votes for Youth PB and engage on the Council Budget proposals.

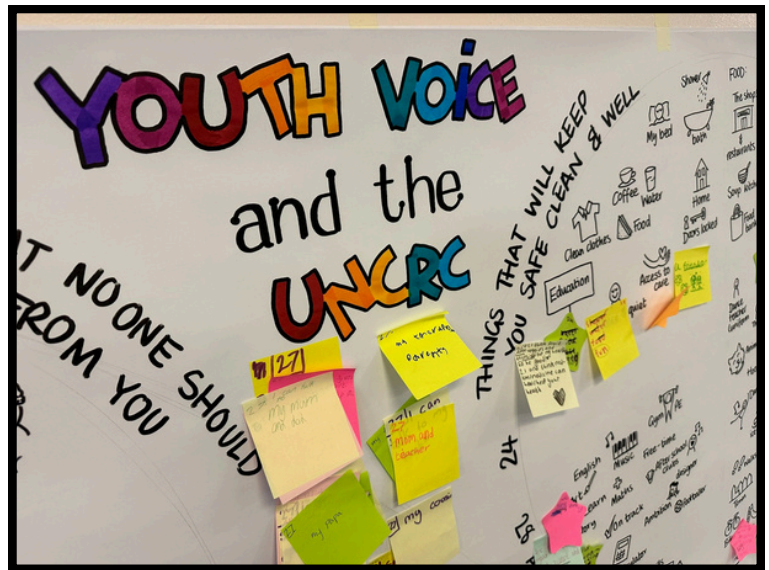


Primary 7 Youth Council

Youth voice and participation is something that is really important to us as we continue to provide opportunities for children and young people to speak up on issues important to them.

Back in September, we hosted our annual Primary 7 Youth Conference at Ardeer Community Centre where we welcomed 125 young people.

Garnock, St Palladius, St Peters, Blacklands, Woodlands, St John Ogilvie and Skelmorlie primary schools were part of the action, all joining forces to take part in 4 interactive workshops.



The youth work sessions focussed on:

- Workshop 1 - **Cyber Explorers** - Fun and interactive session with support on how to navigate our new Cyber Explorers youth work programme, and completing cyber missions towards a digital world. Answering questions along the way, the young people used the opportunity to share their views and feedback and consider how to stay safe online.
- Workshop 2 - **The Promise** - This interactive workshop was a fun way to learn what it means to be care experienced, the stigma that young people who are care experienced may face and to give young people the chance to share a positive message with those who are care experienced [#KeepThePromise](#)
- Workshop 3 - **UNCRC North Ayrshire** - Pupils helped to localise their rights working with a graphic artist to show what rights mean to young people here in North Ayrshire. As well as this, the young people looked at a child friendly reporting system when it comes to their rights and who and what they need to ensure their rights are being upheld and respected.
- Workshop 4 - **Wellbeing in the Digital World** - This interactive workshop helped pupils identify the differences between real life and the online world. Everyone was encouraged to look inwards and identify where they might change, elaborate or hide their true selves within the realms of social media platforms.



Joint Youth Forum

We welcomed 40 of our youth voice reps for Joint Youth Forum. An interactive day engaging on cyber resilience, wellbeing in the digital world, UNCRC child friendly reporting and looking at themes for our next Joint Cabinet.

Locality and thematic groups that participated included our locality based youth forums, young carers, sports leaders, New Scots and LGBT Forums.

The main focus of the day was exploring our UNCRC rights journey and what would child friendly reporting look like for young people in North Ayrshire.

The groups provided some invaluable data that will form the start of the engagement process into the Councils embedding of UNCRC practice. Young people stated to have effective rights reporting we should:



- Train and support decision makers on rights and supporting reporting.
- Have a localised reporting mechanism, for example an app.
- Have champions in each service that can be a point of contact - one trusted adult.
- Create a promotional campaign about rights and support on what can help you if you feel your rights have been breached.



Members of Scottish Youth Parliament

Our MSYPs attended the national sitting of the Scottish Youth Parliament in October. Along with the Scotland-wide membership they were involved in delivering their motions in the debating chamber at Holyrood.

Representative of Cunninghame North, Adam Johnston put forward his motion *“that all public transport should be made accessible and safe for people with physical and neurological disabilities, including improving support for physically boarding transport and pre-booking services”*.



There were 15 motions covering a range of issues that can affect young people, the wider community, and the general population. The topics included anti social behaviour, broadband for rural areas, global climate reputation, protecting university funding, cost of living education, xenophobia and racism, training for transport workers, vaping adverts, Gaelic education, mental health in curriculum, femicide, student and apprentice support, period products, BSL in curriculum.

After all motions were presented a vote took place to decide which motions went forward, from these Gaelic education was the only motion not to be supported. Adam will now form part of a working group alongside other likeminded MSYP's to take this motion forward and affect positive change for others experiencing similar issues.

Over the weekend the MSYP's attended various campaign workshops to discuss the following topics with other MSYP's from across Scotland, air their views and complete surveys, campaign groups were looking into the following issues :

- Increased mental health training and education
- Invest in and protect youth work services
- End gender-based violence



Members of Scottish Youth Parliament

Freya Fitzsimmons was also offered an opportunity to contribute to the closing remarks for the entire sitting. Freya prepared a speech regarding the changes she would like to see over the next 25 years. She highlighted that all young people have the right to have their voices heard but to support this we need more support staff such as youth workers and the correct structures in place such as pupil councils in schools and youth forums in every locality.

The four MSYP's really enjoyed the event, they had the opportunity to meet MSP's at the parliamentary reception as well as other MSYP's from all over Scotland providing the opportunity to discuss their roles and the work they are involved in locally. They felt immensely proud of their opportunity to sit in the debating chamber that would normally be filled with MSP's and represent not only their local communities but young people from across Scotland.



Arran Youth Association MHWB Retreat visit

Our MHWB Project Worker joined the AYA young people during their stay at the Inverclyde centre in Largs for the mental health retreat. Bringing a light touch mental health input to support the other activities scheduled during their stay.

With the Inverclyde Centre having such lovely surrounding we decided to get the young people outdoors where we spent some time in nature. Looking at our online person vs our real person and diving into the differences or similarities that can cause a chaotic brain, meditation and outdoor crafts based on and using some of the things found in nature on a walk.



This workshop worked well because it engaged the young people in a variety of ways. As this was a mental health retreat for young people, it focussed on relaxing, taking time for ourselves and ways to equip ourselves to do this in amongst a busy lifestyle. Incorporating a bit of awareness and understanding around the digital world opened conversations within the group and they brought forward their own experiences of the digital world and the impact that they have seen on their own mental health.



The young people gained toolkits to support their mental health and wellbeing and had time to look at the digital world from another perspective which hopefully encouraged them to recognise behaviours and realise which parts may be healthy and unhealthy for the mind.

"We were delighted to have Vicki and the team at our wellbeing retreat. Vicki's team had visited last year's event, so the young folk were looking forward to seeing her and knew they were going to get a nice relaxed session with some useful tips and thought-provoking discussion. We had a lovely time in the forest hugging trees, hunting for bugs and just taking a minute. It was really worthwhile for the young folk to reflect on their online self v real world self and how busy their brains can be due to screens. Thanks again to the team. We hope we can do something similar again in the future!"

Graeme Johnston



Creating Bee You Mental Health Ambassadors in schools

The Bounce Back Your Resilience programme was created to support primary aged young people with their understanding of mental health and wellbeing. Young people completing their apprenticeship in youth work take the lead with support from our MHWB worker and deliver this to the senior end of primary schools in order to establish young people peer support models within the school community. This is taken further by the primary 6/7s that have attended the workshops to the lower end of the schools in a variety of ways chosen by the school.

By giving a group, the basics and understanding of topics surrounding mental health and wellbeing we are embedding change and empowering young people to support others in a structured way. Establishing this peer support model the design was first and foremost to support schools mental health and wellbeing by giving students an outlet to discuss their feelings and challenges to their peers who can relate.

The design was created with emotional intelligence, empathy and active listening in mind which from there can be built into healthy, supportive peer to peer relationships. The model supports inclusivity encouraging young people who may feel disconnected to form meaningful relationships which can form a sense of belonging and in turn support MHWB.

This programme has become widely sought after across North Ayrshire and has already reached 15 schools since starting in 2023 and has schools lined up for 2025 already.

Schools have been continuing this peer support model in a variety of ways within the primary schools:

- Some have chosen to highlight their ambassadors with pictures and information sharing on the walls and school corridors
- Ambassadors will wear a Hi-vis vests to show they are a supporting ambassador during break times
- Peer support sessions for infants (P1 and 2)
- Active story telling about resilience
- Health & wellbeing treasure hunt and games
- Created a sensory walkway to support neurodiversity, with individual ambassadors
- Held assemblies
- Summer stalls with MHWB toolkits



Creating Bee You Mental Health Ambassadors in schools

At the end of the 6 week block, we will highlight to the young people that we can come back to support their ideas or help them pull together their ideas to continue the peer support model.

The young people have embraced this concept and it is wonderful to see this continuing as a rolling support throughout the year groups across North Ayrshire Schools.

"The pupils really enjoyed the Bounce-back sessions, the support offered from North Ayrshire Youth Services and Vicki was welcomed by all, the sessions were engaging and tailored to topics that enhanced Health & Wellbeing, in particular mental health.

Relationship building was evident throughout the sessions and pupils benefitted from the informal and fun way that sessions were delivered. Pupils were given opportunities to build confidence and self-esteem and some pupils who would not normally participate in speaking out were keen to do so. This provided a different learning style through shared experiences and allowing time to discuss and explore the different topics each week, while participating in activities using alternative resources and being flexible in their approach."

Laura McEwan, Inclusion Officer - Hayocks Primary



Duke of Edinburgh - Silver Qualifying Expedition

Ardgartan Peninsula, Southern Highlands of Scotland

This quarter, our Duke of Edinburgh coordinator supported 13 young people to complete their Silver Expedition in the Southern Highlands of Scotland for 2 days of outdoor exploration.

These young people, as a result have become more confident and enthusiastic and are now ready to start their Gold Award.

The trip has in turn improved their team work skills, resilience, outdoor skills and formed new friendships from other schools and communities across North Ayrshire.



Active Schools has made a great start to the new Academic Year.

School Delivery Plans

All Active Schools Co-ordinators have now completed their School Delivery Plans which they share with all schools to plan their Extra Curricular Programme. This tool allows us to provide as many equal opportunities across each locality within the academic year and target young people term on term.

Events Calendar

Our Events calendar has been completed this quarter and distributed to the relevant school staff and lead contacts. Across the Primaries, Secondaries and ASN establishments the Active Schools team will offer 12 North Ayrshire wide Events across the calendar year as well as their own cluster calendars. So far we have delivered Badminton Big Hit Festival and Girls Spar 7's Football with over 200 young people from several schools take part.

Teacher CPD

After some reflection and consultation with key stakeholders we have taken a new approach to our CPD calendar this year. Each Co-ordinator will work closely with school staff across their own localities instead of North Ayrshire wide. This approach will allow us to look at the training needs of the staff as well as make this more accessible within their own areas. We will assess and monitor this across the academic year.



LEADERSHIP

HEALTH AND WELLBEING

Young Ambassadors:

Recruitment took place this quarter and seen 170 young people ranging from S1-S6 attend our local Young Ambassador Conference at the Portal, Irvine. Some of the content they learned on the day was around the Role of the Young Ambassador, PB Workshop around Funding, Social Media training, Practical Delivery Experience and Team Building. This event was a real success and feedback from the young people has been fantastic. We look forward to them putting this training into action across the Academic year



North Ayrshire Sports Academy (NASA):

In August we seen the start of our NASA programme with 158 S5-S6 start their leadership journey at phase 1. All 9 secondary schools as well as Lockhart have representation. They attended a 6-week programme with their Co-ordinator who delivered content around Safeguarding, Model Sessions, Practical Delivery and Introduction to Active Schools. Phase 2 has now started with 114 pupils following their pathway sports (Football, Netball, Multi-sport and ASN) to and upskill them to prepare for future delivery come January.



Active Fitness:

Young people across five academies have started the Active Fitness Programme where they will work towards their Level 6 NPA qualification. Their college placements have started in partnership with Ayrshire College back in September and more recently are now attending their 8-week gym placement across KA Leisure facilities.



Active Outdoors:

As this programme comes to an end 17 young people will now complete their outdoor placements with several partners. Once this is complete they will put their qualifications into practise in January and will be supported across this time with Outdoor establishment's to deliver outdoor activity.



THE AIM OF THESE ROLES

Work with key partners/stakeholders to remove the barriers for young people within Care Experience and to access Sport and Physical Activity opportunities across North Ayrshire to lead a healthier lifestyle.



From the stats below (which have been taken from March 24 till now) our Active Schools and Community Partnership officers (ASCPO's) have delivered 38 Experiential opportunities for young people within care experience or part of our 3rd sector organisations. These have consisted of Residentials to Inverclyde Sport Centre, Day Visits to local Leisure facilities and Team Building days at Gowanbank and Craufurdland Estate. This has allowed the young people to move into more frequent activity which consists of Extra Curricular programmes within a school environment or move into community provision where they can access a local community club or attend KA Leisure facilities.

Experiential Opportunities Delivered
38



Number of Participants Targeted
360

The next quarter will see us to continue to work with key partners across Health & Social Care, Schools and 3rd Sector organisations to support the young people across North Ayrshire.



DOUBLE AWARD WINNER:

We are delighted and proud of Connor Patterson a double winner for the following awards, Coaching, Officiating & Volunteering Award and the Eric Liddell Recognition Award.

Connor a former North Ayrshire Sports Academy pupil and now a current member of our Team Inspire Leadership group commits between 15-20hrs per week where he has coached, mentored, supported P7 leadership programmes, supported P6s to lead activity in the playground, coached school Football teams, refereed at inter school events, ran inter school events, organised school fun days, supported North Ayrshire wide events, led on community clubs, supported club sessions, organised fund raising and generally supporting school sport on a daily basis.



He is a true asset and school sport in Stevenston would not be the same without him. He eats, sleeps and breathes everything that Active Schools stands for and the schools he has involvement in are richer places for having him there.

WELL DONE CONNOR!



Care Experienced Week Celebration



The purpose of the event was to celebrate our team's work, the work of North Ayrshire wide Corporate Parents and the achievements of our Care Experienced young people over the past year. We highlighted our Team's development of the Champions Board and Promise Champions Network, we had a feature on employability support, shout outs to North Ayrshire-wide

Corporate Parents, an introduction from our Promise Delivery Partner Clare Morris, and an on-stage discussion with Corporate Parents from MCR Pathways, Active Schools, Educational Psychology, Dance Therapy and the ESOL Hub based in Auchendarvie Academy.

The event was well attended with great engagement from both Corporate Parents and young people. 61 adults and young people attended. Attendees commented on there being a good balance of content between our work, North Ayrshire-wide work and young people's work.

There was a mixture of content applicable to a variety of ages. Our Health & Social Care Councillor, Margaret Johnson felt so encouraged that she provided a word at the end to say how inspired she felt by the work she had seen and she plans to sign up as an MCR Pathways Mentor as a result!

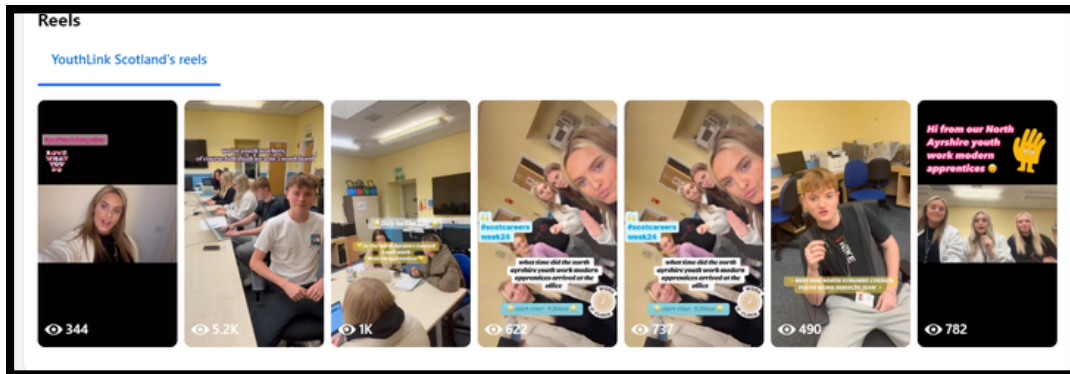
This event was very important in terms of our Youth Work/CLD Strategic Plan Priorities to:

- Highlight positive destinations that our young people can and have accessed
- Share young people's experiences in a non-stigmatizing way
- Promote and celebrate young people's health, wellbeing, attainment and achievement
- Showcase the ways we are reducing poverty and inequality for Care Experienced young people
- Provide feedback to young people about what has happened over the past year in response to what they have said they wanted to see improve or continue



Modern Apprenticeship Programme

A Day in the Life of a Modern Apprentice Youth Worker



Our Modern Apprentices were invited to take over national youth work agency, Youthlink Scotlands, social media channels for the day as part of Scottish Careers Week promoting Modern Apprenticeship programmes.

The partnership with Youthlink and Skills Development Scotland seen our MA's take over Youthlinks Instagram page, posting 7 videos throughout the day, this highlighted the Youth Work apprenticeships and showed a day in the life of a Youth Work Modern Apprentice.

They were delivered in a fun and engaging way utilising current trends to gain as much engagement as possible. With our young people at the heart of planning and creating the videos with their keen knowledge of current social media trends. Their confidence in creating and appearing in the videos also contributed to the activities success.

The day was a success with:

- Increased engagement in Youthlinks Instagram – one reel broke their previous record of 1000 engagements by reaching over 5000.
- MA's contribution singled out by Comms Manager at SDS prompting future collaborations
- Reels gathered over 13000 impressions
- Over 550 engagements and reactions.

All the reels can be found here:

<https://www.facebook.com/share/r/14jSLA7W6x/>

<https://www.facebook.com/share/r/15kBxHjDx1/>

<https://www.facebook.com/share/r/1GtWRCYv5g/>

EMAILS FROM EDDIE NISBET (YOUTHLINK)
“JUST CHECKING SOME OF THE STATS - QUITE INCREDIBLE. ONE OF THEIR REELS HAS HAD OVER 5,000 VIEWS ALREADY! THE FANS WENT WILD.”



Cyber Resilience - Magazine Project



A partnership project with Education Scotland and White Water Writers, where our Cyber Resilience Worker worked in partnership with Greenwood Academy, Police Scotland and Irvine Locality Team identified six S2 young people to create a magazine for Primary 6 and 7 children.

The magazine content focussed on cyber safety, how to spot scams, fraudulent emails, hacking and secure passwords. The young people created characters in the magazine that mirrored themselves and created real cyber crimes and scams. From there they worked with writers and designers to create story boards and their characters .

The young people that were identified, were 6 young boys who have been involved in anti-social behaviour at the location the programme took place. The goal was to create positive relationships with the centers committee members and supporting the young people to understand the centers worth. By creating something worthwhile within the center, the boys then gain some ownership and protect local buildings.

The magazine will be published nationally across Scotland for other pupils to learn the dangers of Cyber and has since been developed into a Mural Project at Towerlands Community Centre. A partnership with local graffiti artist has allowed the young people to learn about how graffiti is an art and the journey that he has went through and to offer a positive outcome from the topic of vandalism.

"The Cyber Explorers mural is their way of giving back to the community and re-gaining the trust and respect of the many community groups operating at Towerlands so that everyone can move forward together. So far, we've collaborated to map out a design with key elements celebrating groups like the knitting club, Irvine Pipe Band and the dachshund group that all operate out of this important community hub."



This three-day project was positive. They gained a great understanding of what it takes to run a community center and the voluntary hours that the committee put in.



New Scots

New Scots are heading for the hills

New Scots from across North Ayrshire have been exploring the Scottish hills with a purpose, as part of a new Adventure Group initiative aimed at achieving mountain-leading qualifications.

Participants have climbed hills such as Beinn Dubh near Luss, enjoying the stunning views across Loch Lomond. The group consists of seven New Scots and five care-experienced young people, aged 17 to 19, who are developing essential hillwalking skills.



So far, members have taken part in various activities, including skills sessions at Culzean Castle and Country Park and a two-day mountain hike at Gowanbank outdoor activity base in Darvel. These adventures are providing them with hands-on experience and the opportunity to engage with Scotland's beautiful natural environment.

Funding for these activities has come from several sources, including the Council's Community Learning and Development team, Sport Scotland's Active Schools programme, the Multiply

community programme (which helps adults improve their numeracy skills), The Outdoor Partnership, and the Ukrainians in North Ayrshire Committee.

The group is being supported by Council Locality Link Worker Lucy Russel. The goal is to enable participants to lead mountain walks within their communities, fostering a connection to the outdoors while promoting physical well-being.



Additionally, the outdoor education qualifications gained could open pathways to employment in the future.

The Adventure Group exemplifies the potential of outdoor learning to empower individuals, build community connections, and offer memorable experiences in Scotland's remarkable landscapes.



Celebrating the Contributions of Volunteers in North Ayrshire

In August, the invaluable impact of ESOL and New Scots volunteers across North Ayrshire was celebrated. In partnership with The Ayrshire Community Trust (TACT), appreciation was shown for the outstanding efforts of Scottish, Syrian, Ukrainian, and Palestinian volunteers.

These individuals have engaged in a variety of activities, including delivering ESOL support, creating community gardens, supporting food larders, and organising cultural and historical events. Their collective work has significantly strengthened and connected local communities.



New Scots have been supported to find volunteering opportunities in various settings, helping them gain valuable work experience, integrate into the community, and improve their English through active citizenship.

A total of 18 people were recognised for their dedication, with three exceptional volunteers receiving the Palladium Award for going above and beyond. Together, these volunteers have contributed more than 4,436 hours of their time, making a meaningful impact throughout our communities.

This celebration highlights the remarkable dedication of those who continue to make North Ayrshire a more united and vibrant community.



New Scots

Pupils are helping grow fruit and vegetables in impressive school garden

Grapes and tangerines are among the healthy foods being grown in the grounds of an Irvine primary school, thanks to an exciting project involving children, staff, and a dedicated parent volunteer.

At Elderbank Primary, a thriving garden has been established inside a polytunnel, created a few years ago through the Pupil Equity Fund.

The project has continued to flourish, providing valuable hands-on learning experiences for the pupils. Headteacher Jacqueline Robertson shared her enthusiasm for the project, highlighting how children have been able to grow and cook with their own produce. *"It has been great for the children to see the whole process – from seed to plate,"* she said.



Parent Yousif Al Ahmed, whose family has strong ties to the school, played a major role in developing the polytunnel. Originally from Syria, Yousif has helped the children grow a variety of fruits and vegetables, including chillies, white grapes, broccoli, tomatoes, onions, garlic, parsley, spinach, and cucumbers. He emphasised the importance of teaching children how food is grown, noting how beneficial the experience has been for all pupils, including those with sensory needs, such as his son with autism.

The project has not gone unnoticed. Earlier this year, Yousif received a Volunteer Recognition Award from The Ayrshire Community Trust (TACT) for his outstanding contribution. His work serves as a wonderful example of community collaboration, with New Scots sharing their knowledge and enriching school life.

Children like Cody Lee, 10, and Charlie, 11, have enjoyed participating in the garden, with Cody expressing excitement about growing pumpkins, apples, and oranges.

Charlie shared that his nan's passion for gardening inspired him to get involved.

Elderbank Primary's growing project also reflects the importance of children's rights, such as the right to healthy food outlined in Article 24 of the Convention on the Rights of the Child. This initiative showcases how schools can provide engaging, hands-on opportunities that promote health and well-being.

<https://youtu.be/NaYCN0uE8rs>



Multiply

External referrals reach landmark figure!

Multiply are delighted to provide an exceptionally the positive update regarding our 1:1 learner referrals. In September 2024 we reached 100 learner referrals from our external partners. The current figure as of November 2024 is 122. We appreciate the trust and confidence shown in our project by CEIS, DWP, NHS Ayrshire & Arran, Ayrshire College, Turning Point Scotland, TACT, EQUAL and NAC's Employability Service. Alongside our drop in sessions, group work delivery and online support, our 1:1 cohort are an essential part of our adult learning provision.

122 EXTERNAL
REFERRALS

9 EXTERNAL
REFERRAL
PARTNERS

50 LEARNERS
SQA
ACCREDITED



Multiply Numeracy Qualifications at Ayrshire College

Multiply were approached by the staff at The Hive to provide numeracy input/support for their learners who are part of the Intro To Careers course . After productive meetings with our partners at Ayrshire College, Multiply staff proceeded to provide an 8 week accredited numeracy course to compliment their learning. The aims of the course were to engage the learners with real life numbers. Lessons on finances, problems solving, weighing and measuring with the aim of improving life skills as well as improving confidence with numbers. Providing accreditation also gave the group and introduction to a more formal college experience, which will prepare them for further study as they move into mainstream curriculum. Most of the learners embraced this opportunity and engaged extremely well. Each participant pushed themselves to complete the programme, which shows resilience. and increased their self confidence.

30 students have completed Level 3/4 numeracy qualifications, that are currently being verified by SQA



The Multiply Project

Community Qualifications Case Study

Working in partnership with the ESOL team, we have worked closely with a learner who previously had limited access to education and had no formal qualifications. This learner has gone through level 1 number processes and level 1 handling money units with the aim to secure SQA recognised qualifications.

The learner was able to compete the level 1 assessments with ease. The learner then progressed to a level 2 assessment, which she was able to complete and pass the unit successfully. Community based adult learning allows learners to engage in an informal way. Learning this way learners feel a lot more relaxed and can sometime be more engaged. Delivering SQA qualifications within the community has been a great way for people to gain confidence in learning and increase self-esteem.

The learner felt a sense of achievement from completing the assessments. Gaining the qualifications has enhanced her confidence and reduced her anxiety around learning. She now has SQA recognized numeracy qualifications she can put on her CV.



Gaelic

Beginner Gaelic language class

This quarter has seen the start of a new Beginner Gaelic language class

We had over 20 enquiries received to learn Gaelic. A tutor was sourced to take the class which is being taught over zoom. 10 new learners from North Ayrshire have now signed up to the weekly Gaelic class and are now on their journey in learning Scottish Gaelic and culture.

Gaelic Scrabble Game

When the Gaelic Scrabble game was released in 2023 one of our Arran-based adult learners purchased several sets and donated one to the Gaelic team with the suggestion that it might be good for our learners to get together in an informal setting and practise their Gaelic vocabulary skills while playing a game. Several learners were interested in taking part and there have been various sessions since then with more new people coming along to join in. Information was circulated around the local learners and North Ayrshire's social media platforms as well as relevant local Facebook pages on Arran.

For some the focus has been on improving their Gaelic, for others it has been about the sociable aspect of getting together with people with a similar interest, increasing not only their Gaelic knowledge but also their social inclusion and both physical and mental wellbeing.

The games are always played in a spirit of supporting one another to get good results, with the actual winner not important. The team-building element has contributed to their overall learning.

The sessions now take place every couple of months and are a useful adjunct to formal lesson learning. Further sessions are planned with the next one on 25th November.

The fun element of playing a game has meant that people lose their inhibitions and immerse themselves more fully than they might always do in a class setting. They also learn from each other, sharing vocabulary and knowledge; this encourages development in their learning at their own pace and the chance to use their language skills learnt previously.





Gaelic Scrabble Game cont...

People also come along who are not engaged in regular learning (including holidaymakers) so it has been useful for learners and others to get to know people who are also interested in the Gaelic language.

As regular language classes are now held online, it has been very useful to offer people the chance to get together in person and practise talking, not just finding words for the game but expanding into general conversation. The sociable aspect of this is very important. Their Gaelic language skills have also improved.



Participatory Budgeting



Current PB updates:

- PB 24/25 (Locality and Youth) voting has now concluded

**YOUTH PB
8620
VOTES CAST**

**LOCALITY PB
7222
VOTES CAST**

- A total of 299 applications were received from projects across North Ayrshire (185 submitted to Locality and 114 to Youth), of which 246 (168 for Locality and 78 for Youth) progressed to the public vote following an eligibility review by our volunteer Community Reviewers, Youth Forums and Modern Apprentices.
- This year the voting process for young people has been moved onto the Shaping North Ayrshire site (where the Locality voting process takes place), providing a more equitable opportunity, as young people can now access full project information rather than the abridged bios needed for the Young Scot site. Additional development on the site enables Youth PB voting to be restricted to young people, while also enabling them to vote in Locality PB if they choose to.
- As in previous years, voting is available offline in libraries or through CLD-led support to community groups if requested to ensure barriers to access are lowered. Paper votes will be added to those made online ahead of the results being announced in late November.

For full results please visit: <https://northayrshire.communitychoices.scot/>



ParticipatoryBudgeting@north-ayrshire.gov.uk



Food Insecurities



The Fairer Food Network & Larder Updates

- The Fairer Food Network now comprises 16 community larders and a supported waste café model on Arran.
- The Fairer Food Network met on teams on 2 Sept and heard from Money Matters. Money Matters are looking to expand the number of larders where they are currently hosting pop ups to reach out to more households.

Environmenstrual Week 2024

- The Fairer Food Network were again involved in raising awareness for Environmenstrual week in Oct 24. Facilities Management purchased over £15000 worth of environmentally friendly washable period products which were distributed throughout the network.



Argyle Community Shop and TCS



Choices Community Shop

Challenge Poverty 24

Challenge Poverty 24 took place week commencing 11 October and North Ayrshire Communications team provided excellent coverage across social media to promote the larders and thanking the growers for all the donations of fresh produce during the summer months. All households who used their larder during the week of Challenge Poverty did not have to pay. This was funded by a community benefit received from Amaresco for £3000.

Castlepark Community Centre

- Castlepark Community Association would like to restart the community café and in support, the Fairer Food Network budget, underpinned by a working agreement, will provide £1000 to cover the purchase of food for a 10 week period to get the café started.



Funding Support

LPP Community Grant Awards (2024/25)

Community grants totalling £177,574.98 have been awarded by the Locality Planning Partnerships to date.

External Funding Levered In (2024/24)

To date £514,444 external funding has been levered in by third sector organisations.



Funding Support & Advice to Community Groups and Colleagues (2024/25)

- 6 Funding Workshops have been delivered
- 30 Funding Updates have been circulated to to community organisations and colleagues
- 958 members have now joined North Ayrshire Virtual Funding Centre Facebook group
- 916 log-ins to GrantFinder and 1,498 searches have been carried out



Community Benefits

Significant support has been provided by RJ McLeod, currently on site at Ardrossan Campus through a range of initiatives, which have featured in the autumn edition of the Community Benefits Newsletter (which you can read here: <https://northayrshire.community/wp-content/uploads/2024/11/CB-Newsletter-November-2024.pdf>).

The most high profile example to date has been the partnership that has developed between the business and Ardrossan Winton Rovers CIC, which represents the most extensive support provided through community benefits since the launch of the Wish List in October 2021. This was sparked by a request for sponsorship support through the Wish List, leading to a conversation between the two, and the result has been the provision of in-kind support equivalent to 10 wishes, enabling a new changing block to be installed at the site:

- Drainage
- Site clearance
- Groundworks
- Levelling for changing unit
- Traffic management and signage
- Road permit help/drawing submission
- Disposal
- Help with craneage
- Footpath works/access ramp
- Shower outfall from unit

Between September and November, the following community support has also been provided through the Community Benefits Wish List:

- £330 donated to Saltcoats Christmas Carnival from SSUK
- £3,000 donated to the North Ayrshire Fairer Food Network from Ameresco
- 2 laptops donated to the Three Towns Community Shed by Re-Tek
- 4m square paving slabs donated to Beith Community Development Trust by McLaughlin Construction



THE NEW BLOCK BEING CRANED INTO POSITION

