

The Essentia Foundation – February 2021 Awards

Organisation Details

Name: Strathmore RFC

Location: Angus

Grant awarded: £3,000

Purpose of organisation: Strathmore Rugby Football Club provides facilities for and to promote participation in the amateur sport of rugby in Forfar and the surrounding area. This is achieved by fielding junior mixed-gender teams from 5-12, as well as an adult female rugby union team and an adult male rugby league team. The club also provides its facilities free of charge for an adult mixed rugby team for people with learning disabilities and autism-friendly rugby for children aged 5-12 years old.

Purpose of grant: This project will contract the services of a UKCC Level 3 coach and SRU Coach Educator to provide coaching and development to SRFC's junior coaches. The training will aim to better equip the coaches to coach the players and keep them interested and supported resulting in increased enjoyment and long term engagement with sport and rugby. SRFC expect this project to benefit 144 children and young people.

Organisation Details

Name: Options in Life

Location: Fife

Grant awarded: £3,000

Purpose of organisation: Options in Life (Oil) was established in 2011 by parents/carers of young adults (18-30) with learning difficulties. The organisation provides advocacy support and promotes education, training, healthy living and life-skills development for families, helping to build the skills needed to integrate more fully with mainstream society. The organisation works regularly with just under 100 young people across the East of Scotland.

Project Summary: The grant will contribute to the ongoing delivery of online services for young adults with severe learning difficulties as well as their families/carers in Fife. It will allow staff to deliver a range of digital activities to keep beneficiaries engaged and stimulated, providing families/carers with a resource to reduce the demand on them and offer some

respite. Weekly resource packs will be developed and delivered to homes including ingredients for participating in the cooking workshop as well materials for arts and crafts.

Organisation Details

Name: BeFriends Dundee

Location: Dundee

Grant awarded: £1,700

Purpose of organisation: BeFriends was established in 1981. They provide volunteers one to one befriending opportunities for disadvantaged children and young people aged 5-25 years. This may involve visiting museums and art galleries, going for a walk in the park, getting involved in a sport or enjoying a treat. Their work aims to decrease isolation and support individuals to have more social and recreational interactions.

Project Summary: This project will allow Befriends to establish a new weekly activity group for children who are non-attenders at school and are currently on the waiting list for a one-to-one befriender. Activities will depend on the interests of the young people who attend but are likely to include outings to a nearby park, a photography project and computer work. A total of 10 young people will benefit.

Organisation Details

Name: Equal Futures

Location: Edinburgh

Grant awarded: £2,839

Purpose of organisation: Equal Futures was established in 2002. They work to promote social inclusion of people with learning disabilities and autism. They provide circles of support and befriending activities, helping people to connect more widely in their local communities, enjoy a better social life and achieve their goals and aspirations.

Project Summary: This project will see the delivery of two new youth groups for young people aged 16-18 years with additional support needs. The project will focus on supporting their transition from school to further education, training or employment. Sessions will take place in Glasgow and will involve a mixture of games, music, crafts and social activities, based on the interests of members.

Organisation Details

Name: Dumfries Y Gymnastics Club

Location: Dumfries and Galloway

Grant awarded: £2,835

Purpose of organisation: Dumfries Y Gymnastics Club was established in 1977 and runs various gymnastics classes at their centre in Dumfries. Their gymnasts are aged from 6 weeks to 16 years old who take part in classes such as Fun4Baby, GymDance and Competitive Classes amongst others. They encourage and support their gymnasts to achieve coaching qualifications run by the Scottish Gymnastics Association which allows them to coach their peers at the club.

Project Summary: This project will provide Learn2Coach Qualifications to 9 young women and will also offer 5 girls a qualification in UKCC Level 1 Women's Artistic Gymnastics. Project qualifications will allow the girls to further their passions for gymnastics and improve their employability skills. It will also allow the club to expand its membership and its coaching outreach to the wider community.

Organisation Details

Name: DRC Generations

Location: Glasgow

Grant awarded: £3,000

Purpose of organisation: DRC Generations was established in 2006. They aim to improve health and wellbeing by promoting awareness of addictions to drugs and alcohol, providing education and training and support. Their activities include a peer education project, school transitions support, a youth club, family support, street work and they organise trips and outings.

Project Summary: This project will allow the DRC to continue to deliver training to young peer educators, at their office base in Scotstoun. Young people in first and second year at high school will be trained to deliver information sessions to primary 7 aged children in local schools. Project activities will cover transition to high school, substance misuse, tobacco and gambling.

Organisation Details

Name: Cumbernauld and Kilsyth Care

Location: North Lanarkshire

Grant awarded: £3,000

Purpose of organisation: Cumbernauld and Kilsyth Care (C&KC), a volunteer-run registered charity since March 2016, provides two services locally; a School Uniform Bank and a Baby Bank, both aiming to support children aged 0-16 and families in need through community recycling and donations. The Uniform Bank provides new and pre-owned school uniforms free of charge to those families most in need in the area through a system of referrals. The Baby Bank delivers support to disadvantaged parents and carers in the form of a 'starter pack' for babies, presented as a gift from the local community.

Project Summary: The grant will contribute towards the costs of purchasing warm winter clothes for children in need in the Cumbernauld and Kilsyth area. The project will benefit an estimated 350 individuals, keeping them warm and dry over the winter period, improving both their mental and physical health and reducing challenging behaviours displayed by those experiencing Adverse Childhood Experiences, of which poverty may be only one.

Organisation Details

Name: Martyn's Monday Club

Location: Argyll and Bute

Grant awarded: £3,000

Purpose of organisation: Martyn's Monday Club established in January 2019 and offers peer support groups in Oban, for people with mental health issues. Groups are facilitated by a team of volunteer facilitators who are trained Mental Health First Aiders. The organisation hold drop in sessions twice a week and also provide suicide awareness/intervention and Mental Health First Aid training.

Project Summary: This project will enable Martyn's Monday Club (MMC) to increase their staff capacity and put adequate systems, policies and procedures in place to manage the day-to-day operation of the club. Additional training and support for volunteers will be offered and new activities will be implemented for high school students in the local area.

Organisation Details

Name: Project 31 SCIO

Location: South Lanarkshire

Grant awarded: £3,000

Purpose of organisation: Project 31 was set up as a small voluntary organisation in March 2011. It operates in the areas of Cambuslang and Rutherglen in South Lanarkshire and works regularly with more than 500 families with children aged 0-12 years, responding to their needs

through the delivery of arts, play, leisure, literacy, outdoor learning, Forest School and sports activities.

Project Summary: The grant will contribute towards the cost of a training programme for 12 young volunteers. The bespoke training sessions will cover topics of health and safety, safeguarding and outdoor learning. The trained young volunteers will then assist with the delivery of activities for families. On average they work with 300 families per year who will indirectly benefit from the project.

Organisation Details

Name: Renfrew YMCA SCIO

Location: Renfrewshire

Grant awarded: £2,940

Purpose of organisation: Renfrew YMCA (est. 2011) is an organisation which facilitates weekly clubs and services for young people within the community. The organisation works with around 90 young people per week across different groups and programmes from outdoor play, school partnerships, drop in and mentoring. Their aim is to promote the acceptance of all people regardless of disability, ethnicity, religion/faith, culture, gender, sexual orientation or social class.

Project Summary: The 'In It Together' project will support around 30 children and young people from the Renfrew area with additional support needs to transition into mainstream youth provision. This program aims to improve children and young people's overall well-being and development through weekly activities and engagement with staff. The project is aimed at young people from primary one upwards and activities will include groupwork and outdoor play.

Organisation Details

Name: RockSolid Dundee

Location: Dundee

Grant awarded: £3,000

Purpose of organisation: RockSolid Dundee registered was established in 2013 and is based out of Douglas and Mid Craigie Church in the East End of Dundee. Their focus is youth work, including twice weekly youth clubs, drop ins, holiday provision, 1:1 support, and accreditation opportunities. They embed this work alongside wider community support, such as family sessions, activities for the elderly, and weekly 'pay what you can' community lunches.

Project Summary: This project will implement young person's wellbeing courses over the course of a year, working with up to 65 young people in total. The weekly sessions, led by two youth workers, will address health and wellbeing including general support as well as issues exacerbated by the pandemic. The focus of each course will be guided by the issues the young people involved identify as key challenges or areas they would like to discuss.

Organisation Details

Name: Glasgow Girls FC SCIO

Location: Glasgow

Grant awarded: £1,900

Purpose of organisation: Glasgow Girls FC is based in the Shettleston ward of Glasgow and was founded in 2011 to provide opportunities for marginalized and socially excluded young females to participate in organised football focused activities to support improvement in their physical and mental well-being, social inclusion and personal development.

Project Summary: This project will facilitate a training programme for ten young women aged between 18 and 24, who are currently on Universal Credit and at serious risk of long-term unemployment. The project will offer a range of learning activities including preparing for employment, financial inclusion and introduction to peer mentoring. At the conclusion of the training programme Glasgow Girls FC will select participants to progress to paid work placements within the organisation through the Government funded Kickstart scheme.

Organisation Details

Name: Sunshine Club

Location: Fife

Grant awarded: £2,800

Purpose of organisation: The Sunshine Kitchen was established in 2018 and run a kitchen project for young adults with additional support needs. Based in Fife, they rent a kitchen premises where their team develops and prepares food products, which they sell at local farmers markets. The staff team consists of eleven young adults between the ages of 18 – 30 who present with a range of lifelong neurological conditions including autism, ADHD and Down's Syndrome.

Project Summary: This project will address the challenges of Covid-19 and will contribute towards the purchase of new cooking equipment for the organisation. The new equipment will enable the kitchen to recommence their involvement in food markets and will build the confidence of the staff team who have become socially isolated during the pandemic.

Organisation Details

Name: Sunshine Partnership

Location: Aberdeen

Grant awarded: £2,400

Purpose of organisation: The Sunrise Partnership is a group which exists to support the needs of children and young people (up to 18) in the Aberdeen City. They aim to help children and young people cope with loss, change and bereavement in a healthy and positive way, by using therapeutic tools and strategies tailored to the individual's age and stage of development. They offer a counselling service, providing 1-2-1, sibling or family support, and group work.

Project Summary: This project will offer face to face sessional support for children and young people affected by bereavement and/or significant loss, many of whom are living in areas of deprivation and do not have access to laptops or support online. Project activities will benefit around 20 children in Aberdeen and will help to ensure that vulnerable young people will not be at risk of social isolation.

Organisation Details

Name: Raith Rovers Community Foundation

Location: Fife

Grant awarded: £1,188

Purpose of organisation: The Raith Rovers Community Foundation was established in 2015 and supports the people of Kirkcaldy and surrounding areas. Their charitable aims are to advance the education of children, young people & adults. Primary activities include community football matches, holiday camps and educational workshops. The group supports around 2,800 people per year and has services for ages from 3 above.

Project Summary: This project will start a weekly community youth club for young people from Kirkcaldy living in poverty. Project activities will include leaderships skills workshops, sport sessions and outdoor play. RRCF believe the project will provide a safe space for young people living in poverty to participate in and help to reduce anti-social behaviour within the local community. The programme will be free enabling young people from low-income families to participate without any financial or economic barriers.

Organisation Details

Name: Muirhead Outreach Project

Location: Fife

Grant awarded: £3,000

Purpose of organisation: The Muirhead Outreach Project was established in 2004. It works with children and their families to keep them together during difficult times, aiming to prevent children being received into care. Families are supported through an initial intense 8-week period of direct face to face work and can also access youth clubs, workshops, parent groups and holiday clubs.

Project Summary: A grant will allow the organisation to increase staffing hours for support workers at the organisation. This will help the outreach project to increase the number of families that they work with and address the increased need that has arisen because of the Covid pandemic. It is estimated that a total of 80 individuals will benefit over a one-year period.

Organisation Details

Name: Capall Dorcha Theatre Company

Location: North Ayrshire

Grant awarded: £2,991

Purpose of organisation: Capall Dorcha Theatre Company was established in 2015 in Ardrossan. The company deliver accessible arts, cultural experiences and arts education for people of all ages living in North Ayrshire, with a focus on reaching those most affected by poverty and inequality. The organisation runs youth theatre and adult drama groups on a weekly basis and they also facilitate week-long workshops for young people in the school holidays.

Project Summary: The project grant will contribute towards the cost of technical and theatre production workshops that will be held in Irvine for 47 young people aged 14 to 25. Workshops will give young people the opportunity to develop behind-the-scenes skills that underpin theatre, film and live performance, and learn a range of backstage and off-stage roles from industry professionals. It is hoped that this initiative will build up self-esteem, provide peer to peer support and encourage communication.

Organisation Details

Name: Caithness Klicks

Location: Highland

Grant awarded: £3,000

Purpose of organisation: Caithness KLICS (Kids Living in Caring Situations) was established in 2013. They are a young carers project supporting children and young people aged 5 - 18, who have a caring role at home. This includes young people caring for a parent or sibling with a short- or long-term illness, drug, alcohol or mental health problems. They offer one to one and group support and help young people to cope with the pressures of their roles, be more confident and have higher self-esteem.

Project Summary: This project will contribute to the overall running costs of the organisation and will assist them to expand their outreach and involvement with the local community. The project grant will allow the Caithness Klicks to increase its activity programme and expand the number of one to one and group support sessions for young carers and other family members.

Organisation Details

Name: Aberdeenshire Sailing Trust

Location: Aberdeen

Grant awarded: £1,095.20

Purpose of organisation: The Aberdeenshire Sailing Trust was established in 2012 and has since been encouraging more people into sailing by running sailing sessions in a variety of local venues to improve conditions of life and opportunities. They run a variety of sessions for young people including afterschool sailing, disability sailing and sailing for young people disengaged with education.

Project Summary: The project will run disability sailing sessions at local, easily accessible lochs over the summer months. The trust will deliver sessions with adapted disability boats and this will enable family members to sail with the young person. For a lot of families this will be a rare opportunity to do an activity together and it is hoped that this project will offer an opportunity for respite and relaxation.

Organisation Details

Name: School Mock Court Case Project SCIO

Location: Edinburgh

Grant awarded: £3,000

Purpose of organisation: The Edinburgh-based School Mock Court Project was established in 2012 to advance the education and aspirations of young people through participation in a Mock Court case, within schools under the tuition of members of the legal profession. Key objectives are to introduce children to the law and illustrate its impact upon all areas of participation in society, raise their aspirations and encourage responsible citizenship through positive community engagement.

Project Summary: This project will facilitate a Speciality Day event in Edinburgh which will showcase specialists from different professions; legal, law enforcement, fire services, medical professionals and scientists, who will work with participants in an interactive session, helping them prepare their case for the mock trial and inspiring pupils for future careers by hearing from real life role models.

