

The Pennypit Community Development Trust Annual Report 2022/23

“Providing sports, nutrition and volunteer opportunities to Preston, Seton and Gosford”



Chairperson Report

Brian Weddell

This year is the 30th anniversary of the Pennypit Community Development Trust supporting our community. In the early 1990's the local District Councillors of Prestonpans, Willie Innes and Pat O'Brien heard about projects in France dedicated to helping families and young people in areas of deprivation. Through their drive and determination the Pennypit Trust was established and for the past 30 years it has supported Preston Athletic FC and PL Rugby Club to provide sporting opportunities for local young people, worked with local schools through youth work initiatives and set up projects to directly tackle poverty and health inequalities. In 1993 East Lothian District Council provided £74,000 to support the Pennypit and that has risen to £99,000 in the current financial year. However, our expenditure this year is almost £500,000, five times more than is received in council grant support, which is a great return of investment for ELC. I cannot praise enough the fundraising drive and enthusiasm of the Pennypit staff who work their socks off raising money to support those most in need in our community. You can see the fruits of their labour with the extensive list of sponsor's and supporter's on the back page of this report. A special mention has to go to the Pennypit Manager, Angie Davie who has worked for the project from its very beginning and who leads a dedicated group of staff. You will see in this annual report the range and breadth of services, activities and support provided by the Pennypit Trust I am proud to play a part in a local charity that is at the forefront of delivering a comprehensive range of support in our community.

Finally I would like to thank my colleagues on the management committee who give up their spare time to support the work of our staff and help ensure the aims and objectives of the Pennypit Trust set out in 1993 continue to be met.

Here's to the next 30 years and beyond.

Brian Weddell



Our Committee

Chairperson: Brian Weddell

Treasury: Keith Crombie

Secretary: Lesley Birrell



Over 94% of service users felt cared for

Managers Report

Angela Davie

Welcome to our 2022-2023 annual report. You will find all the information you require for this year's programmes and activities. Our projects help local communities engage with young people, families and elderly residents to empower and support their essential needs. Inside this report you will find a very passionate team striving to connect as many local community members so that they can improve health and wellbeing and create relationships that prevent isolation and loneliness.

This year brings us 30 years of community involvement, providing local support and guaranteeing a dignified approach to community engagement. Our extensive programmes work with essential partnership with ELC, external funders and volunteering, provided from local young people and residents.

Please enjoy looking through our statistics, connections and wonderful pictures that shows the amazing work off the Pennypit trust team, directors and volunteers. Thank you for your time.

Angela Davie

Our mission statement

'We aim to improve health and wellbeing for those most in need and strive to be inclusive and empower our community'



***85% of service users said they
felt a sense of community***

Fundamental Foods Manager

Ruth Davie

Community cooking programme

We have run 4 community cooking groups with 18 people attending. Community cooking groups were run in Prestonpans, Musselburgh and Tranent, in 5 or 6-week blocks.

Main aim: to increase confidence and skills to cook a healthy meal from scratch and raise awareness of doing so on a budget.

Session Benefits:

- ❖ learning new skills - chopping and preparing vegetables and meats safely
- ❖ provide a safe social space to meet new people
- ❖ increasing confidence to cook a meal from scratch
- ❖ relying less so on convenience foods
- ❖ reducing sugar and salt intakes
- ❖ increasing fruit and vegetable intakes



Family cooking

The family cooking groups ran in Prestonpans in 5 week blocks.

Aims: to increase family engagement with cooking, and teach the children valuable life cooking skills improve fussy eating by increasing children's interest and familiarity with food taste new healthy snacks

We have run 2 family cooking groups, with 7 parents and 10 children attending.

Quote: "The sessions were great fun and my children were much more willing to try new foods, as they were proud to have made it themselves"



"The sessions have encouraged me to eat healthier and to be more adventurous when cooking home. They also helped with my social anxiety by giving me something to look forward to leaving the house for"

82% of service users felt less anxious

East Lothian Friendly Food Network



East Lothian Friendly Food Network (ELFFN) was established in 2021 and is a partnership-led initiative, run by the Pennypit Trust. The network currently has 45 members and meets regularly to discuss food-related issues. The network has recently gained membership with Sustainable Food Places and has developed the East Lothian Good Food Charter. There are 7 charter goals:



- Promote healthy and sustainable food to the community
- Tackle food poverty and food insecurity
- Tackle diet-related illness and health
- Build community food knowledge, skills and resources
- Promote a diverse and vibrant food economy
- Transform catering and food procurement
- Reduce waste and the ecological footprint of the food system

ELFFN also runs the East Lothian Fareshare Hub – which is based at Aldhammer House in Prestonpans. Last year we distributed 13.9 tons of food which is the equivalent of 87,000 meals – there are 17 members which collect on a regular basis to serve their local community

Early Years Nutrition

Fussy Eating sessions

8 fussy eating home visits 2 fussy eating workshops with 10 participants

Research suggests that over half of all children will be 'fussy eaters' at some point in their early years. This can impact their growth and development as well as their ability to learn and form social connections. To help parents tackle fussy eating workshops were run in local community spaces including Prestonpans Library and First Steps Nursery. 1:1 sessions were also carried out at The Pennypit Trust and through home visits.

The sessions were designed to:

- ❖ help parents cope with fussy eating and offer strategies to help
- ❖ encourage children to accept and enjoy a wider variety of foods
- ❖ create structure around meal times
- ❖ offer a guide to food refusal
- ❖ help parents create a nutritious and balanced meal offer recipes ideas and appropriate portion sizes



Weaning

16 weaning sessions were run with 96 participants – these were hosted with partner organisations such as dads work

"It has been so helpful having some new ideas to help with the fussy eating, and having a contact I could turn to for support"

Community Pantry Sean Crawford

Pennypit food pantry is based in the Pennypit Community Kitchen. Our mission is to directly serve local residents who need a few bits of shopping and people experiencing food insecurity. The Pennypit pantry places emphasis on dignity, choice and hope. You don't need a referral - anyone who lives in the area can visit. We are long-lasting, people can visit as long as they want, and can choose to go every day or just occasionally. We stock an abundant and wide range of top-quality food including fresh fruit and veg, frozen and chilled food, meat and dairy products, and long-life tinned and packaged food as well as toiletries. We try to set up our Pantries just like a shop, in that you choose the food you want. Our pantry is run by staff and volunteers and we focus on preventing waste, reducing hunger, building dignity and agency. We are open Tuesday, Wednesday, Thursday from 11am to 1pm and on Saturday mornings. Average daily visits have risen from 5 in 2021 to 11 in 2023



Swimming Provision



We have 20 children in the water each week with many more on waiting list. The need to learn to swim has become more well known in recent months, it's not only a life skill but a fun and exciting way to be active. It was revealed in a recent survey by ASA that 1 in 3 children can't swim, the Pennypit Trust aim to reduce this in our local community. Since the provision started, we have taught over 15 children to swim from being non swimmers. Thank you to Swimathon Foundation and Mercat Gait Centre for their support of this project.

“I can't thank you enough for teaching my son to swim – now I can have peace of mind when he is around water with his friends and family”

Sports Club

We run holiday sports programmes during school holidays for nursery to P7 school children. The Easter and Summer Programmes run at our 5-a-side pitches and at the local Primary school during the October week. The sessions encourage active play during holiday time. They are well attended and all the children really engage with the Friday fruit hunt and the water fight on the last day of the summer club. We encourage children to bring a healthy snack and water. The clubs are also a great opportunity for college pupils and local young people develop relevant skills and improve employability. The sessions are tailored for each age group and gives the children an opportunity to try many sports including football, rugby, tennis, golf, yoga and gymnastics. The sessions are affordable and we offer free places. Over 50 children attend each day.



POPS



Our Pennypit outdoor pursuits group supports local young people from Preston Lodge High School. These young people are referred through the guidance team with the support of school funding. The activities challenge their skills and often pushes them outside their comfort zone. This can especially be seen through skiing and motor biking. We work in partnership with ELC and Edinburgh College who provide a lecturer, minibus and knowledge of further education opportunities. The activities provided are often out with their reach and can help develop different skills. The group are with the Pennypit Trust for a full school year which allows growth, confidence, resilience and new life skills.

“The coaches make my children smile!”

Youth Work

Go4Fun is a project which focuses on the health and wellbeing of young people in our local community. This project provided 25 young people aged 8 – 12 with a safe space where they can enjoy a free lunch and then have the opportunity to partake in a variety of sports activities. Go4Fun is also central to the Trust's volunteering initiative, offering 5 volunteering slots per session, providing our volunteers with experience and time to work towards various awards such as The Saltire Award and Duke of Edinburgh. The project runs every Friday 1pm-3pm during school term-time, making use of our 5-a-side pitches and community kitchen.

Volunteer quote – 'I love volunteering at Go4Fun, after attending the club myself I wanted to give back to the Pennypit and the local community. It is great that I can help these young people while gaining skills which can help me in the future'



Friday Night Youth Club runs between 6pm-8pm, this project offers local young people a safe space to get involved in local sports activity during the evenings, keeping them off the streets. Running a variety of activities every week from dodgeball, football and various others, we aspire to offer young people a project that they can easily involve themselves in by allowing them to take part in activities of their choosing. This project works directly with a variety of children with varying needs, behaviours and backgrounds from the ages of 8-12 (P4-P7). A key element of project is that it enables our youth workers and other staff to build strong, positive relationships with the young people in our local community.



Community in Schools

The Team:

Jonathan Sharples, Community in School Facilitator

Gillian McEwan, PTAC and Family Capacity Worker

Lisa Irvine, PTAC Worker

Anna Scott, PTAC Worker

Euan Stratton, PTAC Worker

PTPS Breakfast Club



We have been running a breakfast club at Preston Tower Primary School (Preston Road) in partnership with PTPS and PEF funding. Our main aim is to provide children with a healthy and soft start to the day. We have P4 to P7's attending each day, with numbers averaging 20. They are served a range of healthy options including toast, fruit, and cereal with the occasional smoothie to add to the mix.

PLAC – Preston Lodge Additional Curriculum

PLAC gives high school aged pupils the opportunity to learn and develop their education out with school and in our local community. We have a team of dedicated volunteers of ex teacher and local community members to their learning and help progress their knowledge. They can access the programme through guidance and inclusion zone referrals and can be used for short- or long-term goals. For example, pupils may use it for their exams in National 5 or to improve their literacy and numeracy skills. The project aims to raise attainment, increase attendance, and reduce educational inequalities in our local community. 15 young people per work



“93% of service users felt listened to and valued”

pennypit community development trust – annual report 2022/2023

Community in Schools

Preston Tower Additional Curriculum (PTAC) 41 children



Preston Tower Additional Curriculum (PTAC) gives children the chance to thrive and learn outside of the classroom environment. The children that take part in this programme find it difficult to stay in class and regulate their own emotions and behaviour. PTAC workers already have a relationship with the children on the programme – this allows them to have discussions about difficulties they are having at school and help to create solutions. The PTAC curriculum includes a variety of tasks covering the CfE curriculum including STEAM, Health and Wellbeing but also Literacy and Numeracy. PTAC is managed by school management and the nurture teacher to ensure its keeping with the CfE framework. Some of the tasks included swimming, cooking sessions, walks around the community, lifeskills, science experiments plus much more



School Cooking 800 children

We run school cooking programmes for all children P1 to P7 at Preston Tower Primary School. This includes a taste session with the fundamental foods team along with making a classic tasty recipe in a cooking session. The children loved to learn new skills in knife safety, Eatwell guide and how to cook healthily.

"The sessions were great fun and my children were much more willing to try new foods, as they were proud to have made it themselves"



Community in Schools



P7 Transition

120 children

We have been working with the Primary 7's over this year to ensure they have a smooth transition to Preston Lodge High School. This includes working with the hardest to reach individuals that have a relationship with the Pennypit through lunch clubs and other provisions. Our P7 transition work includes outdoor education days such as AWE and Under the Stars along with P7 cluster events, parties and trips. This work has been vital to bridge the gap identified by the school. This reduced school exclusions and increased participation for young people across the year group.

Family Capacity

25 children

Our Family Capacity worker, Gillian helped to support over 25 children and their families last year through a variety of measures and in partnership with Preston Tower Primary School. These include supporting the families through paperwork, child planning meetings, walking bus and helping with families at home. This also includes working with council services to alleviate some of the barriers families face including social work, housing and education. Gillian connected families with other support the Pennypit provides such as lunch clubs, pantry services and foodbank referrals.



Holiday Lunch Clubs

Jonathan Sharples

The Pennypit Trust run lunch clubs throughout every holiday period (except Christmas). We have seen a substantial increase in demand through the Cost-of-Living Crisis. We have also seen an increase in work financial hardship as wages not increasing with inflation. We work with referrals from council services (Education & Social Work) along with other local organisations and Pennypit provisions.

We have delivered provision in PSG and Fa'side for over 220 children and young people supporting 70 families with pantry and uniform assistance. Across the provision we have linked up with services in East Lothian including Library service, Outdoor Education team, Emergency Services and East Lothian Play Association (ELPA).

Lunch Clubs have taken place at the Preston Lodge High School and Sandersons Wynd in Fa'side. When children and young people are at the lunch club, they are involved in sporting activities, arts and crafts and are provided with a hot meal and snacks. Along with supporting children and young people, we have had young volunteers from Preston Lodge High School and Newbattle High School helping us to provide opportunities to all those involved.

A massive thank you to East Lothian Council, FES, Scottish Government, Connected Communities PSG and Fa'side and Cash for Kids Edinburgh for their ongoing support of our programme and donations this year.



“The support lunch club has done for my boy is amazing, not only the support during the lunch club but at school. My boy loves when the Pennypit works with him. The staff members always have the kids side and support them as much as they can. I will be forever grateful for what you have done”

Befriending

Lisa Irvine

The befriending service is a legacy project born from the pandemic when it was identified that elderly people in our community were becoming severely isolated, the services within the project have continued and developed as the Trust aims to aid the social transition out of the detrimental effects of COVID and now the effects of cost-of-living crisis. This service also aims to reduce social isolation while improving overall wellbeing of our service users. As a befriending team, and charity, we strive to constantly adapt our befriending services to the needs of our elderly community; through expanding the range of offered activities, encouraging social relationships between peers and utilising training opportunities.



Time for Tea



The befriending team identified a need for a new service due to the cost-of-living crisis affecting older people within the community. It apparent to our 1-1 team that the majority of recipients would benefit more from peer-oriented social opportunities instead of isolated socialisation. Elderly and vulnerable members of the community are provided with a breakfast roll, hot drinks and sweet snacks. Time for Tea has become a vital provision within our project even after only running for a short period of time, we have received high levels of engagement and positive feedback from service users. Alongside food, we also provide exercise in the form of chair aerobics. We also provide volunteer and work experience opportunities to help alongside staff in serving food and setting up. We have found this service important as many service users don't see anyone over the weekend and as the club runs on a Monday we are able to catch up with friends and staff.

72% of Elderly people said it was the only contact they had each day

Lunch with the Bunch

Lunch with the Bunch (LWTB) has been in partnership with Royal British Legion Prestonpans for over 2 years. We serve a 2-course meal all your round alongside sweet treats. After the meal is served, we play games of bingo. Due to the cost-of-living crisis we get groceries from our pantry dropped off at LWTB to help the service users with food insecurity. The attendance has gone up from the previous year by 45%. LWTB runs every Thursday from 12:00- 13:30 with lifts available for transport to and from the provision through our volunteer networks. LWTB is essential for members in our community as this is often one of only point of contact and hot meal that they may receive in the week. It has become a safe place for them to communicate, build confidence and reconnect with each other and make new connections within the community



Pennypit Delivery

Pennypit deliveries is a hot food delivery service that runs every Friday. The delivery service is available to elderly and socially isolated. We deliver to 45 elderly and 15 socially isolated people within the PSG area. This service allows our staff and volunteers to provide extra support to people within our community. While the main priority is to provide them with a hot meal another positive outcome is that our staff and service users get contact for a small amount of time on drop off of their food before the weekend. For some, the person delivering their food is the only contact they have each week so we make sure to have a wee chat. This service has been another essential program within the befriending project and we are still seeing a need for it within the community with a small increase in numbers being added every month



7250 meals prepared for our community

Walking Football

Walking football takes place every Tuesday morning at the 5 a-side pitches at the Pennypit. 15-20 men all participate in walking football and then receive soup and sandwiches in the legion. This provision allows the community to take part in exercise which improves their physical and mental health and wellbeing. A safe and warm place is then provided to them to receive their meal and socialise together.



Volunteering

Our volunteers are providing a service for their community, which provides a natural sense of accomplishment and a sense of pride and identity. Our volunteers develop the central skills of team-working, communication & relationship-building. In feedback, volunteering has helped them to talk in front of groups and feel better able to be part of a team and are better prepared for a job. They have also made new friends and gained nationally recognised qualifications. Many have reported an improvement in their mental health through self-value, confidence and engaging with their wider community in a number of cases ending social isolation. Volunteers are given the opportunity to do a variety of volunteering through community projects such as catering, sport, nutrition, marketing and social media. Our community food provisions have also provided an excellent pathway for our volunteers, giving them the chance to gain practical experience and with the addition of first aid & safeguarding training many have gained employment with the Pennypit providing increasing local capacity. In this reporting period we have recruited 73, trained 45, awarded 66 Saltires



“Volunteering at the Pennypit was an important part of my career path. It allowed to developed new skills and gain a understanding of community issues”

Family Work by Natalie & Michelle

Natalie Moir and Michelle McKinney make up the family support team at The Pennypit Trust. A year on we find ourselves, still in a cost-of-living crisis and hardship has intensified in our community and sadly referrals continue to rise. The extreme pressure families are facing to keep meals on the table and houses warm, is having a detrimental impact on physical and mental health and families desperately need ongoing long-term support to navigate them out of this crisis.

We continue to work with services such as Social Security Scotland, East Lothian Council Financial inclusion team and Citizen's Advice to support families to access the correct benefits and grants available to them so that they can maximise income. 30% of our families are in work, low-income families and we continue to find different ways to support financially, as often they do not meet the government criteria for extra financial assistance; therefore, it is vital that they have somewhere to turn to for support. We continue to work in partnership across all sectors to help break down barriers that can be encountered when accessing school, housing, and health. Looking to the future we hope to continue offering tailored help and support to the families of Preston, Seton and Gosford.



“The service is a lifeline for us”

Our **Helping Hand Facebook** service helps to reduce waste and support local people and families by providing a platform for people to advertise goods for free. Through this service we can offer white goods, furniture, carpets, beds and toys



“I know I can get help when needed, I always feel supported”

Pennypit Festive Provision 2022

In partnership East Lothian Connected Communities Teams and East Lothian food bank

Pennypit festive provision is a partnership led initiative with Connected Communities Teams, Pennypit Trust, EL Foodbank and Fa'side Community kitchen (FCK). Funding was secured from Area Partnerships, Cash for kids, East Lothian Foodbank, East Lothian Council, local churches and community donations. This partnership connects with many different stakeholders to ensure households are reached to tackle financial hardship during festive period. We are thankful to receive support from Port Seton Community Council, Prestonpans Community Council, Rotary Club Longniddry and our local Co-op.



What we do...



Cash 4 Kids



Jingle Bags



New Year Bags



Winter Jackets



Hot Xmas Dinners

PARENT

"THANKS SO MUCH FOR GETTING BACK TO ME. I CAN'T TELL YOU WHAT A RELIEF THIS IS, GETTING THE JINGLE BAG AND CASH FOR KIDS PRESENTS. THIS TAKES A HUGE PRESSURE OF ME THIS YEAR. I AM STRUGGLING AND KNOWING THAT THIS IS IN PLACE HELPS SO MUCH, CAN'T THANK YOU ENOUGH".



Xmas day meal, older person

"YOU ARE ANGELS IN ELF OUTFITS - YOU HAVE TRULY MADE MY CHRISTMAS SPECIAL"

Pennypit Festive Provision 2022

In partnership East Lothian Connected Communities Teams and East Lothian food bank

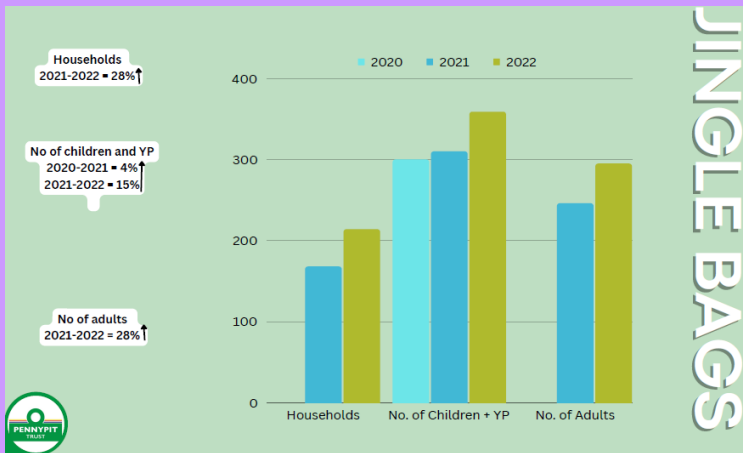
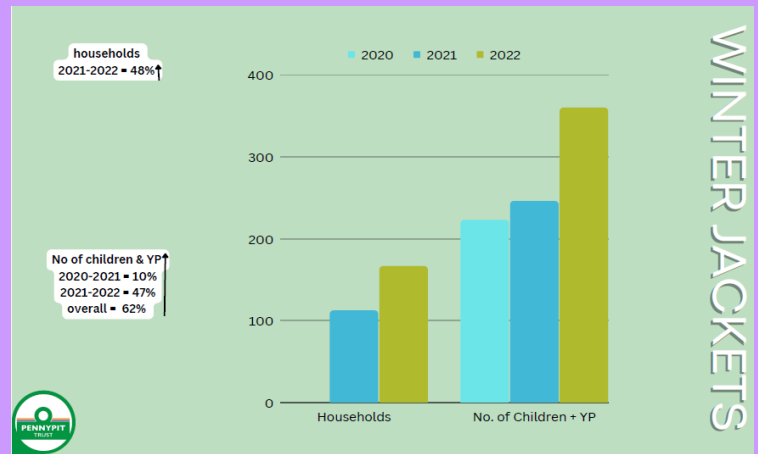
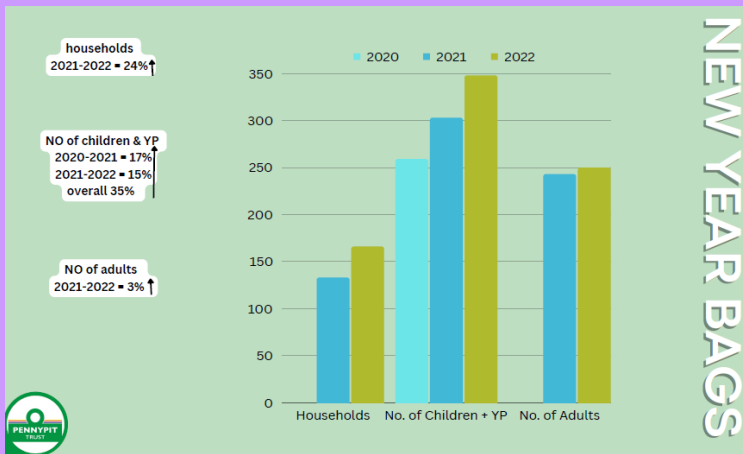
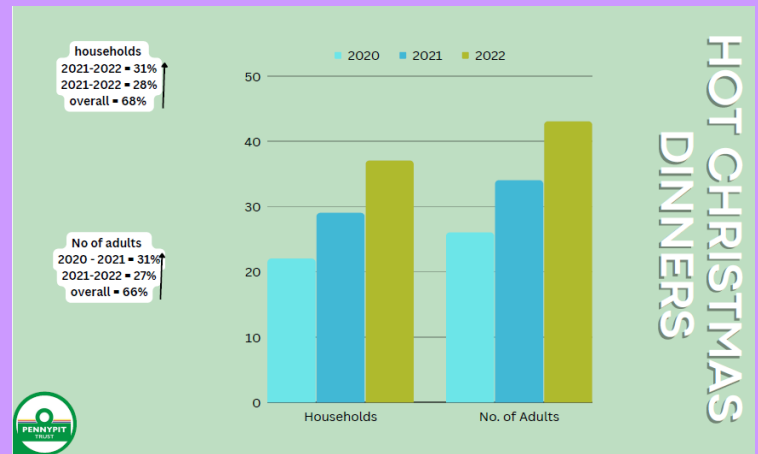
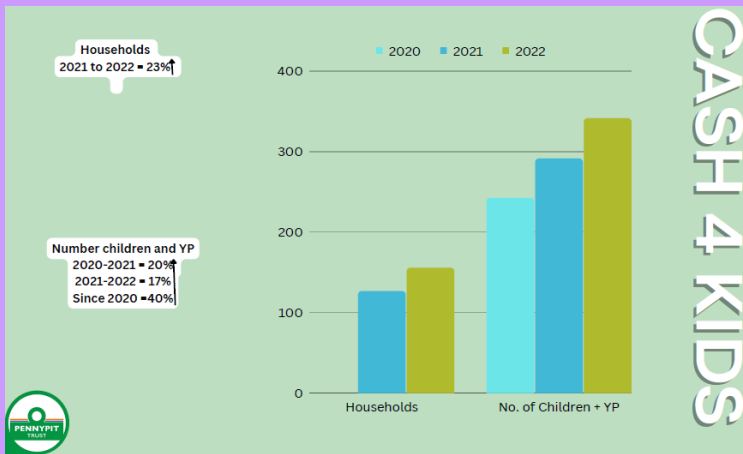
We would like to thank community champions for co-ordinating volunteers. We had 120 volunteers from the local community and 2 from RBS who helped to prepare, collect and deliver Jingle/New Year food bags, Cash4kids presents, collected ALDI Christmas eve food surplus and delivered Christmas dinners a massive THANK YOU Over 100 volunteers supported festive provision and we are extremely grateful. Also thank you to 'Macmerry Mens Shed' for the use of their hall and Thanks again to St Martins Parish Church and Prestonpans Community Centre, Port Seton and Longniddry for the use of their halls. Thanks to the staff at Prestonpans CC and Port Seton CC for the time and support



Festive Provision Statistics



Cash 4 Kids – 720 children and Young people, with a 20% increase in late referrals



Data for Fa'side

In the Community, for the Community



TACKLING HOLIDAY HUNGER



PROVIDING OPPORTUNITIES



SUPPORTING VOLUNTEERING



Over 84% of households were in the 20% most deprived areas of Scotland



Preston Athletic FC



Preston Athletic FC remain proud and committed partners to the Pennypit Trust and thank the Trust for all their support which helps the club to retain our SFA Club Licence allowing us to play in the William Hill Scottish Cup each season plus retain our ambition to play in the Scottish Professional Football League in years to come through the new pyramid system. Our Senior side play in the East of Scotland League.

Founded in 1945, they were originally a junior club, only entering the senior ranks in 1994, when they joined the East of Scotland Football League. They first qualified for the competition proper in 2002-03.



Preston Lodge RFC



Preston Lodge Rugby Football Club (PLRFC) is based in Prestonpans in the heart of East Lothian, Scotland. The Club was formed in 1929 with Dr Boyle as its first President. The club currently fields 2 senior teams with the 1st XV participating in Tennent's National League Division 2 of the Scottish Rugby Union leagues. Many players from Preston Lodge have gained representative honours at international level, including Scott Murray (Scotland Captain) and Allan "Chunk" Jacobsen.

The PL rugby tradition is strong and enduring, and a dedicated team of coaching and support staff work hard throughout the year to develop all aspects of the Club. All visitors, new players and members are very welcome. #OneClubOneCommunity

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A big thank you to all our main supporters

