Fife Health and Wellbeing Alliance

Partnership Funding Report

2015-16
1. Introduction

The focus of previous funding reports has been the outcomes and learning from projects funded under the approximately £1m Health Inequalities funding programme. As this funding programme has now ended, this report gives an overview of the range of activities supported by Fife Health and Wellbeing Alliance partnership funding in 2015-16.

The report draws on the recommendations contained in the last funding report, presented to the Alliance in June 2015. These have been grouped into four themes, and activities funded during the year are mapped against these:

Building a shared understanding
Supporting organisations to work differently
Measuring impact
Tackling the causes of health inequalities and promoting the resourcing of preventative work

These form the structure of section 3 of the report, Update on progress.

Also highlighted where relevant are the new areas of work for focus in 2016, which the Alliance agreed at its meeting in December 2015. These were:

- confirming measurable indicators linked to the health inequalities strategy outcomes
- developing an evaluation framework
- working with delivery agencies or partnerships to embed health inequalities outcomes into service plan
- improving FHWA supporting structures.

2. Allocation of partnership funding 2015-16

Partnership funds in 2015-16 were allocated to:

- continuing projects which provide unique support to adults at risk of self-harm and suicide
- part-time development and policy posts
- a Health Improvement Training Programme led by Health Promotion
- publicity, awareness raising and communications
- a one-off small grants programme for third sector initiatives

Amounts allocated are set out in Appendix 1.

The funding was managed by the Funding Group on behalf of the Alliance. Advice and agreement on appropriate processes and procedures was provided by Fife Council Funding and Monitoring Team and NHS Fife Finance.

All funded projects were required to show how their funded activities contribute to the outcomes of Fifer Health for Fife, Fife’s health inequalities strategy 2015-20. For continuing projects, spend is monitored on a six-monthly or annual basis against a financial profile outlined at the beginning of each financial year. One-off projects are due to report on spend by April 2017.
Appendix 2 contains summaries of the three continuing projects and 30 projects funded under the one-off grants programme. Appendix 3 indicates the contribution of projects to the outcomes of Fairer Health for Fife, Fife’s health inequalities strategy 2015-20.

3. Update on progress

Building a shared understanding

The last funding report identified that health inequalities are still not widely or consistently understood in Fife, even by those who have the ability to make a difference. It recommended work to build a shared understanding of health inequalities and how to tackle them, as part of the essential skillset of workforces.

In 2015-16:

- FHWA’s new strategy, Fairer Health for Fife 2015-20, was developed and launched. The strategy has a strong focus on health inequalities and challenges teams, services and organisations to work in ways which are effective in reducing health inequalities. It provides a framework for doing this and evidence-based examples of what this involves in practice. The strategy has been shared at multiple events, forums and meetings, such as the Health and Social Care Partnership, Health and Social Care Third Sector Forum, and local community planning partner forums.
- The Health Improvement Training programme was developed to give an even greater focus to health inequalities. The Health Inequalities Checklist was updated, and a toolkit for trainers developed to strengthen the focus on health inequalities in all courses in the Health Improvement Training programme.
- A series of health inequalities infographics for Fife was produced.
- FHWA’s website, www.healthyfife.net, was reconfigured and the content refreshed, so that local and national information, news and events can be found more easily.
- A new FHWA ebulletin was created for easier communication with stakeholders. There are now more than 480 subscribers.
- A multi-agency communications working group was set up. The group will produce an action plan and recommendations during 2016.
- A new approach to improving organisations’ understanding of and work on reducing health inequalities was developed – the Partner Programme (see below).

Supporting organisations to work differently

The last report highlighted some of the new approaches which had been successfully piloted under the previous funding programme. It recommended that FHWA should promote successes and support organisations to work differently. In particular it highlighted the need for partnership working and the meaningful involvement of community members in the design of services.
In 2015-16:

- Good examples were promoted through events, online case studies, and the Fife health inequalities film (found at www.healthyfife.net).
- The Health Improvement Training programme offered 105 courses spanning 30 subjects on core skills and priority topics for health improvement, including reducing health inequalities. A total of 1656 people from a wide range of public and voluntary sector organisations in Fife attended courses. The programme is itself a strong example of partnership working, as it actively recruits trainers from a range of agencies. This year, courses were delivered by 100 different workers from across the Fife Partnership who shared their skills, knowledge and expertise as well as their time and resources.
- A Health Inequalities Partner Programme was developed and trialled with a small number of organisations. This takes a new, innovative approach to supporting organisations in Fife to:
  o increase their understanding of how their work impacts on health inequalities
  o improve how they work with communities to reduce health inequalities
  o identify, develop and embed ways of working which are effective in reducing health inequalities
  o measure and demonstrate how their work contributes to tackling health inequalities.
- Samaritans (Dunfermline and Kirkcaldy) and the Unscheduled Care Assessment Team at Whyteman’s Brae Hospital have developed a new collaboration, where vulnerable people are offered the opportunity of follow-up phonecalls on discharge, to support their emotional recovery and wellbeing. The feedback to date has been extremely positive.
- The Women’s Health Improvement Research project (WHIR) produced its final report. The Community Research Team was invited to participate in a short life working group (led by Fife Housing Partnership) to address their findings. FHWA is supporting the women’s participation in this new group.
- LGBT Health and Wellbeing conducted an assessment of the health and wellbeing needs of LGBT people in Fife. Their findings informed a new piece of work, co-funded by FHWA and Scottish Government, to improve social connectedness and access to information.

**Tackling the causes of health inequalities and promoting preventative work**

The last funding report recommended that FHWA should work with partners on tackling the causes of health inequalities, as well as mitigating their effects, and should promote the resourcing of preventative work and long-term commitments to improving health. As well as influencing others, FHWA members have a role here in their capacity as leaders of the organisations responsible for allocating resources.

In 2015-16:

- The new health inequalities strategy and checklist gave a renewed focus to the social determinants of health and on what can be done locally to influence these. The identification of key groups aims to help organisations take a targeted approach to support and services, which goes beyond geographical areas as identified in the Scottish Index of Multiple Deprivation (SIMD).
• The Partner Programme explicitly invited collaborative approaches designed to tackle the causes, not only mitigate the effects, of health inequalities. Initial discussions were held around employability and the impact of participatory budgeting on health inequalities.

• New learning opportunities developed workers’ capacity to improve the health of key groups. These included training for those working with young gypsy travellers, and a welfare reform training programme to enable front-line staff to understand how best to support low income households to manage changes to the welfare benefits system. Additional funds were allocated to meet the high demand for mental health training courses.

• Several of the initiatives supported under the one-off grants programme contribute to the prevention of health inequalities. These include projects designed to: increase social connectedness amongst key groups; improve vulnerable people’s chances of securing and retaining work; build psychological and emotional resilience amongst young people; and improve access to healthy, affordable food.

Measuring impact

Measuring the impact of what organisations do and how they work on health inequalities is complex, and the last funding report recommended that this be given higher profile and support by FHWA.

In 2015-16:

• Practical courses in monitoring, evaluation and using data were provided through the Health Improvement Training programme.

• Early work under the Health Inequalities Partner Programme identified potential for developing a more consistent approach to measuring impact on health inequalities; this work is being taken forward in 2016-17.

• An evaluation framework for the new health inequalities strategy and associated activities was drafted; this is being developed further in 2016-17. Key measurable indicators linked to health inequalities strategic outcomes are to be confirmed and published.

• The one-off grants application process was revised to include a greater focus on measuring impact.

• The Alliance made a decision to commit some budget to research and evaluation.

4. Conclusion

This year has seen the transition to a new way of working for the Alliance, and the development of fresh approaches to using FHWA’s limited resources to influence and embed change. While this has created some challenges, it has also presented exciting opportunities, particularly through the emerging Health Inequalities Partner Programme. A more conventional funding model – the One-off grants programme – has this year helped third sector initiatives try new approaches to supporting key groups, improving skills and building social connection. In addition to ongoing work on communications and workforce development, in 2016/17 a main focus of work will be to widen the reach of the Partner Programme to key service delivery agencies.
## Appendix 1 – allocation of funding 2015-16

<table>
<thead>
<tr>
<th>Budget Heading</th>
<th>2015-16 Budget</th>
<th>2015-16 Expenditure</th>
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<td>Penumbra Fife Self-Harm Project</td>
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<td>£42,000</td>
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<td>£12,000</td>
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<td>b) One off funding programme</td>
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<td><strong>Total</strong></td>
<td><strong>£471,000</strong></td>
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Appendix 2 – Project summaries

Continuing projects

Penumbra Fife Self-Harm Project
The project works with people aged 18+ who have been involved in a recent self-harm incident, to identify the issues behind their self-harm. Clients are then signposted to appropriate services or offered further individual face to face support. Regular coffee mornings and other social events are held for clients and a befriending service is also available. The project workers also provide training and awareness-raising sessions about self-harm to other agencies. In 2015/16, the project offered over 500 individual face to face sessions, over 100 supports by phone and email, group work, social activities and drop ins for individuals on a waiting list.
Amount awarded: £42,000  Contact: Ola Taylor - Ola.Taylor@penumbra.org.uk

Samaritans (Dunfermline and Kirkcaldy)
Samaritans provides a confidential, 24-hour service of support to anyone in distress or despair, including those whose feelings may lead to suicide. FHWA funding has supported general publicity, the recruitment and training of volunteer listeners, and volunteers' expenses.
Amount awarded: £12,000 (£6,000 per branch)

One-off grants

Burntisland Inclusive Playpark Project
The grant will support the development of an extension to the existing playpark in the centre of Burntisland. The project will install inclusive equipment allowing access for all children regardless of physical, sensory or learning ability. The park will provide opportunities for disabled children to play alongside their able bodied peers and siblings at the park, providing benefits for their physical health, socialisation and emotional wellbeing.
Amount awarded: £5,000  Contact: Claire Campbell

Centre for Stewardship - Reaping the health and wellbeing benefits of communal lunches
The project aims to provide a welcoming and friendly pathway to volunteering through a series of communal lunches at the Centre for Stewardship. The communal lunches will focus on good food choices and participants will be encouraged to assist with the preparation of the communal lunch (helping them secure health and hygiene certificates). Staff members and existing volunteers will be on hand to encourage new people to find the right type of volunteering opportunity at the Centre.
Amount awarded: £2,320  Contact: Helen Lawrenson - helen@centreforstewardship.org.uk

CLEAR Buckhaven – Healthy, Wholesome Buckhaven
This project aims to complement CLEAR’s ongoing community orchard and active volunteering programme, to attract, encourage and guide individuals and families to become aware and active on healthier nutrition, exercise and lifestyles. Activities include a weekly group event to improve the participant’s family health and lifestyle; healthy exercise/yoga classes; organised walks and cycle outings around town; easy home grow packs; and community events to raise awareness.
Amount awarded: £3,940  Contact: Allen Armstrong - CLEARFife@aol.com
**Clued Up - Summer Group Work 2016**
The grant will support a 6-week outdoor education programme, including a 2-day expedition, for young people aged affected by substance use. It will enable vulnerable young people to participate in new experiences, learn independent living skills, teamwork and peer support, and build confidence and self-esteem.
Amount awarded: £5,000  
Contact: Laura Crombie - info@cluedup-project.org.uk

**CRUSE Bereavement Care Scotland, Fife – Early Bereavement Service (Children & Young People)**
CRUSE will work in partnership with Child Bereavement UK to train at least three volunteers in working with children and young people impacted by bereavement. The volunteers will be able to support 30 families and children in the early stages of dealing with bereavement.
Amount awarded: £3,970  
Contact: Munwar Hussain - munwar.hussain@crusescotland.org.uk

**CRUSE Bereavement Care Scotland, Fife – Early Bereavement Support Group**
Funds will be used to establish a support group for people who have been recently bereaved to meet with and share their experiences and receive peer support. The group will be facilitated by experienced CRUSE counsellors who have undertaken additional training in group facilitation.
Amount awarded: £1,500  
Contact: Munwar Hussain - munwar.hussain@crusescotland.org.uk

**Cupar Youth Café – What’s for Tea?**
Cupar Youth Café run a health and wellbeing group, for young people identified by the local high school as at risk of disengaging from topics such as physical and social education. The young people have shown a keen interest in cooking and nutrition, and are keen to attract more members. Working with a local community based tutor, the group will produce a clean eating cookbook that’s young person friendly and looks at recipes that are healthy, easy to produce and simple to follow.
Amount awarded: £2,750  
Contact: Gemma Frail - cuparyouthcafe@hotmail.co.uk

**Fairway Fife – Fairway Fife’s Health Living Initiative**
The project will integrate a new healthy living approach to Fairway Fife’s peer support project, which pairs a young disabled person with a non-disabled peer of similar age for weekly meetings to take part in arranged activities. It will introduce a range of new activities such as basic cooking skills, dance classes, food hygiene courses, visits to the gym and more.
Amount awarded: £5,000  
Contact: Jaqui Turner - fairwayfife1@gmail.com

**FEAT Trading CIC – Enabling Minds**
Enabling Minds targets people with severe and enduring or serious mental health conditions and provides easily accessible courses offering exercise and psychologically based interventions. A goal is to help participants become more psychologically resilient and flexible. Rather than the traditional model of face-to-face or group or individual therapy, the courses encourage engagement in gentle walking exercises coupled with conversations and activities that promote creative thinking and confidence regulating difficult emotional experiences.
Amount awarded: £4,199  
Contact: Duncan Mitchell - Duncan@journeytowork.co.uk
Fife Carers Centre – Carers Health and Wellbeing
The grant will enable 60 unpaid adult carers who have identified issues around their physical or emotional wellbeing to have access to one to one complementary and holistic therapies. The sessions give carers the opportunity to explore ways of feeling more in control, reduce stress and improve their overall sense of wellbeing; to try new activities; and to improve community links and relationships within their family.
Amount awarded: £4,500          Contact: Julie Sinclair - Julie.Sinclair@fifecarers.co.uk

Fife Carers Centre – Carers Week Coastal Path Walk
The grant will be used to support a community walk of the Fife Coastal Path during Carers Week in June 2016. Groups, organisations and individuals will walk agreed parts of the path in a week-long event in June 2016. Funds will be used to provide promotional literature, resource packs for participating groups and refreshments for walkers and those involved in planning the walk.
Amount awarded: £1,000          Contact: Helen McFadden - helen.mcfadden@fifecarers.co.uk

Fife Employment Access Trust – Employ Your Mind II
FEAT in partnership with NHS Fife will deliver ‘Employ Your Mind II’, a six month vocational rehabilitation project for individuals with a mental health problem on Community Compulsory Treatment Orders (CCTO) within Fife. These beneficiaries have limited access to pre-employment training, and the benefits employment brings. The objectives are to address health inequalities, improve wellbeing, reduce stigma and integrate this group into the community.
Amount awarded: £3,900          Contact: Duncan Mitchell - Duncan@journeytowork.co.uk

Fife Employment Access Trust – NIDMAR
FEAT have brokered an opportunity with Well Working Matters to provide intensive training over 10 days for 30 frontline workers across Fife to gain the internationally-recognised National Institute of Disability Management and Research certificate, which upskills workers in supporting people with disabilities to gain and sustain employment. The grant will enable a range of local employability organisations to take advantage of the training opportunity.
Amount awarded: £5,000          Contact: Duncan Mitchell - Duncan@journeytowork.co.uk

Fife Voluntary Action as part of Fife Employability & Training Consortium - Mentors in Work
The funding will contribute towards the costs of employing a part-time Volunteering Development Officer to lead on delivering and developing a volunteer in-work mentoring programme, Mentors in Work, as part of Fife-ETC. The programme is for clients moving into work for the first time or after a long period of unemployment who are likely to experience issues around anxiety management and dealing with the transition to employment. The project will focus specifically on clients and volunteers from the Cowdenbeath area.
Amount awarded: £5,000          Contact: Pegs Bailey - pegs@fifevoluntaryaction.org.uk

Fife Young Carers – Health and Wellbeing Event for Young Carers
An event for young carers to give them the opportunity to have a break from caring whilst gaining knowledge about support available to them, experience new activities and learn about healthy eating, exercise and how to cope with caring. 100 young carers will be invited to attend the event, which will be a fun packed day of workshops/information stands/relaxation therapies/time to spend with their peers and a respite from their caring role.
Amount awarded: £5,000          Contact: Nina Collins - nina@fifeyoungcarers.co.uk
**Fife Women’s Aid - Comprehensive Resource Model (CRM): Training for Trauma**
Staff and volunteer counsellors with Fife Women’s Aid Counselling Service will undertake highly specialist training that has been demonstrated to assist clients recovering from complex trauma. These are the clients whose mental health is most severely affected and at greatest risk of social and economic disadvantage. The training will greatly enhance the skills base within the Counselling Service and help improve their ability to provide targeted therapeutic interventions.
Amount awarded: £2,890       Contact: Rosemary Henry - Rosemary.Henry@FifeWomensAid.org.uk

**Furniture Plus Ltd – Work Experience Plus**
Furniture Plus offers 8-week work experience placements in partnership with Job Centre Plus, for clients who are finding it difficult to gain employment. The grant will support the development of Work Experience Plus, in which work placements will include one day per week in a fully equipped café, learning much needed low-cost and healthy eating, cooking and food preparation skills.
Amount awarded: £3,000       Contact: Gail Jackson - Enquiries@furnitureplus.org.uk

**Gallatown Gala and Community Group - Soup’n savvy**
The project aims to start up a weekly soup stall, providing local people with a pack and recipe to be able to make a pot of soup for the family. It will run 20 weeks of cooking workshops, to teach local people how to cook healthily on a tight budget, and train four local Food Champions.
Amount awarded: £1,000       Contact: Shuggy Hughes - shuggywah@icloud.com

**Greener Kirkcaldy - Living Well on a Budget**
The project will deliver courses to 16 low-income households in the Kirkcaldy area, in partnership with Fife Community Food Project and Citizen’s Advice & Rights Fife. Courses will teach basic food preparation and cooking skills, raise awareness about nutrition and food choices, and equip participants with healthy recipes that are simple and low cost to make at home. The course will also include a workshop on how to make the most of a limited food budget and a session on basic household money management.
Amount awarded: £5,000       Contact: Suzy Goodsr - suzy@greenerkirkcaldy.org.uk

**Homestart Dunfermline – Infant Massage**
The project will train volunteers to become qualified Infant Massage instructors, who will then be able to deliver Infant Massage classes in the community to parents with babies 6 weeks to 12 months old. It will enable the delivery of group classes in the SW Fife villages as well as Dunfermline, and ensure that 1:1 courses can be delivered in cases where they are proved to be effective.
Amount awarded: £4,261       Contact: Kirsty Richardson - kirsty@hsdunfermline.co.uk

**Kindred Advocay (Fife) - Kindred Fife – Rose Project**
Kindred will offer Local Parent Support Group sessions, for families of children with disabilities and/or long term health conditions. The programme of 10 sessions, benefitting at least 80 participants, will provide parents with key information, an ongoing peer support network, and extra tools and confidence to work out / seek out the best solutions for their families.
Amount awarded: £5,000       Contact: Sophie Pilgrim - Sophie.Pilgrim@kindred-scotland.org
LGBT Health and Wellbeing - Fife LGBT Support Programme
The project will pilot a Fife LGBT Support Programme, building on the findings of the Fife LGBT Needs Assessment (LGBT Health and Wellbeing, February 2016) which identified the lack of social activities, support and information available to LGBT people in Fife. The Support Programme will organise a range of social groups and events, tailored support for individuals, and a monthly ebulletin. The project is co-funded by the Scottish Government.
Amount awarded: £5,000  Contact: Annette Rae - annette@lgbthealth.org.uk

Linton Lane Centre – Community Play Provision
The Linton Lane Centre is used by many family groups in Kirkcaldy. The grant will support the installation of play equipment on an area at the back of the centre, which has become a community play area. Wooden play equipment will encourage and stimulate children’s physical wellbeing. Picnic tables and benches would be included to support parents/carers to sit in, enjoy chatting and having lunch with their children.
Amount awarded: £5,000  Contact: Mandy Henderson

Methilhill Community Children’s Initiative - Adventure Kids
The project will support a sessional worker and provide resources and equipment to enable older children in the outdoor youth club to visit and explore more challenging natural environments. The aim is for the group to visit the Fife coastal path, local hills such as the Lomonds and Largo Law, and woodlands such as Tentsmuir Forest. The group will also participate in a Hill Skills training day with staff from Lochore Meadows, and a first aid training course.
Amount awarded: £3,322  Contact: Shirley Faichney - mcci@hotmail.co.uk

Poppyview Family Centre Out of School – Easter Holiday Club 2016
This funding will allow children to experience new opportunities, which are not readily available in the local area. It will allow the young people to discover the history of some of Fife’s villages and to learn about nature. Zumba and Energy Clubs/Be Active classes will allow the children to experience new forms of physical activities.
Amount awarded: £3,300  Contact: Joyce Gallo - joyce@poppyviewfamilycentre.co.uk

Scottish Christian Alliance (Gilven Services) – Gilven Project (residential housing support services)
The project will train SCA Support Workers in counselling skills (Person Centred Therapy) and mediation skills. It builds on feedback from existing service residents who seek an enhanced housing support role from practitioner staff to help towards independent living; and leading purposeful and gratifying lives.
Amount awarded: £4,900  Contact: David McCue - David.McCue@ScottishChristianAlliance.org.uk

SEAL Association - Seal Digital Comic Book
The Seal Association supports children and young people aged 8-16 from West Fife who are vulnerable because of social isolation and/or inability to cope with difficulties and stress. The project will engage members in an arts and digital media project. They will create a printed comic, learning digital photography and image editing techniques. They will be encouraged to make their own story and to explore the topics of relationships, fitting in, coping with emotions and difficulties.
Amount awarded: £5,000  Contact: Alison Murphy - alison.sealdunfermline@gmail.com
Suit and Pace – The Offline Project
The project will produce a mental wellbeing resource for high school pupils (S1 to S3) for use in social education classes across Fife. The pack will include a series of short films developed with an S3 class at Kirkcaldy High School designed to prompt discussion (the films would be provided on DVD and would also be available online) – these will be accompanied by suggestions for class activities and further information on mental wellbeing provided by SAMH. The pack will then be piloted in six local high schools and revised accordingly, before being offered to all high schools in Fife.
Amount awarded: £4,500  Contact: Beth Hamilton-Cardus - beth@suitandpace.com

WEA Scotland (Fife Association) – Lipreading – Beginners and Improvers
The grant will fund a lipreading programme delivered over 30 weeks (60 hours). Learners will have the opportunity to develop their lipreading skills and to learn other communication tactics that support lipreading. They will have the chance to learn and share coping strategies for everyday situations in a friendly and supportive group of like-minded people, helping to boost their confidence and assertiveness and ability to manage own hearing loss more effectively.
Amount awarded: £5,000  Contact: Caron Hughes - c.hughes@weascotland.org.uk

West Fife Villages Cultural & Heritage Group (WFVC&HG) - Healthy through Heritage Craft
The project targets people in Oakley, an area of high deprivation, who are vulnerable to social isolation. It will offer craft classes, coinciding with the community café, to encourage members of the local community to participate. These will enable local people to come together to reduce isolation, form friendships, enhance their mood, reduce dependency, offer achievement and build self confidence, contributing to their health and wellbeing. The crafts – such as patchwork quilt-making / fused glass windows – will reflect the area’s rich heritage.
Amount awarded: £4,997  Contact: Violet Dunsmore
Appendix 3 – Fairer Health for Fife Outcomes addressed by projects

The 6 outcomes from Fife’s health inequalities strategy 2015-20 are:

1. Vulnerable pregnant women, children, young people and families have reduced risk of poor health outcomes.
2. People experiencing difficult life circumstances have more skills, strengths, opportunities and support to improve their health and wellbeing.
3. Older people have more opportunities and support to maintain their health and wellbeing and to take an active part in community life and improve health and wellbeing.
4. Communities develop local initiatives which create supportive social networks, increase participation in community activity.
5. Neighbourhoods have safe, accessible outdoor and community spaces which are used more by communities to enhance their health and wellbeing.
6. Organisations have an increased focus on creating equal opportunity for good health and provide services and support in ways most likely to reduce health inequalities.

The next page maps the outcomes met by each funded project.
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<tr>
<th>Continuing projects</th>
<th>1</th>
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<tr>
<td>Penumbra Self-Harm Project</td>
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| Health Improvement Training Programme                                              |   |   |   |   | X |   |

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