

Organisation	Amount Awarded	Project Description
<p>Brock Garden Centre Strathbrock Partnership Centre 189A West Main Street, Broxburn EH52 5LH</p>	<p>£3,270</p>	<p>Sharing Lived Experiences</p> <p>Based on trial runs over the last year, 4 service users will lead workshops for students at West Lothian College e.g. tree planting. These workshops will provide a practical base to initiate conversations about mental health and increase awareness and understanding. During the trial, it found the service users, “really opened up and shared their personal stories and journeys”. The Brock believe that having the service user lead the session means they are in control of the pace and the conversations which can be therapeutic. 171 people will directly benefit from the project including existing service users to aid in running and preparing the workshops, and workshop participants from the college.</p>
<p>Edinburgh Young Carers Project</p> <p>Norton Park, 57 Albion Road, Edinburgh EH7 5QY</p>	<p>£9,600</p>	<p>Health and wellbeing support for young carers affected by parental drug and alcohol misuse.</p> <p>EYC has requested funding to expand and develop previous project work which was delivered to young carers by an organisation called the Health Opportunities Team (HOT). They work to improve the health and wellbeing of young people aged 12-25 years by providing a variety of learning and development opportunities. This includes drop in support sessions, feel good groups for young men and women and a one to one support service.</p> <p>EYF plan to commission HOT to run short group work provisions specifically for young carers who care for someone with an alcohol or substance issue. This will involve an 8 week group programme called SE+. There will be four programmes in total. Two will involve half day sessions for 8 – 12 year olds and two will be full day sessions for 12-15 year olds. The sessions will focus on the impact of the lockdown on young people and will help them to feel better about themselves, learn to deal with difficult situations and have better relationships with others. This</p>

		is achieved through team building games, creative activities and problem solving puzzles. EYC will also book time from staff at HOT to provide one to one support, a service called Turn Around, to young carers who require this. The project will support a total of 50 young carers. 30 will be involved in the SE+ groups and 20 will access one to one support.
Fast Forward 4 Bernard Street, Edinburgh EH6 6PP	£9,985	<p>Own It!</p> <p>Fast Forward are seeking funding to develop a digital resource called "Own It!". They plan to work with small groups of young people to develop interactive non-linear digital stories which will allow other young people to explore the potentially negative impacts of alcohol and its related harms. This will be a free and easy to use digital tool. Participants will be asked to make a series of decisions which will lead to potential story lines, explaining the consequences of each action. It will be designed to teach young people that they have the power and autonomy to make good decisions around the use of alcohol. The programme is based on the use of free digital story telling software, developed some time ago, to allow young people to choose and shape their own adventures, similar to a dungeons and dragons format.</p>
Rowan Alba 85-87 Fountainbridge, Edinburgh EH3 9PU	£14,539	<p>Training for pub and off-license staff to address alcohol related harm of isolated older people in the community.</p> <p>Rowan Alba seek to build upon their pilot work providing training for Edinburgh pub staff on recognising and engaging with older people in the community living in extreme isolation and at high risk of alcohol related harm. Visiting pubs or off-licenses is often the only social activity they have, and staff are often viewed as trusted individuals and can therefore be first to know if an individual is heading towards crisis. Rowan Alba want to roll out their free training to 95 pub/off-license staff on how to have conversations around alcohol with 70 vulnerable customers; signpost to appropriate services and identify serious health issues to pub staff across Edinburgh. This will increase the number of older, vulnerable individuals being supported to access services which will help reduce the impact of their harmful drinking. They will deliver 5 awareness sessions for pub owners across the city through Pub Watch and 10-15 tailored training sessions for individual pub and off-license staff.</p>

<p>Scottish Professional Football League Trust Hampden Park Glasgow G42 9DE</p>	<p>£9,188</p>	<p>UNITS</p> <p>A grant has been requested to develop an existing community programme called Football Fans In Training (FFIT). This is a 12-week weight management programme run by local clubs to support and motivate fans and other people in the community. The sessions are delivered by community coaches, in same sex groups, to adults aged 35-65 who are overweight with a BMI of at least 28. The programme teaches participants about diet, nutrition, a healthier lifestyle, the importance of physical activity and losing weight. At present, it includes some input on alcohol intake, but this relates more to the calorific content. This grant will train and support the community coaches to learn more about the impact that alcohol can have on general wellbeing and health to avoid alcohol related harms and help participants to develop a healthy approach to its use. They expect 1,800 adults to benefit from this work.</p>
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