Fife Health and Wellbeing Alliance

Health Inequalities Funding Report
2016-17
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1. Introduction
Fife Health and Wellbeing Alliance (FHWA) is responsible for managing a health inequalities partnership budget. For 2016-17 this budget was £471,000 as outlined below:

<table>
<thead>
<tr>
<th>Budget Description</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Fife Council Health Inequalities Budget</td>
<td>£144,000</td>
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<tr>
<td>(previously Choose Life)</td>
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<tr>
<td>NHS Fife Health Improvement Fund</td>
<td>£327,000</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>£471,000</strong></td>
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</table>

The budget is administered on behalf of FHWA by the Health and Wellbeing Funding Group. This is a partnership group of staff from Fife Council, NHS Fife and Fife Voluntary Action. Advice and agreement on appropriate processes and procedures is provided by Fife Council Community Investment Team and NHS Fife Finance.

This report sets out:

- the funding approach
- distribution of funds in 2016-17
- key areas of work, achievements and learning.

2. Approach to distribution of health inequalities funds
In previous years, FHWA managed a significant funding programme (over £1m per annum) made up of contributions from Fife Council, NHS Fife and Fairer Scotland Fund. When the Fairer Scotland Fund contribution ended in March 2015, the decision was taken that the budget should instead be used to better support FHWA’s core remit: influencing and supporting organisations to work in ways most likely to reduce health inequalities, implementing *Fairer Health for Fife*: Fife’s health inequalities strategy 2015-20.

Since April 2015, FHWA funding has been allocated a) to increase understanding of key health inequalities issues and b) to support organisations to work differently to reduce health inequalities.

A key component of the funding approach is the Health Inequalities Partner Programme, launched in November 2015 and running to March 2018. This offers organisations or services the opportunity to work in partnership with FHWA to identify how their work contributes to reducing health inequalities, what they might do differently to increase their impact on health inequalities, and to test, evaluate and embed new ways of working.

Funds have also been allocated to research key health inequalities issues and to help develop new delivery models to address health inequalities.

FHWA’s responsive and flexible funding approach supports innovation and different ways of working. It means however that there is less certainty around spend and budget setting. In the last two financial years, FHWA has approved the use of underspend for a one-off health inequalities grant programme to stimulate innovation in the third sector, administered in partnership with Fife Voluntary Action.
3. Funding awarded 2016/17
Health inequalities funds in 2016-17 were allocated to:

- staff posts (part-time development and policy posts, and a contribution to the KnowFife Dataset Coordinator post)
- innovation and development:
  - health inequalities partner programme
  - one-off third sector grants programme
- suicide prevention work
- workforce development
- research into key health inequalities issues
- publicity, awareness raising and communications

Amounts allocated are set out in Appendix 1.

All funded projects and partnerships were required to show how their funded activities contribute to the outcomes of Fairer Health for Fife, Fife’s health inequalities strategy 2015-20. Spend is monitored on a six-monthly or annual basis against a financial profile outlined at the beginning of each financial year.

Projects funded through the 2015-16 one-off grants programme ended in March 2017. A summary of completed projects can be found at Appendix 2.

4. Key health inequalities work areas 2016/17

4.1 Food insecurity
Household food insecurity – people not having the confidence that they can access sufficient quantity or quality of food – is an increasingly important issue in Fife. Health inequalities funding was used to:

- commission research into food insecurity in Fife, to build a better understanding of the extent of the issue and of the initiatives in place to tackle it, to inform the development of a coherent approach to food insecurity in Fife;
- support and evaluate the Fife Community Food Project, which plays a unique role in developing and supporting initiatives to address food insecurity in Fife.

Food insecurity research
The ‘Food Insecurity in Fife’ research was carried out by Iconic Consulting and published in August 2017. The research found that:

- at least 24,300 adults (16+) in Fife could be living in food insecure households. The actual numbers may in fact be higher, as approximately 45,400 people (adults and children) are income deprived in Fife
- there is an inextricable link between household food insecurity and income-related issues including changes to the welfare system, rising living costs, increasing food and energy costs, low wages, and job insecurity. An increase in food insecurity is expected with the rollout of Universal Credit in Fife
other factors that contribute to household food insecurity include limited availability of and access to retailers selling affordable, nutritious food; access to transport; access to cooking, storage and preparation facilities; and appropriate skills and knowledge relating to nutrition and the preparation of meals.

- food insecurity has a detrimental impact on health: poor diet is a risk factor for obesity, cancer, coronary heart disease and diabetes.

The research reviewed measures in place to mitigate the effects of food insecurity. It highlighted the work of the eight foodbanks, and other initiatives in place such as community cafés and growing projects.

A briefing note and the full report can be found at [www.healthyfife.net/food-insecurity-fife-research/](http://www.healthyfife.net/food-insecurity-fife-research/).

The research highlighted the unique role played by Fife Community Food Project (FCFP). FCFP works with people facing difficult life circumstances to build knowledge and skills around affordable, healthy food, primarily in the most deprived areas of Fife; and trains a network of Food Champions who work with their local communities to share knowledge and skills. The two Development Workers also provide extensive support to organisations or groups seeking to build a health/healthy eating dimension into their provision or activities, and are a key source of knowledge and expertise around food insecurity in Fife.

**Fife Community Food Project – support and evaluation**

FCFP was supported under the FHWA Health Inequalities Funding Programme 2012-15 and since then has received grants from a small number of Local Area Committees.

FHWA provided some support to FCFP in 2016-17 on the basis that the work of the project would contribute to our developing a more coherent approach to food insecurity in Fife. An evaluation was commissioned which found that:

- FCFP has consistently delivered the outcomes set for it. It has aimed the support at areas recognised both at a Scottish level (SIMD) and a Fife level as being priority areas.
- The project has successfully targeted key groups and individuals at risk of health inequalities, including low income families, young people, carers, homeless and care-leavers.
- Partnership working has been key to delivery of FCFP’s activities, indeed, it plays a critical role in linking and supporting efforts to tackle food insecurity in Fife. FCFP’s established expertise in this area is a double-edged sword: many projects rely on the input of FCFP but often do not recognise or identify the Project as being a partner or having input.
- Large numbers of people have been helped over the lifetime of the project. The Food Champions training programme has successfully trained staff and volunteers to deliver healthy eating messages and skills in their own communities.
- It is accepted that food insecurity and its causes are very complex and it is not going to be eradicated in the near future. There are specific groups of people who are more likely to find themselves facing food insecurity who access support in a variety of ways, from a variety of people - often from those with whom they have already built a working relationship. The Food Champions network capitalises on these ongoing relationships.
Links with Fairness Matters and A Menu for Change

The report of the Fairer Fife Commission, Fairness Matters, is directing much of the work on poverty and inequality in Fife. A Fairer Fife Action Plan was developed, based on the 20+ priority recommendations from the report, and a Leads group meets regularly to review progress towards milestones.

FHWA’s work as described above has helped raise awareness of the importance of food insecurity, which did not appear as a priority in the original Fairness Matters report. It has now been agreed by Fife Partnership Executive Group (which acts as the Board for the Fairer Fife Action Plan) that food insecurity should be included as a priority action with the plan.

A steering group has been gathered together, comprising food, health, advice and poverty experts, which will agree the long-term ambition and short-term actions to be taken to address food insecurity in Fife.

The proactive approach to food insecurity led by FHWA has also contributed to Fife’s being chosen as one of three local authority areas (with Dundee City and East Ayrshire) chosen to participate in a new project, ‘A Menu for Change’. The project is led by a partnership of four national organisations – Oxfam Scotland, Child Poverty Action Group in Scotland, Nourish Scotland and The Poverty Alliance – and funded by Big Lottery. It aims to develop different responses to food insecurity, encouraging a shift away from emergency food aid towards preventative and rights-based measures which increase the incomes of people facing crises, and support them to feel able to access food in a dignified way. As well as challenging and improving current practice, it should provide an opportunity share some of the good experiences and initiatives underway in Fife.

4.2 Employability and good quality work

Unemployment is a key determinant of poor health; but evidence shows that poor quality work can be just as damaging for mental health, or even more so. FHWA’s work in this area has had two strands:

- work with Fife Employability and Training Consortium (Fife ETC) to increase their effectiveness in reducing health inequalities
- research into the ageing workforce in Fife, commissioned in partnership with Health Promotion Service’s Workplace Health Team and carried out by Napier University.

Supporting Fife ETC to reduce health inequalities

Fife ETC is a partnership of eight third sector organisations which provides a range of employability services to people in Fife. They expressed interest in working with FHWA through the Health Inequalities Partner Programme, to establish a coherent approach to measuring health and wellbeing of clients, and to identify what measures would increase their effectiveness in reducing health inequalities. Through the partner programme, we have:

- undertaken research into tools currently used by employability services to gather health and wellbeing information
- started to develop a suite of measures to be used across the consortium
- initiated an innovative programme of community-led participatory research to identify how employment services might work better to support those facing health inequalities.
The participatory research strand is led by a group of individuals with experience of long-term unemployment. Over the last few months they have been trained in research and facilitation techniques and have designed the scope, focus and research questions for focus groups and one-to-one interviews in Kirkcaldy and Glenrothes.

The process is giving this often unheard group a voice, enabling them to recognise the skills they already have and to develop new ones, allowing peer support between members of the group and, crucially, helping us identify key areas for service redesign.

The research will be completed in early November 2017. Changes to service design and delivery, emerging from the findings, will be piloted and evaluated with Fife ETC members in early 2018.

**Ageing workforce research**

An ageing population will have a significant impact on labour market and employment practices. Increasing numbers of older workers (those aged 50 plus) are remaining in work as a result of the abolishment of the Default Retirement Age and the rising State Pension Age. Many would like to work beyond the standard retirement age because of economic and social reasons, although they might wish to work more flexibly. Employers play a crucial role in facilitating the extension of working lives.

FHWA funding supported research, commissioned by the Workplace Team, Health Promotion Service, Health and Social Care Partnership, that aimed to investigate current knowledge, understanding and management of an ageing workforce and older workers amongst workplaces in Fife. The research was carried out by the Employment Research Institute at Edinburgh Napier University.

The research found that the working population in Fife is ageing in line with national trends. Despite these trends, the ageing workforce has not been effectively addressed through the development or review of workplace policies and practices. While employers are aware that the ageing population will affect their workforce, they have not considered the suitability of the workplace for older workers.

Only a small minority of those workers interviewed considered themselves to be older workers. Physical limitations however were generally discussed as a barrier to continued participation in the workplace.

The research findings and report were launched at an event in August 2017. Stakeholders, service providers and the private sector as well as those who had contributed to the research considered the policy and practice recommendations. The Workplace Team are now formulating an action plan.

**4.3 Mental wellbeing**

A significant area of focus this year has been work to improve knowledge and understanding of mental health issues amongst services. FHWA funding in this area has supported:

- Better than Well, a new approach to helping people affected by trauma
- A range of suicide prevention work
- Mental health training, delivered through the Health Promotion Training Programme
- A number of one-off third sector projects linked to mental wellbeing
**Better than Well**

There is increasing national and international recognition of the impact of Adverse Childhood Experiences (ACEs) on health outcomes in adulthood. In 2016/17 FHWA funded support for services to become ‘trauma-informed’.

From April to September 2016 a new GP referral pathway was piloted, in which self-help coaches from LinkLiving, working under supervision of NHS Fife Psychology, offered safety and stabilisation for those who had experienced trauma. This was positively evaluated, but some potential improvements were identified. FHWA funding enabled a second six-month pilot, from October 2016 to March 2017, to modify the existing referral pathway and work with health and social care providers to improve awareness and understanding of trauma-informed approaches.

The modified referral pathway (which did not distinguish between those who had and had not disclosed trauma) was found to be a more effective approach. Positive impact of the sessions on individuals’ mental wellbeing was evidenced through use of the Hospital Anxiety and Depression Scale (HADS) and Clinical Outcomes Routine Evaluation (CORE – 10 Screening), assessments being carried out at the beginning of sessions and at case close. In addition, clients reported a number of outcomes including improved family relationships, increased confidence and self-esteem, increased control of daily life and improved ability to manage long term health conditions.

Individuals were followed up three months after discharge to assess the ongoing impact. Clients reported using the techniques and tools they had adopted during sessions and felt more able to manage dips in anxiety and depression. Where individuals were referred on to other services for specialist support, these organisations reported that their engagement with these clients was more effective as individuals were more stable, using the tools to cope with anxiety, depression and other symptoms of trauma.

In terms of increasing awareness of trauma-informed approaches amongst professionals, the project engaged with four GP practices, with Link Workers at the new Levenmouth Hub, and with a range of third sector organisations. These activities highlighted the need for increased awareness amongst professionals and some resourcing challenges, particularly around how GPs are enabled and supported to engage in learning activity and networking opportunities.

In addition, the FHWA-funded project has influenced:

- the initiation of a small test of change project, Realising our Resilience, which will take a trauma-informed approach to supporting people affected by homelessness
- the development of Trauma Awareness training, which will be delivered in-house to LinkLiving care and support staff
- the development and submission of a funding bid to the Survivor Support Innovation and Development Fund to expand the service in two areas of Fife (result imminent).

The work was presented at a meeting of Fife Health and Wellbeing Alliance in March 2017.

**Suicide prevention work**

FHWA funding supports suicide prevention work in Fife, which focuses on awareness-raising activities and partnership working to ensure the best support for people at risk.
A wide range of advertising and promotional activities have been organised in support of the Suicide Prevention Week national campaign in September each year and at other times. This has included:

- advertising in Fife Stagecoach buses and at Kirkcaldy, Dunfermline Town and Inverkeithing railway stations
- advertising in the matchday programme of East Fife Football Club and distribution of key message cards at the home games of all four senior football clubs in Fife on 12th Sept 2015
- information stands at freshers’ events at Fife college and university campuses
- distribution of posters and key message cards to GP surgeries, pharmacies, libraries, and leisure centres
- design, production and distribution of the Keeping Connected Fife leaflet and a companion leaflet for younger people.

FHWA also provided support for two ‘See Me’ walks in March 2017, designed to raise awareness and challenge stigma around mental health.

The Fife Choose Life multi-disciplinary steering group meets three or four times a year. This has enabled connections to be made between partner organisations and has facilitated joint working. An example of this is the offer of a follow-up telephone call from the Samaritans for those discharged from the Unscheduled Care Assessment Team without a psychiatric diagnosis. This service has proved popular with clients.

A successful event promoting the work being carried out in Fife and nationally was held in May 2016. This was well attended by people from social work, NHS, Police Scotland, and the voluntary sector.

FHWA funding also helped support the Fife Adult Self-Harm project operated by Penumbra. The project provides support to people aged 18+ who have been involved in a recent self-harming incident, ranging from information giving and signposting to other organisations to one-to-one brief therapy sessions. Small grants were given to both Fife Samaritans branches which provide confidential, non-judgemental emotional support 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

A pack to be given to those recently been bereaved by suicide has been devised. This consists of the After a Suicide booklet published by SAMH, a copy of the Fife Council Tell Us Once leaflet and details of appropriate local and national support organisations. It is planned that this will be distributed by police officers when they visit families, but only when they are satisfied that those concerned would be happy to receive such information.

Mental health training

FHWA funding has supported the Health Promotion Service to deliver a number of mental health courses such as ASIST, safeTALK, Scottish Mental Health First Aid, and courses on understanding self-harm. These are offered as part of wider Health Promotion Training Programme (see Workforce Development section).

The mental health courses are regularly oversubscribed and have been favourably evaluated.

Third sector projects

A significant number of one-off projects this year had a mental wellbeing focus. These included work by Fife Women’s Aid to increase understanding of the impact of trauma amongst staff and volunteer counsellors; the extension and tailoring of the ‘Employ Your Mind’ vocational rehabilitation programme to include 13 individuals with mental health problems on Community Compulsory
Treatment Orders (Fife Employment Access Trust in partnership with NHS Fife); a number of projects focusing on young people’s mental wellbeing. (See project summaries at Appendix 2.)

In June 2017 the young people’s projects were brought together with representatives of Education & Children’s Services and the new Our Minds Matter initiative in a mutual learning event.

4.4 **Workforce development**

Strengthening understanding of the determinants of health, and what works in reducing health inequalities, is a key aim of the health inequalities strategy, *Fairer Health for Fife*, and the work of FHWA.

Workforce development activities funded by FHWA have comprised these three components:

- Health Promotion Training Programme
- Capability Accelerator
- Extension of FORT (the Fife Online Referral and Tracking System)

**Health Promotion Training Programme**

Fife’s Health Promotion Training Service lead on the provision of learning and development opportunities which enable the wider workforce in Fife to enhance their role in improving the health of Fifers and reducing the health inequalities gap.

During 2016-2017 the team worked in partnership with a wide range of local services and organisations to deliver 118 training courses and 23 bespoke workshops attended by a total of 2379 local workers. It also led on the organisation and commissioning of a Poverty Awareness Training Programme (a recommendation of ‘Fairness Matters’). This involved the delivery of 26 training courses and workshops to 483 people, the production of an e-learning module and an online resource with supporting information.

The collaborative approach to learning and development continues to contribute to the success and positive feedback that the programme receives. 88% of course participants rated the course that they attended as very or extremely useful overall. Training courses and workshops capitalise on local expertise and provide a forum for sharing learning and reflection on how to improve practice.

Providing bespoke workshops and e-learning opportunities has helped to increase access to learning for certain sectors of the workforce. However, there are still challenges in reaching some key staff groups including teachers, social workers and hospital based staff. The team is working to address these challenges in 2017/18.

**Capability Accelerator**

Designed to improve the competences of key staff involved in progressing the health inequalities agenda in Fife, a bespoke workshop was held in March 2017 which introduced staff to a number of powerful tools for bringing about change in organisational practice. Since then, participants have been meeting in regular Action Learning Sets, to challenge and support each other’s practice.

The sets will come together in late September to assess the success of the Capability Accelerator and draw out learning.
Extension of FORT

Referral and signposting between agencies and across the advice and rights sector can often be patchy and ad hoc, and be dependent upon personal relationships between frontline agency staff. Fife is in a unique position to have the Fife Online Referral and Tracking System (FORT).

The FORT system provides a consistent and routine electronic referral and signposting service. It allows for the management of shared information on individuals between agencies in the voluntary and public sectors. The system creates heightened awareness of the importance and effectiveness of joint working and information sharing, supporting agencies and staff to work within their own competency or areas of expertise, whilst aiding the development of a broader understanding and use of other services.

FORT has been in operation in Fife for a number of years, though NHS Fife signed off approval for staff to use the system in January 2015. The FORT system can also play a key role in underpinning secure referral processes in the Health and Social Care Partnership. In 2016/17 FHWA allocated £15,000 to FORT to facilitate these developments. To date the focus has been on those staff with a community facing role. A key success has been adding NHS addiction staff to the Alcohol and Drugs Partnership (ADP) triage CRM.

Other workforce development activities

In February 2017 FHWA supported a joint event bringing together the Employability and Health and Social Care Forums, which focused explicitly on health inequalities.

Following the interest stimulated by an international Participatory Budgeting (PB) seminar in Edinburgh in November 2016, FHWA organised a seminar on PB and health inequalities, in March 2017. A follow-up ‘masterclass’ enabled those working actively in Fife on participatory budgeting to come together, share practice and plan a strategy for embedding PB in Fife.

4.5 Developing new models of provision

FHWA funding has helped support the development of new models of provision, which take the strain from mainstream services and help support people at point of need, before problems escalate.

The trauma pilot, Better than Well (described above) is one of these.

In the case of Footcare Fife, FHWA funding is helping a successful alternative model of delivery to take the next step to setting up as a sustainable social enterprise. The scheme provides basic footcare services in six venues across Fife, so that older people can maintain their physical and social activity levels, preserve their independence and to prevent more costly treatments/interventions further downstream as a consequence of limits imposed upon their lifestyles due to poor footcare. These have proved extremely popular, with the result that staffing resource has been expended in meeting demand rather than developing sustainable systems and processes. FHWA provided funding to set up a sustainable model of personal care provision, comprising:

- an electronic booking system with client management database to deliver efficiencies
• administrative support hours to free up the co-ordinator to be able to focus on volunteer recruitment, training and management and venue development
• promotional materials that specifically supports recruitment and promotion.

With time and additional resources Footcare Fife aims to grow to provide the service more often in existing venues, expand to 12-15 venues across Fife, delivering around 12,000 appointments per annum and helping approximately 2,000+ clients throughout Fife with their toenail cutting.

Funding for Footcare Fife was allocated towards the end of 2016/17, so the work is ongoing.

The third sector one-off grants programme has also created opportunities for new models to be devised and tested. CRUSE Bereavement Care, for example, received funding for an Early Bereavement Support Group. The grant was used to design, develop and implement a new, facilitated support group in Methil. This was positively evaluated and has highlighted the importance of social support following bereavement, as well as counselling. Cruse now plans to roll out the model to other parts of Fife.

5. Conclusions and next steps
Health inequalities funding in the financial year 2016/17 has produced a number of important results. It has enabled us to learn more about, raise awareness of and move forward key health inequalities issues. It has stimulated innovation, as organisations and services think about how to work more effectively to reduce health inequalities (with less resource). It has enabled new collaborations, and new models of delivery to be developed and tested, and supported the meaningful involvement of communities in how services are reshaped.

Although the size of the health inequalities funding pot is modest, this space for innovation is important if we are to change the way organisations work in Fife.

The Partner Programme has been a new approach for FHWA, taking us away from the conventional ‘top-down’ funding model. The Funding Group has worked hard to ensure that flexibility is coupled with appropriate quality assurance. In order to learn more from experiences to date, an evaluation of the Partner Programme approach will take place over coming months.

Mental wellbeing has, not surprisingly, been an important theme across all parts of the funding programme. The response to Better than Well and the programme of mental health training courses offered through the Health Promotion Training Programme shows that more work is needed to raise awareness and increase knowledge and skills around mental health - in particular the impact of trauma. FHWA has dedicated funding in 2017/18 to the Health Promotion Training Programme and to further work on developing a trauma-informed workforce.
Appendix 1 - Health Inequalities allocations and spend 2016/17

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<th>Health Inequalities Funding 2016-17</th>
<th>2016-17 budget*</th>
<th>2016-17 expenditure</th>
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<tr>
<td>Fife Council Health Inequalities Budget (previously Choose Life)</td>
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<td>£471,000</td>
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<td>Total</td>
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<th>Budget Heading</th>
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<td>a) Health inequalities partner programme</td>
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<td>Total</td>
<td>£470,000</td>
<td>£363,465</td>
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* budget approved by FHWA March 2016
Appendix 2 - Fife Health & Wellbeing Alliance Health Inequalities Programme One-Off Grants (projects completed March 2017)

**Burntisland Community Council - Burntisland Inclusive Playpark Project**
The grant contributed towards the creation of a new play area, which now offers inclusive play for young children with mobility, sensory and learning impairments. Disabled children can now play alongside their peers and siblings at the park, providing benefits for their physical health, socialisation and emotional wellbeing.

*Health inequalities outcomes: 2, 4, 5*

Amount awarded: £5,000  
Contact: Claire Campbell

**Centre for Stewardship - Reaping the health and wellbeing benefits of communal lunches**
This grant allowed the Centre to run a series of communal lunches which encouraged volunteering and promoted health and wellbeing. Using healthy seasonal produce from the Estate, the lunches brought together staff, apprentices and other young people on placement, existing volunteers and new and potential volunteers. Participants were encouraged to help with the preparation of lunches, developing new skills and securing health and hygiene certificates.

*Health inequalities outcomes: 2, 3, 4*

Amount awarded: £2,320  
Contact: Helen Lawrenson - helen@centreforstewardship.org.uk

**CLEAR Buckhaven – Healthy, Wholesome Buckhaven**
This project aimed to complement CLEAR’s existing programme of work with a specific and sustained focus on healthy nutrition and exercise. Activities for local individuals and families included regular active outdoor volunteering sessions, distribution of fruit and vegetables, encouraging people to engage in growing healthy food at home and in public spaces, yoga classes, cycle repair clinics and a range of outdoor and indoor open days promoting physical activity and healthy eating. The project helped CLEAR to test different approaches to involving local people. They will use this learning in developing future work.

*Health inequalities outcomes: 1, 4*

Amount awarded: £3,940  
Contact: Allen Armstrong - CLEARFife@aol.com

**Clued Up – Easter, Summer and October Group Work 2016**
The grant supported outdoor education activities, including a 2-day expedition, for young people aged affected by substance use, most of them from deprived areas of Fife. It enabled them to participate in new experiences, learn independent living skills, teamwork and peer support, and build confidence and self-esteem. “All of those who took part have benefitted enormously and this has had an impact in other areas of their lives... The members of the group have become more confident, resilient and are able to deal with situations they find themselves in more appropriately. This has improved relationships within their lives and also enhanced their relationship with their one to one workers. Most of the young people have also made lifestyle changes and are no longer opting to partake in anti-social behaviour. Instead they have joined local groups as well as sporting organisations, whilst others have improved attendance and attitude in school.”

*Health inequalities outcomes: 1, 2*

Amount awarded: £5,000  
Contact: Laura Crombie - info@cluedup-project.org.uk
CRUSE Bereavement Care Scotland, Fife – Early Bereavement Service (Children & Young People)
The grant enabled CRUSE to support 21 children and young people from the ages of 5 to 18, and their families, and to recruit and train three Fife-based volunteers in the specialist skills needed to work with children and young people affected by bereavement. This investment will enable many more children and young people to be supported in future.
“\textit{I was very scared that mum would die too and I was scared to tell her, but I was able to tell Elizabeth (her Cruse counsellor)}” - client aged 12, whose father died suddenly
\textit{“I am so grateful to Cruse, I have my son back again”} – mother of a young child who had lost his father as a result of a Road Traffic Accident
\textbf{Health inequalities outcomes: 1, 2}
Amount awarded: £3,970 Contact: Munwar Hussain - munwar.hussain@crusescotland.org.uk

CRUSE Bereavement Care Scotland, Fife – Early Bereavement Support Group
The grant was used to design, develop and implement a new, facilitated support group in Methil. This was positively evaluated and has highlighted the importance of social support following bereavement, as well as counselling. Cruse now plans to roll out the model to other parts of Fife.
\textbf{Health inequalities outcomes: 2, 6}
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 What’s for Tea project worked with 26 young people aged 11 to 19 to develop knowledge and skills around food and the impact on health and wellbeing. Working with a local tutor, the group created their own clean eating cookbook for other young people to use. By taking part they achieved their Dynamic Youth Awards and gained life skills for future independent living. \textit{“This project has been a fantastic opportunity for the young people to learn more about the impact of food on our bodies, mood and abilities. The young people that we have engaged with over the past 12 months now have a more open mind to trying new foods and a wider knowledge on making positive food choices and the impact this can have on them.”}
\textbf{Health inequalities outcomes: 2, 6}
Amount awarded: £2,750 Contact: Gemma Frail - cuparyouthcafe@hotmail.co.uk

Fairway Fife – Fairway Fife’s Health Living Initiative
The grant enabled Fairway to integrate a new healthy living dimension to their peer support project, which pairs a young disabled person (aged 16-25) with a non-disabled peer of similar age. For the first time, participants and their mentors took part in a range of activities such as Zumba, swimming, healthy cooking classes, walking, tennis and bowling – activities which are often difficult or impossible for disabled people to access through mainstream routes. \textit{“The Mentees and Mentors benefitted from the programme by improving their fitness levels, offering a different thought process that exercise can be fun and increased independence from the learning of how to cook simple healthy meals and snacks... Staff have learned to be more creative in their approach when offering the range of activities and a greater understanding of what can be achieved... We are now looking to introduce a section into our mandatory induction training looking at health inequalities and how, within their role they can help to reduce this.”}
\textbf{Health inequalities outcomes: 2, 6}
Amount awarded: £5,000 Contact: Jaqui Turner - fairwayfife1@gmail.com
FEAT Trading CIC – Enabling Minds
The grant funded two courses offering exercise and psychologically based interventions for seven people with complex, severe and enduring mental health conditions, who were not engaged in any form of therapeutic or community-based activity. 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. The project also provided training for the staff team, who now have the skills to deliver elements of the course in-house.

Health inequalities outcomes: 2, 4
Amount awarded: £4,199  Contact: Duncan Mitchell - Duncan@journeytowork.co.uk

Fife Carers Centre – Carers Health and Wellbeing
The grant enabled unpaid adult carers who had identified issues around their physical or emotional wellbeing to have access to complementary therapies (48 carers) and a stress management workshop (12 carers) held weekly over six weeks. The sessions were intended to 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; to improve community links and relationships within their family; and in so doing to avoid carers reaching a ‘crisis point’ and the need for far more extensive support.

Health inequalities outcomes: 2
Amount awarded: £4,500  Contact: Mhairi Lochead - Mhairi.Lochhead@fifecarers.co.uk

Fife Carers Centre – Carers Week Coastal Path Walk
The grant was used to support a community walk of the Fife Coastal Path during Carers Week in June 2016. As well as raising awareness, the walk created opportunities for carers to meet, be physically active and provide mutual support.

Health inequalities outcomes: 2, 4
Amount awarded: £1,000  Contact: Helen McFadden - helen.mcfadden@fifecarers.co.uk

Fife Employment Access Trust – Employ Your Mind II
The grant enabled FEAT in partnership with NHS Fife to extend and tailor the generic ‘Employ Your Mind’ programme (a six-month vocational rehabilitation project) to include 13 individuals with mental health problems on Community Compulsory Treatment Orders (CCTO), who tend to have limited access to pre-employment training and the benefits employment brings. “This work made us more aware of added inequalities faced by those who also have criminal convictions or are subject to CCTOs for other reasons, such as potential to cause harm to oneself… Whilst CCTOs can be a useful stepping stone to managing without the need for future support, they can add to the stigma and discrimination the individual already faces due to their condition.”

Health inequalities outcomes: 2, 6
Amount awarded: £3,900  Contact: Duncan Mitchell - Duncan@journeytowork.co.uk

Fife Employment Access Trust – NIDMAR
The grant funded intensive training over 10 days for 30 frontline workers from a range of Fife-based organisations to work towards the Certified Disability Management Professional (CDMP) qualification with the National Institute for Disability Management and Research. The course increased workers’ knowledge, confidence and understanding of supporting people with disabilities to gain and sustain employment. “I have a better understanding of the barriers faced by people with chronic/long-term illnesses. I also feel we all have (participants on the course) an internationally recognised effective model of return to work management that will support people facing health
inequalities to better included and represented in the workplace.”

Health inequalities outcomes: 2, 6
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 contributed towards the costs of employing a part-time Volunteering Development Officer to lead on delivering and developing a new volunteer in-work mentoring programme, Mentors in Work. 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 focuses on clients and volunteers from the Cowdenbeath area. To date, a number of volunteers have been recruited and have received mentoring and mental health resilience training. (The project is co-funded by Cowdenbeath Local Area Committee and will continue until August 2017.)

Health inequalities outcomes: 2, 4
Amount awarded: £5,000  
Contact: Pegs Bailey - pegs@fifevoluntaryaction.org.uk

Fife Young Carers – Health and Wellbeing Event for Young Carers
The grant was used to run an event for young carers, to provide the opportunity for respite from caring whilst gaining skills and information to enable them to improve their mental and physical health. 58 young carers were able to take part in a range of workshops / activities, including cooking, dance, football, self-esteem and resilience. 97% of participants said they had enjoyed the day, and 75% said they had gained skills that would help in their caring role. The young carers identified a number of further training needs, which Fife Young Carers are now following up.

Health inequalities outcomes: 2, 4
Amount awarded: £5,000  
Contact: Nina Collins - nina@fifeyoungcarers.co.uk

Fife Women’s Aid - Comprehensive Resource Model (CRM): Training for Trauma
The grant was used to cover the cost of highly specialist training that has been demonstrated to assist clients in recovery from complex trauma. FWA Counselling Service clients are amongst the most vulnerable women in society. Those individuals with the most severe mental health challenges seem to be the least likely to be able to access help, and the more severe the issue, the more likely it is that the women will not engage, or they will drop out of treatment very early. The training has increased the skills and knowledge of the counselling team, enabling them to assist clients in tackling deep seated trauma and to help effect reliable change with individual clients. In early reporting, the Counsellors have noted that CRM techniques are effective with around 90% of clients.

Health inequalities outcomes: 1, 2
Amount awarded: £2,890  
Contact: Rosemary Henry – Rosemary.Henry@FifeWomensAid.org.uk

Gallatown Gala and Community Group - Soup’n savvy
The grant supported 20 weeks of cooking workshops, teaching people how to cook healthy meals on a limited budget. In all 17 local people took part in the workshops. “They had fun, grew in confidence and all shared that they felt far more able to cook healthily and cheaply at home, including being able to plan ahead and budget accordingly.” Five volunteers were trained as Food Champions, to help and support local people taking part in the workshops. Three of them will lead a new series of workshops starting in June 2017.

Health inequalities outcomes: 1, 3, 5
Amount awarded: £1,000  
Contact: Shuggy Hughes - shuggywah@icloud.com
Greener Kirkcaldy - Living Well on a Budget
The project worked in partnership with Fife Community Food Project and Citizens Advice and Rights Fife (CARF) to deliver courses to 17 participants: young people living in supported accommodation, lone parents and a group at Rosslyn Lodge, a facility for homeless women offenders who require intensive support. The Living Well on a Budget course teaches basic food preparation and cooking skills, raises awareness of basic nutrition, and equips participants with confidence to make simple and low cost meals at home. Participants were offered a session on basic household management, a benefit check with CARF, and advice on energy saving.

Health inequalities outcomes: 2, 4
Amount awarded: £5,000 Contact: Suzy Goodsir - suzy@greenerkirkcaldy.org.uk

Homestart Dunfermline – Infant Massage
The grant enabled three volunteers to receive International Association of Infant Massage accredited training and to deliver Infant Massage classes in Dunfermline and SW Fife to parents with babies 6 weeks to 12 months old. In all, 9 five-week classes were delivered, involving 59 parents and babies. Infant Massage promotes good attachment and bonding, and can increase parents’ confidence in their ability to interact with and care for their baby. “Being given the grant to train volunteers in Infant Massage and pay for some additional training and staff time has been invaluable to our organisation, and the support that we can offer to families in the community... we are now confident that we can provide a professional service, which is being well used for families in the community, which provides health and wellbeing benefits that are in addition to and complement other universal health service provision.”

Health inequalities outcomes: 1, 4
Amount awarded: £4,261 Contact: Kirsty Richardson - kirsty@hsdunfermline.co.uk

Kindred Advocacy (Fife) - Kindred Fife – Rose Project
Kindred Advocacy supports families of children with disabilities and/or long-term health conditions. In 2015 Kindred Fife supported 156 families, with a total of 166 disabled/sick children. Over a third of Kindred users are single parents and many parents themselves experience poor health, especially poor mental health. Many have to give up work because of the caring responsibilities. The FHWA grant enabled Kindred to add to their core work by running a number of group events in different parts of Fife, providing key information and peer support for a total of 270 parents/carers.

Health inequalities outcomes: 1, 2
Amount awarded: £5,000 Contact: Sophie Pilgrim - Sophie.Pilgrim@kindred-scotland.org

LGBT Health and Wellbeing - Fife LGBT Support Programme
The project piloted 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 organised regular social group meetings, social events to mark key events in the LGBT calendar, tailored support for individuals, and a monthly ebulletin. The project was co-funded by the Scottish Government.

“This has been an absolute godsend to me. It’s given me the chance to be myself out in the real world and to have at least some sort of social life. I’ve made new friends, of both genders, and look forward so much to us all getting together... The thought of returning to that pre-group loneliness fills me with dread.”

Health inequalities outcomes: 2, 6
Amount awarded: £5,000 Contact: Annette Rae - annette@lgbthealth.org.uk
Linton Lane Centre – Community Play Provision
The grant was used to build play equipment for under-5s, creating a safe community play area for the many local groups and families who use the Centre. A community consultation had identified the lack of safe play area in the Templehall area, and the many families living in flats with little access to gardens.

**Health inequalities outcomes: 1, 5**
**Amount awarded: £5,000**
**Contact: Mandy Henderson**

Methilhill Community Children’s Initiative - Adventure Kids
The project supported a sessional worker and provided equipment to enable 24 young people to take part in a range of challenging outdoor activities. A high percentage of children participating in the Adventurers’ Club live within areas of high deprivation, and the group included cared for children, children with challenging behaviour, children diagnosed with ADHD, ASD and a partially sighted child. The young people learned a range of outdoor skills including map reading and compass skills, plant identification, fire building and safety outdoors. They developed their self-confidence, resilience and team working skills, and learned about healthy, active lifestyles.

**Health inequalities outcome: 2**
**Amount awarded: £3,322**
**Contact: Shirley Faichney - methilhillyouth@outlook.com**

Poppyview Family Centre Out of School – Easter Holiday Club 2016
The grant allowed children to experience new opportunities which are not readily available in the local area. 97 children are currently registered for out of school care with up to 36 children attending on any given day. The children were involved in all areas of the planning of the holiday club and were given the opportunity to vote for their favourite activities which promoted independence and a sense of responsibility. The children were offered the opportunity to keep a journal - this was a great way of them evaluating their activities and sharing experiences with parents/carers.

**Health inequalities outcomes: 2, 4**
**Amount awarded: £3,300**
**Contact: Joyce Gallo - joyce@poppyviewfamilycentre.co.uk**

Scottish Christian Alliance (Gilven Services) – Gilven Project (residential housing support services)
The project enabled SCA Support Workers to be trained in Counselling, Conflict Resolution and Mediation Skills. It built on feedback from existing service residents about the support they require to work towards living independently. The training has helped staff develop their skills, confidence and resilience in providing key work support, and has improved the way in which they manage and resolve conflict.

**Health inequalities outcomes: 2, 6**
**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. In this project, 25 young people worked with a professional digital artist to write stories, create models, act and photograph their own stories, which were then made into a comic. This was a new way of working for SEAL and it enabled the young people to express their ideas and explore themes important to them in new ways, and to build their confidence and skills.

**Health inequalities outcomes: 1, 2**
**Amount awarded: £5,000**
**Contact: Alison Murphy - alison.sealdunfermline@gmail.com**
Suit and Pace – The Offline Project
The grant was used to develop 5 YouTube-style videos to be used as part of a mental wellbeing resource aimed at S1 to S3 pupils in Fife. The team worked with an S3 class from Kirkcaldy High School to produce the five films, using their ideas and improvisations as the basis for the films. They developed a range of discussion based activities to accompany the films and created 5 session plans for use in social education classes – each session plan paired with one of the 5 films. All high schools in Fife were offered a free hard copy of the resource, a PDF copy of the resource and a session where we would speak to their social education teams to brief them on the pack and how best to use it. The briefing sessions are ongoing.

Health inequalities outcomes: 1, 2
Amount awarded: £4,500  Contact: Beth Hamilton-Cardus - beth@suitandpace.com

WEA Scotland (Fife Association) – Lipreading – Beginners and Improvers
The grant enabled the delivery of a 30-week (60-hour) beginners and improvers lip reading course to 14 predominantly older learners with acquired hearing loss. The majority had been dealing with hearing loss for more than two years. 91% had moderate, severe or profound hearing loss. Learners had the opportunity to develop their lipreading skills and to learn other communication tactics that support lipreading, to help them cope better with understanding speech in everyday life. The classes also included guidance on ways to relax and reduce stress. As a result of participating in the course, learners reported increased confidence, improved skills and increased ability to manage their communication more effectively.

Health inequalities outcomes: 2, 3
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 targeted people in Oakley, an area of high deprivation, who are vulnerable to social isolation. It offered craft classes, coinciding with the community café, which brought together local residents of all ages, some with ongoing health conditions. The project has raised the profile of local heritage and enabled people to develop new friendships. In some cases participants have progressed onto volunteering in the community café.

Health inequalities outcomes: 3, 4
Amount awarded: £4,997  Contact: Violet Dunsmore