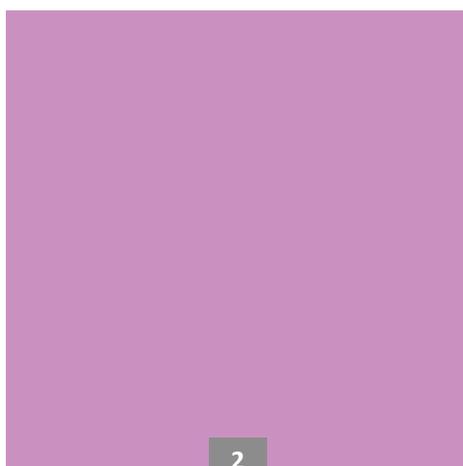
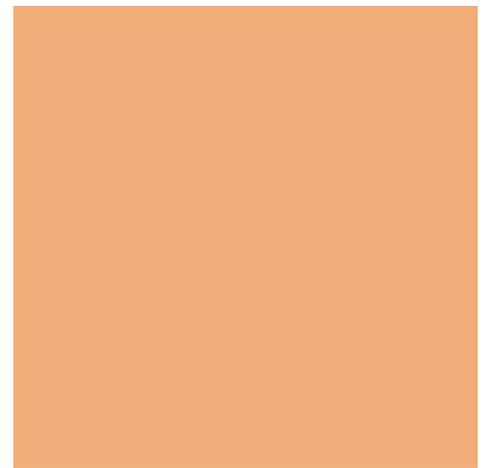




Community Health Matters

ANNUAL REPORT    2019-2020



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Community Health Matters

Healthy Valleys is a community-led health initiative that supports communities in rural South Lanarkshire.

We focus on providing opportunities for local people to improve their health and wellbeing and build stronger communities in areas of deprivation or where there are service gaps.

Our resilience is our strength allowing us to quickly adapt to support the ever-changing needs of the community since 2003.





Resilient People

Working Together Towards
Better Wellbeing

Volunteers
Specialist Workers
Project Workers
Team Leader

Intensive 1:1 Support
Buddying
Complementary
Therapies
SPRING Social Prescribing
Community Health
Navigation
Groupwork

Resilient Families

Supporting Bump to
Baby and Beyond

Volunteers
Specialist Workers
Project Workers
Team Leader

Intensive 1:1 Support
Health@Home
Parental Education
Programme
Family Financial
Support
Interactive Play
Activities

Resilient Communities

Connect, Support, Nourish
and Thrive

Volunteers
Specialist Workers
Project Workers
Team Leader

Health and Wellbeing
Programmes
Cooking and Training
Academy
Community Cafés
Group Work
Personal
Development



Chairperson's Report

For the past 17 years the person chairing the Healthy Valleys Board has written an introduction for the annual report, telling people in Clydesdale, South Lanarkshire and beyond, that we have been working hard to do a good job and make a difference to the wellbeing of people in our area.

This year feels like no other year. Since March the staff and volunteers at Healthy Valleys have been responding to the different and increasing needs of people as a result of COVID-19, while having to make many changes to how we work. And yet, essentially the message is the same as it has always been.

Healthy Valleys is listening to what people in this area need and providing support in ways that are most helpful and have an impact for the people involved.

We are working in partnership with a lot of other organisations and people – voluntary sector, community groups, public sector and local businesses. We are making a difference to people's lives and creating ways for them to feel more in control of their own wellbeing. We are finding ways to make this as positive as it can be for the wellbeing of the staff and volunteers who are part of making all this happen.

And we are planning for the future – lots of plans, backup plans and backups to the backup, to be ready when circumstances change.

In theory, this report describes what we did from April 2019 to March 2020. This is one time when we talk a lot about what has happened since then. But it is good to reflect on what we were doing before COVID-19 pandemic hit us, as those are the foundations that Healthy Valleys has been building on, and which reassure us that we have the skills and strengths to adapt in the future.

As always, I want to thank our Board members and all the people who are part of Healthy Valleys and our partners and funders.

And more than ever, we are looking forward to working together in the future.

Anne Connor - Chairperson

Healthy Valleys Board of Trustees



Executive Manager's Report

'The only thing we have to fear is fear itself' - Franklin D Roosevelt

Healthy Valleys Community Health Matters 2019/20

We started the financial year 2019/20 like any other year, positively and enthusiastically, this time working hard to adapt to our new organisational structure and procedures and adopting them into our daily working lives. However, it wasn't all about structures and procedures.

Communities are at the heart of everything we do and the health of our communities matter more now than ever as we try to reduce the growing inequality gap. Throughout the year, we delivered excellent quality support programmes, which are detailed within this report. Community is very important to all of us, it is where prevention and intervention take place. That's why community health matters. Community life, social connections and having a voice in local decisions are all factors that make a vital contribution to health and wellbeing.

It is fair to say, the impact of the lockdown has directly exacerbated existing inequalities, not only economic but social inequalities. We have witnessed people losing their jobs, increased social isolation and loneliness, increased fuel and food poverty, disruption to health and social care services, to schooling, not to mention the direct health effects of the pandemic, deteriorating mental and emotional wellbeing. Before and during the pandemic, we continuously strived to ensure people stayed connected as loneliness and social isolation are damaging to our health, both mentally and physically. We strived to ensure people had access to affordable healthy food as this is a basic human right. We strived to keep people physically active to improve health and wellbeing.

At the tail end of this year, community health mattered more than ever before to our Board, staff and volunteers and we plunged ourselves deeper and more speedily into providing a range of support measures to alleviate the pending hardship that our communities were about to face.

Healthy Valleys will continue to be the glue, the vehicle, the enabler and supporter to all who need us and ensure we do our best to reduce the increasing inequalities and their impacts on daily life and health and wellbeing. We will continue to strive to do our best and make the most of a very challenging situation.

Lesley McCranor - Executive Manager
Healthy Valleys



Resilient People

Working Together Towards Better Wellbeing

Resilient People supports adults and older people to build independence, improve their confidence and mental health whilst combating isolation through intensive 1:1 support and group work

“I felt a calmness I hadn’t felt in years. The sessions gave me some time to focus on me and skills I can use going forward. Sometimes it’s the simple things that get lost, like remembering to breathe and that you can have some control. It’s already making a difference to how I manage my anxiety at home, you can’t put a price on that!”

– Healthy Valleys Beneficiary



We have spent the last 12 months working with adults across Clydesdale to promote better physical and mental health and wellbeing. We aim to offer the highest quality support and signposting services to individuals who are lonely or isolated socially or geographically. Our beneficiaries wellbeing may be compromised because of their age, mental health, long-term physical health condition, because they are a carer or a survivor of domestic abuse.

Through our involvement in SPRING, the largest social prescribing initiative of its kind we have been at the forefront of developing a community-led approach to health improvement. We understand that there are many factors that impact on an individual's ability to live a healthy, fulfilling life. Social prescribing provides the perfect support pathway for our beneficiaries as they identify and work towards achievable goals for better health and wellbeing.

Community Health Navigators have worked intensively to support beneficiaries on their journey and have signposted to sources of community support as well as providing opportunities to work towards better wellbeing through 1:1 and group sessions designed to encourage and empower individuals. We facilitated Mindfulness, group Cognitive Behavioural Therapy (CBT) and Self Esteem building courses, yoga sessions in isolated villages, we supported peer led craft and creative writing groups and we provided access to 1:1 CBT and Person Centred Counselling.

Our Older Adults service with the support of our volunteer network has helped people aged 50+ across rural South Lanarkshire to stay socially connected and as independent as possible. We've worked to support wellbeing through social groups and 1:1 support. This year we focused on malnutrition in older people. We offered support with grocery shopping, encouraged social eating at our popular Nourish 'n' Natter groups and delivered practical cooking courses where participants cooked and ate together. Volunteers ensured that older people had dignified access to their community, their peers and opportunities to enjoy nutritious meals in a social setting. They gave over 1200 hours of their time, but more, they gave practical and emotional support, encouragement and friendship.

3116
1:1 sessions
throughout
the year

200+
group work
sessions

326
individuals
supported

475
complementary
therapy
sessions

We continue to support female survivors of domestic abuse. Our specialist therapist delivered intensive and often life changing 1:1 sessions, working with women to help alleviate the long term and often residual trauma of violence. Our complementary therapy service also delivered sessions to adults with compromised health and wellbeing.

2686
older adult
interventions





Resilient Families

Supporting Bump to Baby and Beyond

Resilient Families supports women through pregnancy and families with children under 5; delivering intensive 1:1 support and a range of educational parenting programmes.

“Because of attending classes like Play, Read, Sing and Messy Play I feel much more comfortable taking my daughter to classes in the community. Her confidence is amazing, she just leaves me and goes to play with the other children. It’s been so good for me to see her like that” - Healthy Valleys Beneficiary



Resilient Families received referrals from a range of partnership agencies including Health Visitors, Midwives, GPs, Social Work, Women's Aid and Community Mental Health Teams. Individuals referred for support presented complex multi-faceted challenges, including emotional distress, fuel and food poverty, isolation, and domestic violence, as well as with a variety of mental and physical health concerns.

We supported families by providing information, practical skills training and a safe non-judgemental environment where parents and carers were able to talk, listen and share their concerns and experiences. We delivered a variety of groupwork activities including Healthy Bump Healthy Baby, Weigh to Go, Play-Read-Sing, Weaning Workshops and Messy Play. These activities increased our beneficiaries confidence and ability to care for their child, while promoting strong positive bonding and attachment.

We also provided intensive 1:1 support through our in-home support programme, Health@Home, and volunteer support sessions which targeted aspects such as brief health interventions, the importance of having a clean safe tobacco-free home, boundaries and routines and healthy meal preparation.

Our volunteers contributed over 480 hours of their time supporting our beneficiaries to attend various health care appointments and activities within their communities. This vital support enabled beneficiaries to attend essential appointments that would otherwise be inaccessible to them and engaged them in their local community providing peer support, education and much more.

Our volunteers are at the heart of everything that we do, their unique skills and lived experiences provide huge value to our programme and catalyse positive change in our beneficiaries' lives.

185
referrals

327
intensive
1:1 support
sessions

375
groupwork
activity
sessions

4
PEACH
courses
(Parental Education
& Activities for
Child Health)

52
sensory play
sessions

13
baby
massage
sessions

4
baby & child
first aid
courses





Resilient Communities

Connect, Support, Nourish and Thrive

Resilient Communities tackles food poverty, social isolation and loneliness through the provision of various group work opportunities that promote physical health and wellbeing for children, young people and adults.

"I don't know where I would be right now if I hadn't noticed your flyer for the walks. I really didn't expect these results and I can't thank all of you enough for the difference this has made to me"

- Healthy Valleys Beneficiary



We **Connect** people through our Community Health Cafés which provide a safe place for people to socialise, enjoy nutritious food, engage with others and establish new social networks. This year we added our café in Douglas and now operate cafés in five rural villages which allowed us to serve nutritiously balanced meals to local people.

Resilient Communities **Support** people by signposting and enabling access to other services and community-based activities. We support individuals to improve their own health through the delivery of physical activity and exercise opportunities. Resilient Communities has made a difference to children and young people through active play sessions, building confidence, resilience and relationships whilst having fun.

In addition to this, adults have been supported to improve their own health and wellbeing through our Community Health Walk Programme. In partnership with Paths for All, well attended walking groups took place over the year. We are now in a position to facilitate Walk Leader Training Courses, giving our volunteers and other organisations access to this locally. We have also incorporated Dementia Friendly walks into our walking programme making our walks more inclusive.

We **Nourish** people's ambitions by providing learning opportunities through our practical cooking courses to learn new skills and try new recipes. These courses included – Feeding the Family, Cooking on a Budget and Practical Cooking. Our cooking courses always prove popular and bring families and individuals together whilst developing knowledge on food and nutrition.

We continued to deliver REHIS courses; Elementary Food Hygiene, Food and Health, Cooking Skills, Eating Well for Older People - to train our volunteers, beneficiaries and support Healthy Valleys sustainability.

Resilient Communities supports positive lifestyle change and encourages people to **Thrive** providing the platform for them to learn new skills and engage in community-based volunteering placements.

310
café sessions
over 6,200
meals
served

224
health
walks

762
children and
young people
201
active play
sessions

150
cooking
course
participants





Volunteering

80 volunteers

5391 volunteer hours

"People make this world good, bad or indifferent, so I really do appreciate meeting up with all and sundry. Many thanks to you for allowing me your time and patience and the opportunity. Pure Dead Brilliant as they say!" - Healthy Valleys Volunteer





Volunteers remain at the heart of everything we do at Healthy Valleys and contribute great enthusiasm and dedication to each aspect of our delivery.

This year Healthy Valleys volunteers have demonstrated great success by achieving the VASLan Enterprising Organisation of the Year Award for the great work carried out by volunteers in our community health cafés. Healthy Valleys ReConnect Volunteers were also recognised for their achievements by securing runner-up in the Innovative Project of the Year category. These recent awards reinforce the value of volunteers to Healthy Valleys and are testament to the training and support offered. Our volunteers bring life experience and an understanding of the complex challenges facing people to whom we offer support.



During this year, volunteers enabled people of all ages to access and benefit from play clubs, community health cafés, older people's activities, cooking classes, family support, health walks, befriending calls, complementary therapies – and much more!

Healthy Valleys volunteers undertake numerous roles and provide sensitive and confidential support during some of the most difficult challenges faced by the people and communities of rural South Lanarkshire. They are our ambassadors and continue to make a huge difference in our communities.



During our recruitment process volunteers receive a formal interview, reference check, PVG membership and undergo a service induction, are offered training opportunities, receive regular support and supervision, out of pocket expenses and the chance to engage with people and communities where they can gain confidence, acquire new skills and have fun!

At the onset of the COVID-19 pandemic our service delivery adapted and we received a rapid response to the call for more volunteers to support with our delivery during this time. We recruited 35 active volunteers who were on standby to support with various tasks.

Thanks to our Funders

Many thanks to all our funders who ensure that our activities can take place enabling us to support people, families, communities and volunteers in South Lanarkshire.

NHS Lanarkshire

Community Food & Health Scotland

National Lottery Community Fund

Scottish Government

Cattanach Trust

BBC Children in Need

Children's Lottery Chance to Flourish

LEADER

Bank of Scotland Foundation

South Lanarkshire Council

Paths for All

UK Lottery

Ventient Energy Galawhistle Community Fund

South Lanarkshire Health & Social Care Partnership

The Robertson Trust

SSE

Hands up for Trad

STV Children's Appeal



Board of Directors



Anne Connor - Chairperson



Bill Watson



Fred Farrell



Dr James Torrens



John Dalrymple



John McCafferty - Ex Officio
South Lanarkshire Council



Karen McGuigan - Ex Officio
NHS Lanarkshire

Staff

Lesley McCranor - Executive Manager

Julia Miller - Operations Manager

Pauline Nichol - Finance Manager

Karen Forrest - Finance Assistant

Ryan Doherty - Clerical Worker

Ali Stanley - Team Leader

Fiona Gairns - SPRING Co-ordinator

Barbara Harding - Project Worker

Kate Williamson - Project Worker

Elaine Tritschler - Community Health Navigator

Margaret Browning - Community Health Navigator

Jenny Dewar - Therapist

Fiona Frame - Team Leader

Stephanie Girdwood - Team Leader

Mhairi Thomson - Project Worker

Hazel Pringle - Project Worker

Suzanne Stuart - Project Worker

Heather Muir - Project Worker

Amanda Taylor - Team Leader

Adrienne Grehan - Project Worker

Gail McAra - Project Worker

Simone Janse van Rensburg - Project Worker

Mark Kay - Healthy Schools

Marc Conroy - Healthy Schools



Partners

Partnership working is essential to the work of Healthy Valleys.

Aristotle once said,

“the whole is greater than the sum of its parts”

Today, this is still very true. It is easy to work in silos
but it is certainly not as effective.

*“Healthy Valleys are really good at partnership working and
on top of this they work with the target groups that genuinely need their
services. They really do make a difference to improving people’s health
and wellbeing” - Partner Agency*



Thanks to our Partners

Healthy Valleys has many partners and collectively we can reach more people and achieve so much more than doing things on our own. We would like to thank all our partners of which there are too many to name them all, but special thanks to:

NHS Lanarkshire

South Lanarkshire Health & Social Care Partnership

South Lanarkshire Council

South Lanarkshire Leisure and Culture Trust

Scottish Communities for Health and Wellbeing

SPRING Social Prescribing

Douglasdale Medical Practice

St Bride's Centre

Voluntary Action South Lanarkshire

Third Sector Chief Officers Group

Clydesdale Community Initiatives

Greyfriars Parish Church

Thornton Road Community Centre

WomanKIND Clydesdale

Women's Aid

Clydesdale Food Bank

Coalburn One Stop Shop

Home Energy Scotland

Baby Bank Scotland

Scottish Fire and Rescue Service

Wiston Lodge

COVEY Befriending





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