2025-2026

ANNUAL REPORT

HEALTHY HAPPY COMMUNITIES







PENNYPIT TRUST



Chairperson Report
Brian Weddell

The past 12 months have continued to be challenging for the Trust but we continue to build on the work that has been carried out for 32 years with the rewards way outweighing any disappointments. Whilst our biggest challenge is getting the funding to deliver the essential services provided by the Pennypit Trust the Service Level Agreement now in place with East Lothian Council has helped secure additional funds from charities, businesses and community organisations.

This year we launched our "Friends of the Pennypit Trust" funding initiative seeking regular monthly donations to help fund the essential local services we provide. Not only has that already helped boost monthly income, it has also enabled us to speak directly to residents in Prestonpans and beyond who were unaware of the Pennypit Trust and the work we carry out. Another big success for the Trust in the past 12 months was securing the funding to get new LED floodlights installed at the football and rugby pitches at the Pennypit at no cost to Preston Athletic and PL Rugby Club. The funding provided by the East Lothian Community Intervention Fund, Energy Trust Scotland and an anonymous benefactor enabled the Trust to engage a local firm to install LED floodlights which has greatly improved the lighting and is environmentally friendly. Notwithstanding these one off successes the Pennypit Trust is embedded in our local communities delivering support in local schools, offering befriending services for our elderly and socially isolated, providing a vital family support service and volunteering opportunities for our young people helping to boost their confidence and self esteem.

On top of these services which run throughout the year the Pennypit delivers holiday hunger programmes for young people from 3 – 18 during school holidays and over Christmas and New Year the Pennypit leads a multi agency Festive Provision programme that last year supported 1,560 individuals and 600 families in the PSG and Fa'side Wards. In a recent report former Prime Minister Gordon Brown wrote about there being a "civic recession" where local people do not get involved in their local communities. We are extremely fortunate that in Prestonpans we have dedicated staff at the Pennypit Trust, led by our manager Angie Davie, and I am indebted to my fellow volunteer directors who give up their spare time to ensure that the Pennypit Trust continues to carry out its essential work throughout the year. We are also indebted to the support we get from the PSG Area Partnership, Volunteer Centre East Lothian and the Longniddry & District Rotary Club.



Managers Report
Angela Davie

It is a pleasure to welcome you to another year of the Pennypit Trust Annual Report. Over the past year, our team has continued to work tirelessly alongside local people, families, schools and community partners to make a positive difference to the community of PSG. Every day brings new challenges, but it also brings new opportunities to support people, build relationships and strengthen our communities.

Our work covers a wide range of services, from supporting children and young people in schools, providing volunteering and work experience opportunities, and helping older people through our befriending projects, to tackling food insecurity through our food pantry. These services may look different, but they all have one thing in common — they create opportunities, improve wellbeing and help people feel connected to their community.

Through our Community in Schools programme, we support children and young people who may be experiencing difficulties with attendance, engagement, family circumstances or other challenges that can affect their education and wellbeing. By working closely with schools and families, we are able to build trust, provide early support and, where necessary, connect people with other organisations and services. Our walking bus is another great example of how a simple community initiative can have a much wider impact. It helps children get to school while encouraging friendships, physical activity and a great way to get to breakfast club. We are extremely grateful to Preston Tower Primary School and Preston Lodge High School for their continued partnership, communication and support. Working together means we can respond to emerging needs and help children, young people and families access support when they need it. The pressures facing many households continue to be significant. Rising costs and financial pressures can make everyday essentials difficult to afford, and this is why our food pantry, hardship support and wider family services remain so important. We will continue to listen to our communities and seek funding and partnerships that allow us to respond to the needs we see locally. Reducing social, health and financial inequalities remains central to our work. We believe that everyone should have the opportunity to feel safe, valued, connected and able to thrive, regardless of their circumstances.

Our partnership with East Lothian Council, alongside the support provided through the One Partnership Fund, continues to provide an important foundation for our services. It also helps us build the confidence and capacity to secure additional funding and develop new opportunities for local people. None of this would be possible without our incredible staff and volunteers.

To our volunteers, school helpers, work experience participants and everyone who gives their time — thank you. Your contribution is invaluable, and the Pennypit Trust simply could not deliver the work we do without you. We are proud of what has been achieved this year — and even more excited about what we can achieve together in the future. Thank you to everyone who continues to believe in, support and be part of the Pennypit Trust.

Our Team



ANGELA DAVIE



RUTH DAVIE



JONATHAN SHARPLES



IRENE MCKIE



CHARLEE MCNALLY



LISA IRVINE



GILLIAN MCEWAN



STUART THOMSON



RHYDIAN MCKINNEY



CAROLINE HERKES



ROSE REYNOLDS



BARRY STEWART

FROM OPPORTUNITY TO IMPACT

















Fundamental Foods Programme

Ruth Davie

We delivered two four-week blocks of Community Cooking programmes, helping participants build confidence and practical skills to prepare healthy, nutritious meals from scratch on a budget. Sessions provided hands-on learning in a supportive environment, covering food safety, preparation techniques and cooking complete meals independently.



Two four-week Family Cooking blocks also brought families together, with over 20 children attending alongside parents, carers or other family members.

We supported QMU nutrition students to complete 30 volunteer hours through placements and Preston Lodge High School pupils to gain work experience, contributing 150 hours. Community volunteers also supported our wider Fundamental Foods projects, including cooking, weaning, fussy eating and batch cooking sessions.

"Family cooking was the best thing me and my kids have done in ages we learned to cook some great meals and the kids were buzzing every week"







Holiday Hunger Programme
Lunch Clubs

The Pennypit Trust operates lunch clubs during every holiday, except Christmas when we focus on our festive provision. We have observed a significant rise in hardship, particularly due to increasing food costs, which are putting pressure on household budgets. We work in partnership including the referral process with council services (Education & Social Work), local organisations, and other Pennypit projects. In addition, we have built relationships with variety of services throughout East Lothian, such as the Library, Sports Clubs, and Emergency Services.

Lunch clubs are hosted at Preston Lodge High School in PSG and Ross High School in Fa'side. During these clubs, children and young people participate in sports, arts and crafts, while enjoying hot meals and snacks. Young volunteers from Preston Lodge High School and Ross High School have played an essential role in our clubs, fostering valuable experiences for everyone involved. We organised family fun days during Easter and Summer, which offered families a chance to connect with funders, other community services, and celebrate our lunch club programme.

We would like to thank East Lothian Council, OCS, Connected Communities PSG and Fa'side, the Scottish Children's Lottery, and of course, Cash for Kids Edinburgh for their continued support and generous funding of our programme this year.



110
CHILDREN AND YOUNG PEOPLE SUPPORTED IN FA'SIDE

"We love the staff and club, everything is great"



"I love being here, making the kids smile, makes me smile "

170
CHILDREN AND YOUNG PEOPLE SUPPORTED IN PSG



Cook Along LIVE

Live Cooking, Real Community

Cook Along Live has continued to grow this year, with more sessions delivered in partnership with Wallyford Community Centre. The project brings local people together through food, providing a welcoming space to learn practical cooking skills, build confidence and connect with others.

Sessions have supported a diverse range of participants, including single parents, families and older people. Alongside cooking, each session includes a nutrition input, giving participants the opportunity to ask questions and learn more about health, nutrition and wellbeing.

This year, we have cooked a variety of dishes, from comfort food favourites to takeaway-inspired "fakeaways", helping participants develop affordable and practical skills they can use at home. The programme also reaches people beyond the community centre through social media and YouTube, allowing more people to access recipes, ideas and cooking activities from home.

A key part of Cook Along Live is encouraging children to cook alongside their adults, helping families spend positive time together while developing children's confidence, independence and essential life skills. Cook Along Live is about more than food — it is about bringing people together, building skills, supporting healthier choices and creating positive opportunities for our community.

"This project has been lifesaving for me. It has improved my confidence in the kitchen, I am even letting my children help me cook the meals. I love being able to watch Jonathan back to remember how to make these healthy meals" - Single Parent





632

CONTACTS SUPPORTED THROUGH COOK ALONG LIVE IN BOTH PSG AND MUSSELBURGH



Community Cooking Partnerships

Edinburgh College

20 students from Edinburgh College took part in a two-week cooking programme, focusing on budget-friendly cooking and preparing meals from scratch. The programme aimed to develop practical cooking skills, encourage healthy eating, and help students understand how to prepare affordable, nutritious meals while making the most of their budgets.







QMU

The nutrition placement module provides students with a comprehensive understanding of the essential components of nutrition practice. As part of this, a nutrition student completed 70 hours of placement within the community pantry, gaining valuable hands-on experience in community nutrition and food provision. This included supporting batch cooking to prepare approximately 50 meals per week, helping to provide nutritious, affordable meals for the local community while developing practical skills in food preparation, meal planning, and promoting healthy eating









"Loved cooking different recipes that are healthy"

East Lothian Friendly Food Network

EL Fareshare Hub

Weekly	Monthly	Yearly
265.88 kg	1.2 tonnes	13.8 tonnes
£839	£3636	£43,628

TURNING SURPLUS FOOD INTO SUPPORT FOR COMMUNITIES

ELFFN 2025 FOOD SUMMIT

ELFFN hosted another annual food summit bringing together food providers and those involved in our food systems. Attendees included local council, third sector organisations, cyrenians and NHS. This was kindly hosted at Musselburgh Rugby Football Club.



20 CHILDREN PARTICIPATED FROM CAMPIE AND STONEYHILL PRIMARY SCHOOL

How we can work together to support the development of a local sustainable food partnership?



FRIENDLY FOOD NETWORK EAST LOTHIAN

www.elfriendlyfood.com

Weaning

In partnership with Breastfeeding Lens and Patchwork EH32, we delivered weaning sessions led by a community nutritionist, providing parents and carers with practical advice, information and support on introducing solid foods to their babies. The sessions covered key aspects of weaning, including recognising when babies are developmentally ready to begin, introducing a variety of foods, understanding nutritional needs, and establishing healthy eating habits from an early age. Families had the opportunity to ask questions, gain a better understanding of their babies' nutritional requirements, and receive guidance to help them feel more confident throughout the weaning journey.

This collaborative approach brought together local organisations and specialist knowledge to ensure families could access reliable, accessible and relevant information in a welcoming and supportive environment. By offering these sessions, we aimed to empower parents and carers to make informed decisions about infant feeding, promote positive early experiences with food, and support healthy growth and development. Our partnership with Breastfeeding Lens and Patchwork EH32 reflects our ongoing commitment to working collaboratively within the community to improve access to health information and provide families with the support they need during the early years.



178

PEOPLE ATTENDED WEANING SESSIONS ACROSS THE YEAR





"This was so helpful, I have actually come along twice, staff are friendly and really approachable"

BREASTFEEDING LENS

Community Pantry

Multi-year funding from Robertsons Trust has allowed the Pennypit Food Pantry to grow and expand. Building on previous years' work, the pantry continues to support residents experiencing food insecurity. All members of the local community are free to access the Food pantry as often as the need arises and can choose from a wide variety of foods including fresh fruit and vegetables, frozen, chilled and canned items as well as dairy, meat, fish and bakery goods and food to meet dietary and cultural requirements. Essential non-food items such as toiletries and household cleaning supplies are also available from the Pantry.

We aim to provide a dignified approach to food and basic essentials by offering a variety of choice. Our very popular, batch cooked meals funded by the Community Lottery extend the Pantry offering by providing further choice as well as the filled rolls and breakfast rolls provided at the weekend. Cash for kids has also funded our in-demand recipe bags in partnership with Cook Along Live as well as giving essential support over the busy school holiday period. Hubub has provided funding to top up our community pantry on a weekly basis. This has also allowed us to connect with other Community Fridges.

215
Children supported each month

801
Monthly Indidvial Contacts and dependents

2631
Meals Prepared and distributed by pantry



Surplus food donated from Olio along with Neighbourly (Aldi and Lidl), Foodiverse (Tesco), Coop and East Lothian Fareshare Hub have ensured the pantry is stocked each day. This along with community donations from individuals, local businesses and food growers has been invaluable in meeting the ever-growing demand.

Pantry staff and volunteers take pride in providing a warm, friendly and non-judgemental environment. Funding from Robertsons Trust has allowed us to provide a more holistic approach to those in need of help with food, advice on benefits and debt management.

'Coming to the pantry helps me get enough food to last to the end of the week and until I get paid.'

81%
Increase in Pantry contacts over the past year

Financial Inclusion Work

Throughout the year, the Financial Inclusion Service has provided direct support to 21 households, benefiting 38 adults, including 9 additional adults within supported households, and 15 children, including 3 pregnant families. Support has included assistance with opening bank accounts, completing benefit applications, budgeting, managing household costs, accessing energy advice, and making referrals to specialist services. These referrals have included support from Pam Shiels at the Salvation Army East Lothian Debt Advisory Service, Changeworks, and Citizens Advice.

As a result of this support, households have accessed or saved an estimated £33,090 through successful referrals and applications, including the Scottish Welfare Fund, Scottish Child Payment, Universal Credit, Adult Disability Payment, Child Benefit, support with energy costs, baby items, household furniture, and school uniforms.



This demonstrates the significant impact that targeted financial advice and advocacy can have in helping families maximise their income, reduce costs, and improve their overall financial security. The service is built on a foundation of listening, empathy, and patience, ensuring that people have a safe, non-judgemental space in which to discuss their financial circumstances and seek support.

> *"Your kindness, care, and practical support have given us not only stability but also hope for a new beginning. Your efforts have given us more than help, they have given us dignity, belonging, and the reassurance that kindness can overcome hardship."*
>
> ***Family from Ukraine***

The regular appointment system has enabled people to receive personalised, ongoing support rather than simply being provided with information or signposted to other organisations. This approach has helped build trust and improved outcomes for those accessing the service. Partnership working has further strengthened the service. A weekly working relationship has been established with the Salvation Army Debt Advice Service, while strong links have been maintained with organisations. These partnerships ensure that when an individual's needs extend beyond the scope of the Financial Inclusion Service, they can be connected quickly to appropriate specialist support rather than being left to navigate complex systems alone.

Pennypit Festive Provision

in partnership with East Lothian Council Connected Communities

Our Partnership Approach to Supporting our community during the Festive Season

Our collaborative approach was designed to support families and individuals throughout the festive period. By bringing partners, stakeholders and other third sector organisations together, we minimise service duplication and better connect with those in our communities who need help the most. Our festive provisions were available across three of the most deprived areas in East Lothian: PSG, Fa'side, and Musselburgh.

We are particularly thankful for our community volunteers, whose efforts make this support possible. No task is ever too great, whether it's delivering food parcels or organising recycling runs.

This support included Jingle and New Year bags, as well as Christmas presents for children. Additionally, we provided Christmas dinner meals for 72 socially isolated individuals on Christmas Day. Our pantry not only distributed festive meals but also remained open throughout the festive period.

"WITHOUT THE PENNYPIT SUPPORT, THINGS WOULD HAVE BEEN NOTICEABLY HARDER FOR US OVER THE FESTIVE PERIOD. DECEMBER IS ALREADY A STRETCH WITH EXTRA COSTS, FAMILY RESPONSIBILITIES, AND THE PRESSURES TO MAKE DURING THE HOLIDAYS"

FAMILY OF 5, PSG AREA



1062

CHILDREN AND YOUNG PEOPLE SUPPORTED WITH CHRISTMAS PRESENTS

805

FOOD BAGS DISTRIBUTED ACROSS EAST LOTHIAN







Pennypit Festive Provision

in partnership with East Lothian Council Connected Communities

We extend our thanks to the Longniddry & District Rotary Club, Musselburgh Rotary Club, and Cash for Kids for their invaluable support during the Christmas season. Additionally, we would like to thank Fa'side Connected Communities, Macmerry Men's Shed, St. Martin's Parish Church, and Prestonpans Community Centre for hosting our provisions. We would also like to thank Chris and Lola Gray for their fundraising efforts over this period.

Thank you to all our community supporters who donated to our provisions across the 3 area wards - these included sports clubs, local businesses and schools across East Lothian.





3080

CONTACTS SUPPORTED OVER THE FESTIVE PERIOD ACROSS ALL AREA WARDS









Community in Schools

Preston Lodge High School

POPS

The Pennypit Community Development Trust delivers a wide variety of activities through the Pennypit trust, Edinburgh college and Preston Lodge high school. This includes skiing, motorbiking, fitness, College visits and cooking. The programme supports and engages pupils back into a school Routine through programmed instructed sessions, delivered by Edinburgh college, bridge centre motorbike project (bcmp) and the Pennypit. This project supports pupils for a full year, providing a sound Foundation for building trust and self-belief. The activities provide challenging but fun and engaging opportunities that progress their life skills and gives the groups a real sense of achievement. Pops demonstrates the need for community engagement through education and the challenges pupils, families and teachers face within a school environment.

A big thank you to all our funders!!!!!

"The Pennypit Trust is a vital partner in our work as a school. As well as providing direct curricular inputs for some of our hardest-to-reach students, the Trust also teams up with us for all sorts of valuable work – offering our students volunteering opportunities, using our spaces for holiday sports and lunch clubs, supporting individual school activities, and always with a positive, can-do attitude. Every school needs a Pennypit Trust, and we are so lucky to have them in our community."

Gavin Clark Headteacher (Preston Lodge High School)

28

PL STUDENTS SUPPORTED THROUGH PLAC AND POPS PROGRAMMES



PLAC

Preston Lodge Additional Curriculum supported young people who were disengaged with education. This programme allowed students the opportunity to sit down with former teachers, helping young people to gain qualifications. Access to PLAC is through the guidance team including inclusion to ensure the project is meeting the objectives. The key objectives of this project is increasing attendance, improving numeracy and literacy and relationships with school. This project supported 18 young people

Community in Schools

Preston Tower Primary School

Breakfast Club

Breakfast Club at Preston Tower (Preston Rd) is run in partnership with PTPS utilising PEF funding. Our main aim of Breakfast Club is starting the day right with a soft start. This is done through serving a nutritious breakfast in a nurturing environment. As we have established relationships with the children who attend, it also allows the Pennypit to check in on families - this whole project improves attainment and attendance. We supported 22 children throughout the year.



820

PTPS STUDENTS SUPPORTED THROUGH OUR SCHOOL PROGRAMMES

P7 Transition

We ran an established P7 transition programme at PTPS - this includes weekly health and wellbeing sessions and supporting with PL-PTPS transition events. This programme is essential in building positive relationships with community organisations and addressing gaps of inequality. This programme also includes providing P7 hoodies to families who need it. This programme supported 126 children this year.

School Cooking

We ran a cooking programme for all students (P1-P7). These sessions focused on how to eat healthily, learning key life-skills such as knife skills and giving a tasting session provided by our Fundamental Foods Nutrition team. This programme supported 815 children this year.



Community in Schools

St Gabriel's Primary School

Breakfast Club

Breakfast Club at St Gabriel's is delivered in partnership with The Pennypit Trust and funded by the school. The main aim is to provide children with a positive start to the day through a nutritious breakfast and a calm, nurturing environment. A key focus is building relationships with the children and families and signposting to other pennypit services. 12 children attended throughout the year.



St. Gabriels PS Lifeskills Group

The Life Skills group is dedicated to developing a sense of identity and community awareness among children. By focusing on personal development, the program equips children with essential skills such as concentration, focus, and self-regulation. We teach essential skills such as road safety, positive relationships and health and wellbeing. These skills are crucial for contributing positively to their community. Through engaging activities and thoughtful discussions, children learn to appreciate and understand their roles in the wider community, preparing for a future where they can thrive both personally and socially.

" I'm very grateful for Breakfast Club. It gives my kids a positive start to the day with a healthy breakfast "

"The Pennypit Trust is a valued partner of St Gabriel's RC Primary School. Their breakfast club ensures children begin each day nourished and ready to learn, while their ability to offer additional support to children and families helps foster a strong sense of belonging and community. The positive relationships they build with our pupils and families are invaluable and make a real difference to the lives of those we serve."

Louise Murray Headteacher (St Gabriel's RC Primary School)

Family Work

Over the last year our work was funded by The National Lottery Community Fund, Pennypit Community Development Trust has continued to provide vital support to local families and communities, with a strong focus on volunteering, food and nutrition, family support and community development. Through our range of services and activities, we have worked to improve wellbeing, reduce isolation, strengthen community connections and ensure local people can access the support they need. Our work has been delivered through strong partnership working and a community-led approach, ensuring services remain accessible, inclusive and responsive to local needs while promoting dignity, choice and resilience.



The dedication of our staff, volunteers, partners and community members has been central to delivering meaningful support and creating positive opportunities for local people. By working collaboratively, we have continued to empower individuals and families, encourage community participation and strengthen relationships across our communities. As we look ahead, Pennypit Community Development Trust remains committed to building on this work, developing partnerships and services that respond to changing needs, and helping to create stronger, healthier and more resilient communities.



Pennypit Helping Hand

Our Helping Hand Facebook service reduces waste and supports local individuals and families by providing a platform to advertise and access essential goods free of charge. Items include white goods, furniture, carpets, beds, toys and household essentials. Through Facebook Messenger, 36 people have donated items, including sofas, fridges, hoovers, kitchen utensils, bedding and baby products. Additionally, 60 people have donated items to our pantry. All donated products have been reused or recycled, supporting climate action by reducing waste and extending product life. This initiative promotes sustainability, eases financial pressures and strengthens community connections through sharing and mutual support



Volunteering



Our volunteers are at the heart of everything we do, playing a crucial role in delivering services and support that make a meaningful difference within our community. Through volunteering, individuals gain a strong sense of purpose, achievement, and belonging, while developing valuable skills that enhance both their personal and professional growth.

Many volunteers have shared how their experiences have increased their confidence, particularly in areas such as public speaking, teamwork, communication, and building positive relationships. Volunteering also provides opportunities to form lasting friendships, gain nationally recognised qualifications, and improve employability.



Beyond developing practical skills, volunteers frequently report significant improvements in their overall wellbeing. Increased self-esteem, greater confidence, and a stronger connection to their local community are common outcomes. For many, volunteering has also played an important role in reducing social isolation and fostering a sense of inclusion.

We offer a wide range of volunteering opportunities across our community projects, including catering, sport, nutrition, and community development. Our community food initiatives have been especially effective in providing hands-on experience, enabling volunteers to gain practical skills alongside accredited training in areas such as first aid and safeguarding.



These opportunities have created valuable pathways into employment, with many volunteers progressing into paid roles within the Pennypit Trust. This not only supports individual development but also helps strengthen local capacity and sustain the impact of our services within the community.

Congratulations to our volunteers Brian Weddell and Lexie Duncan for winning at the Volunteer Centre East Lothian Inspiring Volunteers Awards in the Outstanding Trustee and Young Volunteer categories.

78
Community Volunteers

43
Training Certificates

74
Saltire Awards

Befriending

The Befriending Service provides a critical lifeline for older people experiencing loneliness and social isolation. The initiative has grown into a vital community resource, supporting older adults to address the challenges associated with social and health inequalities.



The service offers a warm, welcoming, comfortable and safe environment where older people can build meaningful connections, improve their health and wellbeing, and access essential support and services, including the NHS, Changeworks and Co-op. Our activities include sharing a hot meal, playing bingo, socialising, engaging in conversations and reminiscing about the local community. These activities help to reduce isolation, promote social interaction and create a strong sense of belonging.

By fostering a supportive and inclusive environment, the Befriending Service helps older people improve their quality of life, maintain social connections and strengthen their ties with the wider community.

"I have made many sincere friends sinced attending the befriending service which I really appreciate. It's a life savour for me as I stay alone and it can be very lonely in the house"

Time for Tea

The "Time for Tea" initiative has developed into a cornerstone of our project, highlighting its importance through the provision of a hot breakfast and opportunities for active participation. The project has received very positive feedback from our service users, who value not only the social aspect but also the health and wellbeing activities we provide, such as chair aerobics. The initiative also creates valuable opportunities for intergenerational work experience, enabling individuals to develop essential life skills, confidence, and practical experience. By holding the club every Monday, we have created a welcoming and inclusive environment that encourages social interaction, helps attendees reconnect with old friendships, and supports the development of new relationships. Most importantly,

"Time for Tea" has fostered a strong sense of community, where attendees look out for one another, check in on each other's welfare, and provide mutual support for their overall health and wellbeing.



17

INDIVIDUALS ATTEND OUR TIME FOR TEA WEEKLY



Walking Football

Walking Football at the Pennypit is much more than a weekly sporting activity; it is a thriving community initiative that brings together 20 plus men and women every Tuesday morning to enjoy physical activity, social interaction, and a sense of camaraderie

.

The adapted format of walking football, which replaces running with walking, makes the sport accessible to people of different ages, abilities, and fitness levels. It encourages participation in a safe, inclusive, and enjoyable environment, while supporting participants to remain active and improve their physical health.



Following their session on the 5-a-side pitches, participants come together at the Legion to enjoy a hearty lunch of soup and sandwiches. This provides an important opportunity to relax, socialise, and build relationships beyond the football itself. These shared meals encourage conversation, friendship, and peer support, helping to reduce social isolation and strengthen connections within the community.



The initiative provides a welcoming space where participants can share experiences, look out for one another, and develop meaningful friendships. By combining physical activity with social engagement and peer support, Walking Football at the Pennypit contributes positively to participants' physical health, mental wellbeing, confidence, and overall quality of life.

"Staff and volunteers are really helpful and excellent"

Fridays at the Labour Club

In Partnership with the Prestonpans Labour Club

Fridays @ the Labour Club," facilitated by the Pennypit in partnership with the Labour Club, provides a welcoming space for around 14 service users each week. Participants enjoy a hot bowl of soup, sandwiches, and a warm drink, while having the opportunity to socialise and connect with others. The project helps reduce isolation, builds companionship, and supports the overall wellbeing of service users.



Lunch with the Bunch

Lunch with the Bunch (LWTB) continues to make a positive impact in the community through its partnership with Prestonpans Royal British Legion. Every Thursday, older community members come together to enjoy a hot, nutritious two-course meal in a welcoming and supportive environment.

The project also provides opportunities for socialising through bingo and quizzes, helping to reduce isolation and build a strong sense of community. LWTB also supports those experiencing food insecurity by providing essential groceries and distributing surplus food from the community pantry, helping to reduce food waste.

Our volunteer-led pick-up and drop-off service is also vital in supporting attendance, with 56% of service users now requiring transport to attend.





Pennypit Deliveries

Pennypit Deliveries provides hot, nutritious meals to older and socially isolated people across the PSG area. Our dedicated staff and volunteers deliver meals to 67 individuals, offering not only a nourishing meal but also a friendly conversation at the doorstep. For many service users, this is an important opportunity for regular social contact and emotional support. As part of our wider befriending project, Pennypit Deliveries helps reduce isolation, build connections, and provide much-needed support to those in the community.



"it is a wonderful service and a wee chat at the front door, it breaks up the day"

8260

MEALS PREPARED FOR OUR COMMUNITY

Sports Club

We deliver sports programmes throughout the school holidays for children from nursery to Primary 7, based at Preston Lodge High School. These sessions promote active play, physical wellbeing, and positive social interaction during the holiday period. Attendance remains consistently high, with children fully engaging in the wide range of activities on offer. Popular highlights include the much-loved Friday fruit hunt and the end-of-summer water fight, which continues to be a firm favourite.

Health and wellbeing are central to our programmes, and children are encouraged to bring a healthy snack and water each day. This reinforces positive habits and supports both physical and mental wellbeing.

Our holiday clubs also provide valuable opportunities for students and local young people to gain hands-on experience, develop relevant skills, and improve their employability. This year, more than 62 young volunteers took part, building confidence and gaining practical experience in a supportive environment.

Activities are tailored to suit each age group, giving children the opportunity to try and learn a variety of sports, including football, rugby, tennis, golf, yoga, and gymnastics. On average, over 55 children attend daily, with 178 children registered for our summer programme, demonstrating the continued demand for these inclusive and engaging activities.









From Participant to Trustee: Barry's Journey with the Pennypit Trust

From accessing support as a child to shaping the future of services for young people

Barry's journey with the Pennypit Trust demonstrates the power of long-term, relationship-based support and the importance of creating opportunities for young people to grow, contribute and lead.

Barry first became involved with the Trust as a child, attending our lunch clubs and taking part in school-based interventions, including POPS. These early experiences provided Barry with a safe and supportive environment where he could build relationships, develop confidence and engage with opportunities beyond the classroom. As Barry grew older, his relationship with the Trust developed from participant to volunteer. He began volunteering across a variety of Pennypit Trust projects, gaining valuable experience, developing new skills and becoming an important part of the Trust community.Barry then progressed to working at our lunch clubs, supporting other children and young people who were experiencing some of the same opportunities he had benefited from himself.

Today, Barry is employed by the Pennypit Trust as our Facilities Assistant, while continuing to support a range of our community projects. He contributes to our Walking Bus and Befriending projects, including Walking Football, helping create positive opportunities for people of all ages and strengthening connections within the community. But Barry's journey has gone even further.

Barry is now a Young Person Trustee on the Pennypit Trust Board, ensuring that the voices, experiences and perspectives of young people are represented whenever decisions are made about the Trust and its future.



Barry also sits on the Growing and Changing Project, helping to ensure that people with lived experience have a meaningful role in influencing policy and shaping the services that affect their lives.

"Barry's journey shows what can happen when a young person is given consistent support, genuine opportunities and a voice. He has gone from accessing our services as a child to helping shape them for the next generation."

The Impact

Participant → Volunteer → Staff Member → Young Person Trustee → Voice for Lived Experience

Barry's story is more than an individual success story. It demonstrates the value of investing in young people for the long term and creating genuine pathways for participation, employment, leadership and influence.

At the Pennypit Trust, young people are not just recipients of services — they can become volunteers, employees, decision-makers and leaders, helping shape the future of their communities.



Facilities

Over the last year, thanks to Business Energy Scotland and East Lothian Council funding we upgraded our floodlights on both our Rugby and Football pitches. These upgrades will help to reduce our carbon emissions.

We have supported a number of football clubs, community members and fitness programmes to have access to our 2 5-a-sides - this is also included employing one young person to assist with bookings.

We have both Preston Athletic Football Club and PL Rugby Club on our trustee board ensuring sports representation across The Pennypit Trust.



East Lothian Council

BUSINESS ENERGY SCOTLAND

Networks and Partnerships

PRESTONPANS COMMUNITY SPORTHUB

East Lothian Council

Fa'side Area Partnership

Preston Seton Gosford Area Partnership

SUSTAINABLE FOOD places

FRIENDLY FOOD NETWORK

The Pennypit Trust values working in partnership to best serve our community needs. The Pennypit Trust sits on strategic and community networks across East Lothian to represent the views of our service users.

These networks include Area Partnerships including Children & Youth Network and Health & Wellbeing Subgroup, Prestonpans Community Sports Hub, East Lothian Friendly Food Network and PSG CPLF.




WYOMING




East Links
Fortress
BEGGAR
SWIMMER
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Pennypit Community Development Trust
Pagoda Building
North Grange Avenue
Prestonpans
EH32 9BN
www.pennypittrust.com
01875 815221
SC042187

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@pennypittrust

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