

The Pennypit Community Development Trust Annual Report 2020/21

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



Chairperson Report

David Rose

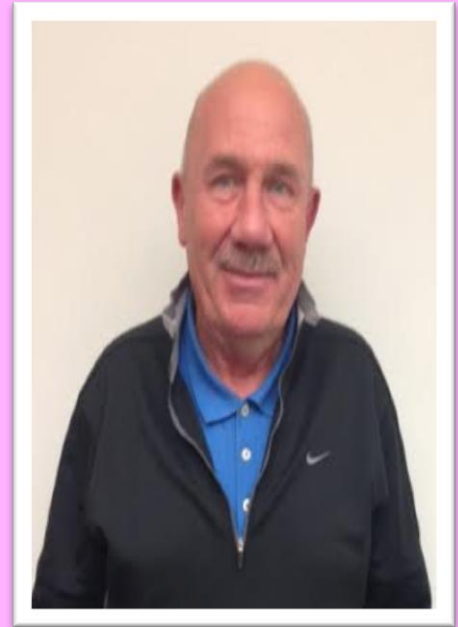
A very warm welcome to our annual report and hope you enjoy seeing information and pictures of this year's programmes. I have now been the chair of the trust for over 5 years and still cannot believe the amount of work Angie and her team produce. They work tirelessly to engage with their local communities, reducing inequalities and making sure there are pathways for all.

They are now stepping away from the emergency food provision and starting to provide more face-to-face projects in schools and local community settings. Please feel free to contact the team or look at social media outlets. This will give you a better understanding of the work they do.

The Pennypit team are currently running holiday sports and lunch clubs with over one hundred young people attending. This has been a fantastic opportunity for creating more memories in an exceedingly difficult year. Rugby and football are also back. Training and game schedules can be found on the local team's websites.

I am enormously proud to be a part of this charity and wish them all the best in their Christmas provision 2021. Again, see our social media for referral forms and information on our programmes.

Thank you
Dave Rose
Pennypit Chairperson



Our Committee

Chairperson: David Rose

Treasury: Gordon Pollock

Secretary: Anna Scott

75% of service users felt less anxious

Managers Report

Angela Davie

A huge HELLO from the Pennypit team and welcome to our 20/21 annual report. We have been extremely busy over the last 18 months with new and exciting projects to help support our communities in need. There was a shift in projects due to Covid-19 and staff members worked hard to connect with those who needed it most. This included shielding, socially isolated, vulnerable adults and families. We created a delivery service, delivering hot food to the elderly and families and provided a befriending service to our community members who could not get out due to restrictions.

The Pennypit team and volunteers worked tirelessly over this period and I would like to thank everyone for their unity and support. I would also like to thank the local resilience teams through connected communities who linked with the trust, supporting this mammoth task. We are now starting to recover as restrictions ease and other projects are beginning to move. This will take time but we are happy to be back in schools and our local community.

Easter and summer saw the sports and lunch clubs back with over 80 children attending both. This allowed work experience for young people, volunteering for community activists and lots of fun and noise for the children. The weather helped us have a wonderful summer and brought back much needed happy memories for all. We will continue to support, guide and deliver our essential programmes in our local communities. Please look out for us on social media to see our Pennypit Trust programmes.

Thank you.

Angie



***70% of Elderly people said it was the
only contact they had each day***

Fundamental Foods Manager

Ruth Davie

In the last year Fundamental Foods has continued to build capacity and expand services to tackle food inequalities in our community. This year the Pennypit Trust secured 3-year funding from the National Lottery Community Led Fund to support food initiatives such as 'lunch with the bunch' that delivers a social café approach to tackle social isolation and reduce loneliness amongst older people. Evidence based evaluations from the pandemic has shown that there is a greater need to connect more households experiencing food insecurity with a variety of food initiatives. We always place people and communities at the heart of our development - listening to them, identifying their strengths, supporting them on their terms, and building their capacity to thrive. We encourage service users to be part of the team, with volunteering and employability opportunities and we are delighted to employ 5 parents in various food roles with the nutrition programme.



We're all really passionate
about the work that we do.

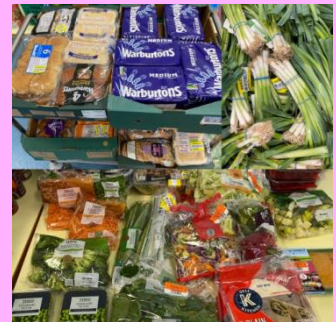
Ruth Davie
Pennypit Community Development Trust

Over 94% of service users felt cared for

pennypit community development trust – annual report 2020/2021

Community Pantry

PSG food provision is based in the Pennypit Community Kitchen. This is co-ordinated through the Pennypit, PSG connected communities' team and Prestonpans resilience team. All referrals were collated in central hub by a Pennypit member of staff. This was the single point of contact who collected data and necessary information to provide the food parcels. Again, as lockdown measures were implemented the provision changed mostly to food deliveries although the pantry was open daily (Monday-Saturday). Deliveries were done by local volunteers and Pennypit staff. The food parcels were made up by FareShare (Port Seton COOP, Aldi Musselburgh, Tesco Musselburgh and bookers), hot meals (batched cooked by Debbie and Rose), recipe bags, fresh fruit and vegetables and pantry items donated from EL foodbank, community donations, TKMaxx, Poundland and many more. The Pennypit Family Support Worker set up a hardship fund where families could access food vouchers and utility top ups.



***90% of service users said they
felt a sense of community***

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"

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."

Over 85% of households were in the 20% most deprived areas of Scotland

Summer Lunch Clubs

The Pennypit Trust run lunch club throughout every holiday period (except Christmas). We have seen an increase in demand with furlough coming to an end and universal credit uplift reducing.

We delivered this provision in PSG for over 150 children and young people, supporting over 50 families with pantry and uniform assistance. Across the provision we have linked up with services in East Lothian including Library service, Outdoor Education Team and East Lothian Play Association.

Lunch Club have taken place at the Pennypit 5-a-sides, Prestongrange Church Hall, the Pennypit Centre, Prestonpans Community Centre 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.

"My child loves it. Thanks so much for having her, we have seen a huge boost in her confidence already and feel she is ready for P1"

"This club is a life line for me and my family over the holidays – the support the staff and volunteers have gave us is much appreciated"



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



The Pennypit outdoor pursuits groups supports S3/S4 pupils that attend Preston lodge High School. We have created an outdoor programme that helps pupils engage in different skills and focusses on learning out with a school environment.

They develop these skills to benefit future decisions such as college/university, work experience or apprenticeships. Many members end up volunteering to gain additional experience or go back in to school with a better understanding of how important attendance, gaining qualifications or just getting back in to a routine that helps them support future plans.

The pops programme gives the young person the opportunity to find something they are interested in and opens doors to developing this interest. Such as motor biking, college programmes, skiing, volunteering, advice on school, part time employment and life skills.

We work in partnership with the schools guidance teams and Edinburgh college. This gives the team and the young person a great amount of time to work together, creating the best opportunities.

“The club coaches are fantastic!”

Lunch with the Bunch & Hot Food Delivery

Debbie Reynolds

LWTB is now in partnership with the royal British legion, Prestonpans. Having the community come along and enjoy a 2 course hot meal every Thursday from 12.00 - 1.30. After their lunch we have a wee game of bingo which they enjoy. New people attend every week for a bite to eat and a chat with our regulars. We serve 20 - 30 people every week. Our regulars often invite their neighbours and friends as they enjoy it so much. We also get referrals from link workers, GPs and Occupational Therapists. The Health and well being of our elderly is improving and they look forward every Thursday. Some of our ladies get dressed up and enjoy a special occasion. For some this is their only outing each week and the only time they get to socialise.

Debbie's deliveries is a hot food delivery service which started during lockdown. Our clients are elderly and the many are socially isolated. We deliver to 40 elderly and 20 socially isolated people within Prestonpans area. The age range can vary between 30 to 90 years old. The hot food deliveries allow us to identify what people's needs are. This allows our staff and volunteers to provide extra support. For some, the person delivering their food is the only contact they have each week so we make sure to have a wee chat. Our clients look forward to a home cooked meal and a catch up.

5750 meals prepared for our community



Befriending by Anna and Tina

The Pennypit Befriending service is vital to covid recovery within Prestonpans' elderly community. Over the past 18 months the service has blossomed, with the relationships between our befrienders and participants - and between participants themselves - being stronger and more supportive than ever. Through collaborating with other services such as LWTB, our participants have been given a opportunity to develop new friendships with their peers; this has resulted in a massive boost in confidence and has re-ignited many of our elderly's love for socialising. Having young members of our community befriending our elderly builds cross-generational trust, as well as this it leads to a multitude of life-lessons and stories shared. Giving the elderly the opportunity to share stories and experiences makes them feel heard, therefore more relevant in a constantly adapting community - being connected to youth ensures they don't feel detached and lost, therefore less isolated.

As a befriending team, and charity, we strive to constantly adapt our befriending service to the needs of our elderly community; through expanding the range of offered activities, encouraging friendships between peers and utilising training available to us. An example of this is linking up with Dementia Scotland, Poppy Scotland and Playlist for Life.

“There is nothing worse than feeling alone”

“Fair enjoy Tina & Anna’s company!”

“Love the befriending”



***“Nice to have someone to talk to,
brightens my day”***

Early Years Nutritionist Lisa Kerr

Online groups

Due to Covid we were unable to run our usual face to face cooking and weaning sessions so these were adapted to run online. The sessions enabled us to engage with families throughout lockdown and provided participants with a safe space to engage with other parents. The groups supported parents, giving them the knowledge and skills for weaning and cooking. We use family-friendly, low cost recipes, and all the ingredients were provided each week to reduce barriers.

“My son and I both enjoyed the group session. He enjoyed helping mummy and it encouraged him to taste different things. It was also nice to meet new people online. Would be great to do it again.”

“I really enjoyed the sessions. It was nice having other people to talk to during lockdown, and it gave me lots of new recipes to try as we were getting fed up of eating the same things all the time.”

Cook along with Carrie

In January instead of our zoom cooking sessions we ran a weekly Facebook live cook along. This enabled us to reach out to a wider audience. Participants had the option of collecting a free recipe bag from the pantry or purchasing the ingredients themselves to cook along and find out about budget cooking, family-friendly recipe ideas and have the option of asking our nutritionists questions during the session. The sessions provided parents with an activity to do at home with their child for home schooling, increasing family engagement as well as teaching valuable life skills. Families reported this to be a highly valuable, enjoyable session.

“My kids loved it. They enjoy cooking together. I didn’t get to cook, my son took over and I was left with the washing up!”

“We have been doing the cook along recipes as my sons home economics lesson with home schooling. They are great.”



“The recipes and videos were great. They gave me inspiration to try new recipes”

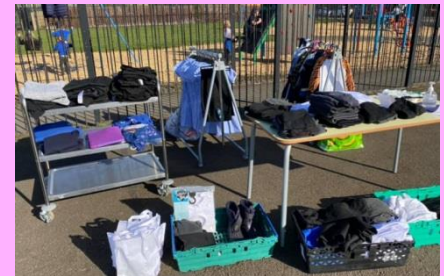
Natalie Moir

Family Worker

During this time Covid-19 was and still is very much in our community and families were already facing financial and food insecurities leading to a steep increase in referrals. The continuing pandemic meant that I could not get out into the community as before and with no group activities in sight, I decided that I would visit my families outdoors having face to face contact. This is important to families who are under immense pressure facing mental health concerns and isolation. I still maintained contact with families via phone and digital platforms offering emotional practical and signposting for a number of supports financial/food/health and wellbeing .

The Pennypit secured funding to help families with digital access, home learning was causing immense stress for parents/guardians and children. Many households did not have devices or internet. We were able to help families with devices and internet access to allow them to carry out home learning or keep in contact with friends and family during the pandemic.

School transition can be a daunting experience and schools had to adapt. This meant that children were not receiving the opportunity they would normally. Our family capacity worker was out in the community supporting children/young people that needed enhanced transition, Fraser worked in partnership with schools and parents/ guardians helping to build resilience and making the experience a more positive one.



“What a difference it makes, provided support and feels that someone cares”

Volunteering

Volunteering is crucial in our response during the Covid-19 pandemic with over 100 people supporting us. Our volunteers told us their mental health benefited by volunteering during lockdown, this supports Covid related research that volunteering can benefit emotional health, allowing people to build confidence and self-esteem. The notion of mattering, referring to a perception that we have a role in the world, whereby we feel noticed and valued and are giving value to others, is also improved. This has never been more important than it is during the Covid recovery phase. We know our community faces many varied challenges including mental health difficulties and unemployment. Our well established volunteer project uses an extensive partnership network to expand existing entry points, targeting underrepresented groups. We work together in a 'volunteer centred way' to improve employability and support people re-entering the job market during this pandemic, through refreshing their CV and providing new training. Volunteering can be very important in the recovery phase. Over 30,000 people volunteered across Scotland during lockdowns, we aim to increase our capacity to offer 100 new volunteering roles each year to help local people improve their employability, reducing their use of food banks and supporting their development



“Coaching at Angie’s club helped me get into college and made me feel good”

Community



Community



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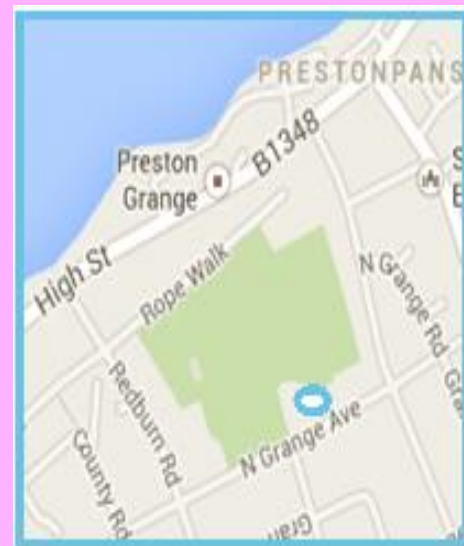


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