

CLD Bulletin

February 2021



Coastal Outdoor Learning

Adult Learning & Healthy Minds

We have been fortunate to secure funding within both Family Learning and Adult Learning to deliver Coastal Outdoor Learning projects.

In relation to the Adult Learning project, we plan use the John Muir Award to deliver this learning.

One group started working in partnership with the Healthy Minds team and this small group of adults engaged in some beach awareness sessions, a session at Torry Battery learning more about dolphins and other bird life, a couple of wildlife discovery walks at Donmouth and a canoeing session. One of the participants has been very busy making knitted blanket squares using coastal themes.

Lockdown has temporarily halted the programme, but we hope to resume once restrictions are

lifted and deliver to a further two or three groups.

The start date for the Family Learning Coastal Project has been delayed due to the restrictions. We plan to run 4 small groups involving 4 schools, engaging with parents and children together on a 6-session programme. Activities will mainly be held at the beach and Torry Battery, and we also plan to visit Macduff Aquarium with each group.

As part of this project we also plan to engage with the families we work with, by delivering coastal sessions during school holiday periods. There are plans to offer a Family Learning residential experience to a targeted group of families.

We are hopeful of delivering these in the future, once restrictions are lifted.

Lifelong Learning SQA Centre

Adult Learning

Gerry Dawson is hosting an awareness session for the Lifelong Learning SQA Centre on 2nd March, at 3.00pm.

The session will cover the role of the Centre and the staff involved. It will also cover the qualifications we deliver, the type of learners we work with and staff training.

If you are interested please contact Gerry at:

gedawson@aberdeencity.gov.uk

The Cubby @ Cummings Park Centre

The Cubby at Cummings Park Centre reopened on 18th February after going through the reinstatement process and following all necessary Government guidelines.

It will be open fortnightly to provide food and essentials to 30 families in the local area.

Preventing Accidents in the Under 5's

Family Learning



Get involved using the hashtag

#HowSafeIsYourHomeABZ



Did you know that Aberdeen City has one of the highest numbers of unintentional accidents in the under 5's in Scotland?

The Family Learning team are working together with other local agencies that support young families in Aberdeen City to actively change this. In partnership with the Royal Society for the Prevention of Accidents (ROSPA), a series of short videos were shared through the local agencies' social media sites, during a week-long campaign in January.

This initiative was supported by the Scottish Government with Community Safety Minister, Ash Denham MSP, stating "I am pleased to see the launch of this campaign which looks to help prevent accidents in the home among young children".

An Unexpected Lockdown Success

Adult Learning – ESOL Coordinator

ESOL classroom lessons were suspended because of the pandemic, so my Development Officer suggested introducing online classes as a way of helping to maintain contact with our existing learners and hopefully minimise loss of progress they may have made. The tutors were onboard with the idea. I was sceptical but agreed it was worth a try.

I contacted our learners and asked if they would be interested in online classes as an alternative to their usual face-to-face ones. They unanimously agreed that they would. Thanks to the professionalism, adaptability and enthusiasm of our tutors we have been successfully conducting classes over the past 30 weeks. We even managed to complete our SQA course during the lockdown!

Attendance has been good and constant. Some learners even reported a new found confidence in speaking and tutors have noticed a marked improvement in progress due to more individual attention. New enquirers have also been keen to participate.

An informal evaluation at Christmas reinforced that the learners were happy with the online arrangement and were grateful to be offered something in the absence of face-to-face classes. They welcomed the opportunity to speak and hold conversations in English. Some even suggested they preferred online for the convenience, so it may well be that we will introduce a blended form of learning when normality returns, to accommodate everyone's changing needs and circumstances.

Family Learning Team partners with City Parks

As indoor children's activities closed due to the pandemic, Aberdeen's parks have become a lifeline for young families to keep their children entertained.

Family Learning decided to utilise these wonderful spaces to enhance families' outdoor experiences together over the festive period.

In conjunction with Seaton, Duthie and Hazlehead Parks we launched three new trails.

Fifteen wooden robins were placed around each park and children were encouraged to find as many rainbow robins as they could. The trails proved a big hit as you can see from our picture below, with one mum telling us,

"We absolutely loved doing the walk. Such a good initiative, well thought out and planned."

Here's to more partnership working between our team and the parks!





Lockdown Recipes:

Cheese & Pasta Layer Salad

Adult Learning

Ingredients

- You will need a bowl for making up the salad.

1 x Small tin of sweetcorn drained ... (Keep the tin for measuring the ingredients)

1 x large carrot, peeled and grated

1 x piece of cucumber (the height of the sweetcorn tin), chopped



Small, dried pasta (one sweetcorn tin measure), cooked in water as per packet instructions, and cooled

Washed and Shredded lettuce (iceberg is nice and crunchy)

Mayonnaise

Grated cheese (1 – 2 sweetcorn tin measures)

This month's recipe is suitable to use in a group setting with your learners, as minimal cooking is required. It can be made in advance and kept in the fridge for up to 2 days... and goes great with crusty bread.

Why not try it at home with your families; kids love making it too, with supervision!

Method

1. Place a layer of carrot in the bottom of the bowl
2. Then a layer of chopped cucumber
3. Then the drained Sweetcorn
4. Then the cooked and **cooled** drained pasta
5. Then a layer of lettuce to cover the pasta
6. Then a layer of mayonnaise to cover the lettuce (to your taste)
7. Top with a layer of cheese (to your taste)

- Can keep chilled in the fridge for 1-2 days
- Store in the bottom of the fridge as lettuce keeps better.

Healthy Minds in Lockdown 3

Healthy Minds



The last few months have not quite gone to plan for us! We had just opened to new referrals and had organized a new Branching Out Group, Coastal Project Group (in conjunction with Adult Learning) and a taster month in February, but this has all been put on hold until we move out of lockdown.

Our digital learning programme, including the weekly Zoom and Knit and Knatter sessions, has continued with learners taking more responsibility for facilitating these groups. We have continued to develop the peer mentoring and volunteering part of our service.

Along with regular contact with all our learners, peer mentors and volunteers we have also delivered bird watching kits as part of the RSPB Big Garden Birdwatch to some of our learners to use at home.

Finally, we have been doing some training with our colleagues from Adult and Family Learning on Aberdeenshire Council's Power Tools session which supports learners to understand how learning, personal growth and mental health and wellbeing are connected. We will be looking at rolling out these sessions digitally over the next few months.

One learner commented –
Yesterday I was having a wee bit of a low day but when I looked out and saw all the wee birdies eating away at the fat-ball cage it gave me a fuzzy feeling.

At the moment, these small things make a real difference and for a while the gulls seemed to quieten down and all I could hear was the chirpy bird songs.

Honestly, it made me feel better"

healthyminds
Community Learning

News from Danestone Community Centre

Jab Dunk - Making Positive Steps

Saturday 16th January saw our local medical practice work in partnership with Danestone for the first Oxford Astra Zeneca COVID-19 Vaccine clinic for our over 80-year old patients.

The clinic ran like clockwork, a true testament to

teamwork at its finest. Despite being cold, spirits were high with a real buzz around the Community Centre, as this - for many people - was their first trip out for weeks.

It is great to be involved in this essential vaccine programme for our community in the community.



Heathryburn Parents

Family Learning

Heathryburn Parents have been taking part in "You Canna Dine Oot so Dine in".

This has been an opportunity for parents to join a weekly cooking session with their children.

The aim of the group was to help with food poverty as well as bring parents together and show them how to cook healthy, quick meals for all the family.

Parents collect the bag of ingredients from Heathryburn and then the following day they join the Google Meet and we cook together. Parents and pupils have enjoyed the sessions.



News from Inchgarth Community Centre

Inchgarth Covid-19 Support Project



Since April 2020, Inchgarth Community Centre has operated a large covid-19 support project within 15 communities of Aberdeen south.

Our initiative has provided families and individuals most in need with essential items such as food, gas, electric, laptops, internet access,

clothing, toiletries, cleaning products, white goods, mobile top-ups and so much more.

During this period, we continue to provide social calls to some 250 people who have been isolated and lonely.

In total we have supported over 1700 people during the pandemic and this has only been possible due to the wonderful efforts of our army of volunteers and the public's tremendous donations of food and money towards our foodbank.

During covid, Inchgarth has successfully secured £350 thousand pounds to deliver this support, sustain other organisations, secure staffing posts for a couple of years, and

deliver services post-covid.

It's been a challenging time for everyone with no business, organisation, or community escaping the bitter bite of covid-19, but we are proud of the partnership work, volunteers, and our team for their resilience to protect the communities of Aberdeen south and secure our organisation for the long term so that there is plenty to look forward to post-covid.

People can support our foodbank by visiting our website at www.inchgarth.org where your help makes a difference to those most in need during these tough times.



News from Sunnybank Community Centre

Sunnybank Unleashed!

Following the closure of most Learning Centres, Sunnybank Community Association has taken the leap and gone viral!

English Lessons, Festive Light Installations and Covid-19 Support Schemes have all been conducted with nothing more than a laptop, internet connection and a will to continue engaging with our community.

“Just because we have no physical Community Centre does not mean our community no longer exists...There is still an incredible need, now more than ever, for support for the community, by the community. Our English Classes have been an unmitigated success, and the need for practical support for people affected by Covid19 - particularly over Christmas and into the New Year has never been so important,” says Jacqueline Willis (a community worker for the Association).

Sunnybank Community Centre, along with our English Tutor, has helped five students pass their *Life in the UK* test during the pandemic, with another four students working towards their test. Another five students are working on improving their general English skills.

On top of the English lessons, there are the Covid-19 Support

Schemes which range from supplying cold weather clothes to fruit & veg boxes to support healthy eating for vulnerable families and those struggling through the pandemic.

And yet, there is a thirst for more, as Sarah Beattie (a community worker for the Association) said, ***“People have not stopped living, so neither should our activities. There is a capacity for so much more than we have done so far – games nights, group activities can be provided online or outdoors (complying with Covid-19 rules) until we will be able to access the Centre again...Yes, we do help with the most basic needs, but equally important for us is to keep improving access to our services and range of activities. We have helped 30 families so far, and we are looking to do more.”***

If you live in the Aberdeen area and have an idea you think you could implement, or if you are affected by any of the issues discussed here, please get in touch with Sunnybank Community Center at sunnybank.community@gmail.com or visit the Sunnybank Community Centre Facebook page.



Criminal Justice Update

Adult Learning

The Adult Learning team and the staff at Willowdale have been continuing to provide options for clients trying to complete their unpaid work orders throughout this latest lockdown, as clients are limited from attending in-person sessions.

For service users, Willowdale and Adult Learning staff have been working in partnership to create “challenge packs”, to provide clients an opportunity to complete some unpaid work hours by doing tasks at home, in line with the current COVID-19 government restrictions.

Adult Learning have created a literacy challenge, a poetry challenge, and a cooking challenge – with the added bonus that Willowdale are able to provide some of the food to help individuals to complete this set of tasks.

We have also been able to return to provide 1-2-1 sessions with clients who are keen to engage with the service, with one learner very excited to start working on their SQA Core Skills and eager to be completing tasks towards this at home, outside of these sessions.

Alongside this, with restrictions on the number of people permitted in the building, we are developing and changing the way we provide learning and beginning to provide a weekly women’s group online. This is the first time we have done this with the clients attending Willowdale, and all parties are enthusiastic for this to commence.

We are hoping in the not-too-distant future to restart the history walks provided by Willowdale, with the support of Adult Learning, as there was good engagement with these, and they assist in the health and wellbeing of participants.

By working flexibly, and maintaining our great partnership with Willowdale, the Adult Learning team are enjoying the challenges presented by this latest lockdown, and we are looking forward to the new projects we can work on together.

Bringing Cheer to Older Residents of Torry

Community Development

2020 was a tough year for all of us – but particularly so for older residents. The Boogie in the Bar initiative moved online for a while but in the run up to Christmas we wanted to get “out there” and provide some festive cheer. With that in mind we linked in with Mag Campbell and Tracey Buchan again to organise some Xmas fun.

Our fantastic DJ, Javier (ex Dragdos employee), volunteered to be Santa for the day. Goody bags were filled including items such as a traditional tangerine, a “We love Torry” pen, a sweetie and wooden *Dot the Dolphin* tree hanger from Greyhope, and then Santa and his elves were off on their travels with over 300 Christmas bags to deliver.

The residents of Torry care homes came to the window and clapped along to the Christmas songs. Individual houses were also visited as a surprise and Boogie members even burst into tears when they saw Santa!

The residents of Brimmond Court even joined in with some socially distanced waltzing. Here’s hoping that by Xmas 2021 there won’t be a need for socially distanced anything.



Torry Recovery and Resilience

Community Development

In response to the challenges that covid has brought to the Torry community, the Locality Board thought it a positive idea to formulate an action group to promote recovery and resilience locally.

Foodbank providers such as Cfine and TLC plus other partners in the public and third sectors, as well as residents, have come together to build on this plan.

It’s early days and there’s a lot of work to be done but early goals were to increase free school meals and voucher uptake and to link in with Christmas initiatives - an example of which was Doorstep Catering in Torry, who provided meals on Christmas Eve to some Torry residents.

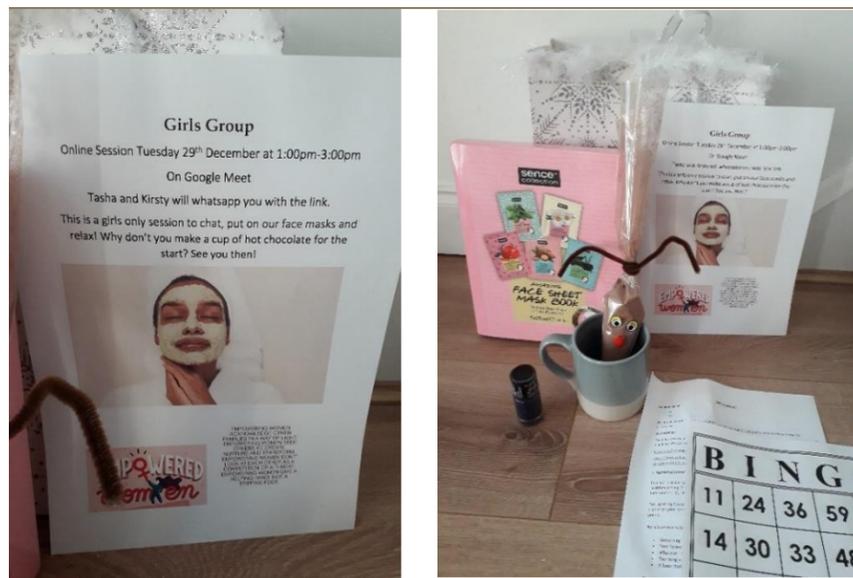
Although food provision is an immediate concern, so too are other matters such as income maximisation and building resilience in general.

Speaking of building strength and resilience... one group that went from strength to strength in Torry was Jog Torry. Now that they have trained more community members as Jog Leaders I can now step aside. It’s great to see the group flourish and it’s a great example of building health and resilience in challenging times. The group even got in the swing of Christmas festivities with a Santa run! Well done them!



Girls' Group

Youth Work Team



The Girls' Group met between Christmas and New Year as part of our wellbeing theme. The girls, made up of Syrian New Scots and their peers, aged 13-22 years, met over Google hangout with youth work staff to socialise digitally whilst putting on facemasks and drinking hot chocolate.

Their pamper packs of resources were dropped off to their doors prior so all participants could engage fully in the session. Many of the girls haven't been out of their homes much in the past year and so the online sessions help to give some relief from the isolation.

Wellbeing Workshops

Family Learning

Between October and December 2020, Family Learning Development Workers, Ruth Hamilton and Helen Polson, ran a 6-week wellbeing course online for parents with children in the Northfield area.

Funding was sought from the Northfield Partnership Forum to organise 90-minute *AndBreathe123* sessions facilitated by Gillian Watt, for parents to engage with from their own homes.

With prior experience as a primary teacher and Head Teacher, Gillian has a good level of insight as to some of the challenges children and families can face. As a qualified EFT (Emotional Freedom Technique – also known as tapping) Practitioner and mindfulness teacher, Gillian shared a variety of different techniques with the group throughout the course.

This included a range of breathing, mindfulness and EFT exercises as well as guided meditation sessions for parents to try themselves as well as with their children. In addition to this, Gillian used powerpoint presentations and illustrations to help explain how some of the techniques work, as well as the science and research behind these.

The course also included discussion-based activities which provided

participants with opportunities to share experiences and ask questions as well as the practical activities and exercises.

Helen and Ruth supported parents to access and engage in the sessions and were available to parents between sessions, to support and encourage parents to utilise the different techniques themselves and with their families.

The initial response was very positive with an uptake of 31 registrants – on a weekly basis, there were between 10 and 15 parents attending.

The feedback from the course evaluation was very positive. The chart shows what the parents most enjoyed learning about. Highlighting some of the positive impact the course had, parents commented:

"I know I need to look after myself more - if I'm not happy in myself, how can my children be happy."

"I liked how there was a bit of science but not too overwhelming. Being in your own home helped feel safe and let your guard down."

"I noticed the kids have been better behaved over the last 6/7 weeks which coincides with me being on the course. I don't get so worried/stressed about the house ie. when my mother in law visits."

Wellbeing Workshop

Feeling frazzled? Are you and kids struggling being stuck at home again? Want to learn some helpful and effective ways to support you and your family's wellbeing during lockdown? If so, read on...

We had such great feedback from the 6-week course with the lovely Gillian from *AndBreathe123* last term, that we've decided to run another course this term for you and ALL THE FAMILY (whilst the children are learning at home). Gillian is going to guide us through lots of calming techniques including mindfulness, breathing and yoga. Don't worry if you've not done anything like this before, as it's for all stages!

This will take place online every Friday,

10 – 11am from 22nd January – 26th March.

If you're worried about fitting in school-work or google-meets, it's ok – just let your child's teacher know you're doing this on a Friday morning instead 😊

For more information or to book your place, please contact Ruth Hamilton (07387064465) or Helen Polson (07919300687), Family Learning Development Workers or message on Facebook (@Ruth Family-Learning or Helen Family-Learning).

*Please note, this course is open to families in the Northfield and Matricke areas.

17. Which of the following aspects of the course did you enjoy learning about

[More Details](#)

Mindfulness techniques	6
Breathing techniques	5
Emotional Freedom Technique...	5
Meditation practice	3



In response to the positive feedback and requests from parents for the sessions to continue, further funding was sought to continue the course after the Christmas break. As a result of the national lockdown and children returning to home-learning, the plan for the sessions was adapted to take the form of family-friendly sessions, lasting for 1 hour – these have also been successful with between 9 and 14 families engaging weekly.

These will continue for the remainder of the school term – if you know of any other families in the Northfield area who would be interested in joining or finding out more, please put them in touch with us.



Tillydrone Community Campus Food Larder

Community Development

Tillydrone Community Food Larder was established by two Community team members – Mark and Zuzana - and it has been running since June 2020.

The project was initially started to reduce food waste by preventing items close to their best before date being sent to landfill.

Due to an increase in people attending and requesting food parcels, we have decided to continue with this valuable community service which not only attempts to tackle the issue of food poverty and food waste but also provides individuals and families with a diverse variety of fresh, perishable products that are not usually available at generic foodbanks.

This allows our members to be more creative and to improve their cooking skills while using more fresh/healthy products.

We dedicate 2 working days a week to this project; 1 day to receive and organise food items and another to deliver this valuable service. Since launching 7 months ago, we have supplied 677 individuals with 2,031 bags of food.

#stopfoodwaste

#stopfoodpoverty

#tillydronecommunitycampusfoodlarder.

Two of our members commented:

“...this group is so helpful. Me and my daughter have been busy bees with all those lovely bananas we got, we have made choc chips banana bread, banana oat and nut cookies and some banana pancakes. It definitely makes us try out new things with all the lovely stuff we get 😊. Thanks again Community Team.”

“If you need ever need a volunteer to give you guys a hand, just give me a shout and you all do an amazing job for our community.”

Christmas Eve Update

Cummings Park Centre

A HUGE thank you to colleagues from Housing - [Ross Morgan](#), [George Boyne](#), [Esther Savage](#) and [Nicola Donald](#), from Education - [Amanda Murray](#), [Lakshmi Manivannan](#), from Family Learning - [Helen Polson](#) and [Ruth Hamilton](#) and from Communities - [Caroline Bews](#), [Fiona Gray](#), [Kev Donald](#), [Angela Morrison](#), [Sara Duncan](#) and [Wilma Smith](#) for all their assistance on Xmas Eve supporting deliveries, and to the Communities staff in the preceding days (and weeks!) for organising food parcels and gifts that went out to 86 families which included a total of 180 children!

This was made possible due to very generous donations and some grant funding. A tremendous effort and much appreciated, thank you all!

The day didn't get off to a great start as the one day that most of us had to venture out after working from home for months, ended up with a blanket of snow on the ground. The hill to the Centre was treacherous but we all battled through, muddled together and coped. Some parcels were delivered to those that couldn't make it out. Recipients were so grateful.

It was so good to be with each other again, having a laugh and a joke and great to catch up with some of our community folk too.

Feedback from families:-

“Thank you so much. I really appreciate this.”

“You have no idea how much this means to me.”

“This will be a massive help to me and my kids.”

“Really appreciate the gesture. I can't thank you enough.”

“Weight off my mind”

“So happy.”

“That's perfect. Thank you.”

“It will be a very big help. Thank you so much. It's gratefully appreciated.”

“I would love a parcel.”

“I am so grateful.”



‘Keep Growing Aberdeen’ – Seed Sharing and Growing

Community Project Development

After the first Covid-19 lockdown, all activity that required face-to-face contact had to be put on hold. However, there was a surge in interest in growing our own food.

CFINE, alongside One Seed Forward and Tullos Community Garden Group, supported by the Communities Team and the Health and Social Care Partnership came together, utilising their breadth of skills, experience and resources, to support the local community in the Torry area with access to seeds and growing packs.

Growing packs included compost, seeds, clear instructions on growing the seeds and signposting to a support platform for participants.

The first 50 packs were delivered as a pilot, via e-bikes during the initial lockdown. Transportation was impacted significantly by the lockdown measures introduced as a result Covid-19, but e-bikes provided a more efficient and sustainable means of transportation to ensure the packs, along with food parcels, were able to be distributed during this period.

In addition, Tullos Community Garden set up a plant sharing box to support those who received the growing packs to share seedlings with others going forward.

The pilot was rolled out to other areas of the city funded by Aberdeen City Council, SHMU and donations which brought in many seeds, old pots and plants from kind allotment holders.

Over 15 community garden and other groups and individuals throughout the city received over 250 growing packs. Also, materials and support for gardening activities for vulnerable children were provided as part of the summer ‘Food and Fun’ programme.

Building on the success of last year, the partners have secured new ‘Fairer Aberdeen’ resilience funding to provide food growing kits again this year. With a focus on the priority neighbourhood areas, residents are supported to build resilient community groups by creating their own raised bed areas.

This year we:

- Hope to distribute 415 growing packs to residents, utilising some of the seed trays and pots from last year. There will be a focus on our priority areas and households with low incomes.
- Run two distribution and promotion stalls at Climate Week North Events March 2021 (seed potatoes).
- Work with residents and participants from last year to identify outdoor grassy areas: to install raised beds, and engage their neighbours and community in taking turns to grow seedlings in their homes, plant out in the raised beds and look after them. This will promote food growing, food sharing and intergenerational learning.
- Set up online support platform(s) for participants.
- ‘Plot to plate’ - offer virtual cooking demos/classes on how to use produce, with support from CFINE community kitchen.
- Run a competition/virtual show, following the growing of seedlings, veg and plants, engaging participants in positive, interactive feedback and communication.

If you would like any information or like to get involved this year. Please contact Anne-Marie Steehouder-Ross (asteehouder@aberdeencity.gov.uk)

For feedback on last year’s project, please see our poster report overleaf and also link to the full report document:

<https://www.aberdeencityhscp.scot/globalassets/kga-finalised-report.pdf>

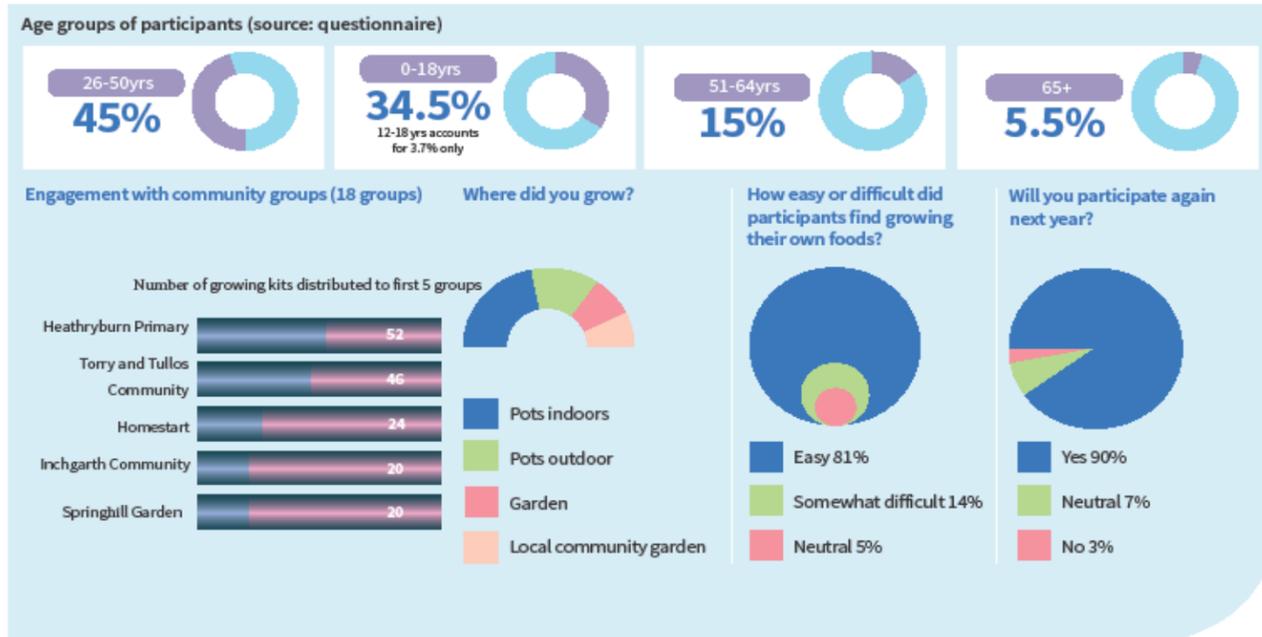
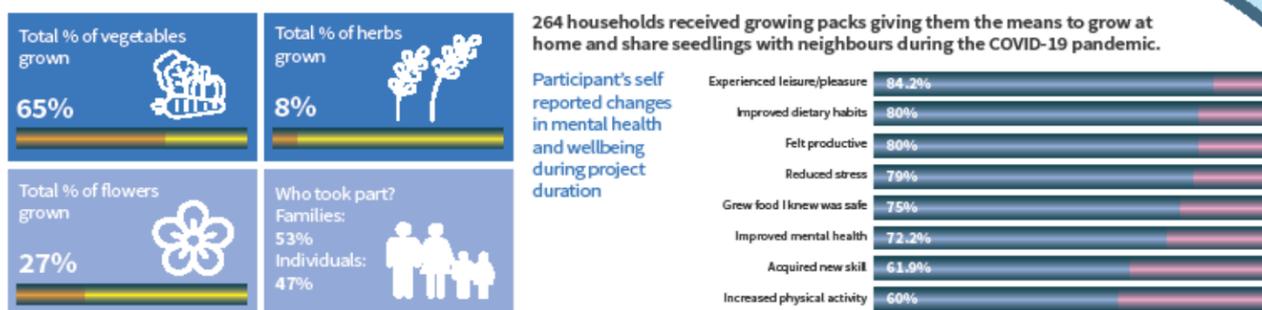
The Keep Growing Aberdeen (KGA) seeding sharing project

Delivered by: CFINE | Tullos Community Garden | One Seed Forward | ACHSCP



Coordinated by: CFINE
Project Evaluation led by ACHSCP

KGA one page report
Source: Questionnaire and Interviews



When asked what next?
Source: questionnaire

Learn how to cook with local produce?
85% YES

Set up own growing group with support?
50% YES

Join community growing groups?
80% YES

Conclusion: Participants have reported improved dietary intake, improved mental health & wellbeing, and partners who delivered the project have reported positive partnership working experience.

Feedback

Things that went well:

- "All of it, but mostly watching everything grow from day to day, flowers blooming and the safe and tasty veg on my plate"
- "Watching and waiting"
- "Took some of the boredom out of shielding during COVID19"
- "I enjoyed it was hand delivered"
- "Learning how to grow plants, is now my new hobby"
- "Growing fresh home vegetables with my children"
- "The fact that the community could share seeds and experiences"

Things that could be improved:

- "Provide more education on when and how to plant"
- "Should be promoted more in our community"
- "Communication is the most important thing, mix the old and the young giving a mixture of what we know"
- "Maybe getting somebody in to do a cooking class or that sort of thing"

Key messages

Developing an integrated approach to food growing
Food growing and cooking reinforces positive messages about healthy eating and positive lifestyles.

Food growing education
To ensure that food growing interest is sustained, there is need where possible to educate people who are interested on how to grow, when to grow and what to grow.

Whole community ethos
Food growing activities can promote and develop a community ethos around healthy lifestyles, improving mental health and wellbeing, building social capital in the community and pro-environmental behaviours.

Involve everyone
If the young and old are involved in making decisions around food growing and cooking, the more likely it is that what they experience will reinforce positive messages about healthy eating and positive lifestyles.

Thank you...

- Angela Grainger**, Family Learning Development Worker
- Anne-Marie Steehouder**, Community Development Officer
- Caroline Hay-Crawford**, Adult & Family Learning Development Officer
- Emma McPherson**, Family Learning Development Officer
- Gery Dawson**, Development Officer, Adult Learning
- Jacky Willis**, Sunnybank Community Centre
- Jane McCarthy**, Adult Learning Tutor
- Jenny Adie**, Development Manager, Healthy Minds
- Kirsty Wylie**, Youth Development Officer
- Lesley Duffus**, Adult Learning Literacies Coordinator
Danestone Community Centre
- Mark Kaczmarek**, Centre Operations Officer
- Pamela Maclure**, Family Learning Development Worker
- Paul O'Connor MBE**, Inchgarth Community Centre
- Ruth Hamilton**, Family Learning Development Worker
- Sandra Lawrence**, Adult Literacy Tutor
- Sara Duncan**, Centre Operations Officer
- Teresa Dufficy**, Community Development Officer
- Zuzana Jatelova**, Community Development Worker

...for your contributions