



PARTNERSHIP

News

ISSUE SEVEN AUTUMN/WINTER 2006



Foxbar Flippers

In this issue...

HITS	2
Ferguslie Sports Centre	3
Maxwellton Sensory Garden	4
Community Voices Training	5
Celebrating Success Awards	6
Community Action Fund	7
Good 4 U Project	8

www.paisleypartnership.com

Alternative formats

Partnership News is for residents in Renfrewshire's regeneration areas. We want to make sure it is accessible to all.

To receive the newsletter in another format please contact our Marketing Officer on 0141 887 7707 or email info@paisleypartnership.co.uk.

Cover Story

The Foxbar Elderly Swimming Group
See page 7.



Introduction by Councillor Tommy Williams Chair of the CRF Oversight Group

Welcome to issue 7 of the Partnership News. In this issue you'll find a wide range of information on projects that are working in your area.

We've highlighted the progress that is being made in Renfrewshire through the Community Voices programme inside. Community Voices funding has been set aside to help residents become more involved in their local communities and the wider community planning process and already many residents

have been using this programme to increase their skills. Find out more on page 5.

Next Spring we will be hosting the first Celebrating Success Awards ceremony as a way of saying thanks to individuals and groups who are helping to improve our communities.

This is your chance to see a particular individual or group rewarded for their contribution to your community. Turn to page 6 to find out more about this.

As always if any of the projects or initiatives are of interest to you please feel free to get in touch with them.

It's a HIT!

The Health Improvement Through Sports programme is continuing to expand and improve. At the end of last term the pupils who had taken part in the programme, which aims to get more young people taking part in sport, were presented with a HITS bag containing a HITS water bottle, medal and certificate. Pictured below are pupils from St Charles' Primary in Paisley with their bags.

Our HITS team also organised the first summer camp in July at the McMaster Sports Centre in Johnstone. Around 40 P4/5 pupils from Cochrane Castle, St David's, Fordbank and St Margaret's Primary Schools took part in the five day camp.

Each day the kids took part in a range of activities including trampolining, dance, archery, basketball, volleyball, tennis, football, golf and athletics. The camp was free to participants and every child was provided with a free healthy lunch and fruit and water.



Ferguslie Sports Centre

Ferguslie Sports Centre has been a hive of activity over recent months with lots going on throughout the summer.

The Sports Relief event in July was attended by around 60 residents, all doing their bit for charity by running or walking for a mile round the astro grass at the centre. Entertainment included a climbing wall and music and all the money raised on the day will help disadvantaged communities in the UK and in the world's poorest countries.

The week long summer sports camp was organised by the 'Community Inclusion Through Sports and Activities Group'. The group consists of representatives from Ferguslie Sports Centre, Renfrewshire Council, Strathclyde Police, Strathclyde Fire & Rescue, Renfrewshire Community Health Initiative, Paisley Partnership Regeneration Company and the NHS West Primary Care.

The camp proved a real hit with the local kids with around forty-five 8-12 year olds coming along every day. Qualified coaches provided sessions in a range of sports including muay thai boxing, tennis, football, street dance and basketball. Alongside the coaching sessions the kids took part in workshops to highlight important issues such as the dangers of using drugs, smoking, alcohol and anti-social behaviour.



The summer camp ended with the youngsters getting the chance to thank the coaches for all the fun they had by giving them a right good soaking!!!



Sports Centre Coordinator Darryl Ramage who has been working to improve the range of activities available at the centre said: "The astro grass pitch is an excellent facility but we are keen to ensure that the Centre has something to offer all residents. The Sports Relief event and the Summer Sports Camp have been really good for the centre and we are hoping to continue to develop and improve the centre over the coming months.

"We've introduced muay thai boxing classes and the centre is now used by the Young Scot Club, in the pipeline is a community club and an after school club. We're at the early stages at the moment but it's exciting times ahead for us!"

As part of the ongoing commitment to improving the sports centre, staff have been kitted out with uniforms. The black and white tracksuits ensure staff are visible to users of the centre.

As we went to print an exciting October week activity programme was underway.

To find out what's on at the Sports Centre call 0141 848 6600.



Childcare First

Making a difference through childcare

Childcare First has been providing nursery and out of school care for hundreds of children in Renfrewshire's regeneration areas since 1999.



Childcare First operates two nurseries, Hillview Nursery in Ferguslie Park and the Rainbow Nursery in Shortroods. In addition to this four Out of School clubs run in Paisley, Johnstone and Glenburn.

Jeff Sedgley, Chief Officer of Childcare First said: "We've worked hard over the years to ensure we offer children the best possible start in life. We always strive to make sure we are up to date with developments in childcare. "We have excellent facilities at both

nurseries with a full range of educational and play equipment and the children are offered a structured learning and play programme."

If you'd like to find out a bit more about the nurseries or the out of school services please contact Childcare First on 0141 848 5848. If you'd like to find out if you are eligible for help with the cost of childcare or transport you can contact the Buddies for Childcare Team on 0141 887 7451.



Maxwellton Sensory Garden

A new sensory garden was officially opened in Paisley's Maxwellton Park during the summer. The garden was designed to appeal to all senses with a mix of shrubs, flowers and grasses. The centre piece of the park is the fantastic water feature in the style of a bird cage.

The garden is proving popular with local residents as well as the local nursery and primary school. To ensure elderly and disabled residents can enjoy the garden, brightly coloured non-slip surfaces and raised planters have been installed.

In addition to the sensory garden a new multi sports court has been built in the park where local youngsters can get fit and active in a safe environment.

These improvements have been funded through the Area Development Framework project which carries out environmental and landscaping improvements across Renfrewshire's regeneration areas.



Digital Inclusion Project gets underway

The Digital Inclusion Project (DIP) will be distributing up to 400 free PCs and Broadband Internet access into Ferguslie and Moorpark this year.

The Project is funded through the Scottish Executive and was given funding through the Community Regeneration Fund to work in these two areas.

A door-to-door leaflet drop took place earlier this year with many residents completing an application to take part in this exciting and innovative project. The closing date for applications has now passed and priority is being given to unemployed residents who receive benefits, lone parents, individuals with additional support needs and households with young children.

Connect Across Scotland (CXs), which is part of Renfrewshire Council for Voluntary Services (RCVS), is providing wireless Broadband

Internet to Ferguslie participants and this will be Scotland's first urban wireless community. This initiative is proving to be both exciting and challenging.

As we went to print 50 PCs with wireless Broadband had been distributed in Ferguslie with the remaining 300 being rolled out by the end of the year.

Successful applicants from Moorpark will have Broadband access provided by EasyNet and this will be installed by December with PCs being distributed at the same time.

Participants in the project will be required to take part in a very informal induction session at local venues which will introduce them to their PC and give some basic learning on using the Internet and setting up an email account.

Participants will also be given the opportunity to participate in a range of exciting learning opportunities such as digital photography and website design.



Community Voices Training

Many of us would like to become more involved in our community but feel we don't have the skills to do this. A new initiative has been set up to help people in Renfrewshire's regeneration areas gain the skills and confidence to get involved in their communities and already over 150 local residents have benefited.



The Community Voices Programme was set up in January 2006 to build the capacity of community groups and individuals to participate in the regeneration of their communities. This is done by providing non-accredited and accredited training, support and advice.

So far 176 local residents have used the Community Voices programme to increase their skills and improve their confidence by accessing a wide range of training. Close links with Reid Kerr college and other delivery partners have been forged to set up a range of courses.

PPRC's Community Action Team oversees the Community Voices programme. Iain Cunningham, Senior Development Officer with the Community Action Team is delighted with the progress that has been made, "Community Voices has grown really quickly since April and we're over the moon with the feedback we've received from participants.

"We set up training courses based on the needs and requests of local residents which means they are pitched at a level that is appropriate to the people involved. It can be intimidating for someone who may never have taken part in training before to find themselves back in the classroom. We try and make the experience as enjoyable and relaxed as possible and feedback so far has been excellent. The training is enabling more and more people to play a positive role in the community planning process."

Since the programme was established, 14 courses have been delivered, covering a diverse range of topics from sports coaching skills to committee skills and IT. There are currently many more courses in the pipeline including NC Working in Communities, Drama, Motorsport and Training for Trainers.

Training includes:

- Tutors
- Crèche
- Hall hire
- Transport
- Hospitality
- Equipment

Training course examples:

- Committee skills
- Food Hygiene
- First Aid
- SFA Coaching
- Youth Work

Courses in the pipeline:

- SVQs in:
 - Health & Social Care
 - Sports & Fitness
 - Childcare
- NHS weight management programme
- Mental Health First Aid

If you'd like to find out more about the Community Voices programme call our Community Action Team on 0141 887 7707.

COMMUNITY VOICES
VOX POPS

What participants said:

"It helps me to do work for my community"

"It's great to come here and not be embarrassed because we learn at our own pace."

"Doing the course helped me to prove to myself what I can do."

"Feedback to the course organiser made me feel my opinion was valued."

Celebrating Success Awards 2006/2007

The Celebrating Success Awards 2006/2007 have been introduced by Renfrewshire's Community Voices to congratulate and say thanks to local groups and individuals who have made a positive impact in Renfrewshire's regeneration areas.

The Community Voices Programme provides a range of activities to support community participation in Renfrewshire, such as training to increase skills of local residents.

The awards ceremony will take place in the spring of 2007.

Award categories

Group Learner Award

A group of people who have made a marked progress or improvement to their individual or group circumstances through training or education.

Individual Learner Award

An individual who has made marked progress or improvement to their individual circumstances through training or education.

Recognition Award

An individual or group who has clearly shown a long-term commitment to improving their community.

Into Work Award

An individual who has shown the focus and determination needed to make a successful transition in to employment.

Community Action Fund Award

A group that has utilised money from the Community Action Fund to make substantial impact on their local community and its residents.

Community Voices Group Award

A group of people who have accessed training organised or funded through Community Voices and used this training to benefit their community.

Community Voices Individual Award

An individual who has accessed training organised or funded through Community Voices and used this training to benefit their community.



Nomination form

Please fill out the following information and return it, along with any supporting materials - up to a maximum of two A4 pages. Photographs may also be included.

To:

Joe Ferrie, Community Action Manager, PPRC, 10 Falcon Crescent, Paisley, PA3 1NS

Name of project/individual being nominated:

Award category:

Your name:

Your contact number:

Why are you nominating this project/ individual?

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Community Action Fund Update

Communities across Renfrewshire are continuing to benefit from our Community Action Fund (CAF). Here we've given you a snap shot of some of the projects we have supported from the CAF so far this year.



The Ferguslie Arts & Festival Group received a grant of £1923 to provide a wide range of activities for the Ferguslie Park Youth Group. Lots of indoor sports equipment was bought as well as a range of art and craft materials. Pictured above are some young people who got the chance to try their hand at home baking.



Pupils at Mossvale and St James's Primaries in Shortroods have been taking pride in their ever evolving garden over the past few years. The most recent addition has been made possible thanks to a CAF grant of £12531.21 to establish a wheat garden. The wheat that is produced from the garden will be used to give the pupils a shot at baking their own bread. Pictured above is the official opening party of the garden.

It's not only young people who have been reaping the rewards of CAF, the Foxbar Elderly Swimming Group has been making a big splash thanks to a grant of £320. The group had been using the swimming pool at Gleniffer High School for around 4 years until the school closed at the start of the

summer. The group wanted to keep going but with around twenty members felt the best way forward was to arrange for a mini bus to organise a central pick up point to make it easier for as many members as possible to continue swimming.

Carrie Cosh, Chair of the Foxbar Elderly Swimming Group, pictured below, welcomed the grant saying: "The mini bus has made it much handier for members of the group to keep themselves fit and healthy by going swimming on a weekly basis. We're always keen to encourage new members, all pensioners from the Foxbar area are welcome to join us. The free mini bus picks us up every Wednesday morning at 11am at Foxbar Community Centre on Amochrie Road "We're all thoroughly enjoying going to Elderslie, it's a really lovely pool."



CAF issues grants up to a maximum of £12,000. Grants are given to community groups in regeneration areas whose projects make a difference to their community in one of the following categories:

- **Building strong, safe and attractive communities**
- **Getting people back into work**
- **Improving health**
- **Raising educational attainment**
- **Engaging young people**

To find out more about the Community Action Fund
call 0141 887 7707 and ask for someone from the Community Action Team.

Launch of Good 4 U Health Inequalities Project

A new project has been set up to help improve the health and wellbeing of residents in Renfrewshire's regeneration areas. The Good 4 U Health Inequalities Project was officially launched at Foxbar Community Centre earlier this year.

The project deals with three separate elements: Tobacco and Health; Infant Feeding and Mental Health and Well-being.

Anne Burns, Public Health Practitioner welcomed the project's launch, she said: "This is an exciting new project that will work to challenge some of the disparities in health across Renfrewshire. The team will be working closely with communities and partner agencies to offer practical information, advice and assistance to encourage people to make positive changes in their lives."

Ross Walker, the mental health and well-being worker for the project has been appointed to work with individuals with depression and anxiety to encourage them to reduce their use of prescribed medication. Support will be offered on a one to one basis and in a group setting and will be tailored to each individual's need. This element of the project is linked to and building on the successful work of Live-Life Network.

Maria Laverty, Infant Feeding Promoter, has been in post since March and is working to increase breastfeeding rates amongst new mums as well as raising awareness in communities to ensure that mothers are supported and encouraged to breastfeed their babies. Courses have been established to train breastfeeding helpers who can go on to work in support groups in local communities.

Tobacco and Health Worker Sarah Neilson took up her post just as the ban on smoking in public places was introduced in Scotland. Her post involves helping individuals to give up smoking and raising awareness of the negative impact smoking has on health. Sarah will also introduce a series of educational and awareness raising programmes in communities, particularly targeting school children.



The Team is based at the Foxbar Clinic, Morar Drive, Foxbar, Paisley, PA2 9QR, anyone looking for more information or advice can contact the team on 01505 821 621.

The Good 4 U Health Inequalities Project operates with support from Renfrewshire's Community Planning Partnership, NHS Greater Glasgow and Clyde, Communities Scotland and the Scottish Executive's Community Regeneration Fund.

It's working out well for Richard

The Shell Garage in Linwood has welcomed a friendly new face to its staff, after teaming up with PPRC's Employment Action Team.

Richard McLaughlin has become a regular favourite with customers since taking up his post as pump attendant in July.

James Minnis, Director of six Shell garages in Renfrewshire is full of praise for his new employee, "If we could clone Richard we would!, He continued, "Working with the Employment Action Team has been great for us. We've now got a number of CVs we're looking at and we hope to continue to work with the Team in the future."

Richard had heard about the team whilst attending a training course at Reid Kerr College. "Part of the training was a work placement in retail skills and I decided I liked it so much that I wanted to find a permanent job in the industry. The Employment Action team and Gillian have helped me immensely and found the job here at Shell for me. I had a two week work trial and was then taken on full time. I've

been here since July now and I'm thoroughly enjoying it."

Gillian Stevenson, Richard's Employment Support Officer is over the moon with his progress. "It's fantastic to see Richard settling in so well at the Shell garage. Richard took part in the STEPS course and we helped with interview techniques and general guidance. It's great to see his hard work and commitment paying off. The feedback from James has been really positive and I'm sure Richard is going to continue to go from strength to strength in his new role."

The Employment Action Team can help people living in Renfrewshire's regeneration areas access and sustain employment, training or education. Services are tailored to the individual's needs and include career guidance, CV creation, job tasters/work placements and funding for travel, clothing and equipment for work.

To find out more contact the Employment Action Team on 0141 887 7707.

