



GRACE

Annual Report

2021–2022



Thank you for your
invaluable funding
support during
2021/2022



East Dunbartonshire
Council



Contents

A Letter from the Board	3
Trustees	4
Employed Staff	4
Members and Volunteers	4
Beneficiaries	5
Funding	5
GRACE Sharing Time	6
Spotlight on One Month of Referrals and Peer Support	7
Projects and Activities.....	8
Art and Creative Thinking.....	8
Boxercise.....	8
Chair Yoga	8
Coffee and chat.....	9
Complementary Therapies.....	9
Creating Media Content SQA	9
Digital Café.....	10
Filmmaking	10
Fitness 4 All.....	10
Foodshare	11
Help Yourself Café	11
Mindful Crafting.....	11
Mindful Moves.....	12
Music and Choir Sessions.....	12
One Step at a Time GRACE Health Walks	12
Pins & Needles	13
Sign Language	13
Sharing Lived Experiences.....	13
Ukulele.....	13
Yoga	13
Fundraising	14
Subscriptions.....	14
Kiltwalk	14
ASDA Green Token Giving	14
Kirkintilloch Baptist Church.....	14
Youth and Philanthropy Initiative (YPI)	14
GRACE Achievements 2021 - 2022.....	15
What You Told Us.....	16
Support for GRACE.....	17

A Letter from the Board

2021 - 2022 was a very challenging year due to the continued impact of the Covid pandemic, however GRACE embraced variety of challenges and remained 'in action' throughout, making it an even more progressive and more structured project. The growth continued with more individuals seeking support from GRACE. Soon it became clear that GRACE was providing vital support to the wider community during a most difficult time in our lives. This led to a future vision of sustaining the progress of GRACE members whilst welcoming new ones.

While Loneliness and Isolation were affecting many in the world, GRACE was in a stronger position to alleviate these issues by maintaining meaningful and productive social connection and networking through digital media and, by the end of the financial year, GRACE was supporting around 150 members weekly at the two venues in Hillhead and Auchinairn.

Volunteers were the backbone of GRACE and their contribution in monetary terms was astonishing. They contributed 8232 hours to GRACE. These in-kind hours amounted to £78204 based on the current National Living Wage rate of £9.50 per hour. This highlights the strength of the GRACE model of Peer Support at all levels.

Looking into the future, GRACE is in need of continuous support from dedicated volunteers for the efficient functioning and delivering of GRACE Wellness activities. Most volunteers start as Members and move up to Volunteer and Facilitator roles. This progression must continue. This successful year has only been possible through support from the Trustees of The Board, Volunteers, Facilitators, Trainers, Teachers, Funders and Partners. GRACE is in a much stronger position to predict continuous growth in all areas and the collective strength shown has built a greater level of confidence for future advancement and challenges.

The Covid pandemic highlighted the need for alleviation of loneliness. It also highlighted the significant impact on the mental health of human beings. The GRACE ethos of supporting each other across the spectrum of membership, may it be a Trustee, CEO or a Member, shines light on the innate need of humans to be socially connected and supported. Its Peer Support model is testimony to a strong teamworking approach. GRACE is indeed very proud to promote this ethos and will endeavour to strengthen its core and future development.

Indira Pole (Chair)

Trustees

GRACE is governed by a Board of Trustees and the project is delivered on a day to day basis by the CEO.

The Board provides governance and accountability for GRACE. The CEO is required to present a management report to the Board at its six-weekly Board meeting. This report is scrutinised for its compliance with core outcomes, member engagement, alignment with budgetary projections and evaluation of activities. The Board invites key volunteers and advisers to attend Board meetings to share ideas and information with the Board, thereby ensuring that information being received is not from one sole source within the organisation. In addition to their supervisory role, Board members actively contribute to the running of the project, being involved as volunteers in various capacities. This culture of integration between Board supervision and ‘hands-on’ participation alongside members and volunteers has been integral to the establishment of a sense of togetherness across the organisation as a whole.

The CEO delivers some services, sources specialist tutors on a sessional basis to deliver other services and supports volunteers in the delivery of the remaining provision.

There are currently eight trustees on GRACE’s board. Grace is very proud to have a vibrant and extremely skilful board. As an organisation we don’t enforce any gender barriers, and we are delighted to see more women moving forward into these types of role.

Name	Profession	Role
Indira Pole	Doctor (Retired)	Chair
Margaret Malcolmson	Trading Standards Officer (Retired)	Vice Chair
William Devine	Financial Broker Manager	Treasurer
Annette McConnell	Family Support Worker	Secretary
Linsey Anderson	Psychology and Counselling Student	Minute Secretary
Ivor McClure	Mental Health Nurse (retired)	Board Member
Claire Taylor	Mental Health Nurse (retired)	Board Member
David Aldridge	IT Consultant	Board Member

Employed Staff

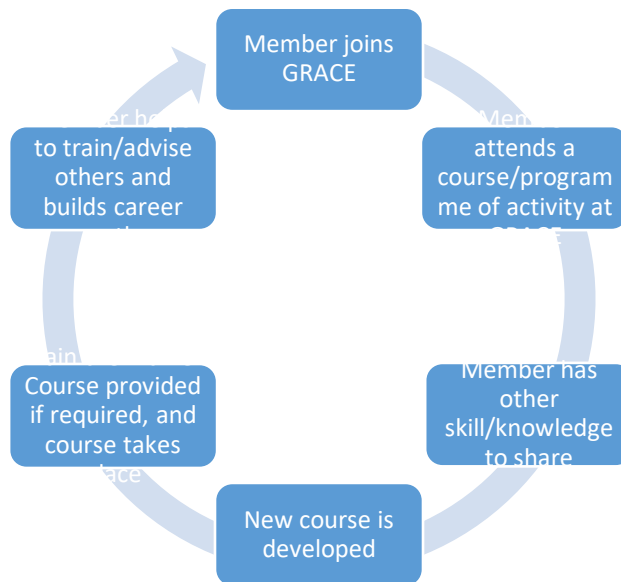
GRACE has two fixed term contract staff members, a Peer Support Worker and a Development Worker, and one full time member of staff, Robert Smith. Robert holds the post of CEO and is the founder of GRACE.

GRACE employs external sessional staff to run specific activities and courses. This reflects the group peer model approach where members collectively identify activities, training courses, or opportunities they deem relevant for them as individuals, but also for their peers. The Board and staff do all within their capacity to facilitate these requests. This often means we are only able to address some of our members’ aspirations, due to limitations in funding. Examples would include, but are not limited to, drama workshops, gardening training, first aid, sign language, Digital Café and yoga.



Members and Volunteers

Grace members are helped to overcome life trauma through a combination of activities and peer support which builds confidence and self-esteem. The GRACE model encourages members to grow and develop skills so that they may become volunteers and pass on their knowledge and experience to others. GRACE relies heavily on volunteers who take on such diverse roles as facilitating, admin, food delivery and digital support.



GRACE peer led model approach

Beneficiaries

GRACE main beneficiaries are not limited to the membership of the group:

- Individual members
- Members family and friends
- The local community
- Volunteers

Funding

During 2020/2021 GRACE has gratefully received additional funding from sources including the following:

The Robertson Trust
 The Alcohol and Drugs Partnership
 Corra Foundation Grassroots Fund
 SCVO Adapt & Thrive
 Lottery Community Fund
 Health and Social Care Partnership
 EDVA Remobilisation Heritage Fund
 Communities Mental Health and Wellbeing Fund
 STV Childrens Appeal
 St Nicholas Care Fund
 East Dunbartonshire Arts Council
 Tesco Groundworks
 Arnold Clark
 NHS Anti Stigma
 Corra Community Wellbeing Fund
 Lottery Community Fund

GRACE Sharing Time



GRACE Sharing Time is a network for organisations in the recovery community. It continued to meet on Zoom monthly until November 2021, with participants benefiting from peer support while still working from home. In December 2021 the first post pandemic face to face meeting took place with 34 attending. The network members share information and resources while making vital contacts. The below list is not definitive as participants are always changing.

<i>East Dunbartonshire Foodbank</i>	<i>EDVA Befriending</i>	<i>Glasgow Council on Alcohol</i>
<i>Street League</i>	<i>Community Safety</i>	<i>Flourish</i>
<i>East Dunbartonshire Voluntary Action</i>	<i>Department for Work and Pensions</i>	<i>Scottish Community Development Centre</i>
<i>Scottish Drugs Forum</i>	<i>The Social Work Department</i>	<i>Health and Social Care Partnership</i>
<i>GRACE</i>	<i>Health Improvement Services</i>	<i>Business Gateway</i>
<i>SAMH Foundry</i>	<i>Carers Link</i>	<i>Take Control</i>
<i>Hillhead Housing Association</i>	<i>Skills for Learning, Life and Work</i>	<i>Enterprise Mentoring Wise Group</i>
<i>We Are With You</i>	<i>The Lennox Partnership</i>	<i>Scottish Fire and Rescue Service</i>
<i>East Dunbartonshire Council</i>	<i>Twechar Community Action</i>	<i>Criminal Justice</i>
<i>Ceartas</i>	<i>SMART Recovery</i>	<i>Community Justice</i>
<i>Scottish Families Affected by Drugs and Alcohol</i>	<i>Glasgow and Clyde Rape Crisis Centre</i>	<i>East Dunbartonshire Alcohol and Drugs Recovery Service</i>
<i>Christians Against Poverty</i>	<i>Families Outside</i>	<i>Simon Community Scotland</i>
<i>Recovery Life Café</i>	<i>Community Police Scotland</i>	<i>Project 101</i>
<i>NHS Health Improvement Team</i>	<i>Citizens Advice Bureau</i>	<i>Skills Development Scotland</i>

Spotlight on One Month of Referrals and Peer Support

GRACE Development Worker

March 2022

One to One Support

New Referrals:

I take new referrals and contact people referred to GRACE either by email or phone. I inform them about GRACE and discuss best ways of joining activities. I tend to do at least one follow up call, followed by text messages. It varies a lot, depending on how 'ready' people are.

In March 2022 I received 16 new referrals from EDVA, Job Centre, Social Work/Alcohol and Drugs Support, Community Mental Health Team, CAB Wellbeing Advisers, self-referrals, family members. Individuals directly dropping into the community centres are not included in this report.

21 phone calls made to newly referred individuals

26 contacts through texts and emails made to newly referred individuals

Existing GRACE members:

Members meet each other in person now. Some of them occasionally get in touch with me over the phone, others I will still contact from time to time, especially if I am aware of their struggles and challenges. I try to catch up with them, see how they are coping, and I try to motivate them to come back to GRACE groups.

38 contacts through texts and emails made to existing members

27 phone calls made to existing members

Referring GRACE members to other organisations:

Signposted to EDVA for befriending, G61 Community Response Team

Projects and Activities

By the end of March 2022 GRACE had an average footfall of 150 through the doors of the two venues each week. The activities members engaged in were many and various, physical, mental, musical, fun, but they all had the GRACE ethos of personal development, learning and wellbeing at their core. GRACE provided over twenty activities and projects during the 2021 – 2022 financial year.

ART AND CREATIVE THINKING

Rachel, our visual art and creative skills facilitator, delivers a wide variety of workshops including mark making, drawing, painting, photography and animation. She also focuses on how to best develop a personal journey through application of a range of processes. Based on a holistic and nurturing approach, this empowers individuals to believe in their own creative ideas and supports them throughout their journey.



BOXERCISE

Martin from All In Fitness delivers Boxercise group exercise classes across the two community centres every week. It's a fun, safe, non-contact, inclusive and very adaptable form of exercise which promotes confidence, coordination and stress relief delivered in a welcoming and supportive group setting. Participants learn and develop straight forward boxing and pad holding positions, blended with cardiovascular and bodyweight activities, work out any stresses and have fun along the way. Boxercise is suited to any level of fitness, including seated options, and all gloves and pads are supplied.



CHAIR YOGA

When GRACE Community Yoga returned to face to face classes not all of our yoga students could attend a community centre due to a number of physical and/or emotional reasons. Grace wanted to continue to support these members and an online zoom chair yoga class was set up. Chair yoga class has a different format from our regular yoga classes as members are given time to say a little about how they are feeling at the beginning of each class. The class is helping members to still feel part of their community and we have had very good feedback.

COFFEE AND CHAT

Coffee and Chat began on Zoom during lockdown as a continuation of our peer support sessions and was the first face to face session when restrictions started to ease. These meetings were first held in alternate venues until the community centres reopened.



COMPLEMENTARY THERAPIES

Held every Tuesday at Auchinairn Community Centre, members have access to four qualified Complementary Therapists (three volunteers and one paid facilitator) who offer a variety of one to one and small group therapies, such as Swedish, Sports and Remedial and Seated Acupressure Massage and Reiki.

“I had a great experience, I was so relaxed a few times I thought I was in other places lol. I also felt amazing after it, I’ve had a slower, calmer day if that makes sense! I love all these complementary therapies; I feel they really help my anxiety and mental health.”

“Thought the Reiki session was very relaxing. Meditation part was also very good. We don’t always remember to take a little bit of time out for ourselves. Think it would be good for GRACE members going forward.”

CREATING MEDIA CONTENT SQA

The project runs throughout the school year in partnership with New College Lanarkshire community outreach, enabling members to participate in an SQA and gain a qualification within a local community setting. This year the students are working on a radio play.



2021 - 2022

GRACE is a registered Scottish Charitable Incorporated Organisation (SCIO) Scottish Charity Number SCO43551

DIGITAL CAFÉ

After two years of online delivery and support of members, facilitators, volunteers and key staff, GRACE Digital Cafe finally resumed real world delivery in October 2021. Weekly workshops were implemented at Auchinairn and Hillhead Community Centres. Each week, at each centre, four hours of digital learning has been delivered. The digital literacy skills set of those attending varies widely from absolute beginner to advanced learner. Our facilitator has used this in positive ways and fully in keeping with the GRACE ethos, encouraging partnerships between attendees that nurture a peer support sharing and learning experience for all. With an average attendance of six members at each session, it is also worth noting we have seen a significant uptake by males over the age of fifty, something that was an area of concern prior to lockdown. Also the age range of participants is wide, the youngest being in their early twenties, the oldest approaching their ninetieth year.

“The Digital Café has taught me a lot of new skills and I’ve met new people. GRACE gets me out of my bubble and socialising”

“It gives me a lot more confidence on the laptop as I was a bit freaked out by computers before joining GRACE”

“The Digital Café is a good thing for the Community as it teaches new computer skills to people. I’ve definitely benefitted from it, when I first started going I wasn’t good with techy stuff but over time I’ve had the chance to develop my knowledge”

FILMMAKING

This project has continued from Zoom meetings during lockdown and is now back in both Auchinairn and Hillhead Community Centres. Participants engage in all aspects of filmmaking from writing scripts to casting, read throughs, costumes, props and acting.

“I enjoy the script writing and taking a turn at all the different filmmaking roles like producer and script supervisor”

“Filmmaking takes me out of myself, I really enjoyed learning to use this media and make a finished film”

“The filmmaking gets me out of my comfort zone and doing things I’ve never done before, it helps me to feel part of the creative process”



FITNESS 4 ALL

Another All In Fitness partnership, this is an online fitness class for everyone from the comfort of their own homes. It ran throughout lockdown and continues to lift the mood, help with mental health and increase the wellbeing of our members. This is an adaptable, safe and inclusive way of exercising for all.

FOODSHARE

The Foodshare project has grown from collecting food from Tesco on a Monday night and distributing it to as many households as possible, to collecting from Tesco and the Co-op four nights a week. The volunteers have increased from one to six drivers and the amount of food collected has risen from approximately 20 bags per week to 100 bags which are distributed between Hillhead and Auchinairn Community Centres.



"The Foodshare project has been brilliant for me with all the bills going up and I feel good I'm saving it from going to the landfill"

"I have three kids and food is very expensive, healthy options are not always financially possible but the Foodshare is mainly perishables which can be easily used up in my large household. I am so grateful to GRACE for providing this service"

HELP YOURSELF CAFÉ

The Help Yourself Café began primarily as an outreach, when it was still difficult for members of the community to go out and meet together in public and while many support services were still closed. People could drop in to the café areas of Hillhead and Auchinairn Community Centres and be provided with not only free tea, coffee and biscuits, but also friendly faces, peer support and information. This ran alongside the Foodshare project, in order to reach as much of the community as possible.

MINDFUL CRAFTING

Focused on a meditation experience, this is a unique programme supporting those with lived experience to express their personal journey through creativity and deep guided meditation. It's an opportunity for reflection and personal growth with a future focused approach.



MINDFUL MOVES

Creative Sparks Theatre Arts in partnership with GRACE have continued the relationship throughout the pandemic. The team at Creative Spark wanted to be able to provide a safe, fun and encouraging online session for the members of GRACE and that is when Mindful Moves was created. Mindful Moves uses movement and dance to improve mental wellbeing, create connections and to reset the mind. Our online sessions had that focus on creating the connections, checking in with each other at the beginning of sessions, asking how we were feeling with no fear of judgement and then peer supporting where we could. Now that our sessions are back in the community centre across the two GRACE locations we meet every week and have great a strong supportive group of Mindful Movers who use dance as a way of emotional release.

MUSIC AND CHOIR SESSIONS



Also during the pandemic, Creative Spark Theatre Arts picked back up their choir sessions and moved them online. We met weekly throughout the two lockdowns using songs and music to connect, be creative and work through our lockdown emotions. We even created our very own GRACE song. Then, when we could get back to Hillhead Community Centre, we met weekly and used our skills from the online Ukulele sessions to work on more music that boosted our mental wellbeing. Then our class joined forces with the See Hear Choir and we worked towards our first live performance since the pandemic. The performance took place in March 2022 as part of Creative Spark's "Kirkintilloch in Lockdown" Festival. The performance was brilliant and a great step forward for the members taking part.

ONE STEP AT A TIME GRACE HEALTH WALKS

The GRACE health walks take place every Wednesday morning in the Kirkintilloch and Bishopbriggs/Auchinairn areas. Seven volunteer walk leaders, trained by Paths for All, support GRACE with this project. An average of 10 members walk every week while chatting and sharing stories of the history of the area with each other.

"(A member) told me today how much he gets out of the walking group and is attending this week. He says it is one of the only times he feels happy and peaceful, I wanted to pass that on as I hope it's valuable and heartening feedback"



PINS & NEEDLES

The GRACE Pins & Needles group was one of the last groups to be adapted to Zoom and one of the first to be opened face to face again. Members have been meeting each Tuesday since January to chat, knit hats and blankets for the premature baby unit and many other projects, some used to raise funds for GRACE.

"It's so lovely to be back with the Pins and Needles group again"

"I'd missed the group a lot, Zoom was great to have at the time but it's so good to be able to be in the same room as each other again"



SIGN LANGUAGE

Sign Language class has always proved to be very popular with members, online and face to face. From Online Sign Language Bingo to The See Hear Choir, participants are challenged in a safe and fun environment to learn vital skills which increases self-worth. The Choir took part in the Kirkintilloch in Lockdown Festival in March 2022.

"I heard about it and I was interested in learning Sign and as I'm interested in music too I thoroughly enjoyed the See Hear Choir. Agnes has the patience of a saint and I've made friends. I really look forward to my class every week."

SHARING LIVED EXPERIENCES

Judith facilitates nine week blocks of Write to Recovery workshops. Members share their personal life experiences and journeys to recovery, and offer peer support through communication media such as talking, creative writing, drawing, film and music.

"I HAVE changed and will continue to try to change how I deal with the problems in my life. I have learnt (am still learning) to accept myself and the situation I am in. In a way to be more content with what I have."

"I would like this group to continue. I believe we can continue to grow in friendship and support for each other. We can become positive, useful members of the GRACE family and the wider community".

UKULELE

Ukulele classes started during lockdown and continue face to face in Auchinairn and Hillhead, with participants being provided with instruments, music and a first class music teacher. These classes are run in a safe and inclusive environment, raising the spirits of all within hearing distance of their music. Some of our players also join in with the Creative Spark Theatre Arts Music Sessions run in partnership with GRACE.

YOGA

During lockdown sessions continued to take place twice a week (Mondays and Fridays) via Zoom. When we reopened face to face we reassured all our students that although a few things would be different as we returned to our community centres our aim was to provide everyone with the best yoga class experience we could. Yoga is needed more than ever these days as it provides us with so many tools for not just our physical wellbeing but for our mental and emotional wellbeing. GRACE Community Yoga classes have never been busier and we ended the financial year with a monthly attendance of 132.

Fundraising

SUBSCRIPTIONS

With GRACE losing out on daily donations from the community centres and opening up face to face we had to look at raising additional funds. Where possible we have encouraged people to set up monthly subscriptions through our website www.graceaftercare.org

KILTWALK

In September 2021, after the virtual Kiltwalks of the pandemic, the Scotland Kiltwalk 2021 was held in Glasgow and GRACE sent a small team to brave the new Covid procedures put in place. After Sir Tom Hunter and The Hunter Foundation topped up up their fundraising by 50%, with another 50% being added by The Kiltwalk itself, a total of £11695.40 was raised for GRACE.



ASDA GREEN TOKEN GIVING



In September 2021 GRACE also took part in the ASDA Green Token Giving programme which had moved to online voting during the pandemic. With the help of members, friends, families and supporters GRACE won the first prize of a £500 donation from the ASDA Foundation.

KIRKINTILLOCH BAPTIST CHURCH

At Christmas we were delighted when the Kirkintilloch Baptist Church generously chose GRACE as the recipient of their £200 Christmas card donation scheme, as there are always so many people needing extra support at Christmas time.

YOUTH AND PHILANTHROPY INITIATIVE (YPI)

In March 2022 a team of three students from Boclair Academy chose to represent GRACE in their school's YPI competition and beat all other teams to win a £3000 donation for GRACE. It was lovely to be able to welcome the team to GRACE, show them around and answer all their questions.



People Supporting People

GRACE has been very busy supporting members & our wider community

Our Achievements During Lockdown Recovery
March 2020 - March 2022 include:



Volunteer Hours **25682**

Value of Hours Donated **£243,979**



1237 Zoom Activities

Zoom **11808** Participants

New Referrals **129**

Referrals within EDC to other Organisations **10**

IPADS **75**

Laptops **11**

Printers **17**

Chromebooks **6**

Mifi & SIM **92**

Food Vouchers **143** (total value £8650)

Food Bags Delivered **2781**



WhatsApp Groups **32**

Participants **845**

Social Media Followers **5233**

Wellbeing Communications **1653**

Wellbeing Packs **553**

Trained Walk Leaders **7**

Qualified Digital Champions **12**

Ukulele Instruments **20**

Sports Equipment **5**



www.graceaftercare.org

GRACE Group Recovery Aftercare Community Enterprise is a Scottish Charitable Incorporated Organisation No SC043551



What You Told Us

"GRACE forms a big part of the support system around me"

"Remember, when talking to others about GRACE you might be just planting a seed. I think about this a lot as that's what happened with me. I didn't join GRACE as soon as I heard about it; it was about a year later"

"I find GRACE is really helping me. It's bringing me out of my shell, and I am enjoying being with people again"

"We share the good, the bad and the sad times, embrace the love, the kindness, the happiness, the laughter"

"Being in groups with people that have encountered similar issues can really help. Makes you feel less alone in your own brain"

"The informality can be really helpful as you can share when you want to but not when you don't"

"GRACE pulls you in at first and soon you start blooming like a beautiful flower"

"When we are together, we are forgetting the pandemic"

"(he) told me today how much he gets out of the walking group and is attending this week. He says it is one of the only times he feels happy and peaceful, I wanted to pass that on as I hope it's valuable and heartening feedback"

"The fact that this is a confidential, safe place has allowed me to open up in a way I could never have envisaged"

"I have changed and will continue to try to change how I deal with the problems in my life. I have learnt (am still learning) to accept myself and the situation I am in. In a way to be more content with what I have"

"I am more confident at speaking out and talking to others. Sharing my feelings and hearing others has made me feel that I am not alone, I made friends. A problem shared is a problem halved"

"This is a space where people are able to share difficult and traumatic experiences. Here they can feel vulnerable and supported"

"(he) came home with the biggest smile. He said you were lovely and everyone he spoke to made him feel welcome. This will be a confidence boost"

"I have learned how to communicate with others and realise I am worth being here and trying my best"

"I am happier, more confident, just a changed person"

"My daughter can't believe the difference in me"

"The best phone call I have ever made was to Judith who introduced GRACE to me. Since then, I have had nothing but hope and getting myself into a better place where I am now. This journey had to start with me wanting to accept this help and I faced life again"

Rona Mackay MSP

Strathkelvin and Bearsden



The Scottish Parliament
Pàrlamaid na h-Alba

14th March 2022

Dear Robert,

Funding Support

I was delighted to hear about the success of your substantial funding application with the National Lottery Community Fund. The members' genuine care for each other consistently shines through in your activities and I am glad that your work has been recognised by the Community Fund. The motion below was formally communicated to all MSPs today:

Motion Number: S6M-03556

Lodged By: Rona Mackay

Date Lodged: 09/03/2022

Title: National Lottery Community Fund Support for Groups in Strathkelvin and Bearsden

Motion Text:

That the Parliament congratulates seven organisations based in the Strathkelvin and Bearsden constituency on securing support through the National Lottery Community Fund in the most recent round of awards; understands that a total of £195,724 was received following successful applications from seven local organisations; commends GRACE (Group Recovery Aftercare Community Enterprise) for its track record of using a varied selection of engaging activities and classes to entice people out of isolation and back into their community; applauds the Kirkintilloch Men's Shed as a safe space for anyone to come and focus on the creation of functional items in a sociable way; thanks the Sunshine Wishes Children's Charity for their work in supporting families with children who have life-limiting illnesses or a physical or learning disability; understands that Twechar Community Action can now hire a youth and family worker to support youth activities taking place at their centre; applauds the ongoing work of Families of Auchinairn Coming Together (FACT) in encouraging social interaction and wellbeing through crafting classes for local adults; is grateful for the ongoing provision by Rookie Rockstars of the counselling service, known as Rookie Minds, for young people experiencing poor mental health; commends the planning by Bishopbriggs Community Council to install lights in Auchinairn's main shopping area, and sends its very best wishes and thanks to all who give their time, energy and experience in supporting these groups to have impact in Strathkelvin and Bearsden.

I am looking forward to meeting up in person as soon as logistics allow. Meanwhile, please pass my heartfelt thanks and best wishes to everyone at GRACE for your fantastic work.

With warmest regards,

MSP for Strathkelvin and Bearsden Constituency

Constituency Office, 18A Townhead, Kirkintilloch, G66 1NL

Tel: 0141 776 1561 Email: rona.mackay.msp@parliament.scot Web: www.ronamackay.scot