



Glasgow City ADP Ripple Effect Community Activity Fund 2019/20 INTERIM Evaluation Report

Introduction

The Ripple Effect Community Activity Fund was provided by Glasgow City Alcohol and Drug Partnership and was co-ordinated by Glasgow City HSCP Health Improvement. The fund was for local community groups, voluntary groups and organisations to:

- Address the recommendations from The Ripple Effect community research
- Deliver activity between January 2020 and March 2020.

The Fund for 2019/20 was £15,000 per Locality with a maximum of £3500 per organisation. Proposals were encouraged to focus on Thriving Place neighbourhoods and be supported by the local ADP Prevention Groups.

A panel consisting of HI and ADP staff scored the applications and a total of 19 projects across the City were approved for funding, some with certain conditions. Unfortunately one project was unable to meet these conditions so 18 were ultimately awarded funding. In March 2020 one project withdraw their application as had been unable to deliver on activity due to staffing issues and had not downloaded funding. Any unsuccessful bids were provided with feedback as to why they were not awarded funding and, in most cases, were signposted to alternative funding sources or to other already commissioned projects that could potentially support their proposals.

Completed evaluations forms were requested from the awarded organisations by the end of June 2020. Given the unprecedented circumstances related to COVID-19, no projects had completed as intended by end of March 2020. Evaluation forms or updates were requested from organisations by the original deadline, if possible, to gain insight into the progress of the project and future intentions with outstanding funds. Organisations were encouraged to think creatively about how they could use any remaining funding to support their target groups if planned delivery would not be possibly post-lockdown. It proved extremely difficult to get information from all projects within this timescale as, for many, staff were furloughed or working from home without access to relevant data. It was therefore agreed that an interim report should be produced to reflect the situation as of September 2020.

Included below is information relating to:

- Funding allocation
- Project overview
- Implications of COVID-19
- Project outputs
- Outcomes achieved
- Learning from the project
- Learning for Health Improvement staff in terms of coordinating the fund.

Funding Allocation

North East			North West			South		
Organisation	Awarded	Spent*	Organisation	Awarded	Spent*	Organisation	Awarded	Spent*
Church House	£3256.84	£0 (project withdrew due to staffing issues)	Common Wheel	£3865	£2425	Castlemilk Community Football Development Group	£3300	TBC
Parkhead Youth Project	£2626	£2626	YoMo Young Movers	£2350	£2000	Glen Oaks Housing Association	£2840	TBC
YoMo Young Movers	£2350	£1950	The Concrete Garden	£2580	£2580	Gorbals Men's Shed	£2000	£2000
FARE	£2338	£2338	G15 Youth Project	£1294.16	£1234.16	Hillwood Football Club	£2714	£0
Addaction	£0**	n/a	North United Communities	£3040	£2240	Minority Communities Addictions Support Services (MCASS)	£3500	£3500
			Glasgow Council on Alcohol (on behalf of LGBTQI Substance Use Group)	£4140	£4140	St Christopher's Priesthill and Nitshill Parish Church	£1190	TBC
						Sunny Govan Community Media	£2130	TBC
						Thistle Housing Association	£2244.38	TBC
Total North East	£10,570.84		Total North West	£17,269.16		Total South	£19,918.38	
Overall Total Awarded				£47,758.38				
Overall Total Spent								

*Funding spent as of 1 September 2020 to the best of our knowledge.

** An application from Addaction, in partnership with Glasgow Life, was approved on the condition that the budget could be amended and reduced. Unfortunately this process took longer than our procurement process allowed so the offer of funding had to be withdrawn. Hopefully it can be revisited next year if the organisations are still interested and able to deliver.

Project Overview

Organisation	Locality	Summary of Project
Church House	North East	Delivery of Sunday night Jam sessions/open mic nights and delivery of Welly Boot Wanderers family programme in Bridgeton area. <i>*programme not delivered</i>
Parkhead Youth Project	North East	Delivery of 12 week 'Challenge Me' programme for young people in the Parkhead area.
YoMo Young Movers	North East	Support Youth Health Champions/Peer Educators to deliver an 8 week drug and alcohol programme.
FARE	North East	Delivery of an 8 week prevention and education programme for identified young people looking at risks (physical, social and mental) around alcohol consumption.
Addaction	North East	Delivery of a physical activity and personal wellbeing programme for adults in recovery. <i>*programme not delivered</i>
Common Wheel	North West	Delivery of twice weekly music workshops for 12 weeks in Kershaw Unit. And delivery of 12 week climbing programme.
YoMo Young Movers	North West	Delivery of 8 week drug and alcohol programme with final event, and potential volunteering opportunities for young people.
The Concrete Garden	North West	Delivery of 10 week outdoor play sessions for 10 years and older.
G15 Youth Project	North West	Delivery of 12 week youth programme with issue based workshops including alcohol and drugs, and 12 street work sessions.
North United Communities	North West	Delivery of street work, educational group work for young people and family support inputs in Wyndford.
Glasgow Council on Alcohol	North West	Develop and launch a Glasgow wide public health campaign to raise awareness of substance use and LGBTQI community, and raise awareness of services.
Castlemilk Community Football Development Group	South	Diversionary activity (safe space) for young people at Barlia Clubhouse. The clubhouse is situated in a secluded area in the middle of Castlemilk Park adjacent to Barlia Football Centre.
Glen Oaks Housing Association	South	Deliver of a range of activities for vulnerable tenants to improve their self-confidence and social skills as well as alleviating loneliness and isolation.
Gorbals Mens Shed	South	10 week programme of metal work which will include tutoring from a qualified fabricator, introduction to metal work and welding.
Hillwood Football Club	South	Girls football activity.
Minority Communities Addictions Support Services (MCASS)	South	Workshops and activities for BME community.
St Christopher's Priesthill & Nitshill Parish Church	South	DJ workshops for young people.
Sunny Govan Community Media	South	Training and volunteering opportunities for young people.
Thistle Housing Association	South	Film of young people's thoughts and experiences.

Implications of COVID-19

COVID-19 and the resulting lockdown impacted heavily on the delivery of Ripple Effect funded projects. None of the projects had managed to complete delivery on their planned outputs before COVID-19 started in February/March 2020. The impact on projects varied and while many had to furlough staff and halt operations, others managed to continue some of their service delivery, albeit heavily adapted from the 'norm'. HI staff tried to engage with as many projects as possible during lockdown to get an update on the project status and to provide reassurance that outputs could be adapted to allow organisations to provide the support communities really needed at the time. Where staff were furloughed it was very difficult, or impossible, to have these discussions.

Seven of the seventeen projects funded managed to adapt their delivery during lockdown with ten projects unfortunately having to put a complete halt on their activity. As of 1st September, 6 projects had utilised any remaining budget to adapt delivery and had completed delivery of their project. From the other projects, 9 have plans in place to utilise their remaining budget as restrictions are relaxed and they can resume delivery, but 2 projects are still unable to finalise their plans due to furlough, etc.

Although most projects had commenced delivery prior to lockdown, and many adapted delivery in some way to allow continuation during this time, it has been difficult for the outcomes of some of this to be measured. Several projects had gathered some data from their delivery but were unable to access this due to offices and buildings being closed. Many others simply had not got to the stage of gathering feedback from participants yet. Information from projects that were able to measure and report on outcomes to date is provided below. In acknowledgement that this does not take account of all funded projects, a full report containing outcomes from all projects will be provided later this year.

Project outputs

Although COVID-19 did have a significant impact on most of the funded projects, a good range of outputs were still delivered across the City prior to lockdown. This included:

- A wide range of group work and diversionary activity sessions for young people (94 in total) plus street work to engage with young people. In addition to the themed group work sessions, some of the diversionary activity sessions included climbing activities, outdoor play sessions and DJ workshops.
- Music workshops (8) and climbing sessions (6) with patients in a mental health unit.
- Development and launch of a Glasgow-wide online public health campaign to raise awareness of substance use and LGBTQI community and services available to provide support. <https://kinderstrongerbetter.org/>
- Tai Chi classes (8) with Housing Association tenants with 17 regular participants.
- 10-week programme of metalwork with men.
- Information workshops (6) on alcohol and drugs for BME community (42 participants).

In addition to the activities that were originally planned, many projects managed to adapt their delivery to allow this to continue in some form throughout lockdown and beyond. Some examples of this include:

- The **#kinderbetterstronger campaign** wasn't originally planned to be an online campaign but due to COVID-19 restrictions the working group decided this would be the best way to get messages out to target groups and a website was developed to host campaign materials that could then be shared online.

- **Parkhead Youth Project** could no longer deliver group work sessions with young people during lockdown so adapted their delivery to provide activity packs to 60 young people and their families every fortnight during this time. The packs consisted of activities and challenges for young people, fruit baskets and ingredients and recipes to cook meals at home. They also set up 1:1 phone and video calls with young people who had been engaging in the group work programme to maintain contact with them during what was a difficult time for many.
- **North United Communities** had been delivering group work sessions with young people but had to cease this due to lockdown. To enable them to re-engage with young people prior to venues re-opening they adapted delivery to a street work model.
- **MCASS** had been delivering a range of workshops and activities for BME Communities but had to halt this due to lockdown. In order to support their local community they utilised their remaining funding to provide essential food supplies to those in need during this time.

These examples show how projects worked creatively to adapt their delivery during the pandemic to allow them to continue to support their target group or local community.

Outcomes achieved

As detailed above, many projects have struggled to report on outcomes as delivery had to stop abruptly due to lockdown restrictions. The projects that were able to carry out evaluation provided the following feedback:

Parkhead Youth Project

The project found that working in small groups helped build better relationships with the young people and they really started opening up and felt it was a safe space to talk and ask questions without being judged. It became evident that young people were increasing their knowledge as they began to compare experiences they had within their families in terms of relationships to alcohol. They started to see it as an addiction and could see why it would be difficult for some people to stop.

“I liked the session. I stay with my sister because my mum is an alcoholic and couldn’t look after us. Other people in the group had relatives like that. I didn’t feel so bad, but my mum hasn’t drunk for 4 years now I’m proud of her.”

Young person’s feedback after a workshop

Activities away from the group work session help to build relationships between the young people themselves. While climbing they had to encourage each other, listen and communicate. There was a good sense of achievement as individuals.

“I’m still scared of heights, but everyone was shouting my name, so I did try hard”

Young person’s feedback after climbing session

The Concrete Garden

The project found that smaller sessions supported young people to have space to talk and listen to each other and the play workers, improving awareness of feelings, emotions and struggles being faced by young people. Improved connections with youth workers were achieved and conversations about risk taking enabled staff to understand and provide support for young people. The activities were tailored for the older age group which led to better engagement from them. Young people felt empowered to make projects happen, for example they planned a youth trip which would have connected them with other young people around Scotland (unfortunately this was cancelled).

G15 Youth Project

Young people became more confident, kinder, made new friends and were inclusive of peers.

Gorbals Mens Shed (GMS)

This project helped the men of GMS with a lot of their social anxieties. It helped with confidence, social barriers and integrating in a workshop environment.

MCASS

The project reported an increase in knowledge in relation to alcohol, drugs, and health and wellbeing. Also better understanding in how stigma and inequality can impact on alcohol and drug use within BME populations.

“Never realised the drugs and alcohol scene can have such an impact on families.”

“I learned so much and now want to volunteer to support people with drugs and alcohol issues.”

“I’ve made new pals and learnt about people I live with....my dad drinks and brother smokes weed, so this has been really helpful on how I can cope at home”

Glen Oaks Housing Association

Many participants have noticed an improvement in their balance and coordination, and less general pain, particularly those with health conditions. Improvements in mental health were clear once physical pain had improved.

“I feel great from coming to these classes”

“I feel so relaxed, and I feel like I am steadier on my feet”

Learning from the projects

As previously highlighted, COVID-19 has significantly affected organisations and their ability to deliver normal programmes and services. Many of the Ripple Effect funded projects have submitted an evaluation, either for a completed or partially completed programme. Valuable learning has been gained from these projects, some of which is included below.

Parkhead Youth Project

An informal approach enabling young people to shape sessions worked. Make the most of opportunities like when you are eating as during these times conversations can come up in a relaxed manner. It is important to listen to young people, watch their body language and make sure that they are interested and participating. Relationships are important in this kind of group work when you are talking about issues, especially when there may be issues within the family that the young person can relate to. We have to assure them that we are non-judgemental, and they are in a safe space. Especially after COVID there is evidence that young people have been feeling anxious so we would continue to move at the pace of the young person. Look for funding for things that interest them and take quality over quantity as we feel this is more productive when we run groups with smaller numbers in them.

The Concrete Garden

Provide training for staff on alcohol/drugs prior to delivery commencing.

G15 Youth Project

Young people now have the information to make choices so there has been a reduction in high risk taking behaviour. The programme was put together by staff and members with young people being consulted.

Gorbals Mens Shed

Better promotion and premises for delivering workshops. Could deliver workshops in the outside environment, possibly green woodworking.

St Christopher's Priesthill & Nitshill Parish Church

The DJ genre is very popular with young people, creating a party atmosphere that is safe and happy, without the need for additional stimulants. Online delivery is possible however young people feel more benefit with face-to-face delivery and as a group.

MCASS

Use of the community hub at the heart of the BME community supported and worked really well in facilitating delivery of the project. Participants' feedback was that they felt comfortable to be in their community and would not have attended sessions elsewhere due to safety fears. Evaluations showed that group discussions were the highlight in the majority of the sessions so future projects would look to involve discussion-based group sessions. Participants were also keen to include relevant partner organisations so this would be looked at too.

Glen Oaks Housing Association

The Tai Chi classes were one of our most popular classes to date, particularly among older residents, who we hadn't aimed promotion at. Practical classes with gentle physical activity are well received by residents and many find them more beneficial than leisure and hobby classes. Involvement of Councillors and Community Leaders in any future programme planning may facilitate easier access and use of the local Community Hall for youth groups. Difficulties were experienced this year which held up project delivery for over three months.

Learning for Future Co-ordination of Fund

As well as gaining valuable learning from the Ripple Effect funded organisations, HI staff have reflected on the coordination of this fund and processes followed.

For the first time, applications were received in 2019/20 for projects to be delivered in schools. One applicant was a member of school staff, and others were youth work providers. Tight timescales for decision making regarding applications prevented in-depth discussion with the Health Improvement in Education Group (HIEG) around this for the 2019/20 funding and views were sought by email. Further discussion is required with the HIEG regarding their view of the eligibility of schools for this fund.

To support applicants create proposals for this fund, the COGs resource was specifically adapted for 2019/20 to focus on the Ripple Effect recommendations, national and local strategy/policy, supporting evidence and best practice. It was clear when reviewing applications that very few applicants had looked at this resource and gained the intended knowledge of the 'bigger picture' of alcohol and drugs work in Glasgow City. Limited time between completion of the COGs resource and the release of the Ripple Effect Community Activity Fund application form prevented promotion of this resource which would likely have been beneficial. Future local promotion would be valuable to increase understanding of the content of the resource including strategy/policy, life stages, training and resources.

As previously mentioned, COVID-19 has had a significant impact on many organisations and their ability to continue delivery of their funded projects. HI staff have tried to be supportive and take on a flexible approach to work with organisations to consider how they could adapt delivery to enable some continuation of the work. For the 2020/21 funding application, HI staff will be asking applicants to consider their contingency plans and provide information about business continuity, not just for COVID-19 but for other issues, e.g. staff shortages. HI staff are also going to provide applicants with wider context information particularly in relation to the pandemic, for example digital inclusion and poverty, to encourage consideration of other influences on alcohol and drugs harms.

Nicola Scott, Morven Bell and Jim McDaid
Glasgow City HSCP Health Improvement