



SNAPSHOT

- Cumnock & District Men's Shed (CMS)
 - CMS secured access to space through a Community Asset Transfer that they are developing into 'The Shed'.
- The Nest
 - This space has been developed alongside local people in partnership with local groups and organisations.
- The Nest Wellbeing Group (TNWG)
 - TNWG provides a platform to bring together all the work happening locally, with a focus on wellbeing, ahead of the opening of 'The Nest'.
- The Recovery Collective (TRC)
 - TRC is a new local partnership. Together they are exploring how best to support people struggling with addictions.
- Cumnock Juniors Community Enterprise (CJCE)
 - CJCE have been working in partnership with TNWG and Moving Up Moving On (MUMO) to deliver 'Kick It' sessions.
- Cumnock Action Plan (CAP)
 - CAP have completed some projects this year, delivering on elements of the group's first plan.
- Community Choir and Lunch
 - CAMPs have supported the creation of a community choir that has performed at local events including a special community lunch hosted by Corra to celebrate the achievements of local groups.
- Loch Ken
 - Corra worked with TNWG and local HNS staff to support a group of people to go on a residential experience.

CMS - The Shed

Although the original focus was local men, CMS realise that many women could also benefit from engaging in activity in this creative space. The Shed will therefore be open to both men and women in Cumnock and the surrounding area. There will be focus given to encouraging participation by people who have greater support needs and often face additional challenges or barriers to engagement.



Community togetherness was recently highlighted when participants from several groups helped to tackle the severe foliage surrounding the building... mother nature had certainly started to claim this land back.

This year the group have been successful in securing £145,000 to support the initial stages of the renovation work. These funds came from several avenues including Placed Based Investment Fund, Renewable Energy Fund and Mental Health & Wellbeing Fund and will help make the building both wind and watertight. The group also received Awards for All funding to support the development of the kitchen area once the initial stage has been completed.

The Nest

The Nest is being developed alongside The Nest Wellbeing Group, and is being supported by CVO East Ayrshire, Corra Foundation and What Matters to You.

The local vision for The Nest is that it will provide a welcoming space at the heart of the community. The approach we partners have adopted is one of "your community, your choice, your voice". This has helped encourage a better sense of togetherness locally. Creating a community-led space that is built around people's strengths, interests, needs and aspirations will allow the TNWG team the space to create a sense of 'Home' whilst still allowing wrap around support where required.

“It offers a place to come home to, to rest until your wings are ready to fly again (Group member)

“Securing this space has demonstrated that community voice has been heard. There is an incredible energy behind this idea, and it is so important that local people are driving change they can really connect with. Creating a safe place for people to feel at home, feel loved and listened to will be invaluable. Together we can take care of each other. (Natalie)



This home from home will offer a Camerados style area and kitchen downstairs, a large, dedicated wellbeing space on the first floor, and informal spaces throughout the building for people to relax, connect with others or gain support if needed.



The Nest Wellbeing Group

The Nest Wellbeing Group aims to address local divides and celebrates people from all corners of the community. They are the core group who are helping to develop The Nest and will one day call this their home. They offer a strong community voice to ensure the decisions surrounding development of this space and their programmes have community voice front and centre.



TNWG improve local lives by delivering activity such as, mindfulness for all ages, personal development sessions, creative art therapy including various craft activities and a range of other wellbeing activities that help promote positive change in lives of local people.

They offer a space for people to escape the busyness of everyday life and take some time to focus on their own wellbeing. This promotes personal growth and connection which, in turn, helps to reduce anxiety, depression and addiction. Their work is led by practitioners with lived experience who understand the impact of trauma on people in their community.

They offer space to increase awareness of mind body connection and how people think about their own wellbeing or pain. They support local people by helping them to adjust to change in their own lives through mindful practice and encourage them to step in and celebrate their true self.

Fraser caught up with Natalie and discussed what a whirlwind of a year it has been, you can read all about it at rb.gy/5ikpd8

The Recovery Collective

The Recovery Collective is a new partnership that is helping to address addiction focused work. Staff from East Ayrshire Recovery Network, Health & Social Care Partnership, Vibrant Communities and TNWG have been brought together and are receiving support from Healthcare Improvement Scotland to adopt a Human Learning Systems approach to develop ideas for change to better support those struggling from addiction.

Cumnock Juniors Community Enterprise

Cumnock Juniors Community Enterprise scored with their new recovery focussed walking football sessions called 'Kick It'. Sessions are delivered in partnership with TNWG and the Moving Up Moving On programme and proved so successful there are now other clubs keen to use this approach to support those in recovery.



Cumnock Action Plan

Cumnock Action Plan celebrated the opening of their Memory Garden (stage 1) at Armitage Drive and the completion of their ambitious Pocket Park project (Tower Street).

Completing these projects marked a significant milestone in delivering some of the key priorities set out in the group's first plan.



Community Choir and Lunch

The creation of the choir led by CAMPS, was developed in response to community asks during consultation sessions held at the Sunday Soothers.

Since May, members have attended regular sessions to explore singing techniques and build confidence in a fun creative setting. The choir are hitting the right notes locally and have already performed at several events, Including their debut at the Community Lunch.



This lunch offered a platform to bring several Corra supported community groups together in celebration of their community journeys. This was told through stories, songs, and a colourful art exhibition. We were joined by MSP Sharon Dowey who received a warm Cumnock welcome.



Loch Ken

Corra supported a group of 25 people from Cumnock and the surrounding area to attend a residential activity break at Galloway Activity Centre (Loch Ken).

This was delivered in partnership with TNWG and was supported by NHS staff. This offered an incredible opportunity to bring different groups from across the community together for an incredible outdoor-based experience.



What have we learned?

This year brought with it the opportunity to create a better sense of togetherness, in the midst of the turmoil and chaos caused by the Covid pandemic and the cost-of-living crisis. The community's continued push to recover from these adversities has helped create opportunities for change and overall has strengthened their voice. Corra has played an important role in helping to create the right conditions for change including bringing local people together to explore and develop ideas.

It is vital when facilitating ideas for meaningful change, that these are developed around the strengths, interests, aspirations, and support needs of local people. Ideas are informed by real life, which encourages change that help address some of the many challenges and barriers that people face.

In Cumnock, our BEING BOLD projects (The Shed and The Nest) highlight a drive for positive change focused around creating space. When I say 'Our', or when I say 'We' I of course mean the community, with support from Corra, or other partners involved. Although, in Cumnock it is hard not to feel like you are part of the woodwork, given their welcoming nature.

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Having supported the community in identifying and securing both spaces, Corra then facilitated sessions for the groups to further explore their vision for change. In terms of creating ideas for space, we visited the buildings several times with groups and collated feedback regarding use of space. We then connected local groups with OCCAM Architecture, who created a design proposal for each space based on this information. (Fraser, Community Co-ordinator)

Both of these ambitious projects provide a platform for the community to be firmly in the driving seat. Once developed, these community spaces will offer a sense of ownership and pride and promote safe and inclusive spaces without stigma. Through good partnership working, it is thought these projects could contribute towards developing a stronger and more connected community.

This year saw £390,000 of external funding contributed towards the projects I am supporting locally which is an incredible endorsement of the community groups and organisations and their ideas for change.

This report highlights a few key projects that Corra are helping to support locally. There are so many more wonderful groups and organisations delivering work locally and I would like to take this opportunity to thank them for the incredible work they deliver.



What happens next?

The Nest key partners will continue to work together alongside the community on their ambitious idea for change. Given the significant renovation works required to the building, a sizable funding package will be sought to support the development of this space.

The Shed Renovation work will begin in May 2023, although the group will carry out some preparatory work between February and April. Additional funds will need to be secured to ensure the building is fully accessible and then secured to support internal renovation works.

The Nest Wellbeing Group will begin to grow their team and look to employ a number of local staff in order to further develop their work. There will be focus given to building from the inside out, ensuring current group members are given the opportunity to upskill to support this work. The group plan to create a community living room in The Barrhill Centre which will act as the group base between now and The Nest opening.

The Recovery Collective will continue to meet to progress ideas for change in order to better support those who struggle with addiction locally. There will be considerable effort made to employ recovery focused staff through TNWG to support their Moving Up Moving On Programme.



People in Place - Moving Forwards

Communities are facing a critical moment of transition as they begin to emerge from the pandemic and grapple with the rising cost of living. We are seeing and hearing, in addition to deep and difficult issues, new priorities emerging and an urgency to act from community members.

The time is now! We know from communities, local authorities and other partners that this a 'moment in time' for communities to create changes that address immediate issues and to truly imagine a better future.

To support that process, we will focus our work around three key elements.

- Priorities – we know that communities' priorities are changing. We can play an important role in supporting priorities to be shaped and shared.
- Plans – supporting communities to set out their priorities and actions to achieve them in a 'community-owned' plan.
- Partnerships – we have a key role to play in connecting with partners who can help to produce the plan and/or help deliver on community priorities.

These 'three P's' help build upon the strong foundations – of skills, knowledge, trust and relationships – that have been established to date and will continue to be instrumental in the work.



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