

The Essentia Foundation

Impact Report – 2020 to 2021



Overview

This report aims to provide an overview of the grants that The Essentia Foundation have awarded over the last 12 months. Three rounds of funding will be captured in this report, and this equates to a total of 53 projects. The supported projects are looking to address a vast array of societal problems from youth unemployment to food poverty and mental health.

The majority of funded projects are still live and activities are currently being implemented up and down Scotland. This reflective report will examine the geographic distribution of funds, the primary issues that projects tackled as well as rankings on multiple deprivation. It is hoped that this report will demonstrate the far-reaching impact that your funding is having in supporting grassroots provision to communities and young people across Scotland.

Facts and Figures

Between 2020 and 2021, the Essentia Foundation achieved the following:

- Funding was distributed to **53 beneficiary organisations**.
- A total of **£138,410.00 in funds** was distributed during this time.
- On average a total grant of **£2,611.51** was awarded to each organisation.
- It is projected that **17,039 individuals** will benefit from the projects funded during this time.
- All projects will undertake activities that will engage young people aged **0-25 years**.

Funded Projects

Organisation	Grant awarded	Location
Strathmore RFC	£3,000.00	Angus
Caithness KLICS	£3,000.00	Highland
Options in Life	£3,000.00	Fife
Argyll Wellbeing Hub	£3,000.00	Argyll and Bute
School Mock Court Case Project SCIO	£3,000.00	City of Edinburgh
Muirhead Outreach Project	£3,000.00	Fife
Cumbernauld and Kilsyth Care	£3,000.00	North Lanarkshire
Raith Rovers Community Foundation	£1,188.00	Fife
Aberdeenshire Sailing Trust	£1,095.00	Aberdeen City
Capall Dorcha Theatre Company	£2,991.00	North Ayrshire
Renfrew YMCA SCIO	£2,940.00	Renfrewshire
DRC Generations	£3,000.00	Glasgow City
Dumfries Y Gymnastics Club	£2,835.00	Dumfries and Galloway
Project 31 SCIO	£3,000.00	South Lanarkshire
Glasgow Girls FC SCIO	£1,900.00	Glasgow City
BeFriends Dundee	£1,700.00	Dundee City
Equal Futures	£2,893.00	City of Edinburgh
Sunrise Partnership	£2,400.00	Aberdeen City
RockSolid Dundee	£3,000.00	Dundee City
Sunshine Club	£2,800.00	Fife
Strathmore Community Rugby Trust	£2,500.00	Angus
Denis Law Legacy Trust	£2,500.00	Aberdeen City
Lift DG	£2,500.00	Dumfries and Galloway
Families First St Andrews	£2,448.00	Fife
EQUI-POWER - Central Scotland RDA	£2,500.00	Falkirk
People Know How	£2,500.00	City of Edinburgh
FEAT Trading CIC	£2,500.00	Fife
bOunceT Innovative Occupational Therapy CIC	£2,500.00	Stirling

Riding For The Disabled Association Glasgow Group	£2,500.00	Glasgow City
Hillhouse	£2,500.00	East Ayrshire
I Am Me Scotland	£3,000.00	Renfrewshire
Old Kilpatrick Food Parcels	£3,000.00	West Dunbartonshire
Families First St Andrews	£2,999.00	Fife
Lochaber Hope	£3,000.00	Highland
Raploch Community Partnership	£2,800.00	Stirling
Broke Not Broken	£2,000.00	Perth and Kinross
Include Me 2 Club SCIO	£2,852.00	East Renfrewshire
Friends of Ashton	£3,000.00	Glasgow City
Cutting Edge Theatre Ltd	£3,000.00	City of Edinburgh
eXp - Experiencing Faith in Cowal	£3,000.00	Argyll and Bute
OutLET: Play Resource CIC	£2,301.00	South Lanarkshire
Esolperth	£2,600.00	Perth and Kinross
North Kelvin Sports Development Group (SCIO)	£2,400.00	Glasgow City
Glasgow Acting Academy SCIO	£2,800.00	Glasgow City
Make Do and Grow CIC	£2,700.00	Glasgow City
Strathclyde Park Rowing Club	£1,600.00	North Lanarkshire
Live learn Earn CIC	£3,000.00	Scottish Borders
The Learning Space (beneficiary qualifications)	£2,500.00	Scottish Borders
Forth Valley Welcome	£1,000.00	Stirling
Kilmarnock Acrobatic Gymnastics Club	£2,500.00	East Ayrshire
Works+	£3,000.00	Scottish Borders
Children's Wood	£2,668.00	Glasgow City
Made 4U in ML2	£3,000.00	North Lanarkshire

Geographic Distribution

In the last 12 months, The Essentia Foundation awarded funds to 53 organisations located across 20 local authorities. For a more concrete breakdown, please see the table below:

Local Authority	Number of projects
Aberdeen City	3
Angus	2
Argyll and Bute	2
City of Edinburgh	4
Dumfries and Galloway	2
Dundee City	2
East Ayrshire	2
East Renfrewshire	1
Falkirk	1
Fife	7
Glasgow City	8
Highland	2
North Ayrshire	1
North Lanarkshire	3
Perth and Kinross	2
Renfrewshire	2
Scottish Borders	3
South Lanarkshire	2
Stirling	3
West Dunbartonshire	1

Primary Issues

Applicant organisations are required to select one societal issue that they want their project activities to tackle. If one examines the 53 projects that have been funded over the last 12 months, 11 primary issues have been selected and these are as follows:

Primary Issue	Number of projects
Health, wellbeing and serious illness	21
Disability and Access issues	7
Education, learning and training	5
Poverty and disadvantage	5
Mental health	2
Supporting family life	2
Anti-social behaviour	2
Sport and Recreation	4
Social inclusion and fairness	1
Employment and Labour	3
Caring responsibilities	1

Scottish Index of Multiple Deprivation

SIMD is a tool for identifying the places in Scotland where people are experiencing disadvantage across different aspects of their lives. It can be used to help organisations invest in those areas that need it most. Foundation Scotland use the data gathered from applicants (postcode of organisation) to identify which projects are taking place in high areas of deprivation.

The tool splits Scotland into 6,976 small areas, called 'data zones', with roughly equal populations. Each zone is ranked, and a number is awarded. One is equivalent to the most deprived area in Scotland and 6,976 equates to the least deprived area. When measuring deprivation the tool examines housing conditions, education, public transport, health, income, crime and access to services.

If one examines the 53 funded organisations, The Essentia Foundation awarded grant monies to some of the most deprived data zones in the country. The following projects fall within the top 5%-10% areas for multiple deprivation in Scotland:

1. Capall Dorcha Theatre Company

Location = Irvine, North Ayrshire

SIMD Ranking = 17

Grant Awarded = £2,991.00

Project Description = To contribute towards the cost of four sets of technical and theatre production workshops to be held in Irvine for 47 young people aged 14 to 25.



2. Make Do and Grow CIC

Location = Govan, Glasgow City

SIMD Ranking = 66

Grant Awarded = £2,700.00

Project Description = To contribute towards the development of a craft club for children in the local community.



3. Raploch Community Partnership

Location = Stirling

SIMD Ranking = 81

Grant Awarded = £2,800.00

Project Description = To fund cook and coach sessions for young people aged 16-25 years old.



4. Dumfries Y Gymnastics Club

Location = Dumfries

SIMD Ranking = 361

Grant Awarded = £2,835.00

Project Description = To contribute towards the cost of putting 9 girls through the initial Learn2Coach Qualification and 5 girls through the UKCC Level 1 Women's Artistic qualification.



5. RockSolid Dundee

Location = Dundee City (East)

SIMD Ranking = 483

Grant Awarded = £3,000.00

Project Description = To contribute towards 2 youth workers to deliver 8 x 5 week wellbeing courses for young people in need in the east end of Dundee.



6. Raith Rovers Community Foundation

Location = Kirkcaldy

SIMD Ranking = 705

Grant Awarded = £1,188.00

Project Description = To contribute towards delivering a weekly community youth club for young people from Kirkcaldy living in poverty.



7. Riding For The Disabled Association Glasgow Group

Location = Glasgow City

SIMD Ranking = 720

Grant Awarded = £2,500.00

Project Description = To contribute towards the cost of 'quiet corner' and 'pony care' sessions.



Project Updates

Cumbernauld and Kilsyth Care

Glasgow

£3,000.00



Cumbernauld and Kilsyth Care (C&KC) was established in 2016 and is a volunteer-run registered charity. Operating out of its premises in Glasgow, the organisation currently 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. Referrals come via social work, schools, health visitors, CAB's, food banks and other relevant groups and organisations and due to Covid-19 have increased currently to 108 a month.

In February 2021, Cumbernauld and Kilsyth Care was awarded a grant from the Essentia Foundation to contribute towards the costs of purchasing warm winter clothes for children in need. The 'Warm and Dry' project was developed to tackle new challenges brought about by Covid-19. In 2020, lockdown restrictions meant that many extra-curricular and recreational activities were being transferred to an outdoor space. Many local families were unable to afford adequate cold weather clothing for their children and the charity saw an unprecedented increase in demand, with monthly referrals increasing from an average of 65 a month to around 108. The Essentia Foundation grant ensured that Cumbernauld and Kilsyth Care could keep up with the growing demand and procure high quality clothing for primary school children in the community.

Thus far, Cumbernauld and Kilsyth Care have had an extremely busy 2021. In line with Scottish Government regulations, many school children began to return to the classroom following several cycles of home schooling. This return, in combination with new financial hardships (redundancies and furlough) and poor spring weather, meant that grant monies were immediately used to acquire clothing for around 300 pupils aged between 4-10 years old. These items have enabled vulnerable children to fully participate in the life of their school and community. In addition, the organisation has outlined that many items went to households with multiple children and it can be expected that the eventual number of direct beneficiaries is likely to exceed expectations and go beyond 500 pupils.

Hillhouse
East Ayrshire
£2,500.00



For 45 years, Hillhouse has been working with young people and families in Kilmarnock, East Ayrshire. As a registered charity, the organisation offers a service to individuals who are at risk of financial hardship and poverty. Families are often referred to the service as a result of family breakdowns, leaving care, disability, mental health or unemployment. To assist with these struggles, the organisation provides good quality, second-hand children's clothing, free of charge to local community members. Any child from birth to age 16 can receive items from the charity and Hillhouse also makes available mother and baby boxes to women going into hospital as well as maternity related products such as prams and cots.

Funding from the Essentia Foundation is helping to support Hillhouse's 'Mother and Baby' initiative. This project distributes basic hygiene products, clothing and essential goods to new mothers and families in the local area. Demand for the project was identified through consultation with local midwives who saw a trend in expectant mothers enter the labour ward without basic items. Hillhouse wanted to address this issue and provide women with a stress-free start to motherhood and a secure environment in which local families could thrive. Since April 2020, HillHouse have worked hard to ensure that every expectant mother can be supported through birth and the post-natal process.

Referrals, such as a new mother whose child was born six weeks early was able to source vests and sleepsuits that fit her newborn thanks to the support from Hillhouse. Additional families have reported a boost to confidence when entering maternity wards as they no longer feel judged by the baby items that they have provided for their child.

"Times are hard with 3 kids. I worship everything Hillhouse does for children and families. They are truly amazing." – **Local Mother**

The impact of the Mother and Baby initiative has been far reaching. Thus far, 223 boxes have been distributed to pregnant women in the community and these have helped vulnerable families to adapt to life with a new-born under the stresses and strains of Covid-19.

bOunceT Innovative Occupational Therapy CIC
Stirling
£2,500.00



BounceT Innovative Occupational Therapy was established in 2017. The charity works with adults and children with physical and learning disabilities to improve their quality of life by providing specialist occupational interventions, trampoline rebound therapy and activity based play sessions. Their activities are open to people of all ages and the charity operates from a unit at Stirling Business Park, which they have converted into a therapy room, containing trampolines, soft mats, sensory equipment, play items and activity resources. Their services are available on a full time basis from Monday to Friday and every year it estimated that they support around 100 families.

BounceT was awarded a grant from the Essentia Foundation to support staff costs for additional weekend attendants. This was in direct response to an increased demand from families who wanted to use the facilities. Since October 2020, the project has been able to deliver therapeutic play sessions to children and adults with disabilities, and their families, 7 days per week. As an important and often vital lifeline for many families, BounceT has remained open throughout the pandemic and many health and safety measures have been put in place so as to ensure the wellbeing of all service users.

Thus far, the impact of this grant has been very positive. Thanks to the support from the Essentia Foundation, the recruitment of new weekend staff has led to increased service provision and has ensured that families on the BounceT waiting list have been able to access the help they need. For many parents, weekend play sessions have provided some much needed respite and relaxation. For the children participating, the play sessions have offered a safe space in which they can express themselves as well an opportunity to increase their strength and physicality with the help of trained staff.

Dennis Law Legacy Trust

Aberdeen

£2,500.00



The Dennis Law Legacy Trust was established in 2012. They provide opportunities for young people aged 8-25 years to develop skills and qualities to become confident, capable, independent, responsible and healthy citizens. They target young people living in areas of disadvantage and provide a free to access programme of sport, physical activity sessions and employability opportunities. This includes a weekly programme of street sports in different locations across Aberdeen; school sessions for young people at risk of offending; family prison based activity sessions, creative activities and an annual sports festival. They have an office base at Robert Gordon University but most of their work take place in the community. Their activities attract an average of 400 young people per week.

In October 2020, the Essentia Foundation awarded the Trust £2,500.00 to assist in the employment of a full time sports assistant. The assistant is responsible for running two 'StreetSport' sessions per week, supported by coaches and volunteers. The organisation plans to increase the availability of these activities in response to the impact of the pandemic and the detrimental effect this has had on young people in the community. It is anticipated that 100 young people will benefit from this project work.

The Dennis Law Legacy Trust began project activities in November 2020. StreetSport sessions took place in line with Covid-19 guidelines towards the end of 2020. Since January 2021 and in light of Covid-19 restrictions, the project has had to scale down its face-to-face initiatives and amend some activities due to social distancing. Fortunately, the project is still operating regular services with 2 primary schools in Ayrshire who remain open to vulnerable students and children of key workers. The trust officially announced the recommencement of all StreetSport sessions in May 2021 and they will be undertaking a full schedule of activities over the summer.

Argyll Wellbeing Hub

Oban

Martyn's Monday Club

£3,000.00



Martyn's Monday Club or MMC has operated as a self-funded community group since 2019. The club was launched as a response to a tragic number of suicides especially amongst young men in the Oban and Lorn area over the previous few years. The organisation aims to raise awareness of the importance of talking about mental health and peer support. MMC want to be at the forefront of being able to offer help and support to people and help them see that there are alternatives to suicide.

In February 2021, MMC received a grant for The Essentia Foundation which contributed towards the cost of a full-time mental wellbeing co-ordinator. The request for additional staffing costs was driven by the Covid19 pandemic and the impact that lockdown restrictions were having on vulnerable members of the community. During the time that the charity submitted their proposal, there had been 3 deaths by suicide in their area. Grant funding therefore went towards ensuring that the charity could keep up with the growing demand for emergency mental health support.

Since grant monies have been awarded, MMC have been able to increase the hours of their mental health co-ordinator from 12 hours a week to full time. This has provided a much-needed boost to the capacity of the organisation and has enabled the charity to expand their service provision across the region. The organisation has recently launched a mental health walking group which runs every Tuesday and Friday in Oban and this ensures that residents struggling with their mental health can meet in an open and relaxed environment. The presence of a full-time co-ordinator has also meant that MMC had managed to keep their men's peer to peer support group running every Monday night. This has proved to be a vital lifeline for many young men in the town, particularly those who have been placed on furlough or who have found themselves redundant during the Covid-19 pandemic.

Moving forward, MMC is looking to roll out a new mental health project with Oban High School during the next academic year. A series of half day workshops over 9 weeks will be delivered by the coordinator and these will cover a range of topics related to mental health and wellbeing. Thanks to the contribution of The Essentia Foundation, MMC have gone some way in aiding those afflicted by mental illness.

The Strathmore Community Rugby Trust

Angus

£2,500.00



The Strathmore Community Rugby Trust was established in 2017. Located in Forfar it draws its participants from surrounding Angus and encourages participation in rugby regardless of previous experience and ability. The trust aims to improve participants' physical and mental health, wellbeing and promote a sense of community and belonging. They work with over 100 young people and adults with autism and learning disabilities a week. They offer four separate groups: autism-friendly rugby for children with autism (p1-P6,) unified rugby for adults with learning disabilities (over 18s), walking rugby for the less able (mixed ages) and a rugby academy for pupils at local secondary schools in Forfar, Kirriemuir and Brechin which encourages coaching and volunteering as well as playing.

In October 2020, the Essentia Foundation awarded the trust a grant of £2,500.00 to contribute towards the cost of creating a rugby team for young people with disabilities. Grant monies is being used on venue hire, training equipment and staffing costs and the programme is currently open to children who have a range of complex needs (autism, learning disabilities etc).

Due to some of the complex health issues that many team members face, Strathmore Community Rugby Trust placed all physical sports and in-person sessions on hold in December 2020. Keen to maintain engagement and enthusiasm in the project, the Trust connected team members with an existing project that offers digital training sessions from the comfort of one's own home. Any equipment such as rugby balls and training cones were delivered to participants in the local community and help was on hand to ensure that all digital set ups were up and running. The remote sessions have enabled team members to stay fit and connected to one another during lockdown and have also helped to prepare players for their return to in-person sessions, without being overwhelmed.

Looking to the future, the Trust are keen to recommence matches and training sessions and they are hopeful that the new team will be able to transfer some of the skills learnt on zoom onto the pitch!