



Peebles CAN Annual Report 2019/20



Our Purpose

Peebles CAN objectives are to promote involvement of the local community, especially young people and those who are isolated or vulnerable, in experiential learning activities which safeguard the health of the planet and enhance the sustainability of the local environment of Peeblesshire.

Our Mission

Our mission is to help people discover new ways to create a self-sustaining and more inclusive community using our values.

Our Values

Ecological Integrity
Sustainable Development
Social Inclusion
Empowering people to be the best they can be
Discovery Learning



Our People

Our Staff

Amy Alcorn
Jemma Menzies
Nichole Dow
Jess McLean
Rory Collier
Heather McKay

Our Board

Ian Carr
Kirsty Kondol
Richard McDowell

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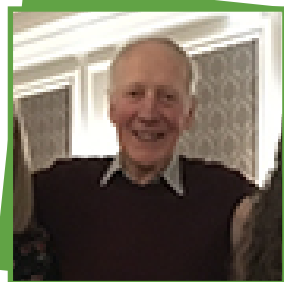


Welcome to CAN



Amy Alcorn
Operations Manager

Reflecting on our last year, it certainly has been another exciting and purposeful year for CAN. We have built up more rewarding partnerships with local organisations and schools, expanding our reach of growing activities to include working out with the community garden and bringing sessions into the schools and youth groups for children of all ages to take part in. CAN has expanded its skill share reach by offering digital Skill Shares alongside our garden skill shares in a bid to focus on tackling social isolation and keeping people connected. We are still striving to make Peeblesshire a less isolated, more carbon friendly and healthy place to live, and look forward to keeping our projects moving forward and building momentum in the year to come.



Ian Carr
Chairman

Our work in Peebles CAN is in no small measure about social inclusion: bringing people together to share experiences. Peebles CAN has something to offer people in the community and they have something to offer us. We are a learning organisation where we all have something to learn and something to teach. Our supreme value of Sustainable Development focuses not just on the environment to combat global warming, but also on the community where, like the three musketeers, it is one for all and all for one, as we strive together for the common good.



What we DO

Who do we work with;

Peebles High School

Outside The Box

The Food Foundation

Kingsland Primary School

Halyrude Primary School

Tweeddale Youth Action

Scottish Borders Council

Neighbourhood Food Community

Food Communities

Youth Borders

Who Have we helped – the figures during 2019/20

We recruited **52** new volunteers

We worked with **275** volunteers in total

Ran **50** primary school growing sessions

Ran **21** Skill shares

Held **7** celebration events

Ran **11** high school sessions with **54** students

Ran **132** volunteer sessions



Our services



Run weekly volunteer sessions at our community garden.

Run weekly growing sessions in 2 primary schools.

Offer monthly Skill Shares in our yurt at our community garden.

Offer community meals and community picnics at our garden or in the local community centre.

Run weekly growing sessions for people living with dementia and adults with additional needs.

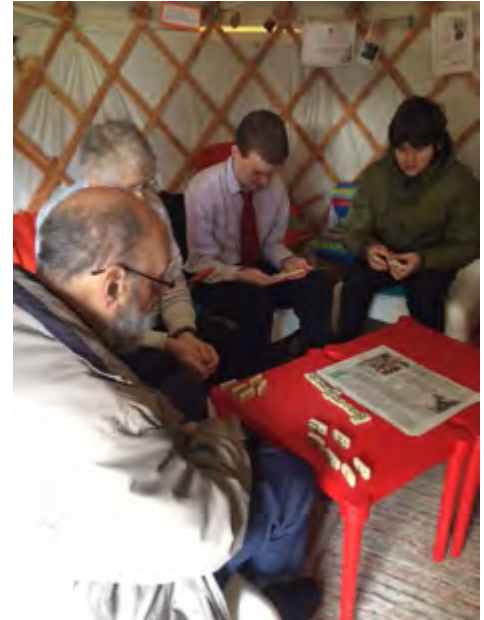
Host students from Peebles High School at our community garden weekly to learn new skills and gain employability experience.

Run weekly Grow Kids gardening sessions.



Our projects

Dementia Friendly Garden



We worked in partnership with Outside The Box and Peebles High school, transforming an area of our community garden into a dementia friendly area.

The CAN team and young people from the high school have all taken part in training to become a 'dementia friend' and are using this training to understand some of the issues that people with dementia are facing when moving around in a garden setting.

The young people from the high school visited the garden weekly, building up relationships with the adults living with dementia by playing games such as dominoes in the yurt, and ended the project by working on a garden space specifically designed for adults living with dementia.

This was a very exciting intergenerational project that CAN was delighted to be a part of.



Active Body, Healthy Mind



We worked on a project with young people from one of our partner organisations, Tweeddale Youth Action and Peebles High School delivering growing workshops for young people to help improve poor

mental health and encourage living a more active lifestyle. We ran an employability award at our community garden and built a growing space in the youth club garden, designed and built by the young people themselves.

Feedback

I just wanted to say a massive thank you for the work you and Peebles Can did with our young people on our back patch!

The difference this has made to our young people is massive. Our young people, particularly those who participated in the renovation have found some respect for and pride in their space. They have spent time showing other young people what they've done, explaining how the planters were put together and what plants were what. They have watered the plants regularly and have been heard telling other young people to keep things tidy and not spill the sand from the table! These guys don't necessarily have much to be proud of in their lives.

I run a young women's group and recent sessions have been around mental health, last week during our session we went and sat out the back on the new seating in the sunshine. The young people were so delighted to have this new outdoor space and said it was the most peaceful place. We ended the session with them playing with the sand in the sandpit, using their shoes as buckets. They really had fun being childlike again, something that a lot of our young people never had much opportunity to do.

Thanks again

Digital Discovery Learning

The project supported local people to upskill themselves via Digital Discovery Learning by learning digital skills through both workshops and Digital Skill Shares.

We hosted 24 digital workshops divided into 4 blocks of 6 sessions with sessions aimed at:

adults living with dementia,
disengaged high school students,
garden users.



We also hosted Digital Skill Shares lead by local people with the purpose of increasing the hosts confidence and

skills and upskilling local people with digital access.

The focus of these digital skill shares was a broad spectrum of digital skills ranging from using the camera on your smart phone, using social media platforms, learning about cyber security and creating your own blog.

We hosted 8 Digital Skill Shares with 23 participants. We kept registers of these events to record these figures.

We surveyed people before and after the Digital Discovery Learning workshops but unfortunately these are paper copies and are in our offices which we have had no access too since April. We were unable to survey the people in the 4th block as these sessions were all done on the phone and the surveys were not carried out over the phone.

Outcomes:

Participants involvement with the community has improved by **88%** since attending

Participants feeling of value in the community has improved by **75%**

Participants feel more optimistic about the future **71%**

Participants feel their confidence when learning with others has improved by **81%**

Participants feel they have learned transferable skills **88%**

Participants who feel they have learned new skill to increase their employability **56%**

Grow For All

Objectives

The objective of our project was to provide an upskilling project where the most vulnerable people in our community could come together to learn how to grow their own fruit and vegetables, gain new skills, confidence and have access to local and seasonal vegetables.

Part of the project was to re-skin our existing polytunnel with new membrane to make the project possible, by providing a warmer space to grow foods that would not usually be able to grow in our climate.



Outcomes

During the year-long project we worked with local people in the community garden hosting weekly growing sessions for participants to learn how to grow their own fruit and vegetables. Participants were given choice over what they planted and were encouraged to take as much ownership of the project as possible.

All participants were able to harvest during harvest season and shared recipes and ideas with each other during the sessions and at the community meals. Popular harvests included strawberries, peas and potatoes. We encouraged participants to take home seeds and seedlings to plant out at home if they had the space, and these opportunities were taken up by some who enjoyed sharing their progress with the CAN team and other garden users.

We had the polytunnel re-skinned early in the growing season and this was used throughout the project, some of the participants came to volunteer helping with the work on this, which was great for their confidence and feeling of connectivity in the garden.

As a direct result of this project, we now have new garden users who still come to the garden now the project has ended and are taking part in other CAN activities such as our monthly Skill Share events and regular weekly volunteering sessions.

Grow and Share

Our Skill shares have seen 12 new volunteers create 12 new experiences for the community in Peeblesshire. Each month a new volunteer has shared a skill of their own, with between 4-16 people during this project.

We have used surveys for both the volunteers leading the skill share and the people attending the skill share to find out what impact this has had on themselves as community members. We have learnt that;

Without these new volunteers 87 people would not have learnt new skills

Skill Share sessions ran monthly in the yurt at the community garden. Each month a volunteer hosted an hour-long session introducing a new skill to members of the community. Our skill share volunteer is coached by the volunteer coordinator if they need help on how to run the session and are supported by a member of CAN during the session.

So far, we have had sessions including;

Keeping Chickens

Dementia awareness

Using your camera on your smart phone

Fruit bush pruning

Running and Nutrition

Willow Weaving

Sock Darning

Clay modeling

Crochet

Uses for essential oils

Meditation

Wreath making

And many more...



Grow Kids

We currently run a very successful Grow Kids program where pre-school children and their adults come for an hour long session to do gardening activities in the community garden. Everyone leaves with a harvest at the end of the session to take home. The sessions are designed for everyone to get involved so there are activities for both adults and children. The sessions help the parents and children feel more connected as they have something to talk about over dinner with the rest of their family as they talk about the harvest they are eating and the activities they have done. We have found that parents who take part in Grow Kids feel rewarded for the work they have put in and feel pride at doing something positive and outdoors with their child.



I started attending the Grow Kids gardening classes shortly after I moved to Peebles two years ago. I was struggling to find something to do with my son and I was thrilled to hear about Grow Kids and the volunteer sessions - I love gardening and growing vegetables so it allowed me to do something I enjoyed plus gain lots of useful tips and advice on how to grow veg successfully! It is a perfect place to meet new people and for children to play - it has always been extremely warm and welcoming and the fact that I can take my son to this space is hugely beneficial. Thank you!

Hayley



Working with Primary Schools



Over the year we have ran more than 50 workshops in 2 local primary schools

During the sessions we have got lots of feedback from the pupils, who have told us all about their own experience with gardening either at home or in their grandparent's gardens. Some have communicated a particular interest in food and want to be a chef when they are older. We involved the children in deciding what they would like to grow so worked this into the garden plan, with carrots and potatoes being high on the list.

Working with the nursery classes, we decided it would be best if the class was broken down into smaller groups to give each child a chance to be involved. We planted out seedlings of beetroot and turnips which were donated from a member of the community, we also planted onions, radishes and chard directly into the bed and sowed peas into seed trays which will be kept indoors until they become more established.

Working with the primary 1 and 2 groups in their own garden, has seen us working with 10 different groups of children. This is a much bigger area and needs a lot more preparation work before it is suitable for planting. The children cleared the soil of stones which were used to create the start of a stone path down the middle of the two vegetable beds.

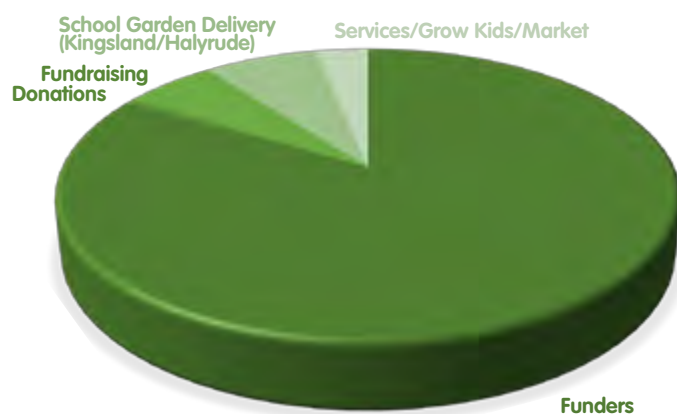
We planted many vegetables with the children including Courgettes, potatoes, squashes, runner beans, turnips and pumpkins.



Spending

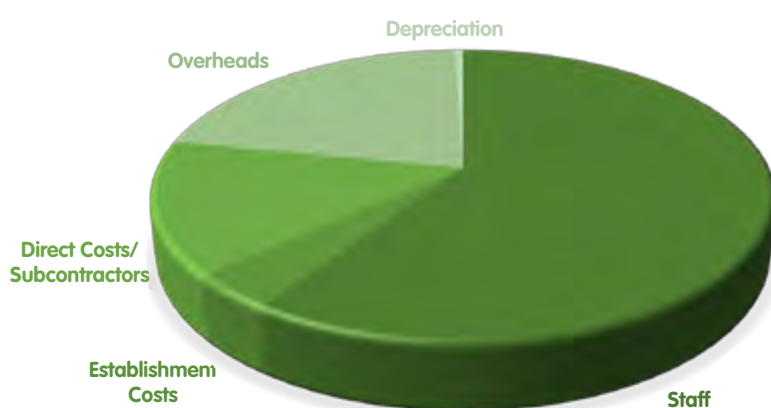
Income

Funders	£50,429
Donations	£370
Fundraising	£3,441
School Garden Delivery (Kingsland/Halryude)	£4,296
Services/Grow Kids/Market	£1,970
	<u>£60,506</u>



Expenditure

Staff	£29,558
Establishment Costs	£1,951
Direct Costs/Subcontractors	£7,361
Overheads	£10,628
Depreciation	£260
	<u>£49,758</u>



Thank you

A huge thank you to all of our volunteers and funders without you, none of what CAN does would be possible.

Impact Funding Partners

SCVO

Scottish Government

Big Lottery

Robertson Trust

Tesco Bags of Help

Groundwork

Scottish Borders Council

Youth Borders

