

**Action Plan progress: Kelso Learning Community Annual Report to Learning Community Partnership July 2018 to July 2019**

	<p><b>1. The promotion of intergenerational work around social isolation for the over 50's</b></p>
	<p><b>2. The promotion of healthy lifestyles across the learning community</b></p>
<p><b>Actions For Improvement:</b> that will be taken forward in 2018/2019 (alongside existing plan actions).</p>	<p><b>1. The promotion of intergenerational work around social isolation for the over 50's</b></p>
	<ul style="list-style-type: none"> <li>• Kelso Learning Community Partnership (KLCP) coordinator and partners to look at designing intergenerational programmes.</li> <li>• KHS and CLDS to look at developing intergenerational opportunities with older adults around IT skills.</li> <li>• KHS, CLDS and CCB to look at developing an intergenerational outdoor gardening programme within the school grounds.</li> <li>• KHS, CLDS in partnership with Alzheimer's Scotland and Queen's House designing and developing an enhanced volunteering opportunity involving school pupils, staff and residents of Queen's House and Murray House.</li> </ul>
	<p><b>2. The promotion of healthy lifestyles across the learning community</b></p>
<ul style="list-style-type: none"> <li>• Active Schools to offer weekly sports activities to primary and secondary schools.</li> <li>• Live Borders, in partnership with Fit Borders, to develop a keep fit club for older people</li> <li>• PEF/LAC pupils to access free activities through Active schools</li> <li>• KHS, CLDS and PEF worker to survey pupils using questions based on SHANNARI indicators.</li> <li>• Live Borders in partnership with KHS to promote Walking Football for the over 50's.</li> <li>• PEF worker to design and develop a Breakfast Club for PEF/LAC for S1-S3 pupils within KHS.</li> <li>• Quarriers in partnership with KHS to offer short intervention support for identified pupils.</li> <li>• KHS youth worker to establish and develop a LGBT group within KHS.</li> <li>• Alzheimer Scotland Border Services developing new resource centre and befriending project.</li> </ul>	

<b>PROGRESS REPORT</b>				
<b>Action Plan number</b> <i>(where applicable)</i>	<b>Project Title</b>	<b>Key Performance Indicators to be reported on</b> <i>(from 3yr LCP Plan)</i>	<b>Annual Progress update; what progress have you made with Planning, delivery and evaluating your project</b>	<b>Owner / Partners</b>
<b>HEALTH and WELLBEING</b>				
Key Performance Indicators to be reported on (from 3yr LCP Plan)				
1.2.1 Participation: Number of participants in opportunities to improve their health & wellbeing 1.2.2 Achievement: Number of participants reporting achievement of health and wellbeing outcomes 1.2.3 Progression: Number of participants making a lifestyle change 1.2.4 Progression: Number of participants volunteering in community led health and peer support groups and networks (older people and others) 1.2.5 Progression (capacity building) : Number of community led health and peer support groups and networks support Health and Wellbeing outcomes (older people and others)				
<b>1.1</b>	Intergenerational programme planning		<b>Participation:</b> CLDS, KHS, CCB and Queens House have met over the last year and looked at the potential design of intergenerational programmes.  <b>Achievement:</b> To date KHS and Queens House have designed a bespoke programme to facilitate intergenerational work.  <b>Progression:</b> Work in progress.	<b>CLDS/CCB/Queens House/Murray House</b>
<b>1.2</b>	Intergenerational IT skills	<i>No action on this to date due to lack of resources</i>		
<b>1.3</b>	Gardening Project	<i>No progress so far on this project but CLDS, KHS, Kelso Men's Shed and CCB meeting in early June to</i>		

1.4	Queens House		<p><i>draw up a work plan to initiate an intergenerational garden project to start in August 2019.</i></p> <p><b>Participation:</b> 4 S5/S6 pupils from KHS initially signed up to volunteer at Queens House as part of a volunteering/work placement programme working with the staff and residents.</p> <p><b>Achievement:</b> 2 pupils have remained with the programme throughout and more have expressed a desire to take part in the programme during the next academic year.</p> <p><b>Progression:</b> 1 pupil has been accepted on a child care course at Borders College after successfully completing her time at Queens House. With the opening of Murray House this year it is hoped to utilise volunteering opportunities that will arise and incorporate a wider intergenerational learning programme.</p>	
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2.1	Active Schools		<p><b>Participation:</b></p> <ul style="list-style-type: none"> <li>• Total of 38 activity clubs (300+participants) are ongoing within the learning community primary schools and Kelso High School.</li> <li>• Schools also running additional clubs.</li> <li>• PEF/LAC young people access free activities.</li> </ul> <p><b>Achievement:</b></p> <ul style="list-style-type: none"> <li>• Over 750 participant sessions for the year so far (not including netball friendlies).</li> </ul> <p><b>Progression:</b></p> <ul style="list-style-type: none"> <li>• 59 young people have been trained in delivering schools programmes.</li> <li>• 7 paid trainers, 52 volunteers.</li> </ul>	Active Schools/KHS/Primary schools
2.2	Gentle exercise group.		<p><b>Participation:</b> Between 10 and 15 older people, mostly female, attend a weekly keep fit club within Kelso Rugby Club (delivered by Fit Borders).</p> <p><b>Achievement:</b> Participants feedback would suggest that they are enjoying the benefits of the group which is enhancing their general health and wellbeing.</p> <p><b>Progression:</b> Partners looking to develop further like groups across the learning community particularly in the more isolated and rural parts.</p>	Live Borders/Fit Borders/Kelso RFC
2.3	Health & Wellbeing school survey		<p><b>Participation:</b></p> <ul style="list-style-type: none"> <li>• 130 S1-S3 pupils within KHS asked to complete the Wellbeing Web (SHANNARI) to date.</li> <li>• Of the 102 S1 pupils consulted, 14 had indicated that they did not feel safe in school</li> </ul>	

2.4	Walking Football		<ul style="list-style-type: none"> <li>• The 12 S2 pupils consulted reported that they felt safe in school.</li> <li>• Of the 14 S3 pupils consulted, 3 reported that they felt unsafe in school.</li> </ul> <p><b>Achievement:</b></p> <ul style="list-style-type: none"> <li>• 6 S2-S5 KHS pupils have been trained to act as H&amp;WB mentors within the school.</li> </ul> <p><b>Progression:</b></p> <ul style="list-style-type: none"> <li>• SHANNARI sessions will be delivered throughout the school year to as many pupils as possible.</li> </ul> <p><b>Participation:</b> 15-18 males aged over 50yrs attend weekly Walking Football session (Tuesday evening) within KHS</p> <p><b>Achievement:</b> All participants report an increase in personal physical fitness and a general improvement in their health and wellbeing.</p> <p><b>Progression:</b> The participants are keen to develop their skills and have entered some local Walking Football festivals over the last year. It is planned to boost participant numbers over the next few months.</p> <p><b>Participation:</b></p> <ul style="list-style-type: none"> <li>• 4-6 S1/S2 PEF/LAC pupils have access to “Breakfast Club” on Monday and Wednesday morning within KHS (0800-0830)</li> </ul>	PEF/KHS/CLDS/Quarriers          Live Borders/KHS
2.5	PEF/LAC Breakfast Club		<p><b>Participation:</b></p> <ul style="list-style-type: none"> <li>• 4-6 S1/S2 PEF/LAC pupils have access to “Breakfast Club” on Monday and Wednesday morning within KHS (0800-0830)</li> </ul>	

2.6	Quarriers		<ul style="list-style-type: none"> <li>• Primary schools also deliver Breakfast Clubs</li> </ul> <p><b>Achievement:</b> PEF worker reports that all breakfast club participants feel they need the use of the club prior to the school day commencing.</p> <p><b>Progression:</b> PEF worker in partnership with Active Schools looking to develop an enhanced Breakfast programme which will include timed activities and a health breakfast (Primary schools are already doing this).</p> <p><b>Participation:</b></p> <ul style="list-style-type: none"> <li>• 56 young people have engaged with the service since August 2018.</li> <li>• An intervention has lasted either 6 or 12 weeks.</li> <li>• 23 young people have engaged in an Ad Hoc support programme.</li> </ul> <p><b>Achievement:</b> Some of the participants have been led on to referrals with other agencies, some have only needed a couple of sessions to enable them to seek self-help resources.</p> <p><b>Progression:</b></p> <ul style="list-style-type: none"> <li>• 8 S6 mentors have been trained as wellbeing ambassadors and work within the school with the worker.</li> <li>• Pupils who attend the forthcoming Scottish Mental Health First Aid training will be used to raise the profile of Quarriers and See Me throughout the school.</li> </ul>	<p>PEF/KHS/CLDS/Identified Primary schools/Active Schools</p> <p>Quarriers/KHS/CLDS</p>
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2.7	LGBT/Diversity Group		<p><b>Participation:</b></p> <ul style="list-style-type: none"> <li>• 32 young people (S1-S4) within KHS have registered with the LGBT group. The group currently working towards achieving their Bronze Charter.</li> </ul> <p><b>Achievement:</b></p> <ul style="list-style-type: none"> <li>• 8 young people from within the group are trained as LGBT Champions and offer a mentoring role to others.</li> <li>• The group have been involved in commemorative LGBT events and surveys.</li> <li>• KHS staff have participated in the required training with regard to achieving the Bronze Charter.</li> </ul> <p><b>Progression:</b></p> <ul style="list-style-type: none"> <li>• The group will continue to be involved in future local and national diversity events while becoming more self-supportive.</li> </ul>	KHS/Youth Worker/LGBT Youth (Scotland)
2.8	Alzheimer Borders		<p><b>Participation:</b></p> <ul style="list-style-type: none"> <li>• New Dementia Resource Centre now staffed at 19 Bridge Street, Kelso.</li> <li>• Total of 317 Dementia Friends have been created across the Borders (Dementia Friends Sessions).</li> <li>• Community Activity Groups held at the Café U last Friday of every month between 10am and 11.30 am</li> </ul> <p><b>Achievement:</b></p> <ul style="list-style-type: none"> <li>• Volunteering opportunities.</li> <li>• Befriending groups.</li> </ul>	

			<ul style="list-style-type: none"> <li>• Community Activity Groups.</li> <li>• Resource Centre staffing.</li> <li>• Fundraising.</li> <li>• Various public events.</li> </ul> <p><b>Progression:</b></p> <ul style="list-style-type: none"> <li>• Increase the Befriending Project which matches people living with dementia with volunteer befrienders based on sharing interests to spend a few hours a week together.</li> </ul>	Alzheimer Borders
<b>ATTAINMENT, ACHIEVEMENT AND INCLUSION</b>				
	CLDS (Youth Learning)		<p><b>Participation:</b></p> <ul style="list-style-type: none"> <li>• 13 P5/6/7 pupils at Yetholm PS participating in a mix of Hi5's and DYA's around a successful Careers Fair that they organised (completed by end of summer term).</li> <li>• 9 P7 pupils participating a mix of Hi5 and DYA's at Edenside PS around different challenges (completed by end of summer term).</li> </ul> <p><b>Achievement:</b> It is anticipated that all participants will successfully complete the relevant awards.</p> <p><b>Progression:</b> As part of the enhanced P7 transition programme it is planned to roll out similar award programmes during the academic year.</p>	CLDS/PEF/Identified Primary Schools
	CLDS (Adult Learning)		<p><b>Participation:</b></p> <ul style="list-style-type: none"> <li>• 4 Adult Literacy learners have achieved SQA Communications Units</li> <li>• 3 Adult Learners participating in Preparing to Volunteer SQA Unit.</li> <li>• 4 Adult learners have received literacy support.</li> </ul>	CLDS



			<ul style="list-style-type: none"> <li>• 12 adults attended an Internet Safety workshop over 2 sessions.</li> <li>• 5 Adult Learners participated in the Making Connections programme.</li> <li>• 5 parents are currently participating in a Flying Start programme at Edenside Nursery.</li> <li>• 3 parents have been given 1:1 support in terms of Health and Wellbeing for vulnerable families.</li> <li>• 8 Adult Learners have contributed to our Adult Learner Voice sessions.</li> </ul> <p><b>Achievement:</b></p> <ul style="list-style-type: none"> <li>• 1 learner has achieved a Numeracy Unit and 1 has achieved a unit in ICT.</li> <li>• 3 learners have gained new skills.</li> <li>• 1 learner has clear employment aspirations.</li> <li>• 2 learners from the Making Connections group have been working with a Community Link worker from the Learning Disabilities Team and a Community Capacity Building worker to establish a Kelso New Age Kurling group.</li> <li>• The 5 participants in the Flying Start programme have become more involved in their child's education enabling them to build relationships with School/Nursery staff.</li> <li>• The participants in the Adult Learner Voice sessions have been able to express their views and share their experiences.</li> </ul> <p><b>Progression:</b></p> <ul style="list-style-type: none"> <li>• All learners have gained new skills and received literacy support to assist them to increase employability and financial capabilities.</li> </ul>	
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	Interest Link		<ul style="list-style-type: none"> <li>• An Adult Learners newsletter – Learners Life has evolved following a suggestion by a group member.</li> </ul> <p><b>Participation:</b> 26 children and young adults with learning disabilities (8-25yrs old) participated in social activities. Group supported by 8 volunteers from Kelso High School, CLDS and The Planet.</p> <p><b>Achievement:</b></p> <ul style="list-style-type: none"> <li>• All participants have been involved in ten pin bowling, theatre, community meals and visits.</li> <li>• 10 participants benefited from attending a residential weekend.</li> <li>• 3 participants attended the “Spirit of Sport” event in Berwick-Upon-Tweed.</li> </ul> <p><b>Progression:</b> All participants in the group continue to benefit from the regular sessions and feel that they are gaining self-confidence and self-esteem.</p>	
<b>KEEPING PEOPLE SAFE</b>				
	Police Scotland/KHS/CLDS		<p><b>Participation:</b> 60 S2 pupils within Kelso High School participated in “The Slide” programme, an awareness programme around the issues of Serious Organised Crime, delivered in partnership by Police Scotland/KHS/CLDS.</p> <p><b>Achievement:</b> All participants now aware of the issues around the potential downward spiral of young people into crime.</p> <p><b>Progression:</b> Partners to continue to work together to eradicate the potential criminal aspects of the transition between teenagers and adulthood.</p>	

