

CARBRAIN

WHAT'S BEEN HAPPENING - WHAT WE'VE LEARNED



SNAPSHOT

In 2019, lots of initiatives were based around food. Family Healthy Eating workshops were established in both local primary schools, and in the community, through funding provided by NHS North Lanarkshire's Oral Health budget. Food Share support was provided by Tesco, along with support from Carbrain & Hillcrest Community Council. This led to events such as the Taste & Take-Away, focused on cooking on a budget and de-stigmatising food poverty. The Big Lunch looked to improve health and wellbeing by strengthening connections and engagement throughout the community.

A suicide prevention partnership has been working to address the stigma around mental health in Carbrain. Through consultation with local people, commissioned artwork was installed in the Gully and produced and disseminated Z-cards with contact details of mental health support services.

A weekly women's health and well-being group was established through consultation with local people and support from; Sanctuary Housing, Cumbernauld Community Forum, Carbrain Community Council and Tesco. This group will be developing a community enterprise.

Another focus has been supporting local area partnership meetings, resulting in the opening of the running track and regular community cafes in both Carbrain and St Margaret's Primary Schools to support engagement and consultation by partners.

A local film maker set up a Backyard Cinema which ran over the summer to engage local families and children and address social isolation. This led to development of the successful TEDx Cumbernauld Women event, promoting gender equality through presentations by local, national and internationally recognised women.

Corra and #ShiftThePower Comic Relief Scotland began supporting local people to design and distribute grant making in ways that are relevant and accessible to their community through a £20k grant.

WOMEN'S HEALTH AND WELL-BEING GROUP.

In 2019, a carers group was originally set up in response to local need, the name quickly changed to encourage engagement across the wider community of women. Participants of the Women's Group have been growing in confidence and the group has helped in addressing the social isolation experienced by many. Flexibility around meeting times has been important to allow people to attend and develop ideas such as the swap-shop, which has grown organically into a community enterprise which will be located in a unit in the town centre.

The unit will be a space to run up-cycling and repair workshops, health and well being classes, and a space for local groups and businesses. Working with Cumbernauld Centre management, the group are hoping to incorporate up-cycling, craft, cookery, health and well-being workshops, as well as volunteer training and development. Income generated will be re-invested into the community shop. The group are also looking to support other community organisations who would benefit from this space, as there is currently no community centre in Carbrain.

The development of the Women's Group highlights the importance of local voices being heard. It shows the need for space for people to come together, to develop their confidence and skills, and to participate however and whenever they choose, in a flexible way. They have come to realise they have many skills and talents and through further learning and development this investment will benefit not only themselves but their community as well.

A YEAR IN NUMBERS



12 Ideas into
Action



2,556 new
people
reached



21 people
attending
activities per
week



Average of 51
Engagements
on Facebook
per week

#SHIFTTHEPOWER - COMIC RELIEF CARBRAIN

Corra, in partnership with Comic Relief, have been supporting local people to design and distribute grant making that is relevant and accessible to the community through a £20k grant. There was widespread support and interest from organisations working within and outwith the area. A steering group made up of local people and groups has been directing the process and introduced important changes, such as individuals and un-constituted groups being able to apply for up to £750. This has highlighted the importance of shifting the power to communities and supporting a programme of capacity building to ensure success.

It has been important for the steering group to ensure that the funding is spent on projects based in Carbrain, so that local people can see the difference that is being made and encourage further engagement and development of ideas into action. The applications close at the end of February 2020 with an independent assessment panel supporting decisions made by the local community as well as helping the projects become sustainable through their knowledge and experience of other support available from the local council and external organisations.



Sustainability and building the capacity of the local community is fundamental to ensuring that there is long lasting positive change that is owned by people living in Carbrain.

COOKING IN THE COMMUNITY

There was a need for cooking classes expressed in many discussions with the local community to promote healthy eating and cooking on a budget. This was supported by; NHS North Lanarkshire Oral Health funding, Sanctuary, Tesco, and the Community Council. Unfortunately, the first parent and child cooking classes were not successful, and we sought to understand the lack of take-up. Speaking to children and parents, it was clear that a lack of confidence and/or knowledge of healthy cooking was preventing many parents joining in to cook with their children.

We introduced the Taste and Take-Away sessions that were cookery demonstrations which were fun, simple, non-judgemental discussions around food and meal preparation. This helped to destigmatise food poverty and resulted in much better engagement within the local community. These sessions led to the successful summer family cooking classes with over 35 families coming to the Free Church. The central community space helped to overcome some of the geographical barriers perceived by people. Cooking workshops were well received especially as they were flexible and allowed community participants to choose what food they wanted to learn how to cook - whilst still maintaining the healthy options and food swaps.

We found that the communication medium that works best in Carbrain is word of mouth, or face to face engagement. This yielded more responses from seldom heard voices in the community, as well as building confidence and trust in Corra. These cooking classes led to the open Xmas Dinner for the local community which was especially beneficial to those that were isolated or alone over the holiday period. On the basis of this food centred work we have successfully applied for funding to have a breakfast club which will continue to meet the needs of the local community. We are also hoping that by having external organisations deliver advice and services here, local providers will have a better sense of what is needed in Carbrain and increase the capacity of local people to inform change.

WHAT HAVE WE LEARNED TOGETHER?

SPACE

Space continues to be a huge issue in Carbrain, restricting activity and people coming together. The Community Council and Free Church are looking at the development of community assets going forward to support community aspirations. Through supporting the Free Church, which is centrally located in Carbrain, we are trying to break down the barriers of geography in Carbrain and encourage people across the community to participate. The Free Church is also working to develop into a community hub for all to use. We are also working with the Community Council and partners around mapping and asset transfer.

TERRITORY

Carbrain is not one uniform community and it is quite territorial. The community co-ordinator has encouraged and supported cross community activities, for example working across both primary schools on community cafes. With the right support, multiple initiatives can be successful such as; the Backyard Cinema, Taste and Take Away, litter picks with Princes Trust students and the Community Council, the Big Lunch and the community Xmas Dinner (which also addressed social isolation and supported stronger links across the community and providers).

PARTNERSHIP WORKING

In-work poverty affects a significant number of people in Carbrain and there is a need to continue healthy cooking/ cooking on a budget courses. Linking up with different partners is fundamental to the course's success. Enabling partnership work, enables other organisations to know what is needed in the community.



WHAT HAPPENS NEXT?

2020 will see development of plans for the Women's Group unit in the town centre, as well as the training and development of volunteers from the community.

Breakfast club – Following on from diverse cooking activity over the summer – parent and child cooking classes, Big Lunch, Taste and Take Away, Xmas dinner in collaboration with Tesco's, Sanctuary and Carbrain Community Council, the need for a breakfast club for the community was identified. Continuing this work in 2020 will increase opportunities for working alongside local people, and support the changes they would like to see in Carbrain as well as continuing healthy eating, cooking on a budget and de-stigmatising issues around food poverty.

TEDX Cumbernauld Women - The legacy work beginning from this event starting with the formation of Femme Scotland. An internet chat show 'The Kitchen Table' which sees some pretty raw, crucial and necessary conversations taking place about women's role in society today is beginning to be broadcast. Workshops are also being planned for 2020.

Work will continue to address the issue of space, working with the Free Church to develop their plans for community space and with Carbrain Community Council on their planning for possible asset transfer.

The community hope to set up a men's group. There is still a lot of stigma, despite raising the profile of mental health through the partnership working group and delivering 1000 z-cards to households in Carbrain.

Comic Relief funding – Work will continue with the steering group to look at the sustainability of the funded projects going forward as well as capacity building, training and development to ensure progress when funding has ended in April 2021.



Community Co-ordinator

Shazia Riaz:

shazia@corra.scot

07597 660 295

PEOPLE IN PLACE - MOVING FORWARDS

People in Place is currently working alongside nine communities in Scotland, supporting local people to connect, collaborate on ideas, and take action to create positive change.

The local activity and learning from Carbrain helps shape the future plans of the community and the wider programme. So far, some common themes have emerged across the programme including the importance of Participation, Space, Voice, Investment, and Learning & Development.

However, due to the unique conditions in each place, the work is at a different stage in each community. In some places the focus is on listening, building trust, relationships and participation. In others, communities are using increased participation and voice as a platform to engage with local decision making structures.

Looking ahead, Corra hopes to support communities to connect with each other and to use their voice and power to influence wider system change.



The Corra Foundation

Riverside House, 502 Gorgie Road, Edinburgh, EH11 3AF

e: hello@corra.scot t: 0131 444 4020 www.corra.scot

(The) Corra Foundation is a charity registered in Scotland (No SC009481) and is also a company limited by guarantee (No SC096068). Fortify Social Enterprise CIC is a community interest company registered in Scotland and is also a company limited by guarantee (No SC507457). (The) Corra Foundation was previously called Lloyds TSB Foundation for Scotland.