

Action Plan progress: Teviotdale and Liddesdale Learning Community Annual Report to Learning Community Partnership 2018/19

<p>Four highest priorities for the Partnership for 2018 - 21</p>	<p>1. Whole town approach to volunteering</p> <p>2. Further develop targeted family learning opportunities</p> <p>3. Healthy Hawick – further develop a whole town approach to health and well-being</p> <p>4. Engage those hard to reach in our communities, increasing participation in community activity and building community capacity</p>
<p>Actions For Improvement: that will be taken forward in 2018 - 21 (alongside existing plan actions)</p>	<p>1. Whole town approach to volunteering</p> <ul style="list-style-type: none"> • Mapping of volunteer opportunities amongst partners • Partners able to share information about what is available regarding volunteering and what organisations would like to have volunteers • Create new volunteer opportunities for volunteering and identify volunteering gaps • Look to create better links with employers in the community • Develop ambassador role within Hawick High school and link this into the wider community • Celebrate local volunteer successes – tie in with volunteer week which takes place annually in June • Look to recognise volunteers effectively • Increase number of participants achieving SQA volunteering Awards • Benchmark in year 1 and look to increase by year 3 • Develop a community approach linking people into community based support – e.g buddying people along to groups / activities / support as a form of ‘social connector’ • Create a strap line to brand the whole town approach to volunteering • Develop local volunteering hub • micro site that can act as a one stop shop • increase the number of volunteers from specific demographics, including age, working age

	2. Further develop targeted family learning opportunities
	<ul style="list-style-type: none"> • POPP to be delivered twice per year • Strengthening Families to be delivered two times per year • Map available family learning opportunities • Targeted budgeting and cooking looking at food security and financial inclusion • Create core group of practitioners who are able to inform, plan and deliver family learning opportunities • Develop and deliver transition programmes that will include parental involvement • Create annual programme of family learning opportunities • Develop family learning programme aimed at secondary families
	3. Healthy Hawick – further develop a whole town approach to health and well-being
	<ul style="list-style-type: none"> • Application to Changing Lives through Physical Activity and Sport Fund • ‘Be Active’ theme for Healthy Hawick newsletter to go out Feb 2019 • Walk It Training provided for partners • Jog Leader Training provided for partners • ‘Be Kind’ theme for Healthy Hawick newsletter to go out Sept 2019 • Increased co-ordination and promotion of volunteering opportunities for the purposes of health and wellbeing (link to volunteering area of improvement) • Diversity Week activities • ‘Enjoy and Learn’ theme for Healthy Hawick newsletter to go out Jan 2020 • ‘Be Aware’ theme for Healthy Hawick newsletter to go out Sept 2020 • Alcohol and Drugs Partnership presentation to Learning Community Partnership
	4. Engage those hard to reach in our communities, increasing participation in community activity and building community capacity
	<ul style="list-style-type: none"> • Support to parents of teenagers • Develop a Mentally Flourishing Mums project • Support participation at parent, community councils & involvement in area forums to allow for parental voice to be heard at community forums • Personal Development Unit Self Awareness to be delivered as progression route after 1:1 referrals • Develop and run Family Fun Programmes

PROGRESS REPORT				
Action Plan number (where applicable)	Project Title	Key Performance Indicators to be reported on (from 3yr LCP Plan)	Annual Progress update; what progress have you made with Planning, delivery and evaluating your project	Owner / Partners
EMPLOYMENT AND INCOME				
	<p>Create new volunteer opportunities for volunteering and identify volunteering gaps</p> <p>Establish/create better links with employers in the community</p>	<p>1.1.1 Participation: Number of participants in opportunities to improve employability and/or financial capability</p> <p>1.1.2 Achievement: Number of participants reporting increased employability</p>	<p>Participation:</p> <ul style="list-style-type: none"> • 1 participant now volunteering within the catering team at Denholm Primary School • 1 participant working with a removal company • One young person volunteering with Burnfoot Community Council as Assistant Treasurer and at community events • 5 young people are involved with the Burnfoot Grows Together team Project. These young people are not engaging in education currently or attending any other community or learning opportunity. • The Burnfoot Grows/cook together team have used 273 hours of volunteering hours including opportunities in summer holiday sessions, cooking & gardening workshops and stocking and cleaning the foodshare stand. <p>Achievement:</p> <ul style="list-style-type: none"> • Individuals have been learning cooking and gardening skills. • One young person moved on to the New Textile Programme and this has been excellent for him. He is learning new skills which will benefit him in 	VCB Wider LCP group

			<p>a factory and he is learning to work with new people.</p> <ul style="list-style-type: none"> • Individuals have reported that they feel more confident working with new people. Learners have reported that they feel more involved in their community and are more aware of community projects. • One learner will achieve a job within a knitwear mill in Hawick as a result of attending and completing the Textile programme. • 3 volunteers have successfully supported the running for the foodshare stand at Burnfoot Hub <p>Progression:</p> <ul style="list-style-type: none"> • One parent has shown an interest in volunteering in CLDs activities. • One individual feels confident to apply for bank shift work within a kitchen setting as part of Scottish Borders Council • One individual will access further volunteering opportunities to increase his skills. Momentum have had positive discussion with Chrysties furniture centre regarding volunteer opportunities. 	
	Develop ambassador role within Hawick High school and link this into the wider community	<p>1.1.1 Participation: Number of participants in opportunities to improve employability and/or financial capability</p> <p>1.1.2 Achievement: Number of participants reporting increased employability</p> <p>1.1.4 Achievement: Number of participants gaining accreditation and/or nationally recognised awards</p> <p>1.1.7 Progression: Number of participants progressing to</p>	No progress to date	VCB HHS

		volunteering (young people and others)		
	Increase number of participants achieving SQA volunteering Awards -Benchmark in year 1 with an expectation to increase by year 3	<p>1.1.1 Participation: Number of participants in opportunities to improve employability and/or financial capability</p> <p>1.1.2 Achievement: Number of participants reporting increased employability</p> <p>1.1.4 Achievement: Number of participants gaining accreditation and/or nationally recognised awards</p> <p>1.1.6 Progression: Number of participants progressing into further learning/training (young people and others)</p>	<p>Participation:</p> <ul style="list-style-type: none"> • 4 HLN volunteers are working towards SQA Level 3 in volunteering experience, with the aim to improve their employability. • Learners are on course to achieve qualification by summer 2019 • Possible progression: • Two parents shown interest in achieving SQA Award to recognise their work in primary schools • Progress learners into employability courses, such as computing for employment which are based at Burnfoot PS. • Chest heart and stroke have identified that SQA award in volunteering would be useful for their volunteers 	<p>CLDs</p> <p>HLN</p>
	Develop a community approach linking people into community based support – e.g .buddying people along	<p>1.2.4 Progression: Number of participants volunteering in</p>	Recognising that people’s health is determined primarily by a range of social, economic and environmental factors, social prescribing seeks to address people’s needs in a holistic way. It also aims	<p>Joint Health Improvement</p> <p>Health in mind</p>

	<p>to groups / activities / support as a form of 'social connector'</p>	<p>community led health and peer support groups and networks (older people and others)</p> <p>1.2.1 Participation: Number of participants in opportunities to improve their health & wellbeing</p>	<p>to support individuals to take greater control of their own health.</p> <p>Social prescribing schemes can involve a variety of activities which are typically provided by voluntary and community sector organisations. Examples include volunteering, arts activities, group learning, gardening, befriending, cookery, healthy eating advice and a range of sports.</p> <p>Participation:</p> <ul style="list-style-type: none"> • 16 referrals have been received and 7 non-medical interventions in the community have been completed by Health in Mind • 1 individual has been supported by HLN • Most common reason for referral is mild anxiety and social isolation. • Individuals have also identified that they want to become more involved in their community • 1 adult has been supported by HLN to access community activities <p>Achievement:</p> <ul style="list-style-type: none"> • Individuals are now involved in activities in the community such as; Men's shed, New horizons Borders peer support group, Teviotdale Leisure centre. • Learners have reported that; they now feel there is a solution and a plan to move forward and to become more involved in their community. • 1 participant has since engaged in volunteering with the HLN team regularly at Friday lunch club. Has since started to attend and work towards 	
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			achieving her REHIS qualification. Currently registered to achieve SQA Level 3 in Volunteering	
	Develop local volunteering hub -micro site that can act as a one stop shop	1.1.1 Participation: Number of participants in opportunities to improve employability and/or financial capability 1.1.2 Achievement: Number of participants reporting increased employability	A dedicated Hawick email has been created; teviotdalevolunteers@gmail.com A Facebook page has also been and is currently awaiting a confirmed logo to get this up and running Monthly volunteering article in local newspaper has been agreed	VCB Wider LCP group
	Increase the number of volunteers from specific demographics, including age, working age	1.1.1 Participation: Number of participants in opportunities to improve employability and/or financial capability 1.1.2 Achievement: Number of participants reporting increased employability 1.1.4 Achievement: Number of participants gaining accreditation and/or nationally recognised awards	No progress to date	VCB
HEALTH and WELLBEING				
	Walk It Training	1.2.1 Participation: Number of participants in opportunities to improve their health & wellbeing 1.2.2 Achievement: Number of	Volunteer walk leaders are always required - you can become an accredited Walk Leader with Walk It by attending a one day training course. The course will help you gain the skills and confidence to; <ul style="list-style-type: none"> • Lead safe, short, local health walks. • Be free of charge. • Offer a Walk Leader certificate on completion. 	JHIT

		<p>participants reporting achievement of health and wellbeing outcomes</p> <p>1.2.3 Progression: Number of participants making a lifestyle change</p> <p>1.2.4 Progression: Number of participants volunteering in community led health and peer support groups and networks (older people and others)</p>	<ul style="list-style-type: none"> • make you a registered Walk Leader <p>Participation:</p> <ul style="list-style-type: none"> • 11 participants attended the full day training session at Burnfoot Hub • 3 of these were community volunteers <p>Achievement;</p> <ul style="list-style-type: none"> • 11 participants are now 'walk it' trained • 3 volunteers that attended the training reported an improvement in their health and wellbeing <p>Potential progression:</p> <p>2 Volunteers are interested in supporting the respiratory group at Chest Heart and Stroke to conduct a walk.</p> <p>2 participants who attended the training are keen to support buggy walks from the Early Years Centre</p>	
	Jog Leader Training	<p>1.2.1 Participation: Number of participants in opportunities to improve their health & wellbeing</p> <p>1.2.2 Achievement: Number of participants reporting achievement of health and wellbeing outcomes</p> <p>1.2.4 Progression: Number of participants volunteering in</p>	<p>Jog leader is a fun, inspiring one-day course to become a jog leader by setting up your own group, or by helping at an existing group.</p> <p>The full day course includes both classroom and practical sessions. Once you have passed the course:</p> <ul style="list-style-type: none"> • You will be able to set up your own jogging group using the jogscotland name • Your group will be advertised on our Group Finder • Your sessions will be covered by our insurance • You can contact our team at jogscotland HQ any time for help and advice • You will have access to the jogscotland jog leader group on facebook, where you can receive advice, support and friendship from other leaders. • You will receive access to useful online resources. 	JHIT

		community led health and peer support groups and networks (older people and others)	<p>Participation:</p> <ul style="list-style-type: none"> • 11 partners attended the training • Partners included those from NHS, Burnfoot Primary School, Teviotdale Harriers/Trekkers. • 18 adults attended the first couch to 5k session. <p>Achievement:</p> <ul style="list-style-type: none"> • 11 people completed the training from a range of organisations and local groups in the community • 3 trained participants are leading a Couch to 5k group at Burnfoot PS every Tuesday. <p>Progression:</p> <ul style="list-style-type: none"> • Adding capacity to the Teviot Trekkers and Teviotdale Harriers • Two School staff completed the training with the hope of supporting a couch to 5K locally within Burnfoot Primary and potentially Drumlanrig. • Progression routes identified to encourage the community to complete Teviotdale Harriers Fun run, Peebles park run and potentially the Kilt Walk 	
	Increased co-ordination and promotion of volunteering opportunities for the purposes of health and wellbeing (link to volunteering area of improvement)	<p>1.2.1 Participation: Number of participants in opportunities to improve their health & wellbeing</p> <p>1.2.2 Achievement: Number of participants reporting achievement of health and wellbeing outcomes</p> <p>1.2.3 Progression: Number of participants making a lifestyle change</p>	No progress to date	VCB
	Diversity Week activities	1.2.5 Progression (capacity building) : Number of community led health and peer	Kindness matters – it can bring about powerful changes and support the wellbeing of individuals and communities. It's for this reason that we want to	JHIT CLDs

		support groups and networks supporting Health and Wellbeing outcomes (older people and others)	<p>focus on kindness for Diversity Week and encourage kinder communities in the Borders</p> <p>Participation:</p> <ul style="list-style-type: none"> • 9 partners involved in the working group to deliver Diversity week activities • 8 events have been planned across the community so far • Diversity week planned for; 23rd to 28th September 2019 • Big Diversity lunch will be supported and led by the community. 	
	Alcohol and Drugs Partnership presentation to Learning Community Partnership	<p>3.4 Progression: Number of joint training opportunities that improve partnership working</p> <p>2.7 Progression: Number of productive networks and relationships with other agencies</p>	<ul style="list-style-type: none"> • Learning community partnership group will respond to Licensing applications in their community. • Group will access appropriate training • Learning community partnership group will respond to community consultations. • Alcohol Drugs Partnership will share their training directory when it is finalised. <p>Achievement:</p> <ul style="list-style-type: none"> • 6 group members responded to the 'alcohol in public places' survey which is live https://scotborders.citizenspace.com/regulatory-services/alcohol-in-public-places/ • The survey was shared to the entire partnership group 	ADP CLDs
ATTAINMENT, ACHIEVEMENT AND INCLUSION				
	POPP to be delivered twice per year	1.4.4 Achievement: Number of parents/carers achieving family	Triple P is a parenting intervention with the main goals of increasing the knowledge, skills, and confidence of parents and reducing the prevalence of	CLDs

		<p>outcomes in targeted communities</p> <p>1.4.2 Participation: Number of parents/carers participating in family learning opportunities in targeted communities</p>	<p>mental health, emotional, and behavioural problems in children and adolescents</p> <p>Participation:</p> <ul style="list-style-type: none"> • 6 parents started the 7 week programme. <p>Achievement:</p> <ul style="list-style-type: none"> • 5 individuals successfully completed <p>Progression:</p> <ul style="list-style-type: none"> • 2 parents have started to attend the Personal Development Unit (PDU) programme at Burnfoot Primary school 	
	Support to parents of teenagers	<p>1.4.4 Achievement: Number of parents/carers achieving family outcomes in targeted communities</p> <p>1.4.2 Participation: Number of parents/carers participating in family learning opportunities in targeted communities</p>	No progress to date	CLDs HHS
	Support participation at parent, community councils & involvement in area forums	<p>2.1 Participation: Number of people volunteering in Community groups</p> <p>2.2 Achievement: Number of community groups with confident, skilled and active members</p> <p>2.6 Progression: Number of community groups which have active and influential roles in local and wider decision making</p>	<p>CLDs will support community members to attend Learning Community Partnership meetings. CLDs will link in with Communities team at Scottish Borders Council to map how best to involve community groups in Locality Forums.</p> <p>Participation:</p> <ul style="list-style-type: none"> • 5 parents currently involved in Burnfoot Parent Council • 6 parents have been involved in Scottish Borders Adult Learning Voice • Big playground clear up <p>Achievement:</p> <ul style="list-style-type: none"> • Parent council group has supported and are involved in delivering a healthy tuck shop to Burnfoot PS 	CLDs

			<ul style="list-style-type: none"> Group have supported the Big Behaviour bash at Burnfoot PS 	
	Strengthening Families to be delivered two times per year	<p>1.4.4 Achievement: Number of parents/carers achieving family outcomes in targeted communities</p> <p>1.4.2 Participation: Number of parents/carers participating in family learning opportunities in targeted communities</p>	<p>This is a 7 week programme aiming to bring families together through group discussions, fun games and activities to ultimately strengthen the parent/carer child relationship through working and problem solving together.</p> <p>Participation:</p> <ul style="list-style-type: none"> 7 families regularly attended. The delivery team was comprised of 4 partner organisations; CLDS, Escape, HSLW and HHS <p>Achievement:</p> <ul style="list-style-type: none"> 4 out of the 6 families feel that the relationships have improved and they now feel more confident in their communication skills. 2 young people are transitioning back into mainstream education, after previously been on the outreach programme. <p>Course to be delivered September 2019</p>	CLD
	Map available family learning opportunities	3.1 Participation: Number of CLD partners contributing to Learning Community Plans	24 opportunities mapped throughout Teviotdale and Liddesdale	CLDs
	Targeted budgeting and cooking looking at food security and financial inclusion	1.1.1 Participation: Number of participants in opportunities to improve employability and/or financial capability	This group will be funded and led in partnership by NHS Borders Healthy Living Network and Community Learning and Development. The programme will bring in external partners to support and empower those attending to start thinking about positive change, to influence health and wellbeing not only as individuals	HLN CLDs

		<p>1.1.3 Achievement: number of participants reporting increased financial capability</p> <p>1.2.1 Participation: Number of participants in opportunities to improve their health & wellbeing</p> <p>1.2.2 Achievement: Number of participants reporting achievement of health and wellbeing outcomes</p>	<p>but to influence their networks around them and the community in which they live.</p> <p>Participation:</p> <ul style="list-style-type: none"> • 3 young mums have been attending cooking and budgeting course at Burnfoot PS <p>Achievement:</p> <ul style="list-style-type: none"> • 3 learners have reported that they now cook at home with their children • 3 learners have reported a reduction in their weekly food shopping bills • 1 learner has reduced her caffeine intake • 2 learners now use e-cigarettes • 2 families are now in new accommodation after working with the local housing officer worker • There has been a reduction of the use of the walking bus and 3 parents are now attending the school breakfast club with their children • The group were nominated for an Adult Learners Award <p>Progression:</p> <ul style="list-style-type: none"> • 3 young mums are working towards their REHIS qualification. 	
	Create core group of practitioners who are able to inform, plan and deliver family learning opportunities	3.1 Participation: Number of CLD partners contributing to Learning Community Plans	<p>Participation:</p> <p>8 partners attended the most recent Early Years improvement meeting</p>	<p>CLDs</p> <p>Early Years</p>
	Develop and deliver transition programmes that will include parental involvement	1.4.4 Achievement: Number of parents/carers achieving family	<p>Participation:</p> <ul style="list-style-type: none"> • 8 parents have attended two delivery sessions at Trinity and Burnfoot 	<p>CLDs</p> <p>HHS</p> <p>Escape</p>

		<p>outcomes in targeted communities</p> <p>1.4.2 Participation: Number of parents/carers participating in family learning opportunities in targeted communities</p>	<p>Achievement:</p> <ul style="list-style-type: none"> 8 parents have received information on internet safety, use of energy drinks, relationship building and information on High School. <p>Further confirmed sessions are;</p> <p>Tues 28 May Drumlanrig PS Wed 29 May Newcastleton PS Thurs 30 May Wilton PS Tues 11 June Denholm PS Hawick pupils Wed 12 June Stirches PS</p>	
	Create annual programme of family learning opportunities	3.1 Participation: Number of CLD partners contributing to Learning Community Plans	<p>Participation:</p> <p>Burnfoot mapping exercise was completed and circulated to the wider learning community partnership group</p>	CLDs
	Personal Development Unit Self Awareness as progression after 1:1 referrals and programmes completed	<p>1.4.2 Participation: Number of parents/carers participating in family learning opportunities in targeted communities</p> <p>1.4.4 Achievement: Number of parents/carers achieving family outcomes in targeted communities</p>	<p>Personal Development Awards aim to help learners become more independent and to develop their potential as contributing members of their societies. Learners will develop self-reliance, self-esteem and confidence through supported and independent learning</p> <p>Participation;</p> <ul style="list-style-type: none"> 6 adults attending weekly PDU programme at Burnfoot PS and working towards qualification 2 adults currently on one to one sessions with the aim of progressing into PDU group <p>Achievement;</p> <ul style="list-style-type: none"> 3 adults have successfully sustained weekly attendance 6 adults have identified additional community groups that they would like to attend such as; 	

			Couch to 5k, woman's only fitness group and a fashion project.	
PARTNERSHIP WORKING				
	Mapping of volunteer opportunities amongst partners Partners able to share information about what is available regarding volunteering and what organisations would like to have volunteers	3.1 Participation: Number of CLD partners contributing to Learning Community Plans	12 volunteer opportunities have currently been mapped, from 8 partner organisations	CLDs
	'Be Active' theme for Healthy Hawick newsletter to go out Feb 2019		Newsletter sent out Sep 2019. Contributions included articles from 12 partners including; Think Fitness 4 Less, Wellbeing College and Live Borders. Impact: feedback from the Joint Health Improvement team and Teviotdale Cluster Head teacher group indicates newsletter is raising awareness of events/services to improve health in Hawick.	JHIT
	Create a strap line to brand the whole town approach to volunteering		10 partners formed the Volunteering working group. "Teviotdale Volunteers" has been identified as the brand name.	Volunteer sub group
	Application to Changing Lives through Physical Activity and Sport Fund		No Progress to date	Live Borders
	'Be Kind' theme for Healthy Hawick newsletter to go out Sept 2019		Will be completed in September 2019	JHIT
	Enjoy and Learn' theme for Healthy Hawick newsletter to go out Jan 2020		Will be completed Jan 2020	JHIT
	Be Aware' theme for Healthy Hawick newsletter to go out Sept 2020		Will be completed September 2020	JHIT
CAPACITY BUILDING				
	Celebrate local volunteer successes – tie in with volunteer week which takes place annually in June Look to recognise volunteers effectively		No Progress to date	Volunteer sub group

PARTNERS UPDATES			
CLD Partner	Summary of Activity	Key Outcomes Achieved	Key Contact
Scouts	<p>Current numbers of children and young people participating in each section at Hawick (girls/boys):</p> <p>Beavers x4 - (5 ½ to 8 years) Cubs x16 - (7 ¾ to 10 years) – this figure includes x7 Beavers who recently progressed to Cubs Scouts x 5 - (10 ½ to 14 years) There are currently no girls in any section, although one is potentially joining Scouts. We are keen to encourage girls to take part in all sections.</p>	<p>What sort of healthy activities do the children take part in and what do they do outdoors?</p> <p>All the Beavers Scouts and Cubs have participated in outdoor activities at some point including grass sledging, alpaca trekking, hiking, navigation skills, cooking out of doors, nature rambles, orienteering, climbing, canoeing, kayaking, zip-wire, gardening, exploring the local area, abseiling.</p> <p>What type of healthy lifestyle activity badges have the children completed:</p> <p>Beavers - Cook, Health and Fitness, Sports and Hikes Away Activity badges. Also, My Adventure Challenge and My Outdoors Challenge badges Cubs – Badges have included Martial Arts, Equestrian, Swimming and Physical Recreation plus more Scouts – All completed the Chef badge, 4 have Hikes Away, 5 have Nights Away and 1 has cyclist.</p>	Lisa Cowan
CLDS	<p>Drumlanrig Family Fun – 2 groups – parents and P1 children Group 1 - 4 families, 2 mums moved onto Triple P, now heading into PDU Self Awareness Group 2 - 3 families - and their P1 children. One only attended once – one parent progressing to become a volunteer. 1:1 x 6 parents -- all being supported 1:1 throughout last term. Trinity – been supporting Flying Start – 8 parents</p>	<p>2 mums progressed onto Triple P 2 mums attending PDU programme One parent now an active volunteer</p>	Coreen Knight

