



Perth Academy's Bield Allotment



The Bield allotment continues to grow and develop thanks to the hard work of the students involved. Pupils experience ownership of the allotment, participate in group tasks and are focusing on improving their interactions with peers both at the garden and in school. Student participants are displaying increased levels of confidence and concentration in class. An enterprise initiative “Academy Organics” has grown from their endeavors.

“They’re a great bunch and we always try to help them out whenever we can but they really just get on with it themselves!”

Southton Smallholding



Carse in Bloom

Carse in Bloom and Tayside Biodiversity Partnership aim to establish the first Biodiversity Village in Scotland in St Madoes and Glencarse. Areas of work include;

- Biological surveying
- Improvement to habitats to wildlife
- Extensive planting over a min 3 year period; creation of wild flower meadow areas and native planting along local roadways
- Creation of a community orchard, with potential commercial element for additional funding
- Creation of a community food growing garden
- Accessible walking trails to explore local Biodiversity, Geodiversity, Heritage and Notable Trees
- Intergenerational exercise and knowledge sharing will be developed in collaboration with NHS Tayside



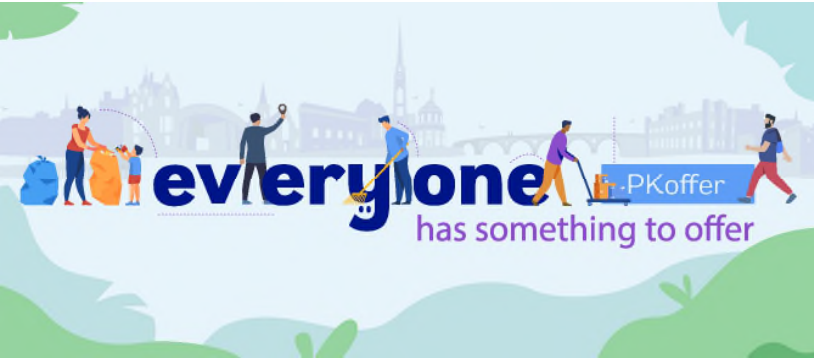


Woodlea Cottage

A **new offer** where we work with children and families in their homes and in our base to build capacity, develop skills and increase understanding, listening and empowering both children and their family members to live together more happily within their community.

“Our thank you letters no longer thank us for taking care of a child while their parents enjoy a well-earned break, they now thank us for changing lives, increasing the quality of life for many members of a family and for recognizing the potential for happiness and fulfilment in each child’s situation.”





Letham Hub and Recovery College

- Letham4all is a community led organisation who support people to be involved in their community, develop their ideas to improve the health and wellbeing of the area and create positive opportunities for residents of all ages to enhance their quality of life.
- They hold a variety of different activities for everyone to get involved.
- Feedback from people that mental health services in Perth City Centre were not accessible for many reasons (cost of travel, getting an appointment).
- Now working with Mindspace (a local support organisation dealing with all aspects of mental health) in the Recovery College to explore Mindfulness and maintaining good mental health. So successful to date, there are waiting lists and plans for more courses.





Food Share Network

- Empowering and supporting communities to establish & manage quality surplus food share initiatives
- AIMS:
 - Reduce food insecurity
 - Reduce food waste
 - Increase community cohesion & build capacity
- Initiatives include community cafés, community fridges & larders, cooking classes, food safety training, community feasts
- The Network includes: food businesses, community groups, third sector
- Cross Team working: Waste, Communities, Education, Communications, Innovation, Planning





Give or Take Boxes



Karen Reid, chief executive of Perth and Kinross Council, said:

“The work of all community groups, volunteers and elected members in providing food, medicine and supplies for people across Perth and Kinross has been phenomenal. The Muirton, North Muirton, North Inch and Tulloch ‘Give and Take’ boxes for food and books demonstrates the kindness and compassion of our citizens. A huge thank you to everyone involved and in particular The North Inch and Muirton Community Council for their work on this.”



Balhousie Pitlochry

The residents have lots going on to keep them stimulated mentally, physically and socially. We have exercise classes, parties, movie afternoons, walking club (albeit only around the building but better than nothing), arts crafts sing-song, concerts in the carpark, baking, quizzes, bible reading and much more.

A local piper delighted residents at Balhousie Pitlochry care home this weekend. Ross MacNaughton played a range of tunes in the home's car park while residents listened from the windows.





Carers Sitting Service

In response to COVID and the lockdown brought in to prevent the spread of the virus, the Health and Social Care Partnership recognised that carers were not getting the support they were used to for example Day Opportunities had been suspended and local support groups were not able to meet. For some families, this amplified the stress and isolation felt by their family carers.

The sitting service has been developed to meet this new situation; providing companionship and a befriending support for the someone who is cared for at home, in order to give their carer a break.





Retasked to Dalweem

"Hi, my name is Jillian Ferguson and my job within the Council is Roads Infrastructure Manager within Planning & Development. I have been working from home since during these strange times, but from the beginning of 'lockdown', I expressed a keen interest in re-tasking; not thinking I would end up working for a short time at Dalweem Care Home in Aberfeldy. Unsurprisingly, I was a bit apprehensive on my first day but within the first few hours I realised I was going to enjoy it. All the staff at the care home made me feel very welcome and I can't thank them enough.

During my time at Dalweem I undertook a number of duties which ranged from personal care, serving meals, chatting and laughing with the residents and spending time outdoors watching the birds and eating ice-lollies!

I thoroughly enjoyed my experience at Dalweem and have asked if I can volunteer to help out once lockdown has eased. It was lovely to spend time with the residents and be able to be that person who can assist them whilst maintaining some independence – even if it was just for a few days. In the meantime, the staff have kindly let me join their Facebook page so I can continue to see how the residents are and what they are getting up to.

Dalweem Care Home





Community Greenspace

- ▶ 17 Community Paths Groups
- ▶ 2000 km of Core Paths – accessible Perth & Kinross
- ▶ 8 Community Allotment Associations
- ▶ Self managed & healthy living





Lewis Rennie awarded the APSE Horticulture Apprentice of the Year -

Presenting the award to Lewis is APSE National Chair Cllr. Mark Pengelly



