

ADDITIONAL CIRCULATION



Community Planning Aberdeen Management Group

The undernoted items are circulated in connection with the meeting of the **COMMUNITY PLANNING ABERDEEN MANAGEMENT GROUP** to be held in the Aberdeen Vaccination Centre, Bon Accord Centre, Aberdeen on **WEDNESDAY, 9 AUGUST 2023 at 2.00 pm.**

BUSINESS

STRATEGIC BUSINESS

- 2.3 Draft Locality Annual Outcome Improvement Reports 2022/23 for North, South and Central Localities - **North and Central reports** (Pages 3 - 40)
- 3.1 CPA Improvement Programme Quarterly Update and Appendices (Pages 41 - 48)
Appendix 2 – 2 further new Project Charters (6.5 and 9.4)

Should you require any further information about this agenda, please contact email communityplanning@aberdeencity.gov.uk

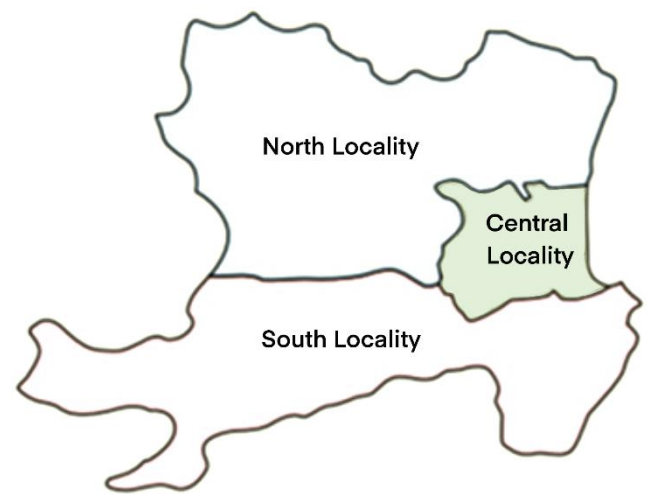
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Central Locality Annual Outcome Improvement Report 2022-23

Welcome

Central Locality Neighbourhoods: Ashgrove, City Centre, Froghall, George St, Hanover, Hilton, Midstocket, Old Aberdeen, Powis, Rosemount, Tillydrone, Seaton, Stockethill, Sunnybank, West End and Woodside

Welcome to our second annual report against the Central Locality Plan first published in 2021. The Central Locality Plan sets out how Community Planning Aberdeen and its member organisations will work together and with communities to deliver improved outcomes for the 14 neighbourhoods in the locality and the locality as a whole. The Locality Plan was prepared by Community Planning Aberdeen staff and community members involved in the Central Locality Empowerment Group and Tillydrone, Woodside and Seaton Partnership. Click on the links to view a copy of the full Central Locality Plan and Summary Locality Plan. Also see the end of this report to find out more about the organisations and community groups involved in preparing the plan.



This report provides an update on progress made against the priorities that were identified in the Central Locality Plan. It includes information about key activities and initiatives and also the impact that these have in the Central Locality and in target neighbourhoods. The information and data within the report demonstrates success in many areas. However, we also recognise where we need to do better and have identified priorities for improvement next year.

Our focus is always on impact on outcomes for communities. Central to our approach is involving and empowering communities which we have made clear in our new Community Empowerment Strategy published in 2022. Behind the scenes, Community Planning Aberdeen has also made some changes to ensure member organisations are working better together to empower communities. Our new locality planning team has been in place since February 2023 and epitomises our renewed vigour for working together with local communities. This report provides an important baseline for how we are currently performing in the Central Locality and a commitment to improving going forward.

This report is split into the following sections:

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Our Economy

OUR PRIORITIES

The Central Locality Plan 2021-26 sets out two priorities to improve our local economy:

Priority 1: Reduce the number of people living in poverty

Priority 2: Ensure people have the digital means to ensure they do not miss out on opportunities

PROGRESS MADE DURING 2022/23



Supporting communities who experience poverty & our most vulnerable families

Community food provision and community pantries

With food prices rising at the fastest rate in 40 years we have been working with CFine to increase access to affordable food across the locality, particularly for our most vulnerable communities and low income families. Through our community food pantry project we have focused on increasing access to affordable food in our priority neighbourhoods which includes Tillydrone, Woodside, Seaton, Ashgrove Stockethill and George Street in the Central Locality. Recognising the challenges people can face attending one of our fixed food pantries, a mobile food pantry was launched in September 2021. CFine has 192 members of the Central Locality shopping at the pantry at Poynerook Rd on a regular basis. The mobile food pantry also had 810 visits from residents of the Central locality during 2022-23.

Affordable Food Providers in Central

[CFine](#) operates a mobile food pantry on Thursdays at:
-Tillydrone Church 1pm-1:40pm
-Seaton Aulton Pitches 1:50pm -2:20pm

The [Woodside Pantry](#) is also available in the Central Locality, alongside other local [Food Banks](#).

Supporting communities with financial inclusion

The [benefits calculator](#) has been accessed 887 times by those from the Priority Neighbourhoods within the Central Locality



Ensuring that household income is maximised through the uptake of unclaimed benefits is a key aspect to supporting households to come out of poverty and improve their financial security. There continues to be barriers which can mean people do not claim benefits they are entitled to, such as stigma of claiming, unaware of what they are entitled to, and onerous applications processes.

We have made progress with a number of initiatives to help remove these barriers. For example, we launched the online benefit calculator last year to help support more people to find out what benefits they are entitled to. This has been accessed 7274 times across the city during 2022/23, with 887 of those being from the Central priority neighbourhoods. We have also taken action to identify households who should be entitled to Pension Credits and have contacted them directly by letter. Using this approach 410 households were identified from across the City who qualified for Pension Credits. Finally, a booklet for families was developed to increase awareness and uptake of child benefits such as, Education Maintenance Allowance and School Clothing Grants. The booklet targeted families and provided

guidance on how to claim. Across the City 2749 families benefited financially by accessing additional benefits with 1067 families in the Central Locality have benefited financially by accessing additional benefits.

Fuel poverty/ affordable heating

Staying Warm & Well Winter Roadshow

Thursday 8 December, 10am - 2pm
Central Library, Rosemount Viaduct, Aberdeen

Pop in for a free cuppa and chat to friendly staff who will share information and advice.

WARM SPACE
We are open and the heating's on

Logos: Aberdeenshire Council, Aberdeen City Council, Care & Repair, Communities, healthpoint, HOME ENERGY SCOTLAND, scarf, Social Security Scotland

As the cost of living increases it is important that we work together to do everything we can to support every household in Aberdeen. We have been working together with partner organisations across Aberdeen to provide a range of public warm spaces that will provide an opportunity for people to come together, share and use resources. Every warm space is unique however all warm spaces offer a friendly welcome and comfortable environment to meet friends or socialise. There are x warm spaces across the Central Locality but of course people are free to visit any warm space across the City. You can find your nearest warm space by visiting [here](#).

As well as providing warm spaces we have been increasing awareness of the support available to households during a variety of community events and training frontline staff. As a result of the promotion of support available and increase in home visits to deliver insulation and energy efficiency measure, a total of £134,464.52 fuel bill savings was made last year across the Central Locality.

Support English as Second Language (ESOL) families to access services

The CLD Adult Learning Team assessed 900 learners in the year 22/23 from (which included over 600 Ukrainian Learners) the assessment learners were either offered a class or sign posted to the most appropriate provider for their ESOL needs. The Adult Learning team have delivered 197 classes at an average of 45 classes per term. That's an average of 150 learners per term receiving a minimum of 2 classes per week. The classes range from pre beginner to pre intermediate, in addition to our mainstream classes we have offered additionality of walk and talks, employability short courses and 2 x ESOL for the Care Sector which has resulted in all but 1 participant either getting employment or a paid placement.



Strengthening opportunities for Business Growth.

Support development of Social Enterprises and small businesses.

Local community start-ups benefit everyone. Not only do they help get people back into employment, they can create new jobs and bring new money into the community. We are delighted to have secured local community support for people wishing to start their own business. Through Business Gateway we now have a Community Business Advisor attending the Tillydrone Community Campus to provide a monthly drop in service. Over the last 12 months the service has attracted an average of 2 attendees per drop in which has resulted in 8 people starting their own business.



Social Enterprise, Community Case Study

Seaton Community Café, Seaton Community Centre

The idea for the community café grew from a post covid plan to encourage over 55s back into a social environment. Initially we formed a Community group with help from ACVO for the Constitution and offered a free Soup & Sandwich Lunch with transport and entertainment once a month. A year later we run the event twice a month and frequently sell out, capacity is 28 for each event and we get around 40 customers a month. In addition, we ran the Seaton Warm Space and the Seaton Pantry.



We had always intended to open a Community Café and the Warm Space Initiative and the Community Pantry allowed us to meet more of the community. Now we had a real idea of what we wanted to achieve and why, the Cost-of-Living Crisis just made us even more determined.

With initial funding from the HiF fund and support from Communities and Health and Social Care Partnership we opened the Café in its' current form four months ago. The café is open twice a week in the afternoons and attracts around 70 customers each week. There were seven volunteers for the Soup & Sandwich team, all of which passed their Food Hygiene. In addition we had four committee members but we soon added another six. These volunteers also supported the Pantry which ran twice a week.

We work with a range of partners; Fresh Wellness, Aberdeen in Recovery, Shmu, Tree Life and CLICC to promote use of the café, pantry and the community Centre. We are members of Social Enterprise Scotland and are intending to continue the development of this. In addition we are working on a new Green project with Nescans which will include the target of being Carbon Zero. For the Café we plan to develop an external catering service, initially for fellow Third Sector groups with a view to expanding. Plans and costings are very positive although we need to consider working towards becoming a SCIO which will allow us to access funds.





Developing approaches to support employment opportunities.

Local employability support and job opportunities

Supporting people into employment is a top priority for the locality. Over the year we have delivered a range of employability support events targeted at people who face barriers and challenges. For example, we have delivered sessions for people over 50, people with a disability and people living in our priority neighbourhoods in the Central Locality.

Through our ABZ works initiative, partners Aberdeen City Council, Skills Development Scotland, DWP and Business Gateway have also delivered ‘Your Route to Work’ sessions aimed at young people living in priority neighbourhoods that are disengaged from school, school leavers, work returners and their wider families to find out information on how to get into employment, training, education or volunteering as well as provide money and benefit advice. There were 16 attendees at the Tillydrone event. Exit surveys were completed with a small number of event attendees. Everyone who attended and provided feedback felt the event was useful or very useful and all would be likely to visit a future event.

ABZ WORKS
Your route to skills, training and work

Your Route to Work

Thursday 1st June 2023
Drop-in 4pm - 7pm

Tillydrone Campus, AB24 2UY

We'll help you plan for your future and provide information on work, training, education and benefits.
The event is open to all including school leavers and people looking to return to work.

Free to attend
Refreshments provided
Register here - <https://bit.ly/44Unkor>

Increase the number of Modern and Graduate Apprenticeships

We are committed to creating accessible pathways to both employment and education, two such paths are Modern and Graduate apprenticeships. These apprenticeships offer people the opportunity to blend academic qualifications while also gaining practical experience on the job. This enables people to earn as they learn, creating more realistic and inclusive opportunities for local people. Across Aberdeen City, North East of Scotland College (NESCoL) data shows that the promotional events for employers and potential apprentices, focus groups with pupils from St. Machar Academy, as well as the introduction of incentives for employers through the Apprentice Employer Grant where employers were offered £5k on recruitment of a new Modern Apprentice (MA) have resulted in a 36% increase in [Modern Apprenticeships](#) from 157 in 2019/20 to 214 in 2022/23.















Improved digital access and increase skill base across the community

Digital Access

Through our digital improvement project we have seen positive outcomes for both digital access and skills. This work included the promotion of existing access and new access to digital devices, such as library computers, council digital resources, and universities. In addition to this, Silver City Surfers continue to offer face to face tuition for over 55's in the City helping them to become more comfortable using digital tools, offering support to community members in the central locality at the Central Library.

79.4% of City Voice respondents in the Central Locality reported they had at least basic digital skills.

WHAT IMPACT HAVE WE HAD IN 2022/23?

Tackling Poverty		
<p>Food Insecurity</p>  <p>9.7% of people in the Central Locality worried they would not have enough to eat compared to 18% of people living in Tillydrone, Woodside, Seaton, Ashgrove, Stockethill and George Street. (City Voice 46, 2022)</p>	<p>Food Poverty</p>  <p>4.3% of households in the Central Locality ran out of food compared to 1.9% of households Citywide (City Voice 46, 2022)</p>	<p>Affordable Food</p>  <p>1,002 families in the Central Locality accessing affordable food at their local community pantry (mobile and located in Tillydrone and Seaton)</p>
<p>Fuel Insecurity</p>  <p>34.8% of people in the Central Locality worried they would not be able to heat their home compared to 43.1% of people living in Tillydrone, Woodside, Seaton, Ashgrove, Stockethill and George Street. (City Voice 46, 2022)</p>	<p>Fuel Poverty</p>  <p>5.4% of households in the Central Locality have had to seek support for paying for heating, compared to 8.3% of households in Tillydrone, Woodside, Seaton, Ashgrove, Stockethill and George Street. (City Voice 46, 2022)</p>	<p>Fuel Bill Savings</p>  <p>£134,464.52 fuel bill savings made across the Central Locality through energy efficiency measures and support such as provision of x warm spaces</p>
<p>Claimant Count</p>  <p>Has decreased in the Central Locality since 2021 (Data TBC)</p>	<p>People on Universal Credit</p>  <p>Has decreased in the Central Locality since 2021 (Data TBC)</p>	<p>Benefit Maximisation</p>  <p>TBC more families in the Central Locality receiving the benefits they are entitled to</p>
<p>Children in low income families</p>  <p>Has decreased in the Central Locality since 2021 (Data TBC)</p>	<p>Business Start Ups</p>  <p>8 people in the Central Locality supported to start their own business.</p>	<p>Digital Access and Skills</p>  <p>79.4% of City Voice respondents in the Central Locality reported they had at least basic digital skills. (City Voice 46, 2022)</p>

AREAS FOR IMPROVEMENT IN 2023/24

- Making childcare more affordable and accessible to increase parental employment
- Utilise empty premises to encourage new businesses.
- Grow the number of job opportunities in the locality.
- Strengthen relationships with local businesses.
- Support 50 people to start a business.
- Increase the number of responsible businesses working with Community Planning Aberdeen (CPA).
- Ensure support extends to Priority Neighbourhoods Ashgrove, Stockethill and George Street as well as Tillydrone, Woodside and Seaton.

OUR PRIORITIES

Central Locality Plan 2021-26 sets out three priorities to improve outcomes for our people

Priority 3. Improve Mental Wellbeing of the Population

Priority 4. Ensure People can access services timely through a person-centred approach where the needs of the whole population are considered.

Priority 5. Create safe and resilient communities where hate crime will not be tolerated and develop initiatives which reduce the impact of substance use and anti-social behaviour.

WHAT PROGRESS HAVE WE MADE DURING 2022/23?



Improve Health and Wellbeing

The Health Improvement Fund supports initiatives that improve the health and wellbeing of people across Aberdeen. During 22-23, 68 projects received funding, with initiatives ranging from community gardening and lunch clubs to birthing classes and Virtual Reality (VR) training. In a bid to streamline funding opportunities across the City, the Health Improvement Fund linked up with ACVO Community Mental Health and Wellbeing Fund and Aberdeen City COVID Recovery Fund to ensure an additional 14 applications could receive funding. Funded projects are evaluated to measure impact and achievement of the Aberdeen City Health and Social Care Partnership (ACHSCP) priorities.

Of the 68 HIF funded projects, 33 were either from bidders based in the Central Locality or aimed to support health improvement activities within Central Locality. The Health Improvement Fund received 122 applications, of which 63 were from, or would benefit Central Locality. **Gerrard Street Lunch Club** received HIF funding to set up a new lunch club at Gerrard Street Baptist Church, run by volunteers. The aim of the lunch club is to



“The volunteers do a great job organising the lunch club, the sandwiches are always tasty!”

provide community members with a free nutritious lunch while tackling social isolation. The club now has a core group attending with friendships being made and is always open for new attendees to pop along.

Volunteering in the Community



We have continued to build our volunteering community across the City that was so crucial during the covid pandemic. Between December 2021 and March 2023 we saw a 17.4% increase in volunteer opportunities being advertised across the City on the volunteer hub run by ACVO. Volunteering across the Central Locality is invaluable in supporting stretched public services. For example, through the Fairer Aberdeen Fund 739 volunteers contributed 114,280 hours of volunteering with a value of over £2m. Over 45,000 people were involved or benefitted from the 36 funded initiatives within the programme and 33 of the Fairer Aberdeen Fund

projects benefited the Central Locality. Another project to support volunteering is Station House Media Unit's (SHMU's) community project to support prisoners in HMP Grampian, offering them post-release support and engaging them in opportunities at SHMU upon release. including employability, volunteering, and meaningful activity.

Supporting Unpaid Carers

In January 2023, Aberdeen City Health and Social Partnership published the new Carers Strategy which acknowledged the huge contribution that Carers make and seeks to support all unpaid Carers in Aberdeen City.

During the development of the new strategy there were several key inputs including; the National Carers Inquiry, publication of the National Carers Strategy from Scottish Government, the dedicated work and support of the Carers Strategy Implementation Group and most importantly the wider consultation and engagement of Carers across the City.

The new Carers Strategy identifies four key priorities to support Carers:

- Identifying as a Carer and the first steps to support
- Accessing advice and support
- Supporting future planning, decision making, and wider Carer involvement
- Community support and advice for Carers

In 2022-23, 431 carers accessed the Quarriers Adult Carer Support Service in the Central Locality which is an increase of 38.1% on the 312 carers who accessed the service in 2021-22.

Since the Respite Bureau started in June 2022, 320 people have been referred for a short break as at March 2023. Three further tests promoting different types of carer breaks were also tested this year, Doorstep Breaks, Scot Spirit and Time To Live. Data from these tests will be evaluated and shared for future learning.



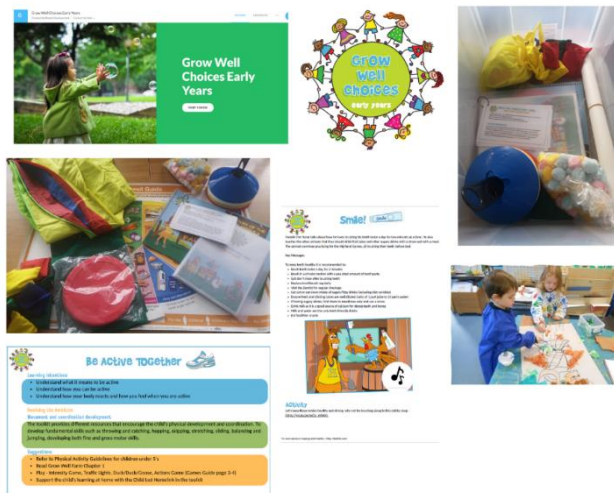
Create opportunities to upskill knowledge and understanding

Use digital tools to support Mental Health and Wellbeing for young people

All schools in the Central Locality offer counselling, and each provides free physical activity to enhance the mental wellbeing of children, regardless of circumstances. The Safer Schools app was launched in 2022 with 100% of schools signed up in the Central Locality. The app includes features to help parents and carers navigate challenges such as absence reporting and safeguarding concerns, as well as develop easier channels of communication. All local parents and carers can access the app, which has been promoted widely in school newsletters. Initial feedback from parents has been positive, and formal evaluation data will be available for future reporting periods. We recognise the role physical activity plays in supporting good mental health and through the Active Schools Programme, all Central Locality schools provide free physical activity opportunities for pupils.



Grow Well Choices early years (GWCEYS) is a toolkit which supports people working with children aged 3-5 to deliver learning about healthy lifestyles. In 2022, in partnership with NHS Grampian, ACHSCP engaged with those using the pack, allowing improvements to be made and the pack to be relaunched. In March 2023, 20 people from the Central Locality attended the virtual awareness session for updated toolkit.



The ACHSCP Public Health Team train practitioners to deliver the **PEEP programme (Parents as Early Education Partners)**. PEEP recognises that parents and carers are children's first and most important educators.

The Peep Learning Together programme supports parents and carers to:

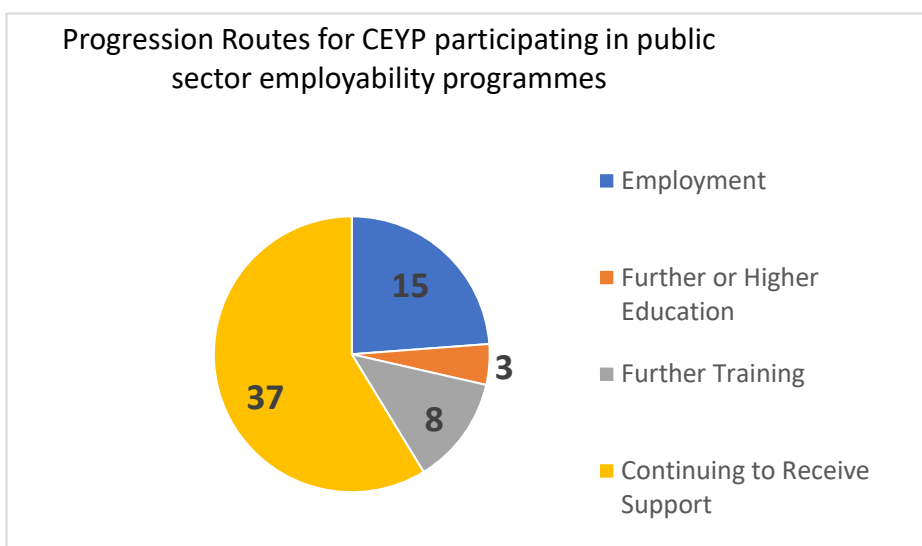
- Value and build on the home learning environment by making the most of everyday learning opportunities.
- build and strengthen attachment relationships with their child through listening, talking, playing, singing and sharing books together.
- help babies and children to make the most of their opportunities by becoming confident communicators and active learners, ready for school



There were 36 referrals to PEEP from the Central Locality during 2022. Four people from the Central Locality were also referred by Health Visitors to the Family Learning Service.

Positive Destinations for Care Experienced young people

Positive destinations mean that young people go on to attend further or higher education, a voluntary placement, begin an apprenticeship, or go into paid employment. In 2021-22, 96.17% of Central Locality school leavers achieved a positive destination which was slightly below the 2020-21 figure of 96.5%, but above the Aberdeen City average of 93.8%. Care experienced young people (CEYP) often face significant barriers to employment and need additional support and mentoring to help them achieve and sustain



employment. We are committed to supporting CEYP to achieve the same outcomes as their peers and one aspect of this is achieving positive destinations, with the ultimate goal of moving CEYP into paid employment. The journey and support required for each care experienced young person varies and through our employability support for care experienced young people project, we are testing a variety of ways to support them, such as a guaranteed interview scheme, tailored employability support programme, pathway planning and induction into work. A good example of youth volunteering are the Saltire Awards, which is the Scottish Government's way of celebrating, recognising and rewarding the commitment, contribution and achievements of volunteers aged between 12-25 in Scotland. Of the 2459 Saltire Award recipients in Aberdeen City between December 2021-March 2023, 541 young people were from the Central Locality.

Supporting priority families via fit like hubs

[Fit like? Family Wellbeing Hubs](#) are a group of services working together to support children and young people's mental wellbeing. The Hubs help with:

- Finance and benefits
- Family relationships and communication
- Coping with daily pressures
- Promoting positive emotional and mental wellbeing
- Talking about traumatic things that have happened

The Fit Like Hub operates out of Tillydrone in the Central Locality.



Increase knowledge and understanding of Health Provision in Locality

Granite City Gathering: 24 June 2023

The ACHSCP Wellbeing Team deliver a number of initiatives under the **Stay Well Stay Connected** programme, which targets older people and those with disabilities who are at risk of becoming socially isolated or having poor health and wellbeing outcomes. A number of the sessions they deliver in the Central Locality are set out below:

The Granite City Gathering 2023 was a public health event held on 24 June at Kings Church Bridge of Don. The gathering helped people explore how to support themselves and retire positively. The aim and purpose of the gathering was to help people to understand and explore what a good retirement could look like, in their own communities and have a real sense of purpose and opportunity to contribute.



167 attendees
 Targeted at those aged 45+
 Aberdeen City Residents
 1 Choir
 6 crafting and art groups
 1 Yoga group
 1 gigong and taichi
 Ballroom dancing
 22 community groups and charities
 4 speakers
 20 volunteers

Highlights

- The gathering focused on people who are planning to retire soon, or have already retired and live in Aberdeen
- The event had a number of taster sessions where people could try new activities such as movement with gigone, Taichi, Chair based yoga, sing in a choir, have a boogie at the gathering, try out crafting or an art session
- There was an opportunity for delegates to meet representatives of community groups and charities who told them about who they were, and what services they provide
- The speakers ranged from Horseback, UK; to Japanese wellbeing tips 'Ikigai'; to exploring what an Age Friendly Aberdeen could look like.

Boogie in the Bar provides an opportunity for people at risk of social isolation to meet up at a local venue to have a blether and a dance. A monthly Boogie in the Bar is held in Dee Street with an average of 90 people attending throughout the year. Work is underway to create a resource for future Boogies so that they share the same ethos. It is important that we learn from the successes of the Boogies so that future sessions are sustainable and meaningful for those who attend.

Relaxed Match Day Experience aims to create a dementia and neurodivergent friendly environment providing a calm area for those who may have sensory or mental health challenges. The experiences are a truly intergenerational project and benefits can be captured in feedback by both young and older people attending. The Wellbeing Team so far have been allocated 3 sessions for participants to attend, and a total of 18 people from across the city have benefitted to date. Participants include people living independently and people living in care settings. Feedback has been incredibly positive for this project:

"The staff at Pittodrie were extremely welcoming and helpful when we arrived and left."

"The elation created a fantastic atmosphere at the service as others got caught up in the excitement of the day being retold."

Meno & Pause Co-lab Café at Pittodrie Stadium began in March 2022. Sessions are delivered in partnership between the Aberdeen City Health and Social Care Partnership Wellbeing Team and Aberdeen Football Club Community Trust. The first event was a facilitated session to explore what support currently exists in Aberdeen, where the gaps are, and how these could be filled. Sessions continued for 5 months, covering topics including friends and family, nutrition and sharing experiences. As a result of this engagement, all menopause work going forward has been rebranded 'The Mighty Oaks.'

The team have also worked in collaboration with an instructor from Aberdeen Sports Village to provide a menopause course. This included a combination of group exercise sessions, followed by a Q&A and discussion. This has now evolved into a weekly exercise class, delivered at Powis community centre, with the majority of those from the original course continuing to participate. A weekly menopause health walk has also started, lasting one hour, with the option off staying for an additional hour for a cuppa and chat. These walks will be starting in different areas throughout the city in the coming months.





Innovative approaches to health issues



The Tillydrone Health and Wellbeing Project at the Tillydrone Community Flat is an initiative to increase relaxation and wellbeing by providing complementary therapies to Tillydrone residents. Complementary therapies – including Reiki and Reflexology - engage with the patient as a whole person rather than treating a specific symptom or symptoms. Therapies are called ‘complementary’

because they complement conventional health and medical treatments. Many individuals accessing treatments at the Flat are also using conventional medical treatments for long standing physical, mental or psycho-social health conditions. They report the complementary therapies are highly beneficial as a secondary treatment, helping relieve pain, lower stress and enhancing wellbeing and relaxation.

Female, 43

I have a child with Additional Support Needs and every day is different and brings different challenges. The treatments relax me and the mere aspect of taking time out of the day for myself makes me feel that I am my own person. The treatments have a positive impact on my mental health and I really notice the difference if I miss an appointment.

Upskilling communities and partners knowledge of Suicide Prevention

Suicide is more prevalent in middle-aged white males from deprived areas. However, being male, white, middle-aged, and living in a deprived area are not precursors to suicide. Trauma or events that lead up to suicide are more likely to occur in that demographic and this group are less likely to seek help in those circumstances. In an effort to fully understand what are the leading contributing factors in deaths by suicide in the North East, Police Scotland analysed all Death Reports since the start of 2021 and tracked all contributing factors that were highlighted in the reports including medical and family history, and events leading up to the person’s death. These were not geography or locality specific. The circumstances behind suicides are constantly changing, research is ongoing to keep abreast of these changes and to adapt training, information and resources accordingly in Aberdeen City and across the wider North East. The rate of death from suicide in Central Locality is 10.5 per 100,000, which is below the citywide average of 11.1 per 100,000 of the population.



Create Educational Opportunities

The communities where we live, work and play have a significant influence on our health and wellbeing. Through our good health and wellbeing choices project we have trained 70 people working in our communities with **Making Every Opportunity Count (MEOC)**. MEOC is a brief intervention being rolled out across partners to support staff to make the best of every appropriate opportunity to raise the issues of a healthy lifestyle. Evaluation has shown increases in:

- Awareness of health and social issues that may affect peoples health and wellbeing
- Confidence in speaking about issues which may affect their health and wellbeing
- Confidence to undertake a very brief intervention to support people to make positive health and wellbeing choices
- Confidence in the knowledge of health and wellbeing support and signposting to services.

Across February and March 2023, six Making every Opportunity Count (MEOC) awareness sessions were held on Microsoft Teams for Library staff. A small number of Communities (Aberdeen City Council) and Third Sector (Aberdeen Football Club Community Trust) staff also attended the sessions to support their work in Warm Hubs. The awareness session lasted approximately two hours depending on the interaction from participants and was comprised of short videos and infographics highlighting health inequalities across Aberdeen City to highlight the importance of MEOC as a prevention and early intervention approach. A breakout room allowed participants the opportunity to consider a delegated scenario and discuss what information could be provided, each group fed back upon returning to the main meeting area.

Tackling Hate Crime

We're committed to developing a range of community safety initiatives. We continue to tackle hate crime through expansion of Third-Party Reporting Centres and the provision of training to teams who support those victimised by hate crimes. We also acknowledge the need to work with people in order to improve community safety. In 2022 we established a new youth group co-designed with children and young people, resulting in a 70% increase in the number of 10-16 year olds attending community activities (from 40 in 2019 to 68). Three new youth groups were also established in priority neighbourhoods. Similarly, we saw a 2.6% reduction in the number of youth disorder calls to the police in 2022. Indeed, latest data shows a sustained a 40% reduction in the number of under 18s identified as being responsible for an offence of 40% since 2016.




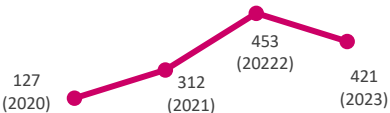













Support those affected by substance use

Raise awareness of substance service and provision

Latest Aberdeen City drug related death data shows an increase from 56 to 62 deaths in 2021. The Aberdeen City Alcohol and Drugs Partnership through its fatal drug overdose projects are focused on reducing drug related deaths through innovative developments and by increasing the distribution of naloxone. Naloxone is an emergency medication that can reverse the effects of an overdose of opioids like heroin or methadone and can save someone's life. Reviews from past drug related deaths have shown that many of those people who died were not in any drug treatment service but had come to the attention of many other services. By increasing the number of services who can distribute and administer Naloxone to those in need, we can get the lifesaving drug out to those people at risk of overdose, as well as to family members/friends of those in need. Over the past year, we have widened access to naloxone by increasing the number of non-drug and alcohol services able to supply and/or administer naloxone. We have seen increased supply of naloxone in each locality, with 226 kits supplied in the Central Locality. As well as naloxone, increasing education and access to a variety of treatments, the Partnership are taking a targeted approach, focusing on interventions and supports required at the various touchpoints. We are seeing the impact of this approach. For example, through our improvements focused on people liberated from prison we have seen a 56% reduction in drug related deaths of people liberated within 6 months.

WHAT IMPACT HAVE WE HAD IN 2022/23?

<p>Community Funding</p>  <p>33 community projects in Central Locality were funded through the Health Improvement Fund.</p>	<p>Positive destinations</p>  <p>96.17% of school leavers from the Central Locality achieved a positive destination in 2021-22, this is similar to the 2020-21 figure of 96.5%, and higher than the Aberdeen City average of 93.8%.</p>	<p>Young People Confidence</p>  <p>41% of S1-S6 pupils reporting feeling confident compared to 35% last year.</p>										
<p>Young People Mental Health</p>  <p>No. of referrals each month to NHSG's children and adolescent mental health services have increased since 2020</p> <table border="1"> <thead> <tr> <th>Year</th> <th>Referrals</th> </tr> </thead> <tbody> <tr> <td>2020</td> <td>127</td> </tr> <tr> <td>2021</td> <td>312</td> </tr> <tr> <td>2022</td> <td>453</td> </tr> <tr> <td>2023</td> <td>421</td> </tr> </tbody> </table>	Year	Referrals	2020	127	2021	312	2022	453	2023	421	<p>Counselling for Young People</p>  <p>100% of schools in the Central Locality offer counselling and Active School activities</p>	<p>Working Together with Parents</p>  <p>36 referrals were made to the Parents as Early Education Partners (PEEP) programme from the Central Locality in 2022.</p>
Year	Referrals											
2020	127											
2021	312											
2022	453											
2023	421											
<p>Young People Volunteering</p>  <p>541 young people from the Central Locality received a Saltire Award during 2022.</p>	<p>Healthy Eating</p>  <p>11.7% of people in the Central Locality said they were unable to eat healthy and nutritious food due to poverty. 20% of people living in the locality said they ate only a few types of food. (City Voice 46, 2022)</p>	<p>Unpaid Carers</p>  <p>431 unpaid carers were supported in the Central Locality by Quarriers Adult Carer Support Service during 2022-23, this is an increase of 38.1% on 312 unpaid carers supported last year.</p>										
<p>Alcohol Awareness</p>  <p>30.8% of people in the Central Locality said they didn't know how many units are in the alcoholic drinks they consume. 42.9% of people living in the Central Locality said they didn't think about units at all. (City Voice 46, 2022)</p>	<p>Drug Related Deaths</p>  <p>226 naloxone kits were supplied in the Central Locality in 2022.</p>	<p>Drug Related Hospital Stays</p>  <p>The rate of drug related hospital stays for the Central Locality in 2022 was 249.6 per 100,000. This is a slight increase from 244.3 per 100,000 of the population in 2021.</p>										
<p>Alcohol Related Mortality Rates</p>	<p>Deaths from Suicide</p>	<p>Life Expectancy</p>										

 <p>The alcohol related mortality rate in Central Locality in 2021 was 28.87 per 100,000. This has increased since 2019 when the rate was 25.52 per 100,000 of the population.</p>	 <p>The rate of death from suicide in the Central Locality is 10.5 per 100,000, this is above the citywide average of 11.1 per 100,000 of the population. This is an improvement from 2021 where the suicide rate for Central Locality stood at 13 per 100,000 of the population.</p>	 <p>Has decreased in the Central Locality since 2021 (Data TBC)</p>
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AREAS FOR IMPROVEMENT 2023/24?

- Renewed focus on active and accessible Travel
- Create more opportunities for young people
- Renewed focus on promoting Healthy Weight Management
- Reduce the number of drug related hospital admissions
- Reduce the alcohol mortality rate
- Increase life expectancy and the number of people living in better health for longer

OUR PRIORITIES

The Central Locality Plan 2021-26 sets out one priority to improve our local place:

6. Maximise the spaces in communities to create opportunities for people to connect and increase physical activity.

WHAT PROGRESS HAVE WE MADE DURING 2022/23?



Develop resilience plans

Resilience Plans

Through our community led resilience project, led by Aberdeen City Council and Scottish Fire and Rescue Service, a pilot community resilience group in Aberdeen has been established, which is composed of several local organisations. This group are currently being supported to develop a community resilience plan, this will be a flexible document that can be used as a template for further community groups, with sections that can be added and removed, depending on specific risks a particular community might have, including but not limited to flooding. Community resilience packs have been issued across community centres in the Central Locality this year. Example box contents include: small power banks for mobile devices, wind up torches and radios, head torches, table lanterns battery, load hangers, first aid kits, stationary, space blankets, hi vis vests, free standing portable emergency lights. Battery generator packs are also being provided to the 3 existing Community Resilience Groups, to assist the overall response to a power outage emergency.



Supporting outside activities

Promote and improve accessible, active travel

During the year, Aberdeen City Council, in partnership with Big Issue eBikes launched an electric bike hire scheme in the city. [Big Issue E-Bikes](#) are available in 40 locations across the city and aim to make shorter journeys easier and affordable. The scheme will also have a positive impact on our environment.




The City Voice survey found that 16.8% of people in the Central Locality regularly cycled compared to the citywide average of 14.8%. People in the Central Locality are most likely to cycle regularly in the city.



Develop Green Space

There are 45 food growing projects in schools, communities, and workplaces as at November 2022, an increase of 42 from February 2022. 15 of the 45 food growing projects are in the Central Locality, with 16 new community run green spaces established as at June 2022.

WHAT IMPACT HAVE WE HAD IN 2022/23?

Satisfaction with Green Space	Community Growing Spaces	Cycling
 <p>69% of Central Locality respondents to the City Voice survey reported being satisfied or fairly satisfied with the overall quality of green/open spaces, compared to x% for the city as a whole.</p>	 <p>45 food growing projects happening across the Central Locality</p>	 <p>90.3% of people in the Central Locality regularly cycled compared to the citywide average of 89.1%.</p>

AREAS FOR IMPROVEMENT IN 2023/24

- Develop and implement innovative improvements to reduce waste and recycling opportunities
- Support communities across the Central locality to develop resilience plans



Working Together

Community Empowerment Strategy

Community Planning Aberdeen is committed to working with communities to improve outcomes across each locality and indeed the City as a whole. In 2022 we launched a new Community Empowerment Strategy setting out our vision for all communities to be equal community planning partners. A number of improvement projects are now underway to strengthen community participation in community planning and ensure they have a voice and ability to influence what happens to them and their community.



This year, we have been pleased to see the return of in-person community-based events, including two citywide events, the Community Gathering and the Granite City Gathering.



These events provided a great chance to bring our community and partners together, make connections, and share learning and opportunities. Both events were open to people across the City and were an exhibition of community information and provided a chance for attendees to wander around the stalls and learn about the different opportunities to get involved in their local community. There were 25 stall holders on the day showcasing the work they do in local communities and approximately 121 people attended the gathering. Of the registered attendees, 48.6% were from the Central Locality. You can read the Community Gathering report for more information [here](#).

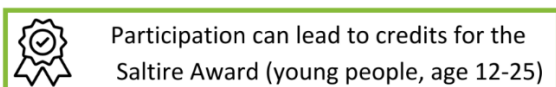
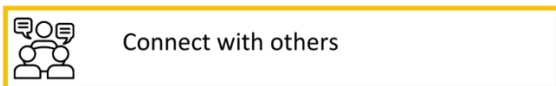
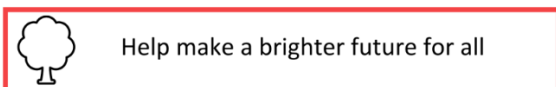
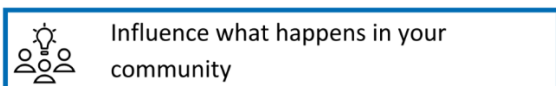
In addition to our citywide events, the Central Locality Empowerment Group (LEG) restarted on 27 April 2023, having not met since early 2022. Meetings are now held on a two monthly cycle and alternate between virtual meetings and in person meetings at a community venue. Meetings provide an opportunity for LEG members to influence and shape delivery of the Central Locality Plan and hold Community Planning Partners to account. LEGs also provide the Locality Planning Team and Outcome Improvement project managers an opportunity to involve community members in their projects and gain valuable feedback. The Woodside, Tillydrone and Seaton Priority Neighbourhood Partnership has continued to meet throughout 2022-23.



Find out more & Get Involved!

The [Central Locality Empowerment Group](#) and the [Woodside, Tillydrone and Seaton Priority Neighbourhood Partnership](#) are two of the main ways we connect with our local communities in the Central Locality. As a member of a LEG and Torry Partnership you will be able to provide a voice on behalf of the people and communities across your neighbourhood.

What's in it for you?



Following a recent training session provided by SCDC in partnership with ACC/AHSCP, the community had this to say about community engagement:

"Talk to us and talk to us early. Don't make decisions and then get it approved by us. Communities have knowledge and skills to know what's best for us. We're the local experts about our places"

"Community Engagement is where people grow"

If you are interested in getting involved in helping achieve these aims in your local community, follow this link to find out more: [Our Communities - Community Planning Aberdeen](#) or email localityplanning@aberdeencity.gov.uk.

Further Information

We understand the importance of working with communities to build a thriving environment for everyone. By engaging with local communities through our dedicated locality planning team, we aim to become more receptive, supportive and action-oriented. Community input is extremely valuable to this work.

The Locality Planning Team includes staff from Aberdeen City Council and the Aberdeen City Health and Social Care partnership working together to support improved outcome across all our localities and neighbourhoods. In the Central Locality your locality planning contacts are Iain, Jade and Teresa.



Iain Robertson,
Transformation Programme
Manager, Aberdeen City Health and
Social Care Partnership



Jade Leyden,
Community Development Manager,
Aberdeen City Council



Graham Donald, Community
Development Officer, Aberdeen City
Council

Please take a moment to complete this survey and let us know how we can enhance our service delivery and collaboration with you. Together we can make a positive impact and create a place where all people can prosper.

North Locality Annual Outcome Improvement Report 2022-23

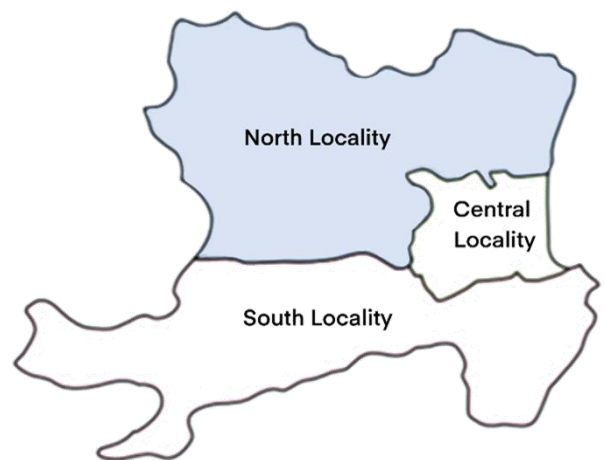


Community Planning
Aberdeen

Welcome

North Locality Neighbourhoods: Dyce, Danestone, Oldmachar, Denmore, Balgownie & Donmouth, Bucksburn, Heathryfold, Middlesfield, Kingswells, Northfield, Cummings Park, Sheddocksley, Mastrick, Summerhill

Welcome to our second annual report against the North Locality Plan first published in 2021. The North Locality Plan sets out how Community Planning Aberdeen and its member organisations will work together and with communities to deliver improved outcomes for the 14 neighbourhoods in the locality and the locality as a whole. The Locality Plan was prepared by Community Planning Aberdeen staff and community members involved in the North Locality Empowerment Group and North Priority Neighbourhood Partnership. Click on the links to view a copy of the full North Locality Plan and Summary Locality Plan. Also see the end of this report to find out more about the organisations and community groups involved in preparing the plan.



This report provides an update on progress made against the priorities that were identified in the North Locality Plan. It includes information about key activities and initiatives and also the impact that these have in the North Locality and in target neighbourhoods. The information and data within the report demonstrates success in many areas. However, we also recognise where we need to do better and have identified priorities for improvement next year.

Our focus is always on impact on outcomes for communities. Central to our approach is involving and empowering communities which we have made clear in our new Community Empowerment Strategy published in 2022. Behind the scenes, Community Planning Aberdeen has also made some changes to ensure member organisations are working better together to empower communities. Our new locality planning team has been in place since February 2023 and epitomises our renewed vigour for working together with local communities. This report provides an important baseline for how we are currently performing in the North Locality and a commitment to improving going forward.

This report is split into the following sections:

Our Economy	page 2
Our People	page 6
Our Place	page 14
Community Empowerment	page 16

Our Economy

OUR PRIORITIES

The North Locality Plan 2021-26 sets out three priorities to improve our local economy:

Priority 1. Reduce the number of people living in poverty

Priority 2. Increase digital access and skills across the locality

PROGRESS MADE DURING 2022/23



Supporting our most vulnerable families

Supporting communities with benefit uptake

The [benefits calculator](#) has been accessed 724 times by people living in the North locality



Ensuring that household income is maximised through the uptake of unclaimed benefits is a key aspect to supporting households to come out of poverty and improve their financial security. There continues to be barriers which can mean people do not claim benefits they are entitled to, such as stigma of claiming, unaware of what they are entitled to, and onerous applications processes.

We have made progress with a number of initiatives to help remove these barriers. For example, we launched the online benefit calculator last year to help support more people to find out what benefits they are entitled to. This has been accessed 7274 times across the city during 2022/23, with 724 of those being from the North priority neighbourhoods. We have also taken action to identify households who should be entitled to Pension Credits and have contacted them directly by letter. Using this approach 410 households were identified from across the City who qualified for Pension Credits. Finally, a booklet for families was developed to increase awareness and uptake of child benefits such as, Education Maintenance Allowance and School Clothing Grants. The booklet targeted families and provided guidance on how to claim. Across the City 2749 families benefited financially by accessing additional benefits with 792 families in the North Locality have benefited financially by accessing additional benefits.

Affordable heating

As the cost of living increases it is important that we work together to do everything we can to support every household in Aberdeen. We have been working together with partner organisations across Aberdeen to provide a range of public warm spaces that will provide an opportunity for people to come together, share and use resources. Every warm space is unique however all warm spaces offer a friendly welcome and comfortable environment to meet friends or socialise. There are x warm spaces across the North Locality but of course people are free to visit any warm space across the City. You can find your nearest warm space by visiting [here](#).

As well as providing warm spaces we have been increasing awareness of the support available to households during the at a variety of community events and training frontline staff. As a result of the promotion of support available and increase in home visits to deliver insulation and energy efficiency measure, a total of £51,909.47 fuel bill savings was made last year across the North Locality.

Community food provision and community pantries

Affordable Food Providers in the North

[CFine](#) operates a mobile food pantry on Tuesdays at:
-Middlefield Community Centre from 10-10.30am
-Sheddocksley Sports Centre from 12-12.30pm

[Mastrick Community Centre](#) runs one of several [Food Banks](#) available to people experiencing food insecurity across the North.

With food prices rising at the fastest rate in 40 years we have been working with CFine to increase access to affordable food across the locality, particularly for our most vulnerable communities and low income families. Through our community food pantry project we have focused on increasing access to affordable food in our priority neighbourhoods which includes Middlefield, Mastrick, Cummings Park and Heathryfold and Northfield in the North Locality. Recognising the challenges people can face attending one of our fixed food pantries, a mobile food pantry was launched in September 2021. CFine has 928 members of the North Locality shopping at the pantry at Poynerook Rd on a regular basis. The mobile food pantry also had 106 visits from residents of the North locality during 2022-23.



Create opportunities for fair work

Social Enterprises and small businesses













Local community start-ups benefit everyone. Not only do they help get people back into employment, they can create new jobs and bring new money into the community. We are delighted to have secured local community support for people wishing to start their own business. Through Business Gateway we now have a Community Business Advisor attending the Cummings Park Community Centre to provide a monthly drop in service. Over the last 12 months the service has attracted an average of 2 attendees per drop in which has resulted in 3 people starting their own business.



Local employability support and job opportunities

Through our ABZ works initiative, partners Aberdeen City Council, Skills Development Scotland, DWP and Business Gateway have also delivered 'Your Route to Work' sessions aimed at young people living in priority neighbourhoods that are disengaged from school, school leavers, work returners and their wider families to find out information on how to get into employment, training, education or volunteering as well as provide money and benefit advice. There were 30 attendees at the Northfield event. Exit surveys were completed with a small number of event attendees. Everyone who attended and provided feedback felt the event was useful or very useful and all would be likely to visit a future event.

WHAT IMPACT HAVE WE HAD DURING 2022/23?

Tackling Poverty		
<p>Food Insecurity</p>  <p>8.3% of people in the North Locality worried they would not have enough to eat compared to 29.4% of people living in Middlefield, Mastrick, Cummings Park, Heathryfold and Northfield (City Voice 46, 2022)</p>	<p>Food Poverty</p>  <p>6.3% of households in the North Locality ran out of food compared to 18.8% of households in Middlefield, Mastrick, Cummings Park, Heathryfold and Northfield (City Voice 46, 2022)</p>	<p>Affordable Food</p>  <p>1,034 families in the North Locality accessing affordable food at their local community pantry (mobile and located in Middlefield and Sheddocksley)</p>
<p>Fuel Insecurity</p>  <p>33.6% of people in the North Locality worried they would not be able to heat their home compared to 62.5% of people living in Middlefield, Mastrick, Cummings Park, Heathryfold and Northfield (City Voice 46, 2022)</p>	<p>Fuel Poverty</p>  <p>2.8 of households in the North Locality have had to seek support for paying for heating, compared to 12.5% of households in Middlefield, Mastrick, Cummings Park, Heathryfold and Northfield (City Voice 46, 2022)</p>	<p>Fuel Bill Savings</p>  <p>£51,909.47 fuel bill savings made across the North Locality through energy efficiency measures and support such as provision of x warm spaces</p>
<p>Claimant Count</p>  <p>Has decreased in the North Locality since 2021 (Data TBC)</p>	<p>People on Universal Credit</p>  <p>Has decreased in the North Locality since 2021 (Data TBC)</p>	<p>Benefit Maximisation</p>  <p>TBC more families in the North Locality receiving the benefits they are entitled to</p>
<p>Children in low income families</p>  <p>Has decreased in the North Locality since 2021 (Data TBC)</p>	<p>Business Start Ups</p>  <p>3 people in the North Locality supported to start their own business.</p>	<p>Digital Access and Skills</p>  <p>82.6% of City Voice respondents in the North Locality reported they had at least basic digital skills.</p>

AREAS FOR IMPROVEMENT IN 2023/24

- Support families with English as a second language to access services
- Increase the number of vulnerable learners entering positive and sustained work or training.
- Support and develop employment opportunities for young people.
- Strengthen relationships with local businesses.
- Develop locally available employability support.
- Make childcare for affordable and accessible to increase parental employment.
- Buying debt.

OUR PRIORITIES

North Locality Plan 2021-26 sets out three priorities to improve outcomes for our people

Priority 3. Improve the physical health and wellbeing of people

Priority 4. Support local volunteering opportunities

Priority 5. Early intervention approach targeted at those who are involved in, or at risk in offending behaviour

WHAT PROGRESS HAVE WE MADE DURING 2022/23?



Providing support to existing services

Volunteering in the Community



We have continued to build our volunteering community across the City that was so crucial during the covid pandemic. Between December 2021 and March 2023 we saw a 17.4% increase in volunteer opportunities being advertised across the City on the volunteer hub run by ACVO. Volunteering across the North Locality is invaluable in supporting stretched public services. For example, through the Fairer Aberdeen Fund 739 volunteers contributed 114,280 hours of volunteering with a value of over £2m. Over 45,000 people were involved or benefitted from the 36 funded initiatives within the programme and 27 of the Fairer Aberdeen Fund projects benefitted the North Locality. Another project to support volunteering is Station House Media Unit's (SHMU's) community project to support prisoners in HMP Grampian, offering them post-release support and engaging them in opportunities at SHMU upon release. including employability, volunteering, and meaningful activity.

Supporting Unpaid Carers

In January 2023, Aberdeen City Health and Social Partnership published the new Carers Strategy which acknowledged the huge contribution that Carers make and seeks to support all unpaid Carers in Aberdeen City.

During the development of the new strategy there were several key inputs including; the National Carers Inquiry, publication of the National Carers Strategy from Scottish Government, the dedicated work and support of the Carers Strategy Implementation Group and most importantly the wider consultation and engagement of Carers across the City.

The new Carers Strategy identifies four key priorities to support Carers:

- Identifying as a Carer and the first steps to support
- Accessing advice and support
- Supporting future planning, decision making, and wider Carer involvement
- Community support and advice for Carers

In 2022-23, 359 carers accessed the Quarriers Adult Carer Support Service in the North Locality which is an increase of 79.5% on the 200 carers who accessed the service in 2021-22.

Since the Respite Bureau started in June 2022, 320 people have been referred for a short break as at March 2023. Three further tests promoting different types of carer breaks were also tested this year, Doorstep Breaks, Scot Spirit and Time To Live. Data from these tests will be evaluated and shared for future learning.



Creating opportunities to upskill knowledge and understanding

The ACHSCP Wellbeing Team deliver a number of initiatives under the **Stay Well Stay Connected** programme, which targets older people and those with disabilities who are at risk of becoming socially isolated or having poor health and wellbeing outcomes. A number of the sessions they deliver in the North Locality are set out below:

The Granite City Gathering 2023 was a public health event held on 24 June 2023 at Kings Church, Bridge of Don. The gathering helped people explore how to support themselves and retire positively. The aim and purpose of the gathering was to help people to understand and explore what a good retirement could look like, in their own communities and have a real sense of purpose and opportunity to contribute.



167 attendees
Targeted at those aged 45+
Aberdeen City Residents
1 Choir
6 crafting and art groups
1 Yoga group
1 gigong and taichi
Ballroom dancing
22 community groups and charities
4 speakers
20 volunteers

Highlights

- The gathering focused on people who are planning to retire soon, or have already retired and live in Aberdeen
- The event had a number of taster sessions where people could try new activities such as movement with gigong, Taichi, Chair based yoga, sing in a choir, have a boogie at the gathering, try out crafting or an art session
- There was an opportunity for delegates to meet representatives of community groups and charities who told them about who they were, and what services they provide
- The speakers ranged from Horseback, UK; to Japanese wellbeing tips 'Ikigai'; to exploring what an Age Friendly Aberdeen could look like.



Supporting people to make healthy choices

Health and Wellbeing

Boogie in the Bar provides an opportunity for people at risk of social isolation to meet up at a local venue to have a blether and a dance. A monthly Boogie in the Bar is held at Sunnybank Football Club with an average of 40 people attending throughout the year. Work is underway to create a resource for future Boogies so that they share the same ethos. It is important that we learn from the successes of the Boogies so that future sessions are sustainable and meaningful for those who attend.



Roving Day Care Wee Blether is a partnership between Care Management, Quarriers and the Wellbeing Team and it aims to deliver an alternative to traditional day care. The group meet on Mondays at Middlefield Community Hub in the North Locality where people can come and enjoy a light lunch alongside some great company and conversations. The *conversation café* element of this can be moved to any location that can cater to a café based activity, for example the group have met at the Aberdeen Art Gallery. Currently, there are around six participants attending and plans are in place to create a further two Wee Blethers in the city.



Men's Hub at Middlefield Hub was launched in January 2023 to enable men to socialise over a hot cooked breakfast, which they cook themselves. After breakfast, the men can play different games or just chat. There is a monthly programme where attendees go on visits to venues such as Fettercairn Distillery or Pittodrie Stadium utilising Middlefield Hub's bus. So far, these sessions are regularly attended by 12 men.

The Health Improvement Fund supports initiatives that improve the health and wellbeing of people across Aberdeen. During 2022-23, 68 projects received funding, with initiatives ranging from community gardening and lunch clubs to birthing classes and Virtual Reality (VR) training. In a bid to streamline funding opportunities across the City, the Health Improvement Fund linked up with ACVO Community Mental Health and Wellbeing Fund and Aberdeen City COVID Recovery Fund to ensure an additional 14 applications could receive funding. Funded projects are evaluated to measure impact and achievement of the Aberdeen City Health and Social Care Partnership (ACHSCP) priorities. Of the 68 HIF funded projects, 29 were either from bidders based in the North Locality or aimed to support health improvement activities within the North. The Health Improvement Fund received 122 applications, of which 51 were from, or would benefit the North Locality. Evaluation data has found the North Locality submitted the fewest applications for HIF funding across the three locality areas. A good example of how HIF funding was used in the North Locality was the funding allocated to **Friends of Westfield Park** to build a Sensory Garden in Westfield Park. This project has involved the whole community and the Bridge of Don & Districts Men Shed volunteers built

"It has been fabulous how many people have helped and become involved. We have even had a local resident filling up our water carriers from his tap."

Friends of Westfield Park volunteer

wooden plant beds which have been adopted by Braehead Primary, Scotstown Primary, Bridge of Don Academy, Aberdeen Family Learning and the Bridge of Don Community Council. Aberdeen Action for Disability are growing seeds to share with the project and some of members are also making signs for the beds. The Sensory Garden has been created so all members of the community can have the opportunity to learn about gardening and food growing.



Provide activities for children and young people

Community activities for young people

Through our youth community activity and reducing anti-social behaviour projects we are committed to developing a range of opportunities for children and young people to get involved in their local community and to support a reduction in crime and anti-social behaviour. Last year a youth work community-based activity project, co-designed with children and young people was launched in the Mastrick area. It was set up to cater for children who are too young to take part in the diversionary programme known as the Mastrick Hub. Attendance numbers so far show that the club is popular with the target audience. Nine children participated in the Mastrick Group at the start of 2023 with 42 attendances overall. At the request of the community centre, the group operates a ratio of four children to one member of staff. With a staff complement of three, the group will not exceed 12. When asked what they liked about the group, attendees said they *particularly enjoyed doing things with friends and getting to do cooking*.

The **Northfield Community Centre Youth Group** was started by Community Centre volunteers this year and, owing to its popularity with young people, required additional staff and volunteers. The Project has been supported by the project team through the draft community led youth group model, which includes guidance on health and safety, safeguarding for children and young people, and how to run a youth group. The Northfield group is a lot less structured and is more of a drop-in than the other two youth groups in the city which have a programme of activities decided by the participants themselves. During 2019 there were three registered participants from Northfield taking part in ACC youth work community-based activities, by 2022, there were 43. Young people taking part in the Northfield group said it was *a chance to hang out with friends, make new friends and take part in fun activities*.

The Middlefield Youth Flat and Under 11s is an initiative to support young people especially those with low confidence, low literacy skills, and additional support needs which are not always picked up in the education system. The project provides positive adult support that meets their needs, challenging their view of the world, understanding the barriers they face and supporting them to overcome these challenges.

Young People’s Mental Wellbeing

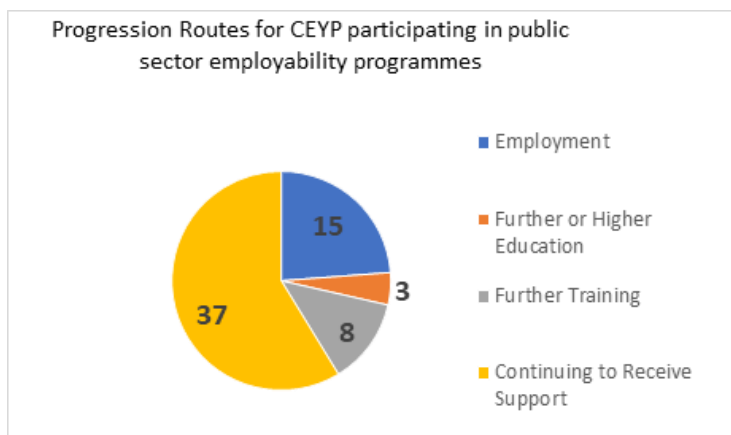
All schools in the North Locality offer counselling, and each school provides free physical activity to enhance the mental wellbeing of children, regardless of circumstances. The Safer Schools app was launched in 2022 with 100% of schools signed up in the North Locality. The app includes features to help



parents and carers navigate challenges such as absence reporting and safeguarding concerns, as well as develop easier channels of communication. All local parents and carers can access the app, which has been promoted widely in school newsletters. Initial feedback from parents has been positive, and formal evaluation data will be available for future reporting periods. We recognise the role physical activity plays in supporting good mental health and through the Active Schools Programme, all North Locality schools provide free physical activity opportunities for pupils.

Positive Destinations for Care Experienced young people

Positive destinations mean that young people go on to attend further or higher education, a voluntary placement, begin an apprenticeship, or go into paid employment. In 2021-22, 92.6% of North Locality school leavers achieved a positive destination which was below the 2020-21 figure of 96.2% and the Aberdeen City average of 93.8%. Care experienced young people (CEYP) often face significant barriers to employment and need additional support and mentoring to help them achieve and sustain employment. We are committed to supporting CEYP to achieve the same outcomes as their peers and one aspect of this is achieving positive destinations, with the ultimate goal of moving CEYP into paid employment. The journey and support required for each care experienced young person varies and through our employability support for care experienced young people project, we are testing a variety of ways to support them, such as a guaranteed interview scheme, tailored employability support programme, pathway planning and induction into work. A good example of youth volunteering are the Saltire Awards, which is the Scottish Government's way of celebrating, recognising and rewarding the commitment, contribution and achievements of volunteers aged between 12-25 in Scotland. Of the 2459 Saltire Award recipients between December 2021-March 2023 in Aberdeen City, 1155 young people were from the North Locality. This is the highest number by locality area across the City.



Supporting priority families via fit like hubs

[Fit like? Family Wellbeing Hubs](#) are a group of services working together to support children and young people’s mental wellbeing. The Hubs help with:

- Finance and benefits
- Family relationships and communication
- Coping with daily pressures
- Promoting positive emotional and mental wellbeing
- Talking about traumatic things that have happened

The Fit Like Hub operates out of Manor Park School in the North Locality.

Training community groups on issues impacting children

The ACHSCP Public Health Team train practitioners to deliver the **PEEP programme**. PEEP recognises that parents and carers are children's first and most important educators.



The Peep Learning Together programme supports parents and carers to:

- Value and build on the home learning environment by making the most of everyday learning opportunities.
- build and strengthen attachment relationships with their child through listening, talking, playing, singing and sharing books together.
- help babies and children to make the most of their opportunities by becoming confident communicators and active learners, ready for school

There were 14 referrals to PEEP from the North Locality during 2022. Six people from the North Locality were also referred by Health Visitors to the Family Learning Service.



Supporting those affected by substance use

Raise awareness of substance service and provision




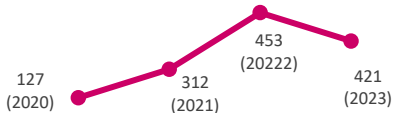








Latest Aberdeen City drug related death data shows an increase from 56 to 62 deaths in 2021. The Aberdeen City Alcohol and Drugs Partnership through its fatal drug overdose projects are focused on reducing drug related deaths through innovative developments and by increasing the distribution of naloxone. Naloxone is an emergency medication that can reverse the effects of an overdose of opioids like heroin or methadone and can save someone's life. Reviews from past drug related deaths have shown that many of those people who died were not in any drug treatment service but had come to the attention of many other services. By increasing the number of services who can distribute and administer Naloxone to those in need, we can get the lifesaving drug out to those people at risk of overdose, as well as to family members/friends of those in need. Over the past year, we have widened access to naloxone by increasing the number of non-drug and alcohol services able to supply and/or administer naloxone. We have seen increased supply of Naloxone in each locality, with 120 kits supplied in the North Locality. As well as Naloxone, increasing education and access to a variety of treatments, the Partnership are taking a targeted approach, focusing on interventions and supports required at the various touchpoints. We are seeing the impact of this approach. For example, through our improvements focused on people liberated from prison we have seen a 56% reduction in drug related deaths of people liberated within 6 months.




Suicide Prevention

Suicide is more prevalent in middle-aged white males from deprived areas. However, being male, white, middle-aged, and living in a deprived area are not precursors to suicide. Trauma or events that lead up to suicide are more likely to occur in that demographic and this group are less likely to seek help in those circumstances.

In an effort to fully understand what are the leading contributing factors in deaths by suicide in the North East, Police Scotland analysed all Death Reports since the start of 2021 and tracked all contributing factors that were highlighted in the reports including medical and family history, and events leading up to the person's death. These were not geography or locality specific. The circumstances behind suicides are constantly changing, research is ongoing to keep abreast of these changes and to adapt training, information and resources accordingly in Aberdeen City and across the wider North East. The rate of death from suicide in the North Locality of 12.6 per 100,00 is above the citywide average of 11.1 per 100,000 of the population. This is the highest amongst the city's three locality areas.

WHAT IMPACT HAVE WE HAD DURING 2022/23?

<p>Activities for Young People</p>  <p>43 young people from Northfield were involved in community based youth work activities in 2022, a 93% increase from 2019.</p>	<p>Positive destinations</p>  <p>92.6% of North Locality school leavers achieved a positive destination. The citywide average was 93.8%.</p>	<p>Young People Confidence</p>  <p>41% of S1-S6 pupils reporting feeling confident compared to 35% last year.</p>
<p>Young People Mental Health</p>  <p>No. of referrals each month to NHSG's children and adolescent mental health services increasing</p>	<p>Counselling for Young People</p>  <p>100% of schools in South Locality offer counselling and Active School activities</p>	<p>Working Together with Parents</p>  <p>14 referrals were made to the Parents as Early Education Partners (PEEP) programme from the North Locality in 2022</p>
<p>Young People Volunteering</p>  <p>1155 young people from the North Locality received a Saltire Award during 2022. The highest per locality in Aberdeen City.</p>	<p>Healthy Eating</p>  <p>13.8% of people in the North Locality said they were unable to eat healthy and nutritious food due to poverty. 19.8% of people living in the locality said they ate only a few types of food. (City Voice 46, 2022)</p>	<p>Unpaid Carers</p>  <p>359 unpaid carers were supported in the North Locality by Quarriers Adult Carer Support Service during 2022-23, this is an increase of 79.5% on 200 unpaid carers supported last year.</p>
<p>Alcohol Awareness</p>  <p>20.3% of people in the North Locality said they didn't know how many units are in the alcoholic drinks they consume. 48.4% of people living in the North said they didn't think about units at all. (City Voice 46, 2022)</p>	<p>Drug Related Deaths</p>  <p>120 naloxone kits were supplied in the North Locality in 2022.</p>	<p>Drug Related Hospital Stays</p>  <p>The rate of drug related hospital stays for the North Locality in 2022 was 175.2 per 100,000. This has improved from 193 per 100,000 of the population in 2021.</p>

Alcohol Related Mortality Rates	Deaths from Suicide	Life Expectancy
 <p>Alcohol related mortality rates in North Locality in 2022 are 15.54 per 100,000. This has improved since 2018 when the rate was 16.86 per 100,000 of the population.</p>	 <p>The rates of death from suicide in the North Locality is 12.6 per 100,000, this is above the citywide average of 11.1 per 100,000 of the population.</p>	 <p>Has decreased in the North Locality since 2021 (Data TBC)</p>

AREAS FOR IMPROVEMENT 2023/24

- Increase the number of people volunteering in the North Locality
- Increase the number of successful Health Improvement Fund applications from the North Locality to tackle health inequalities
- Increase the number of priority families and community groups we work through training such as PEEP and Health Issues in the Community
- Reduce the number of deaths by suicide in the North Locality
- Renewed focus on increasing community capacity and capability building

Our Place

OUR PRIORITIES

The North Locality Plan 2021-26 sets out one priority to improve our local place:

Priority 6. Maximise use of disused outdoor space to increase food growing Opportunities

WHAT PROGRESS HAVE WE MADE DURING 2022/23?

Supporting greenspace development

Friends of Westfield Park received funding from the Health Improvement Fund to build a Sensory Garden in Westfield Park. This project has involved the whole community. The Bridge of Don & Districts Men Shed built wooden plant beds which have been adopted by Braehead Primary, Scotstown Primary, Bridge of Don Academy, Aberdeen Family Learning and the Bridge of Don Community Council. Aberdeen Action for Disability are growing seeds to share with the project and some of members are also making signs for the beds. The Sensory Garden has been created so all members of the community can have the opportunity to learn about gardening and food growing.

"It has been fabulous how many people have helped and become involved. We have even had a local resident filling up our water carriers from his tap."



Encourage healthy outdoor activities




Promote and improve accessible, active travel

In 2023, Aberdeen City Council, in partnership with Big Issue eBikes launched an electric bike hire scheme. [Big Issue E-Bikes](#) are available in 40 locations across Aberdeen and aim to make shorter journeys easier and affordable. The scheme also hopes to have a positive impact on our environment.



The City Voice survey found that 11.8% of people in the North Locality regularly cycled compared to the citywide average of 14.8%. People in the North Locality are least likely to cycle regularly (vs people living in the South and Central Localities).

WHAT IMPACT HAVE WE HAD DURING 2022/23?

Satisfaction with Green Space	Community Growing Spaces	Cycling
 <p>64.4% of North Locality respondents to the City Voice survey reported being satisfied or fairly satisfied with the overall quality of green/open spaces, compared to x% for the city as a whole.</p>	 <p>45 food growing projects happening across the Central Locality</p>	 <p>91% of people in the North Locality regularly cycled compared to the citywide average of 88.9%.</p>

AREAS FOR IMPROVEMENT 2023/24

- Increase community food growing in schools, communities and workplaces.
- Renewed focus on promoting active and accessible travel



Working Together

Community Empowerment Strategy

Community Planning Aberdeen is committed to working with communities to improve outcomes across each locality and indeed the City as a whole. In 2022 we launched a new Community Empowerment Strategy setting out our vision for all communities to be equal community planning partners. A number of improvement projects are now underway to strengthen community participation in community planning and ensure they have a voice and ability to influence what happens to them and their community.



This year, we have been pleased to see the return of in-person community-based events, including two citywide events, the Community Gathering and the Granite City Gathering.



These events provided a great chance to bring our community and partners together, make connections, and share learning and opportunities. Both events were open to people across the City and were an exhibition of community information and provided a chance for attendees to wander around the stalls and learn about the different opportunities to get involved in their local community. There were 25 stall holders on the day showcasing the work they do in local communities and approximately 121 people attended the gathering. Of the registered attendees, 24.3% were from the North Locality. You can read the Community Gathering report for more information [here](#).


In addition to our citywide events, the North Locality Empowerment Group (LEG) restarted on 31 May 2023, having not met since early 2022. Meetings are now held on a two monthly cycle and alternate between virtual meetings and in person meetings at a community venue. Meetings provide an opportunity for LEG members to influence and shape delivery of the North Locality Plan and hold Community Planning Partners to account. LEGs also provide the Locality Planning Team and Outcome Improvement project managers an opportunity to involve community members in their projects and gain valuable feedback. The Middlefield, Mastrick, Cummings Park, Heathryfold and Northfield Priority Neighbourhood Partnership has continued to meet throughout 2022-23.




Find out more & Get Involved!

The [North Locality Empowerment Group](#) and the [Cummings Park, Heathryfold, Northfield, Mastrick and Middlefield Priority Neighbourhood Partnership](#) are two of the main ways we connect with our local communities in the North Locality. As a member of a LEG and Torry Partnership you will be able to provide a voice on behalf of the people and communities across your neighbourhood.


What's in it for you?




Influence what happens in your community



Help make a brighter future for all



Connect with others



Participation can lead to credits for the Saltire Award (young people, age 12-25)

Following a recent training session provided by SCDC in partnership with ACC/AHSCP, the community had this to say about community engagement:

"Talk to us and talk to us early. Don't make decisions and then get it approved by us. Communities have knowledge and skills to know what's best for us. We're the local experts about our places"

"Community Engagement is where people grow"

If you are interested in getting involved in helping achieve these aims in your local community, follow this link to find out more: [Our Communities - Community Planning Aberdeen](#) or email localityplanning@aberdeencity.gov.uk.

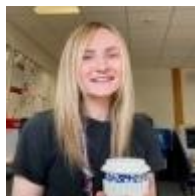
Meet your Locality Planning Team

We understand the importance of working with communities to build a thriving environment for everyone. By engaging with local communities through our dedicated locality planning team, we aim to become more receptive, supportive and action-oriented. Community input is extremely valuable to this work.

The Locality Planning Team includes staff from Aberdeen City Council and the Aberdeen City Health and Social Care partnership working together to support improved outcome across all our localities and neighbourhoods. In the North Locality your locality planning contacts are Iain, Jade, Katie, and Kev.



Iain Robertson,
Transformation Programme
Manager, Aberdeen City Health and
Social Care Partnership



Jade Leyden,
Community Development Manager,
Aberdeen City Council

Kev Donald, Community
Development Officer, Aberdeen City
Council



Katie Cunningham,
Public Health Coordinator, ACHSCP

Please take a moment to complete this survey and let us know how we can enhance our service delivery and collaboration with you. Together we can make a positive impact and create a place where all people can prosper.

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6.5 Reducing Children being placed outwith their family

Project Aim:	By 2024 we will reduce by 5% the number of children who need to be removed from the care of their family	
Project Manager	Tam Walker, ACC	
	Completed Bootcamp	
Reviewed by:	Allison Swanson	
Date:	4 August 2023	
Checklist	Summary of feedback	
1. Is the project aim consistent with aim in the LOIP?	Yes	The aim aligns with the LOIP.
2. Is there a sound business case explaining why the project is important?	Yes	There is clear explanation of current position and why this is important.
3. Have connections to Locality Plans been made and reflected?	Yes	There are no community ideas aligned to the aim.
4. Is it likely that the changes being tested will achieve the aim?	Yes	The change ideas appear likely to support achievement of the aim.
5. Will the measures demonstrate whether a change is an improvement?	Yes	Measures are clear and will show if aim achieved and impact of the changes.
6. Is a location/Test Group identified?	Yes	Clear test area for the 3 change ideas.
7. Have additional resources needed to implement the change ideas been considered?	Yes	Resources needed identified.
9. Is there a clear plan for community engagement and ways for communities/C&YP to get involved?	Yes	Engagement with families to support development and testing of the changes. Current and future engagement planned detailed.
8. Is there a mix of partners involved in this project?	Yes	There is a mix of partners.
10. Clear outline project plan?	Yes	
CPA Management Group/ Board Ready? Yes		

Improvement Project Title - We will better understand the reasons that led to children having to be removed from their family to inform our preventative Family Support Model.
Executive Sponsor Eleanor Sheppard, Chair of Children's Services Board
Project Lead Name: Tam Walker Job Role & Organisation: CSW, Service Manager, Aberdeen City Council Email Address: twalker@aberdeencity.gov.uk
Aim statement: By 2024 we will reduce by 5% the number of children who need to be removed from the care of their family. <u>N.B. For the purposes of this charter this is being interpreted as children being placed out with their family.</u>
Link to Local Outcome Improvement Plan Stretch Outcome 6: By meeting the health and emotional wellbeing needs of our care experienced children and young people they will have the same levels of attainment in education and positive destinations as their peers by 2026.

Link to Locality Plans: Many of the circumstances that lead to children being cared for out with their family have in alignment to the priorities within all three locality plans – mitigating the impact of poverty; parental mental health; support for addiction, etc.

Why this is important and issues with the current system?

There are a multiplicity of reasons why children are accommodated out with parental care. This includes: structural inequality, poverty, poor social housing, homelessness; parental experience of childhood trauma/ being looked after.

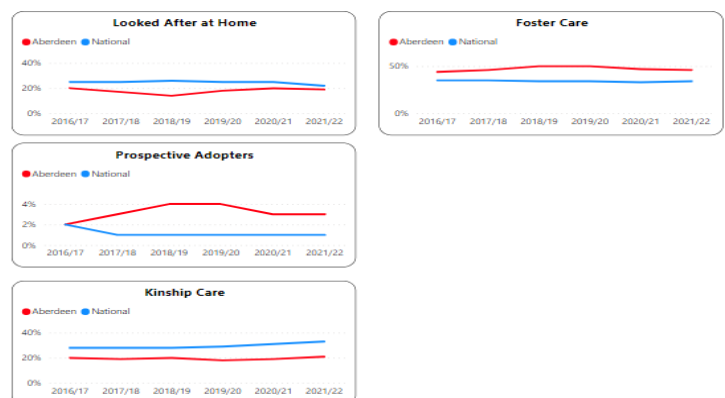
Current data evidences that vast majority of the children and young people (circa 90%) who require care and protection will have been exposed to risks associated with their parents/primary care givers life and circumstances. These risk factors predominantly relate parental addiction, poor parental mental health and domestic violence. The Promise recognised the structural impact of poverty also has a corrosive impact on families and like other authorities Aberdeen City's looked after children population primarily originate from the SIMD areas 1 & 2 of the city.

The Promise highlights the need for agencies to mitigate the impact of poverty on families in a manner that is empowering and non-stigmatising. It also stresses the need for effective multi-agency intensive family support to ensure children and young people remain in the care of their family where it is safe for them to be so. The number of looked after children in Aberdeen City is reducing. Over the past three years there has been a steady reduction in the number of looked after children in Aberdeen City circa 15%. As of 30 September 2022, there were 485 children looked after by the local authority compared to 570 as at 1 April 2020. This decrease is across all care types and mirrors a trend at a national level.

The % of looked after children in Aberdeen City aligns to the national figure and that of our comparator authorities. However Aberdeen City's 'balance of care' is out of step with that of the national position and comparator authorities. In particular data indicates that the % of children placed with foster carers is notably above the national position.

The Corporate Parenting Plan and Children's Services Plan recognise the need for all agencies to do more to support children remain within their families, where it is safe for them to be so. The focus of this improvement charter will be on identifying those triggers which escalate the risk of children being accommodated - parental mental health and addiction needs; parental relations etc and how we collectively support families to prevent children having to be placed out with their family. The change ideas below detail how we intent to overcome these.

We also know that mitigating school exclusion & part time attendance, is important in supporting children to remain with families. Aberdeen City Council are progressing Edge of Care pilots to support those who are care experienced or on the edge of care, and carefully consider barriers to school attendance. It is hoped that this approach will help ensure that the curriculum being offered is most likely to realise positive outcomes for individual young people and encourage high levels of full time school attendance in order to support both children and young people stay at home with their families and achieve their potential. The Edge of Care pathways will be reported via the CSB.



Change ideas

1. Pilot a pathway where a Child Protection Planning Meeting (CPPM) makes the decision to refer to SCRA, within 10 weeks we will have identified each adult within the child's family network who has the potential to provide alternative care should it be required.

2. Test that where there is evidence that a child's kinship placement is no longer able to meet their needs and is at risk of ending all agencies will commit to coming together to agree a multi-agency plan with 5 days.
3. To pilot a test of change to deliver holistic family support to parents with addiction needs to increase their capacity to meet the needs of their children in a manner that protects their wellbeing.

Measures

- **Outcome measures**

- Number of children who need to be removed from the care of their family. (Reduce by 5%, City Wide)

- **Process measures**

- % and No. of family network assessments undertaken within 10 weeks.
- No. of children for whom a family network assessment is completed are supported to remain within their family.
- No of multi-agency meetings convened within 5 days
- % and No. of families where parents have addictions needs receiving holistic family support from the addiction service.
- % and No. of children accommodated out with their family having received holistic family support from the addiction service

- **Balancing measures**

- No. of referrals to SCRA

Location/Test Group:

Change idea 1 – Central Locality

Change idea 2 – North Locality

Change idea 3 – Addiction Service – Parents with addiction needs.

Resources

People's time will be the main resource needed.

Supporting more children to remain within their family and community will require additional resource to be aligned either from WFWF or realignment of savings from care placements.

Potential risks and/or barriers to success & actions to address these

Capacity of staff already stretched. To ask them to 'do more' or 'do differently' may impact on levels of engagement. Ensuring a clear improvement focus

Supporting more children who are at increased levels of risk/vulnerability to remain in their family will require a shift in resources. Use of the WFWF grant will be considered to potentially invest in services to enhance whole family support to mitigate the risk of children being cared for out with their family.

The belief, that children should remain within their family/community in circumstances of heightened vulnerability, is not universally endorsed by all staff across the partnership. Ensuring a multi-agency approach to improvement activity will support learning together and a cultural shift.

What have our communities/protected groups said and how are you going to continue that engagement/participation?

Feedback from children, young people and families tells us that their experiences of multi-agency support does not always align to the principles of intensive family support set out in The Promise.

Early and preventative support can be slow to be mobilised and can be experienced as being 'done to' rather than 'done with' and the expectations of this support is unclear. This charter seeks to mitigate this by ensuring participation is clear and feeding back to families appropriately. C&YP and their families will be invited to co-design and test the change ideas. The intended outcomes of support can be unclear to families resulting in feelings of being judged.

Community Ideas for Improvement Evaluation/Status

There are no community ideas for improvement aligned to this project.

Project Team

Tam Walker – SM, CSW ACC
 Susanne Somerville – SM, CSW ACC
 Dave Cox – Clinical Practitioner, CSW ACC
 Amy Evans – Corp Parenting LO
 Kim Wood – Corporate Parenting Lead - Police Scotland tbc
 Stuart Craig – QIO Education ACC tbc
 Sarah Burnett – CSW – IRO
 Gette Coban – ACVO
 Includem
 Hazel Moore - SCRA tbc
 CAMHS tbc
 Simon Rayner - LO ADP
 Steven Stark – SM, ASW tbc

Outline Project Plan

Project Stage	Actions	Timescale
Getting Started (Project Score 1-3)	<ul style="list-style-type: none"> • Create a project group • Scoping of current system and identification of change ideas 	June- July 2023
Designing and Testing Changes (Project Score 4-7)	<ul style="list-style-type: none"> • Draft Project Charter • Design change ideas • Charter approved by CPA board • Start implementing change ideas • Reviewing impact of changes and adapt as required • Feedback from stakeholders 	Aug 2023-Mar 2024
Implementing and sustaining changes that demonstrate improvement (Project Score 7-10)	<ul style="list-style-type: none"> • Aim achieved • Draft project end report • Recommendations for permanent implementation of changes to sustain the gains 	April 2024
Spreading Changes (Project Score 9-10)	Subject to recommendations of end report	May 2024 onwards

Project 9.4 Ensuring our children with ASN/disabilities and their families receive the support they need

CPA CHARTER FEEDBACK FORM		
Project Aim:	By 2025, 90% of families with children with an additional support need or disability will indicate that they have access to peer and community support that meets their needs.	
Project Manager	Anne Brockman, NHSG	
QI Training	SCLIP Alumni and signed up to Bootcamp	
Reviewed by:	Allison Swanson	
Date:	7 August 2023	
Checklist	Summary of feedback	
1. Is the project aim consistent with aim in the LOIP?	Yes	The aim aligns.
2. Is there a sound business case explaining why the project is important?	Partly	The charter explains why it is important, and details how many C&YP in the city have an ASN/disability and therefore families to be supported. System to gather baseline being progressed. However, it would be beneficial to have information on the current support available to identify if there are barriers there to overcome.
3. Have connections to Locality Plans been made and reflected?	Yes	There are no changes in the Locality Plans
4. Is it likely that the changes being tested will achieve the aim?	Yes	Likely the change ideas will have an impact, and following survey new change ideas re supports within the community/methods of engagement that enable all families to access the support available at a time when their circumstances enable them to will be co-designed.
5. Will the measures demonstrate whether a change is an improvement?	Yes	The outcome measure aligns with the overall aim and survey to gather baseline developed. Likely the process measures will show impact of the changes.
6. Is a location/Test Group identified?	Partly	Project advising all families of C&YP with an ASN/disability and that post survey results test group/location will be identified.
7. Have additional resources needed to implement the change ideas been considered?	Yes	No additional resources identified at this stage.
9. Is there a clear plan for community engagement and ways for communities/C&YP to get involved?	Yes	Project team undertaking a survey to help further inform the project and identify changes. Aim is about access to peer and community support and further connection with third sector/community groups planned post initial survey to support creation and testing of community supports.
8. Is there a mix of partners involved in this project?	Yes	Mix of partners. Involvement of local community groups, businesses, etc in the community to be considered.
10. Clear outline project plan?	Yes	
CPA Management Group/ Board Ready?	Partly	

Project 9.4 Ensuring our children with ASN/disabilities and their families receive the support they need

Improvement project title: Improving family support for children with disabilities
Executive sponsor- Eleanor Sheppard, Chair of Children’s Services Board
Project Lead- Anne Brockman, Lead AHP Combined Child Health, NHSG
<p>Aim Statement: By 2025, 90% of families with children with an additional support need or disability will indicate that they have access to peer and community support that meets their needs.</p>
<p>Link to local outcome improvement plan: Stretch Outcome 9</p>
<p>Link to locality plans: There are no community ideas for improvement in Locality plans</p>
<p>Why is this important and issues with the current system:</p> <p>The challenges and disruption caused by the pandemic, increased demand on services and changes in key national policy (ie The Promise), present an opportunity for partners to rethink how we can best meet the needs of children and families. Having access to appropriate information and a range of support services is essential, particularly for families who have a child with additional support needs / disability. An existing database of information is available on the Aberdeen City Council website, the Family Information Service. It is unclear to what extent families and professionals are using this database. It is also unclear what services families really find to be supportive for them.</p> <p>Often there will be increased barriers for families to overcome in order to access social and leisure activities that others (with children who do not have disability/additional support needs) take for granted, therefore this project seeks to improve access to those who may experience barriers to accessing support and supports reducing inequalities. Information gathered for the Children’s Services Plan advised that families want to be able to access information themselves, but do not know where to look.</p> <p>The Scottish Government intend, in relation to ‘The Promise’, that families will be supported earlier, to help avoid situations (where possible) where children may need to be cared for out with their immediate family. Specifically it will support developing peer and community support for families, as well as improving integration of services. The-Promise v7.pdf (carereview.scot)) as outlined in The Promise.</p> <p>Previous work was done by management to pull all information about known support services together, both statutory and voluntary sector; there was no one comprehensive ‘go to’ place for this information – other than the current family information service (hosted by Aberdeen City Council) - which at the time was not complete.</p> <p>In order to deliver to these objectives, a baseline is needed, which measures to what extent families with children with a disability currently feel supported and are aware of local services. This baseline measure is being gathered and further changes will be established to respond to the feedback as required.</p> <p>There are 35,860 children aged 0 – 15 estimated to live in Aberdeen City (2021) (Aberdeen City Council Area Profile (nrscotland.gov.uk)) and of those, around 676 are recorded as having a disability within the education service; a further 6340 have some level of additional support need. This project has intentionally kept the definition of disability / additional support needs broadly defined, as a key concept is that a family should feel supported whether or not their child has a formal ‘diagnosis’ or not.</p>
<p>Measures</p> <p><u>Outcome measure</u></p> <ul style="list-style-type: none"> • % of families with children with an additional support need or disability indicating that they have access to peer and community support that meets their needs, within Aberdeen City.

Process measures

- % of named / lead person/ professionals reporting increased confidence in their request for assistance for a given child (as greater awareness and understanding of supports available)
- Percentage of parents / professionals aware of the services currently available to them in Aberdeen.
- Number of parents accessing available supports
- Number / type of support services available to children and families with additional support needs / disability within Aberdeen City and what services are accessed.
- Number of 'hits' on the Family Information Service website
- Number of families using the drop in service / telephone support.

Change ideas

Ideas for change / PDSA:

1. Using existing Family Information Service (FIS) platform, create a one stop shop for information on supports available for families with children and young people, who have additional support needs / disability (ACC & outwith) which parents and carers, young people and professionals can access
2. Test innovative ways to promote the existing Family Information Service platform to ensure that written information is available at key touch points e.g. GP, NHS Hubs, ELC settings, Schools, Community Centres, Fitlike Hubs; develop QR codes to link to the site.
3. Hold a family Fayre to allow groups to showcase the support they offer and to promote this to families.
4. Co-design with families with children and young people with disabilities / additional support needs and community / third sector organisations, innovative supports within the community that enable all families to access the support available at a time when their circumstances enable them to.
5. Drop in support / telephone support session to be offered for all families

Location/test group-

This specific project will focus on the peer and community support for children with disabilities / additional support needs within Aberdeen City. The survey will identify any gaps; any change ideas would be tested in small areas with the intention to scale up, taking account of learning from small tests of change and outcome.

The project will involve children's workers across multiple agencies eg education, social work, health (CAMHS, Community Child Health, HSCP teams) – as well as voluntary organisations.

Resources- changes can be developed within existing resources.

Potential barriers-

Families unwilling to discuss
Overwhelming the group with data
Overwhelming the family inclusion service
Unrealistic expectations of output

Project Team-

Anne Brockman, Lead AHP Combined Child Health, NHSG – Chair of group
Mhairi Shewan, Quality Improvement Officer, Aberdeen City Council – Depute Chair of group
Elaine Thomson, Head Teacher, Orchard Brae School
Graeme Gardner, Housing Access and Support Manager, ACC
Ali McAlpine Childrens Social Work, Aberdeen City Council
Carol Main Early Years, ACC
Lotte Harleman, Consultant Paediatrician, NHS Grampian
Caroline Reid Clinical Nurse Manager, NHS Grampian
Rachel McDermott, SLT NHS Grampian
Sara Wilson, Lead OT, NHS Grampian
Irene Croal, Lead Physio, NHS Grampian (
Karen Jackson, CAMHS
Brid Dunn, CAMHS
Leigh Ryrie, Charlie House

Marion Mclaughlin, Autism Understanding Scotland
 Iona Mitchell, Children 1st
 Nicola Dickie, Deputy Chief Nurse, NHS Grampian

Community/User representation/engagement

Survey will be undertaken with professionals and families and children. Throughout the project engagement will be undertaken at key stages and families (from different localities) will be involved in the testing of the changes and from their feedback adaptations will be made, as required to ensure that it meets their needs. Families will co-design information to ensure it is provided in a user friendly manner. Further Third sector and community groups will also be invited to participate following review of the survey results.

Community Ideas for Improvement Evaluation/Status

There are no community ideas for improvement in the 3 Locality Plans that are aligned to this project

Outline Project Plan

Project Stage	Actions	Timescale
Getting Started (Project Score 1-3)	<ul style="list-style-type: none"> • Create a project group • Develop the charter 	July 2023
Designing and Testing Changes (Project Score 4-7)	<ul style="list-style-type: none"> • Survey • Map current supports and services involved for children with disability – both statutory and via voluntary organisations • Evaluate the extent to which families currently feel supported. • Co-design change ideas eg promoting website / booklet information • Test drop-in with one area • Study the impact of the change ideas • Modify and test changes with another group. 	August to May 2024
Implementation (Project Score 7-10)	<ul style="list-style-type: none"> • Draft project end report • Information available 	December 2024
Spreading Changes (Project Score 9-10)	<ul style="list-style-type: none"> • Subject to recommendations of end report 	December 2024 onwards