



THE EDINBURGH PARTNERSHIP

North-East Locality Community Planning Partnership

**Friday 20th January 2023
10.00 – 11:30am**

Agenda

1. Apologies
2. Note of last meeting
3. Tracker
4. Warm and Welcoming Spaces
5. Priority Updates
6. Local Outcome Improvement Plan
7. Edinburgh Partnership Update
8. Lifelong Learning Organisational Review Update
9. Partner Updates
10. AOB
11. Date of Next Meeting

North-East Locality Community Planning Partnership (NE LCPP)

20 October 2022 9:30 – 11:00

Microsoft Teams

Minute

Members Present: Councillor Danny Aston (City of Edinburgh Council), Kate Barrett (Edinburgh Voluntary Organisations' Council - EVOC), Councillor Kate Campbell (City of Edinburgh Council), Councillor Katrina Faccenda (City of Edinburgh Council), Andrew Field (City of Edinburgh Council), Tristan Green (Voluntary Sector Forum – VSF), Mike Kerracher (Voluntary Sector Forum – VSF), Michele Mulvaney (City of Edinburgh Council), Helena Richards (Voluntary Sector Forum – VSF), Douglas Tharby (NN representative), Stuart Tooley (University of Edinburgh), Julie Dickson (City of Edinburgh Council – note)

Apologies: Sylvia Baikie (Edinburgh Health and Social Care Partnership - EHSCP), Colin Fordyce (Police Scotland), Stuart Gunn (Scottish Fire and Rescue Service - SFRS), Yvonne Kerr (NHS Lothian), Angela Lindsay (Edinburgh Health and Social Care Partnership), Fiona Nicholson (Skills Development Scotland - SDS)

1. Welcome and apologies

Apologies as above. Douglas welcomed everyone to the meeting and introductions were made.

2. Note of last meeting

Kate highlighted that she is Chairperson of the VSF, this is not a joint role and updates will be made to the note of meeting and action tracker as appropriate.

The note was approved by Douglas and seconded by Andrew.

3. Action Tracker

The action tracker will be updated as appropriate.

4. LIP Priority updates

Updates were provided from all priority lead officers. No officers were available to speak to the reports.

Priority 1

Douglas highlighted that under priority 1 Scottish Government have not yet committed to funding Young Person's Guarantee beyond the end of March 2023 and asked whether the LCPP could put pressure on them fund beyond this point. Helena explained that this could be because Scottish Government are in the process of budget setting and the picture might be clearer soon. Andrew advised that he would speak with colleagues in Children and Education Service about this and report back to the LCPP. Kate commented that employability landscape is very complicated and work is underway to streamline it. Elin Williamson is the Council lead on this and she suggested he also link in with her.

Decision

- Andrew to link in with colleagues in Children and Education and also with Elin Williamson to gather information on the Young Person's Guarantee

Priority 2

Douglas explained that a comprehensive report had been received under this priority and commented that the areas of loneliness and hunger are being focussed on by number of local organisations.

Priority 3

Douglas referred to the Ripple Travelling Community Hub suggesting that other partners may be able to get involved with this project. Tristan advised that The Ripple Project hope to receive Investing in Communities funding and from this they would be able to forward plan for this, and other projects into next year.

Douglas extended his thanks to the authors of the reports.

5. Edinburgh Partnership Cost of Living Crisis update



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Michele explained that the EPB had considered the Cost-of-Living Crisis and what more partners could do to alleviate pressure on those impacted. Three areas of support were identified.

Direct support – this is about maximising peoples' money. £5.6 million of additional 1 off payments have been made to over 31,900 families. Financial support has been provided in the form of £750k crisis grant funding, £350k for food and £600k for energy as well as an additional £100 to families who receive free school meals. A warm and welcoming spaces approach is being scoped out for winter. The shared prosperity fund will also fund many initiatives that will support the cost-of living crisis.

Awareness raising – this will help people to help themselves. Many people who have never accessed services before are now doing so and these targeted local and national resources should help.

Advice – this is aimed at maximising peoples' money by helping them get the correct benefits. This includes GP and school space advice. The EP carried out an advice service review and recommendations were provided on how to provide more holistic advice. A dissemination event is planned to take place and recommendations will be implemented. There is a multitude of work in this area and it is a top priority for the Partnership.

Kate thanked Michele for the update and said she would like to attend the session. She explained that the Craigmillar area had to work hard for their dedicated advice drop-in. She asked if there had been mapping of resources across the city, adding that GP surgeries and schools are useful but more resources are required. Michele responded that accessibility and digital inclusion are both issues. Mapping was carried out so that engagement could be carried out with the services. Equality of access will be factored into the implementation plan. Helena commented that the survey was a good piece of work. Equality of access isn't the only issue, some organisations are still not carrying out face to face work, advice workers are stressed and demand for services continues to rise.

Michele advised that for anyone who wanted more detail, [2 reports on this area](#) had gone to the Edinburgh Partnership Board in June and September.

Andrew reported that the Council are preparing a paper on Warm and Welcoming Spaces for Policy and Sustainability Committee and that this would be brought to the next meeting of the LCPP as an agenda item.

6. AOB

Douglas had attended an event hosted by EVOC in relation to the Ukrainian Crisis and said that it was good to see how the city was preparing and responding to this situation. He also attended the Climate Forum in May and acknowledged the importance of this work. He advised that SFRS had circulated their strategic plan earlier this year and highlighted the importance of member organisations sharing



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information. The Leith Neighbourhood Network had reaffirmed their approach to spending community grants funding at a recent meeting and Leith Chooses has attracted 20 grant applications so far.

Stuart advised that University of Edinburgh run a [community grants scheme](#) for application up to £4,500 and provided the link for members to share.

Mike reported that Edinburgh YMCA had received postcode lottery funding to provide support to Ukrainian children placed in Leith.

Tristan referenced the work on domestic abuse within the police report for priority 3. Domestic abuse has been identified as an issue within Craightinny and Restalrig areas. There is work underway to provide specific support around this within the next few months. Tristan asked that any members who could support on this please contact him.

Kate advised that the Craigmillar Network will take place online on 10 November and the NE VSF in early November. Plans are in place for an in person networking event for 3 Conversations at Astley Ainslie Hospital early in the new year – this will be in support of the model that is used to benefit people impacted by neurological injuries across the city.

Douglas mentioned an event that he had attended last year in relation to the Edinburgh Partnership (EP) Community Empowerment Strategy. Michele explained that she is leading on this area of work through the EP and work continues to develop the strategy and implementation plan. It is planned to bring back the original sounding board as well as engaging with other groups. Michele explained that there is still work to be done around the internal support mechanism for the strategy. A 1-1 session could be arranged for the LCPP but Michele pointed out that most members will be covered in other forums.

Andrew added that he would update on his team structure and key areas of work at the next LCPP meeting in the new year.

Kate commented that there is a wealth of work in the community around poverty and in particular food poverty. She is interested in what this forum can do to facilitate this work and would like some focus on this going forward. There was general consensus that it is important to get citywide messages out at a local/ grassroots level.

Helena stressed the importance of trying to reach people who are not engaged with services. She explained that many organisations and groups support each other to do this and gave an example of Carr Gomm working with Sandy's Community Centre to share resources and knowledge. Helena reported that Carr Gomm are currently hosting walking groups, a men's shed group, a cooking group and they have link workers in 2 GP practices in particularly deprived areas. They are hoping to expand their work in the mental health area of work.

Danny asked about the structure of LCPP meetings and who would provide the equivalent role of the former locality managers (LMs). Andrew explained that at present there is no single 'gateway' officer. Once the organisation review is



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complete, he will be working with Michele to fine tune the processes around LCPPs. Michele explained that previously LMs managed Council services and also provided the conduit role into services. However, she felt that there were other ways to manage this and highlighting that the group is a partnership, not only Council.

There was some discussion about Locality Improvement Plans (LIPs). Michele explained that the plans originally would have been refreshed this year, but a partial review was carried out in 2020 so this was extended into 2023. Douglas hoped that the LCPP would have a part to play in this and urged members to be thinking about this in the weeks and months to come.

7. DONM

January 2023



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LIP quarterly progress report

Date of LCPP group for consideration: January 2023

Lead officer: Philip Ritchie

Priority theme: Theme 1 – Targeted support and early intervention for young people and their families

Actions completed in the last quarter (since the last progress report)

Activity Agreements Barnardo's and Citadel Activity Agreement Hubs continue to engage with a number of young people who have left school without a positive destination, or who have not sustained their college or training place.

The hubs continue to work in partnership with schools, SDS, council officers, Scottish Government funded employability services and third sector partners. Appropriate training and support is available to every young person who has left school without a destination. The team are able to refer to a wide range of employability provision across the city – especially the projects funded through **Young Person's Guarantee (YPG)** – whilst they continue to support the young people to develop the confidence and skills they need to progress into a positive destination.

Both providers offer school age services. Barnardo's offer their 'Explore' programme for those students approaching their school leaving date. Whilst Citadel offer 'Futureheads' to those aged 15 and above. Citadel also have a number of staff based within schools which benefits young people's transition process. Both these programmes complement the Activity Agreement services with some young people moving to an Activity Agreement but for some young people the earlier intervention has been successful and they no longer need the Activity Agreement. This approach provides a continuity of relationships and familiarity with AA Coaches that is proving very successful.

Activity Agreement referrals made prior to Christmas were fairly low across the North East Locality but this is often the case as schools will encourage young people to stay on in the hope of gaining additional qualifications. Those who were referred will be picked up and contacted this January. Referrals will continue to be accepted for any pupils who may decide to leave school between now and summer term.

Milestones expected to be achieved in the next quarter

I would expect to see a higher level of North East school leaver engagement with No One Left Behind than we saw in the previous quarter. This should result in an increase in positive outcomes for the North East.

Barriers/challenges (physical, partnership, financial etc)

Some schools in the North East have experienced a change in staffing (both school staff and Skills Development Scotland staff)- this always has an impact on the 16 plus meetings and how they function.

Wider factors/influencers (i.e. legislative changes)

Edinburgh Council have agreed to a one-year extension of the current No One Left Behind hubs contracts. This will allow time for staff to carry out co-production in 2023 and establish what changes should be considered for the future of the programme

Case study examples – please complete for any examples of success/good practice that has been achieved to date under this priority

For LCPP delivery group to complete

Date considered:

Is the priority on track? Y/N



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Any decisions to be taken? (i.e. change of actions, escalation)

Feedback to lead officer (if any)

Number	Date	Topic	Action	Action Owner	Expected completion date	Actual completion date
1	30-Sep-19	Substitutes	Neighbourhood Networks to consider at their next session how they want to identify substitute	Douglas /Geoff	05-Dec	
2	27-Feb-20	Tracker	NN emailing question to be taken forward as a matter of priority	Evelyn	ASAP	
3	27-Feb-20	LIP progress report	Further discussion around whether there is a way to capture whether a difference is being made to those experiencing poverty and inequality as a result of the LIPs.	All		
4	28-Jan	Thrive Project	LIF agreed to circulate to the group results of an evaluation on initial conversations and progress.	LIF		
5	05-May-21	LIP (priority 1)	Susie to provide breakdown of numbers of people supported within the locality	SD		

6	19/08/2021	LIP (priority 3)	Invite a local partnership police officer to a future meeting to provide a local context	KD		
7	26/04/2022	Introduction from Andrew Field, Head of Empowerment (CEC)	Invited Andrew to attend future voluntary sector forum meetings across the city which Andrew accepted. Kate to forward invite to Andrew.			
8	20/10/2022	LIP Update 1	Andrew to link in with colleagues in Children and Education and also with Elin Williamson to gather information on the Young Person's Guarantee		For next meeting	

Comments
NN to agree representation/ subs
To be picked up as part of refreshed NN discussions
Ongoing-Context of performance framework discussions
Julie emailed 21/10
Susie will circ Oct/Nov

In progress

LIP quarterly progress report

Date of LCPP group for consideration: 20th January 2023

Lead officer: Angela Lindsay (Sylvia Baikie PHP)

Priority theme: Health and Wellbeing

Actions completed in the last quarter (since the last progress report)

NE Digest

Continues to be distributed monthly and timely emails sent weekly

COMMUNITY ACTIVITIES

Leith Network - successfully applied for funding from H&SC's Coorie in fund for two community events. The first took place on 26 Nov and around 150 people attended. A wide range of local organisations provided activities and information to support local people to have an affordable

Christmas. <https://www.polha.co.uk/free-festive-activities/> <https://www.facebook.com/photo/?fbid=10162429525599922&set=pcb.10162429526989922>

A second event is being planned for February. Port of Leith have supported the network to make a further application for more collaborative events like this.

The network continues to meet regularly chaired by The Port of Leith. Last meeting was end of November where different members (15 were in attendance) raised ideas, concerns thoughts and feedback.

- from the Edinburgh Volunteer centre about the key needs and concerns for the Ukrainian community in Leith – this was met with many offers of support. Local people/services supporting local need.
- From EVOC about their plans for a long term fund
- Discussed a possible bid via Harbour Homes for further cost of living work (this has resulted in a bid for a regular community meal at Leith Community Centre)

Edinburgh Tool Library - have applied for funding to Leith Chooses for solar charging points. Various organisations within the Leith network have offered to 'host' these. Awaiting outcome.

Opening of the new Bothy on Niddrie Mains Road:

<https://m.facebook.com/people/The-Bothy-North-East/100084309416534/?fref=mentions>

also the **new panty in Leith**:

<https://www.yourlocalpantry.co.uk/pantry-listings/edinburgh-leith-pantry/>

Capacity to collaborate

Partners (Scottish Community Development Centre, Edinburgh Community Food, YMCA Edinburgh and Inspiring Leith) have delivered 3 training sessions for local workers and a further 4 'taster sessions' for local people in Health Issues in the Community. 3 local workers went on to take part in training for trainers so they can, in future, deliver the full Health Issues in the Community course.

They have successfully recruited 10 local people to the full 12 week [Health Issues in the Community](#) course which will start on 17 January.

Due to increase interest there is an opportunity to explore further local training around a community development approach and health inequalities for local workers.

PORT OF LEITH (HARBOUR)

Warm places/Cost of living.

A one page document listing things to do throughout the week (at a local level) has been generated and is uploaded to the port of Leith webpage as well as a QR code is being generated. This compliments the CEC approach.

See attached.

HEART OF NEWHAVEN (HON)

All buildings are now in use.

Permanent tenants are moving into The Victoria Building - so far Mwamba, History of Education, Alan Lennon- artist, Borja Moranta - potter, Robert Furze, violin maker, with others including a yoga studio, silk screen printing, therapists, book binder all aiming to be in and in operation by March.

Working with a range of partners to develop a teaching kitchen/conversation kitchen/dementia Meeting Place and a warm and welcoming space which aiming to have operating by March.

Pop up Play cafe arranged for March 22 – 25

Consultation led by Edinburgh Museum Service on local wishes for museum space for local heritage, scheduled end of March.

2nd **Coorie in event** from 7-9 Feb 23. The 1st event in November was attended by nearly 200 people

COMMUNITY HEALTH AND WELLBEING FUND

Evoc are now underway with their second round of CMHW fund (issued by Scottish Government). There will be four Locality based Locality Advisory Teams, which will correspond to Edinburgh's four Localities.

The Locality Advisory Teams (LAT) are designed to offer support and advice to the local delivery of the Community Commissioning process. This forms the core of Edinburgh's Community Health and Wellbeing Fund. The groups will oversee and participate in the Community Commissioning process, ratify locally made decisions and adjudicate where decision-making has not been achieved. In the event that there are areas where decisions cannot be agreed within the Locality, these will be passed to the Citywide Advisory Team (CAT).

The CAT will be responsible for final ratification of decisions and the overall governance of the programme and will submit a final report to the Thrive Adult Health and Wellbeing Partnership Programme Board on 23rd March 2022

Milestones expected to be achieved in the next quarter

Outcomes from the CHWB Fund

Barriers/challenges (physical, partnership, financial etc)

- Staff shortages in services and difficulty recruiting
- NO PHP
- Cost of living crisis on individual and service providers.
- Flu/Covid/Strep A (Winter bugs!)
- NHS pressure and crisis EHSCP

Wider factors/influencers (i.e. legislative changes)

The economic and health impact of the pandemic and associated restrictions, as well as the recent changes in benefits and the energy industry crisis, as well as the general cost of living increase are likely to continue to widen health inequalities, so we are working in a much more difficult context than before the pandemic, while facing increased demand on public services and strained finances. This is compounded with winter pressures within the NHS and H&SCP.

Case study examples – please complete for any examples of success/good practice that has been achieved to date under this priority

For LCPP delivery group to complete

Date considered:

Is the priority on track? Y/N

Any decisions to be taken? (i.e. change of actions, escalation)

Feedback to lead officer (if any)

LIP exception report

Date considered at LCPP group:

Date of Edinburgh Partnership Board:

Priority theme:

Lead officer:

Summary of actions completed to date

Reason for escalation:

Action required from LCPP:

Things To Do In and Around Leith This Winter Please check with venues to avoid disappointment, we cannot guarantee accuracy

Monday

Wee Hub, Ocean Terminal theweehubbookings@gmail.com	The Wee Museum of Memory 11 - 4
Hibs Stadium Community Hub Albion Place 0131 656 7062	Cyrenians Community Lunch 12.30
Leith Edinburgh Tool Library Workshop, Custom Lane EH6 6AL Activities for members Click to join or book click here	Open Workshop for Women & Nonbinary Members 7pm – 9pm (2 nd Monday of the month)
Bethany Christian Trust Learning Centre 66 Bonnington Road, EH6 5JQ	Leith Friendly Crafters 10.30 am

Tuesday

Wee Hub, Ocean Terminal theweehubbookings@gmail.com	The Wee Museum of Memory 11 – 4
Leith Library 28 – 30 Ferry Road 0131 529 5517	Bookbug session 10.30 to 11am under 4s, drop in stories
Bethany Christian Trust Learning Centre 66 Bonnington Road, EH6 5JQ	Click and connect computer drop in 1030-1230

Wednesday

Wee Hub, Ocean Terminal theweehubbookings@gmail.com	The Wee Museum of Memory 11 – 4
Leith Library 28 – 30 Ferry Road 0131 529 5517	Knitting group adults, 6.30 to 8pm bring your own needles and wool
Dr Bells Family Centre 15 Junction Place EH6 5JA 0131 553 0100 Phone charging available.	Free community lunch 11.30am to 12.30
McDonald Road Library 0131 529 5636	Movie Matinees 2pm for January
Leith Edinburgh Tool Library Workshop, Custom Lane EH6 6AL Activities for members Click to join or book click here	Open Session for All ETL Members 7pm – 9pm
Bethany Christian Trust Learning Centre 66 Bonnington Road, EH6 5JQ	The Bugle Creative Writing Group 1.30 – 3.30

Thursday

Wee Hub, Ocean Terminal theweehubbookings@gmail.com	The Wee Museum of Memory 11 – 4
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	Circus community jam (Adults, 14+) 7pm-9pm
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Friday

Wee Hub, Ocean Terminal theweehubbookings@gmail.com	The Wee Museum of Memory 11 – 4 Teen circus club (12 – 19 year olds, register) 3.30-430
Leith Library 28 – 30 Ferry Road 0131 529 5517	Friday craft activities age 5 to 11, 2 to 3pm
St James Episcopal Church 11A Johns Place	The Well Music Night 1 st Saturday of the month 7-9pm

Sunday

Wee Hub, Ocean Terminal theweehubbookings@gmail.com	Family circus sessions 3-5
Leith Edinburgh Tool Library Workshop, Custom Lane EH6 6AL Activities for members Click to join or book click here	Open Session for All ETL Members 10am – 1pm

What others thought of TheWEL

"If it was not for what I learned on TheWEL course, I would be on insulin now for my diabetes, and on anti-depressants... it has transformed my life"

"Inspirational... led to a significant shift for me and my family"

Apply for a place on TheWEL

if you would like to have a chat about coming on a wel course, please contact us by email or phone. (details can be found on the insert or at www.communityrenewal.org.uk).

For more information about TheWEL visit:
www.thewel.org

TheWEL MAP

Your Participant's
Guide To TheWEL

The
Wellness
Enhancement
Learning Course

Why TheWEL?

We all face times of challenge that disrupt our wellbeing, happiness and health. TheWEL course brings time-tested and scientifically proven ways to help.

Is it for you?

You'll learn better ways to get through, recover from, and be strengthened by, your challenges. Perhaps it is everyday stress and difficulties you are facing. Or, maybe you are currently doing well but want to learn to protect your future health. Increasingly, you are likely to join millions of people now affected by the rising epidemic of long-term condition – that in turn bring challenges like: symptoms and distress, loss of function and quality of life and wellbeing, and in turn maybe problems like feelings of hopelessness and isolation. TheWEL grew out of these challenges, and its design is based on lessons learned from helping thousands of people who have successfully met these modern challenges and improved and even transformed their wellness.

What can TheWEL do for you?

This course is created and guided by Dr David Reilly FRCP MRCGP an internationally renowned doctor, academic and teacher.

How Do People Rate TheWEL?

85%-100% of participants rate this course as Excellent or Outstanding

A summary of these results can be seen on www.thewel.org

Is it Proven Scientifically?

TheWEL course has been proven to produce remarkable lasting results for most of its participants.

This proof has been built in three layers:

- 🌱 Over 20 years of rigorous medical practice-based evidence to establish the core WEL approach and results
- 🌱 Then over 12 years of ratings in over 3000 participants, guiding cycles of improvement
- 🌱 Then confirmation of the results in in-depth scientific studies in over 300 people with person-centred measures, depth case studies, and blood results.

What Are The Research Results?

The research shows that TheWEL significantly enhances and even transforms most participant's health and well being, coping and function, energy levels, self-compassion and ability to self-care. There are also important shifts in physical measures away from the danger zones of today's epidemics, like diabetes, heart disease and depression.

Benefits tracked over 1 - 5 years

- 🌱 Over 8 out of 10 (88%) participants reported long term benefits
- 🌱 77% on health difficulties, 88% on coping, and 69%-83% on overall wellbeing
- 🌱 78% report a positive shift in their self-compassion scores
- 🌱 42% reduced their need for prescribed drugs

empowered me





Quality of Life

3 in 5 (62%) said the quality of their daily lives was changed.

Blood Changes Tracked Over 9 Months

- 1 in 2 (55%) reduced their fasting insulins, reducing their diabetes and metabolic risk. 1 in 3 reversed their pre-diabetes state.
- 2 in 3 (67%) improved their Omega 3 ratios - a marker for heart disease and inflammation
- 3 in 4 (75%) achieved adequate Vitamin D levels, and no-one was deficient

How are these transformations achieved?

A key word is *change*. TheWEL helps you experience a shift in how you see the road towards feeling better –and so seed new maps that will guide your life and health in better directions.

As you progress through the course journey you will:

- Develop a deeper understanding of your own challenges and so better self-management
- Learn to increase your wellness and happiness by strengthening your ability to commit to your self-care
- Learn skills to create the best conditions to strengthen your self-healing

Your WEL Course

Dr David Reilly leads you in mostly half-day meetings – either live, or, through a Guide who supports the group using video clips. The meeting days are backed up by a course manual. Here's a brief sketch of some headings from the four parts of the course:

1

Seeding your wellness: TheWEL journey begins by exploring our lack of wellness and our suffering but quickly opens up the possibility that change is possible. Exploring the science behind why our efforts to change are often short-lived the course opens up the possibility of a new way based on changing “our map “of our current situation. This first module begins an exploration of the innate capacity for healing within every human being and finishes with some practical first steps towards wellness.

2

Nourishing your life: The one thing we have in our control is what we eat and drink and yet society has been bombarded with conflicting advice which has curiously seen an explosion of obesity. TheWEL cuts through this maze of information by getting back to simple common sense knowledge of what is *real food* and encouraging participants to keep it simple.

3

Changing your path: This third module begins with an exploration of what we need to flourish in life and the gap that has opened up between what we need and the desires and wants that often get in the way –driving our poor self-care. We achieve a clearer picture as to what we can do in simple small steps to turn the ship around towards the types of attitudes that are likely to promote our self-care.

4

Breaking free from your mind If only we could get some peace from the constant noise that goes on inside our heads. This part of TheWEL provides you with access to solutions to quieten the mind and supports you to challenge some of the anxiety provoking patterns of thought that tend to drive unhelpful behaviour.

5

Journeying into the future: The last part of TheWEL is geared towards equipping you with the “sailing skills” to navigate the storms of life. Bringing the learning of the previous four parts together the final part of TheWEL will support you to continue beyond the course by strengthening your self-care for the future.

“
really aided
my recovery

“
liberating and
hugely helpful



What TheWEL is not

TheWEL takes place in a group –but it is not a therapy group: no one has to tell their story or even speak.

Most people are shy and a bit stressed at the beginning of the first meeting, but the feedback says that by end of the first day people really relax and enjoy themselves. However, if you can't manage to sit in a group situation for 3-4 hours because of physical, emotional or mental health problems this course may not be for you. If you require the course materials in a different format, please speak to the course organisers beforehand. If any of these challenges mean the course is not suitable for you, we can guide you to web-based resources instead.

Who is it not for?

Participants often have many medical problems, but TheWEL is not about particular illnesses or treatments –so you will need to continue your medical care and treatments as need be. Importantly, TheWEL is not a 'quick-fix' or a magic cure, or a 'technique'. TheWEL is about your self-care and the rebuilding of your wellness and health, over time. So if you currently think there is an incomplete medical process, or hope a specific treatment like drugs will sort your problems –it would be best to complete that exploration before joining TheWEL. Finally, TheWEL is not a self-help or support group. It is a radical method of helping you create for yourself real, deep and long-lasting changes in your wellness.

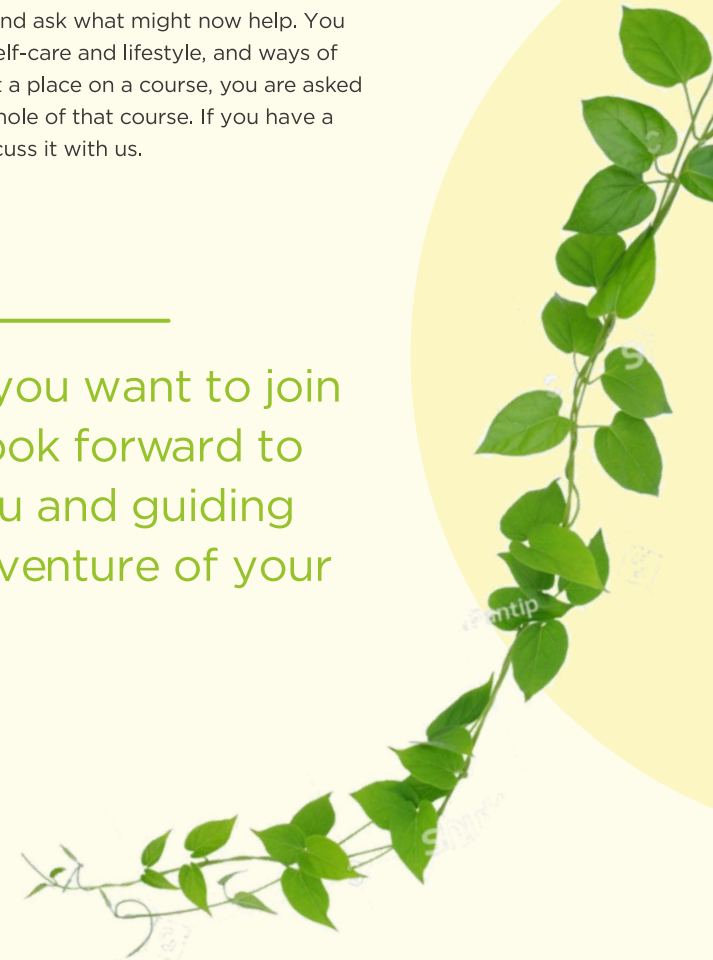


Our Commitment

Our commitment is to support you through the course as you work to find a better path towards strengthening your recovery, wellbeing and wellness.

Your commitment is to do your best to work with us and practice what you are learning. You will reflect on how your ways of living block or slow your recovery, and ask what might now help. You will explore changes in your self-care and lifestyle, and ways of helping yourself. If you accept a place on a course, you are asked to commit to attending the whole of that course. If you have a challenge with this please discuss it with us.

If you decide you want to join a course we look forward to welcoming you and guiding you on the adventure of your WELJourney



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Actions completed in the last quarter (since the last progress report)

Deliver Domestic Abuse Training – Consultation with Domestic Abuse Investigation Unit re National Training for Private Sector. Awaiting update and will report back once received.

Tackling Anti-social Behaviour - NE Anti-Social Behaviour Working Action Group - CEC housing officers and FAHST, RSL's, local CPT, LPO's. The group continues to meet on a monthly basis to discuss joint priority actions and share ideas on how to tackle ASB in the NE area and how to deter offenders from this type of behaviour.

Bonfire Night

Bonfire weekend and more specifically Bonfire night was a challenge for all those involved; not just Police Scotland, but the other emergency services, as well as our other partners who assisted in making plans for what we hoped would be a safe and successful evening of celebrations.

Planning for Bonfire weekend 2022 began back in August. Whilst each partner prepared their own plans, we came together to discuss our wider plans as part of our regular Community Improvement Partnership (CIP) meetings. Whilst monthly initially, these meetings became more frequent in the lead up to bonfire weekend.

Present at these meeting were colleagues from Police Scotland, Scottish Fire and Rescue Service, City of Edinburgh Council, Registered Social Landlords, Schools and other 3rd sector partners.

During these meetings we discussed topics such as CCTV, Youth Intervention, Education, youth provision, spotter patrols and removal of flammable material, monitoring of Fireworks retailers and sales, the use of Dispersal zones and resource deployment.

From a Policing perspective the conventional local Policing resources were deployed under Operation Crackle and specialist (Public Order) resources deployed under the national; Operation Moonbeam.

It is noteworthy, that both the 4th and 6th of November presented little challenge, with a relatively low number of firework related calls recorded and the policing of these incidents delivered by local resources who proactively engaged and used the powers conferred by the dispersal orders to good effect.

The Police Response on 5th commenced in a similar fashion, with local resources proactively engaging with local youths with further orders to disperse being issued.

As the evening progressed, however, saw an increase in the numbers of young people/adults taking to the streets, intent on targeting the Emergency services and causing general Anti-Social Behaviour. Predominantly this local disorder centred on Hay Avenue at Niddrie Mains Road and resulted in the scenes that were witnessed by many, not only there, but in Duddingston Park South and the wider Hays area.

This disorder resulted in the deployment of Public Order resources, with enhanced levels of personal protective equipment and training in dealing with larger scale disorder situations. The tactics deployed resulted in the containment of the disorder and whilst relatively short lived, resulted in localised disruption.

It should also be highlighted that whilst this disorder clearly caused distress to the public, no members of the public, emergency service personnel or partners were injured as a result.

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Going forward it is critically important that we address the disorder that took place on Bonfire Weekend. It is simply not acceptable that the local community and those who dedicate their careers to Public service should be targeted in the manner we experienced that weekend.

Since Bonfire weekend a dedicated team of officers have been investigating the events; sifting through hours of CCTV footage, seizing phones used to record the events and speaking to local residents/witnesses in an effort to identify those responsible.

Hay ASB

Following on from the Bonfire period we were alerted by partners to ongoing Anti-Social behaviour within the Hays area of Craigmillar.

Despite reports of criminality/ASB to police being low in the area we ran a campaign which involved:

- officers patrolling and speaking to the local community
- business check ins
- actions to tackle proxy purchasing or underage alcohol sales such as spray painting the legislation, leaflets and posters
- we ran drop ins with Places for People in the area
- we had a command vehicle and advertised police engagement events in the area
- Road safety checks resulting in a couple of vehicle seizures for RTA offences, tracing a stolen vehicle and multiple offences being detected
- Plain clothes patrols resulting in the stop and arrest of an individual in possession of illegal substances
- we have also executed 7 warrants for a variety of investigations recovering over £6000 cash and a quantity of illegal substances. Enquiries are still ongoing and this work will be promoted on social media upon conclusion.

Operation Elate

Operation Elate was established as a means of improving Cables Wynd House and surrounding area in Leith which is known for ASB, drugs and deprivation. Work continues with CEC, YMCA, Citadel and local residents to create a community hub to improve community spirit and amenities. Plans include workshops around employability and mental health, access to youth leaders and mentors, how to budget and housekeeping.

Days of actions conducted with vulnerable person visits, stalls business and licensed premise checks, road checks and joint operations with DVLA and immigration.

MSPs took part in a walk around with LAC speaking to the community and listening to thoughts and ideas to improve the area.

On top of this we targeted crime in the area executing search warrants utilising specialist resources such as dogs, search units and public order teams to send a strong message that organised crime offences will not be tolerated. This led to over £1.3 million of illegal drugs and cash being seized, multiple arrests and the recovery of £10,000 worth of stolen property.

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Beat The Boredom 2 campaign to reduce ASB and inspire youths, encourage positive steps and mind sets with the use of sport and crafts.

Came after reports from the local allotment complained of local youths vandalising the allotment area. The youths were identified. The allotment owners were asked if they would participate in teaching the youths about growing vegetables etc. Upon agreeing, the youths were urged to attend classes at the allotment. They all attended and have been taught how to grow plants and vegetables and, in addition, how to make numerous items from bits of wood. There has been no further reports of youth disorder or vandalism within the allotment.

Beat the Pressure

Inspiring younger children to think big, be positive, get educated, use negative pressure for good, be creative, and change the cycle of behaviour and learned behaviour for a positive future.

To motivate and inspire young children to be curious, encourage playful exploration, challenge their brains, and provide incentives when necessary. This can be achieved by role models encouraging them, putting them in insightful situations such as sport and musical events and exploring nature, let them make their own choices and understand the impacts of these choices, increase their confidence and social skills.

Fancy dress fitness with the Feds is a fun fitness class for under 12 year olds. They will be asked to dress as fun as they can and they will be joined by Community officers in the fun fitness class directed by a trained instructor.

Parents and guardians will be encouraged to come along and either take part or take the time to speak to a police officer or youth worker/partner to discuss any issues they may need assistance with. There will also be food provided for everyone and a food bag accessible to all.

Cables Wynd Heart

To create a community hub in the footprint of Cables Wynd and improve the local area by providing community spirit, increased pride and joy, resulting in reduced ASB and criminality, self-awareness, common gratification and respect to the area.

Having pride in the area we live can help the community as a whole. If individuals feel the sense of pride collectively, this opens the door to amazing things and longer term improvements. By encouraging the local community to come together to improve Cable Wynd House and the surrounding area can have such a positive impact on everything including calls to emergency services. It has been shown that rejuvenating a small area of a community reduces tensions, depression, suicide, crime and ASB.

Working alongside all the "Beat" campaigns, this project could change the area as a whole long term and with the help of partners, inclusive of police and third sector, sustainability is more likely.

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Tackling Hate Crime – Continual contact with community groups and meetings, facilitated to create working relationships.

Beat Hate

Beat Hate community meals were set up at Restilrig Community Hub once a week. The proposal was to keep food as the anchor to understand and tackle hate crime by engaging with identified members from our diverse community. We brought together individuals / families at an identified location to showcase community cooking over a series of classes, conduct cookery workshops to try new food experiences with members of the community they otherwise would not have met. It was a success due to the partnership approach. It built bridges for police and the harder to reach communities, and also created a forum to discuss other concerns such as cyber and doorstep crime and identified a lack of knowledge of how and when to call police. This has since been addressed by education and easy to follow guidance sheets in the relevant language.

Milestones expected to be achieved in the next quarter

Deliver Domestic Abuse Training - Continued liaison with partners in CEC to identify suitable platform/timescale for delivery/Roll out of Domestic Abuse training within CEC

Tackling Anti-social Behaviour -

Bonfire weekend/Investigation

It is hoped that all investigations into ASB which occurred over Bonfire weekend will be complete and can be reported upon in the next quarter.

Hays ASB

Day of action arranged for February 2023. Meetings arranged with staff from Places for people. Inputs arranged around personal safety from Preventions, Interventions and Partnerships department, Domestic Abuse from Domestic Abuse Investigation Unit- how to recognise DA, support mechanisms, actions to take and an overview of the Police role and partnership work alongside a drugs talk from the County Lines Team. This will be followed up by engagement with the local community, business visits and litter picks with community officers.

Youth worker out of hours

Following youth provision consultation it was apparent that ASB and youth crime is a concern and happens “out of hours” and over weekends which is unfortunately where our youth provision comes to a halt. CEC have employed a member of staff to set up youth provision for these key times. With funding we are hoping to establish a full time dedicated youth worker who can take the lead to set up, initially, a Friday night youth club/mentoring session within Leith with a view to expanding to other night time sessions. We have the buy in from YMCA, Ripple, Kirkgate Community Centre, Leith Academy, Pilmeney, Citadel and Hibs ... Again, this is in its early stages and we are all in a planning group discussing funding options and plans for sessions.

Beat The Boredom 3

To be rolled out in February School Holidays and be based around woodwork and cooking classes in partnership with ‘Earth in Common’

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Tackling Hate Crime –

Beat Hate

We are currently planning the next phase of this campaign inviting all kinds of vulnerable members of the community from the elderly, the youth in poverty, LGBTQIA, and other nationalities. We plan on including themed events such as financial assistance, housing issues, employability, mental health and other supportive measures for participants to benefit from.

Barriers/challenges (physical, partnership, financial etc)

Deliver Domestic Abuse Training – PsoS Domestic Abuse training remains awaiting sign off at National Level.

Tackling ASB – Continued involvement of partners

Tackling hate Crime – The Challenge of engaging with smaller local groups/communities remains, however with the publicised success of the Beat hate campaign it is hoped this will diminish.

Wider factors/influencers (i.e. legislative changes)

None identified

Case study examples – please complete for any examples of success/good practice that has been achieved to date under this priority

Bonfire Night – North East

Operation Elate

Beat the Boredom 2

Beat Hate

(All described in previous text)