

The Pennypit Community Development Trust Annual Report 2021/22

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





In loving memory of our dear friend
and Trust member
William Innes
‘Willie’
3rd January 1951 – 24th October 2021

Willie was one of the founders of the Pennypit Trust and manager Angie Davie worked directly with him for the people of Prestonpans.

Angie said “We will **miss Willie dearly** and will never forget what he did for the Pennypit Trust and the Pans.

Former Scottish Labour leader Iain Gray, who retired as East Lothian’s MSP earlier last year, paid tribute to Willie as a friend, colleague and “wise counsel”.

“Of all the politicians, local, national and international,
I have worked with **he was the best.**

Willie had a fierce political intellect and a powerful understanding of how local government worked.

He was that rare thing – a politician who did not have any personal ambition for himself; **his ambition was for the community and people he served.**

We have never known someone who worked as hard as him.

Willie has left a **lifelong legacy** across East Lothian and particularly at the Pennypit Trust”.



Chairperson Report

Brian Weddell

I am delighted to introduce the Pennypit Trust's Annual Report for 2021/22 having recently been elected as Chairperson. Can I firstly say a big thank you to my predecessor, David Rose, who did an excellent job steering the Trust for the previous 5 years, particularly during the Covid-19 Pandemic.

You will see from the report that the Pennypit Trust does a massive amount of vitally important work in the PSG Ward supporting local people through sport, volunteer projects and providing health and well-being services. This work wouldn't be possible without the leadership and commitment of the Pennypit staff who always go the extra mile such is their dedication to the local community.

The Pennypit Trust works closely with East Lothian Council to ensure that every possible support is available for those people that require it and I would like to pay tribute to the other volunteers who serve the Trust and thank them for their commitment as we move towards the 30th anniversary of the organization

There is no doubt that the current cost-of-living issues will create significant challenges for many people and I am committed to ensuring that the Pennypit Trust continues in its endeavours to do what it can to help those most in need.

Brian Weddell



Our Committee

Chairperson: David Rose

Treasury: Gordon Pollock

Secretary: Anna Scott

80% of service users felt less anxious

Managers Report

Angela Davie

Welcome to our annual report 21/22. We have been extremely busy working with schools again and our local community. Our projects range from early years nutrition to lunch with the bunch for over 60s. In this report you will find lots of information on how to connect with the Pennypit and how we can support you and your families.

Our team are keen to reconnect with our local community and as schools and community buildings re open the trust can start all our programmes.

As the Pennypit manager I want to ensure that all community members have access to our services and can approach our team in a dignified and respected manner. We have a long standing relationship with our communities and want to deliver an extensive programme that fits all.

I would like to take this opportunity to thank all our funders and donations including East Lothian Council who support the Trust through the One partnership fund. The Pennypit team would like to invite you to look at our social media platforms and see what's going on in your local community.

Thank you

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 through delivery of our services'

77% of Elderly people said it was the only contact they had each day

Community



PENNYPIT TRUST
DO THEY KNOW IT'S CHRISTMAS? (2021)

Faith Love Trust
You Me
And The World



Fundamental Foods Manager

Ruth Davie

The team continue to address nutritional inequalities by providing a wide range of food provisions to tackle food insecurity. This includes Pennypit festive provision, which is a partnership led initiative between, connected communities' teams from Fa'side and PSG, local churches, EL Foodbank and third sector organisations. This approach demonstrates the importance of working in collaboration to provide much needed assistance to disadvantaged households who are facing financial hardship. This direct support helps alleviate stress and pressure families experience during the festive period and helps families enjoy the festivities.



How many people directly benefitted

Jingle Bags (Christmas dinner – PSG 133 households = 506 contacts

Fa'side - 173 households = 401 contacts

New year bags (Recipe bags) - PSG 114 households = 454 Contacts

Fa'side - 163 Households = 381 contacts

Plated Meals Christmas Day (xmas day hot meal delivery) - 32
individuals = 30 households

Total No Festive households 442

Overall contacts 1774

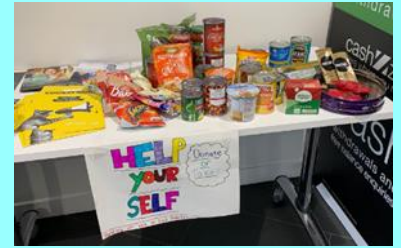


Over 92% of service users felt cared for

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Community Pantry

PSG 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



PL Breakfast Club



We have been running a breakfast provision at Preston Lodge High School in partnership with PL Learning Foundation and PSG Area Partnership. Our main aim is to provide young people with a healthy and calm start to the day. We have S1 to S6's attending each day, with numbers averaging 25. They are served a range of healthy options including toast, pancakes, fruit, and cereal.

"I was starving but after breakfast club I feel ready to start the day, I also love coming along and speaking to my friends before class."

***87% of service users said they
felt a sense of community***

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.



POPS



Our Partnership with Edinburgh College and Preston Lodge High School enables opportunities for pupils showing potential in work experience ,volunteering and employment within our local community. The Pennypit Trust work hard to keep this partnership going, ensuring communities in school are beneficial to all service users

The Pennypit outdoor pursuits group successfully completed a full year of activities including skiing, golf and motor biking. These activities provide a platform to learn various life skills which will ensure development when they leave school. The group gained many certificates during the course which enabled the students to complete unfinished school work, volunteering, work experience and employment. The impact of POPS has a lasting memory with the young people and can often spark at the right time to make a positive step in the young person's future.

“The club coaches are the best!”

Swimming Provision

We have recently started back our swimming provision (providing free swimming lessons) after 18 months out of the water due to COVID restrictions. 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"



PLAC – Preston Lodge Additional Curriculum

PLAC gives high school pupils the opportunity to learn and develop their education out with school and in the local community. We have an experienced team of ex teachers and local community to support their learning and help progress their knowledge. They can access the programme through guidance and can be used for short or long term goals. For an example :- Pupils may use it for their exams in national 4/5 or to improve their literacy and numeracy. The project aims to Raise attainment and reduce inequalities in our local community.



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

Holiday Lunch Clubs

The Pennypit Trust run lunch club throughout every holiday period (except Christmas). We have seen an increase in demand with the cost-of-living crisis post-pandemic leading to more in work hardship referrals.

We delivered this provision in PSG for over 170 children and young people, supporting over 55 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.

Lunch Clubs have taken place at the Preston Tower Primary School and Preston Lodge in PSG 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 HS helping us to make long lasting memories for all those involved.

A massive thanks to East Lothian Council Connected Communities, Area Partnerships, Prestonpans Community Council and Radio Forth Cash for Kids for their ongoing support and donations this year.



**“This club is a life line for me and my family
over the holidays – the support is much
appreciated”**

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Community



Lunch with the Bunch



Community Food by Debbie Reynolds

LWTB has now been in partnership with Royal British Legion Prestonpans for over a year. We serve a 2 course meal all year round. The attendance for this year has risen by 30% with the number still going up on a week to week basis. After lunch is served we have a wee game of bingo for prizes that have been donated. LWTB runs every Thursday from 12.00 to 1.30. We have drivers that go and pick people up people that need assistance to come down to the legion and we also take them home again once they're ready to leave.



Hot Food Deliveries

Debbie's Deliveries is a home cooked 2 course meal service delivering to the elderly and socially isolated people within our community. The service also offers one to one befriending in the comfort of community members own homes. This service started during the pandemic and has continued on as there was a gap within our community needs.

6027 meals prepared for our community

Befriending by Anna and Lisa

The Pennypit's face-to-face befriending service, has become a key activity for the Trust. This service focuses on improving the quality of life for the isolated and vulnerable, elderly members of the PSG community; the project continues to reduce social isolation and provide a variety of support. With all our other isolation-targeted projects also continuing to run, our participants are being consistently encouraged to continue and develop social relationships. We regularly see improved social confidence and an ability to get out the house. We continue to build cross-generational relationships and trust, our befrienders being younger members of the community assists in ensuring our participants are kept busy and always exposed to the modern day, this keeps our elderly involved the community.



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. Our participants are gaining the confidence to be more socially active. This means we are able to offer support and assistance but are still encouraging self-reliance while also providing a smooth transition for our participants to find their place within their community.

'It's always nice to see you. I do really appreciate you coming.'

'It's so nice you've come, I haven't seen anybody in a few days and I really enjoy the company.'



“Aw, it's a braw way to break up the day”

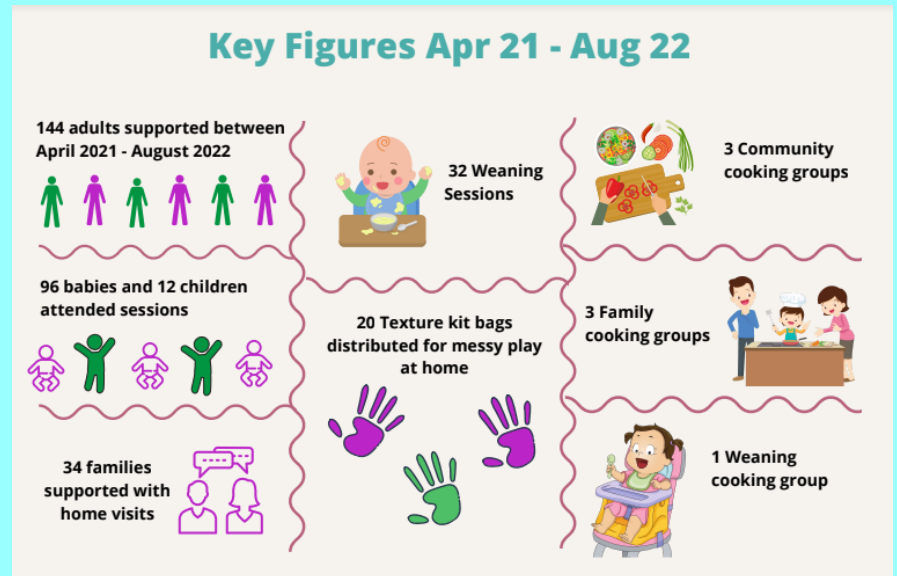
Early Years Nutritionist Lisa Kerr

Weaning - Monthly weaning sessions were held in Musselburgh, Tranent and Prestonpans, as well as 1:1 sessions with families who were unable to attend the groups. These groups provide general weaning advice as well as information on portion sizes, food labels and recipe ideas. They have been popular sessions with new mums, particularly after lockdown as there was a severe lack in baby groups whilst things in the community began to open up again with the 'new norm'.

"The weaning sessions were really informative and helped to answer my questions and put me at ease."

Family Cooking - The family cooking groups were ran in Prestonpans which were in 4 week blocks. The main aim is increase family engagement, and teach the children new cooking skills which is a valuable life skill to learn. The sessions also helped with fussy eating as they increased the children's interest in food and they were keen to taste the meals they helped to prep and cook

*"The sessions were great as it meant I had something to enjoy with my son.
We don't have many opportunities where it is just the two of us."*



"The sessions meant I could batch cook for weaning. It gave me recipe ideas instead of relying on jars."

Family Work by Natalie & Michelle

Michelle joined the family support team in November 2021 and has quickly become an integral part of the busy team. The community is just emerging from the pandemic, the service recorded 100% increase in referrals during 2021. The community now face another challenge due to the cost-of-living crisis and as this deepens referrals have risen again. Families are under extreme pressure to keep food on the table and keep their homes warm with soaring costs, they desperately need ongoing long-term support to steer them out of this crisis. One of the services we offer is to support families to access the correct benefits and grants available to them so that they can maximise income. 25% of our families are in work low-income families and they often do not meet the government criteria for extra financial assistance, therefore it is crucial that they have somewhere to turn to for support. The service continues to work in partnership with local organisations, to help break down barriers that can be encountered when accessing health, housing, and school, we can support by attending appointments and offering emotional and practical support. We also offer support to families to access local groups and connect them with the community to combat isolation and improve mental health and wellbeing. Looking to the future we hope to continue offering tailored help and support to the families of Preston, Seton, Gosford and Faside. The family service will also assist to develop, grow, and implement services offered by Support from The Start such as parenting courses including raising children with confidence and baby peep.



***“100% of service users felt
listened to and valued”***

Volunteering

Volunteering is central to our impact, it is important to recruit, recognise and offer a comprehensive training programme for volunteers. Our volunteers are providing a service for their community, which provides a natural sense of accomplishment and a sense of pride and identity. This improved self-worth has meant an improved positive view of life and future goals. Our evaluations evidence improved self-confidence among our volunteers and we have case studies that provide the journey they experience. 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. The associated health benefits of physical activity are well documented and our volunteers increase their activity through volunteering. 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. Community volunteering allows people to engage in numerous intergenerational activities, learning new skills from older generations as well as helping the older people to better understand and support the younger generation. Volunteers are given the opportunity to do a variety of volunteering through community projects such as catering, 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.



“Coaching at the club helped me learn new skills”



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

Youth Work

Go4Fun is a health and well-being centred youth project, the aim of this project is to give the young people in the local community (P4-P7) a safe space where they can have a free hot lunch and then have the opportunity to partake in sports activities; this project generally targets at risk youth. Go4Fun is also central to the Trust's volunteering opportunities, offering 5 volunteering slots per session – this gives our volunteers the 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 term-time and makes use of our community kitchen and 5-a-side football facility.

Volunteer quote – 'I have gained a lot of volunteering experience and it has improved my confidence in speaking to young people and working with partners, I like to share my experiences with young people and help them through their journey.'



Friday Night Youth Club runs between 6pm-8pm, this project aims to keep local young people off the street during the evenings and offer them a safe space to get involved in local sports activity. 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 when there may not be any other extra-curricular opportunities near by. 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 and positive relationships with the young people in our community.

Community



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A big thank you to all our main supporters

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