

GRACE

PEOPLE • SUPPORTING • PEOPLE

Annual Report 2022 - 2023



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After successfully facing up to the challenges of the pandemic it was a special pleasure to celebrate GRACE's 10th Anniversary in August 2022. This turned out to be the launch pad that sent GRACE into a bright future. Within the year two employees were recruited laying the foundations to sustain GRACE for the next 10

years. In accordance with the GRACE ethos these employees have the lived experience and in-depth knowledge of GRACE which ensures a positive culture with peer support at its core. Starting as members then becoming volunteers, perhaps facilitators, and then employees has proven the efficacy of the GRACE model.

This progression must continue but it is dependent on funding. Through hard work and commitment GRACE has secured, from external funders, a total of £197 892 this year. Donations have contributed a further £25 744. This successful level of funding needs to be sustainable. It requires strong leadership from the CEO, active involvement for the Management Support Team, enhanced oversight by experienced Trustees and not least, the continued commitment and involvement of all members, volunteers, facilitators, and the wider community.

It is very heartening that this collective strength shows no signs of diminishing as GRACE reflects on 2022/23 and moves into 2023/24 with determination to succeed and meet all challenges with fortitude.

Margaret Malcolmson

Chair

The GRACE Structure

Board

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	Role	Name	Role
Margaret Malcolmson	Chair	Anne MacIntosh	Board Member
Ivor McClure	Vice Chair	Claire Taylor	Board Member
Indira Pole	Treasurer	David Conlon	Board Member
Lynnie McGrath	Secretary	Yvonne Campbell	Board Member

Employed Staff

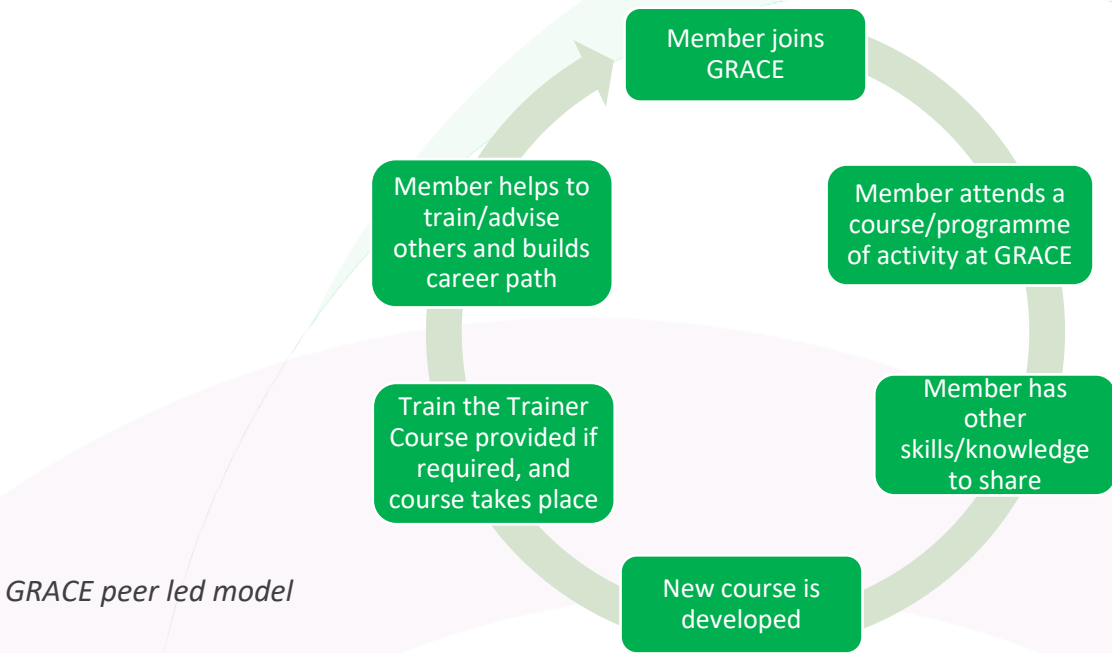
GRACE has two fixed term contract staff members, a Peer Support Worker and a Pathway Worker, and one full time member of staff, Robert Smith. Robert holds the post of CEO and is the founder of GRACE.

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, events and peer support which builds confidence and self-esteem. We have a membership of 331, including 132 referrals and a weekly footfall of 145 attending 25 activities. 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, peer support and digital support. We have around 40 volunteers carrying out these roles at any one time. They contributed 7608 hours to GRACE during the 2022/2023 financial year. These in-kind hours amounted to £72276 based on the current National Living Wage rate of £9.50 per hour.



Beneficiaries

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

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

Funding

Thank you to the funders who believe in the GRACE ethos of support in the community. During 2022/2023 GRACE has gratefully received a total of £197 892 funding from sources including the following:

<i>The Robertson Trust</i>	<i>The Corra Foundation</i>
<i>The Alcohol and Drugs Partnership</i>	<i>STV Childrens Appeal</i>
<i>Hillhead Housing Association</i>	<i>The Rotary Club</i>
<i>Lottery Community Fund</i>	<i>Heritage Fund</i>
<i>Health and Social Care Partnership</i>	<i>Communities Mental Health and Wellbeing Fund</i>
<i>The Wood Foundation</i>	<i>EDC Warm Spaces Fund</i>

GRACE Sharing Time



GRACE Sharing Time is a network for organisations in the recovery community and has been running for over six years. It meets every month with 25 to 30 organisations attending. The network members share information and resources while supporting each other and making vital contacts. The below list is not definitive as participants are always changing.

<i>ED Improving Cancer Journey</i>	<i>ED Befriending Service</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>Social Security Scotland</i>
<i>Women's Aid</i>	<i>The Social Work Department</i>	<i>Health and Social Care Partnership</i>
<i>GRACE</i>	<i>East Dunbartonshire Mental Health Service</i>	<i>Business Gateway</i>
<i>Scottish Association for Mental Health</i>	<i>Carers Link</i>	<i>Take Control</i>
<i>Hillhead Housing Association</i>	<i>ED Foodbank</i>	<i>Scottish Association for Mental Health</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>ED Local Area Coordinators</i>	<i>Community Justice</i>
<i>Scottish Families Affected by Drugs and Alcohol</i>	<i>Greater 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>Creative Spark Theatre Arts</i>
<i>East Dunbartonshire Council</i>	<i>Community Police Scotland</i>	<i>Christians Against Poverty</i>
<i>NHS Health Improvement Team</i>	<i>Citizens Advice Bureau</i>	<i>Skills Development Scotland</i>

A Selection of Our Projects

People in recovery have healthier and happier lives if physical exercise and mental resilience are included in their recovery plan and they have access to training and employment opportunities. A small selection of our typical projects are highlighted below.



Walking Group

This group meets weekly to engage in gentle flat walks for all to attend. We have on average 14 walkers per week managed by 6 Paths for All trained walk leaders. The group also joins in with members and volunteers to attend the Kiltwalk and the Scottish Recovery Walk.

Yoga

There are 3 yoga projects a week for members to attend, including 1 chair yoga on zoom to engage with limited mobility members struggling to attend venues. Both in person projects are attended at capacity with a waiting list created.



Fitness

We have 3 Boxercise and fitness projects a week for all levels of fitness and mobility with adaptations made by our experienced project facilitator. Attendance averages 15 members per week.



Mindfulness

Stress Management projects including Mindful Crafting, Shared Lived Experiences, Jewellery Making and Mindful Meditation are rotated, engaging with an average of 12 members each per week.

College

SQA qualifications gained each year in the community centres, with 18 registered attendees with 16 qualifications gained in Creating Media Content in partnership with New College Lanarkshire during the past academic year.

Volunteer Training

We aim to have our volunteers trained in as many areas as possible. Volunteer training is held every 6 weeks including external training from East Dunbartonshire Council Local Area Coordinators on Autism Awareness, The Health and Social Care Alliance Scotland on Discover Digital Workshops, Home Energy Scotland on Energy advice and Social Security Scotland on benefit changes.

Digital Café

The digital Café is held each week in Hillhead and Auchinairn Community Centres, using laptops and iPads, and is for all skill levels including absolute beginners. This project tackles the digital literacy issues that are prevalent in deprived areas in a safe and informal setting by giving members the knowledge and tools needed to survive in the digital age.



Group Recovery Aftercare Community Enterprise (GRACE) was delighted to receive funding from Heritage Lottery to capture the experiences of people who have experienced traumatic events and the challenges and eventual healing that followed.

During the Covid 19 pandemic, GRACE members were determined to continue group activities and successfully created innovative ways of doing this, whilst also learning new communication and IT skills. They also discovered a deep desire to record their own life experiences, which led to GRACE's successful application to the National Lottery Heritage Fund and the creation of 'Reflections of Trauma, Challenges, and Healing: An oral history'. This intergenerational history project captures the history of mental ill-health caused by experiences of trauma, which can have devastating long-term impacts on the lives of individuals, families and communities.

GRACE members and volunteers were at the centre of this project throughout, which was coordinated by Rachel Kelly with assistance from GRACE staff. Some members were trained by Dr Sue Morrison, a professional oral historian, to interview their friends and neighbours; others shared their stories and memories with us; whilst others worked to create the project film, stage events, or organise exhibition materials.

We are immensely grateful to National Lottery Heritage Fund, National Lottery Players, Oral History Research & Training Consultancy, Communities Past & Futures Society, and William Patrick Library for their generous support. Most importantly, we extend our deep gratitude to everyone who participated in this hugely successful project.

Some GRACE Feedback

A very good social and physical experience. Met some nice people who give an amount of social interaction and the table tennis as a good physical activity in that anyone and everyone can take part and enjoy it.

The staff are all pleasant and very helpful; the digital café facilitator is so helpful and patient. Finding it a really good help and beginning to understand the computer more.

Yoga has helped me through hard times such as going to the dentist. During classes when you get the breathing and movement correct it makes you feel great. When I can't sleep breathing exercises help you nod off. When you are walking it helps you think about your posture.

Since I have been to yoga my balance has improved beyond belief, the breathing exercises have helped me enormously by enabling me to relax when I go for MRI and CT scans. It also helps me when I get injections as I have a needle phobia. I go in to my yoga breathing and I don't panic.

I went to the art class believing I couldn't draw. Rachel taught me that anyone can draw, to believe in myself and that anyone can be arty. I learned so many new techniques and discovered I can draw. Thank you GRACE for making this possible.

When I am having a bad day it's a safe place for me to just be me, no matter how I feel. I find the social and peer support very helpful. I have engaged in a variety of projects at GRACE. Art helps me express myself, drama and film-making type projects building my self-esteem. I have also learned a lot of new skills I wouldn't get the opportunity to do outside GRACE.

I would recommend to people that if they want to learn on laptops or iPad I would encourage them to attend. I have learned stuff that I didn't know or understand.

GRACE is a fantastic organization, it gives people all different types of training and it is like a big family there for each other it adds structure to people's day.

A Selection of Our Events

GRACE members and volunteers participate in many events throughout the year for fundraising, confidence building, outreach or just for a fantastic day out together. Here is a sample of this year's events.

GRACE Stays open over Christmas and New Year

GRACE received help from the Warm Spaces fund which allowed us to rent space in the Harestanes Huts and remain open over Christmas and New Year when the community centres were closed. This allowed us to continue to support members during this often difficult time of year and reduce the possibility of relapse.

GRACE 10th Birthday Week August 2022

You Are Invited to a community **Fun Week** For Everyone to Enjoy **FREE Activities**

Monday 10am - 2pm Birthday Party Tea Cake Music Fun 11am Opening	Tuesday 10am - 3pm Sports Day Graffiti Art Sports Juggle Art	Wednesday 10am - 3pm Garden Games Project Showcase Conference Games Info Meet
Thursday 10am - 4pm Traditional Games Tournament Fitness Domino Fitness	Friday 10am - 3pm Hippie Wellbeing Festival Photo Booth Yoga Music Plants	Saturday 11am - 1pm Boxercise Local Walk Exercise Fun
Sunday 12pm - 4pm Family Fun Day café	FREE Activities for Everyone in the community to celebrate GRACE Charity 10th Birthday www.graceaftercare.org Lots more on, come along and join in, All Welcome	

August 1st - 7th
Hillhead Community Centre Kirkintilloch

Our 10 year anniversary took place in the first week of August 2022. To celebrate we arranged a full week of free activities for all ages and abilities to enjoy at Hillhead Community Centre in Kirkintilloch. The cake cutting which was the formal opening of our celebration was performed by Gillian Renwick, Lord Provost and Gordon Low, Councillor who joined in the fun after some tea and cake.

Our Digital Café facilitator showed off a hidden talent juggling knives and enjoyed teaching juggling bean bags to adults and children in the garden and our Creative Skills facilitator enjoyed encouraging all artists to add positive words and drawings to the week's jigsaw piece art collaboration which was featured in our William Patrick Library Exhibition.

The GRACE project showcase was available for everyone to find out more about each project, see presentations and project outcomes and meet the facilitators and members taking part. Our Creative Skills facilitator enjoyed encouraging all artists to add positive words and drawings to the week's jigsaw piece art collaboration.

We had garden sized games of connect four, noughts and crosses and dominoes for family fun. We also partnered with We Are With You to host a domino tournament with trophies and medals for the winners.

The sharing time Conference was very well attended, including Rona MacKay MSP. The sponsor was EDVA and Lorraine Moir gave an amazing presentation about working in partnership with GRACE through the years. The See Hear Choir, led by our volunteer facilitator Agnes, performed songs for the sharing time audience.

WE'RE Open

Festive Support
We are here for you!

Foodshare Activities
Massage
Quiz
Fun

Tuesday to Friday
11am till 2pm
27th - 30th December
3rd - 6th January

Lunch & Cuppa

Harestanes Community Hub
Harestanes Primary School
Mauchline Court,
Kirkintilloch, G66 2SA

WARM SPACE

GRACE
East Dumfriesshire Council

SCAN ME



The Hippy Festival was a flower power day of wellbeing fun. A Community Yoga session started the day enjoyed by many featuring scarf moves of relaxation. The main halls were transformed to include massage, reflexology, jewellery making, planting herbs, rock painting, mindful crafts and more.

Our Saturday morning Boxercise class with All in Fitness joined in the celebrations for our 10 year birthday week. Our walk leaders arranged a local health walk around Merkland Nature Reserve and new members joined in the fun. It was a full day of fitness and mindfulness, walking and talking along the way.



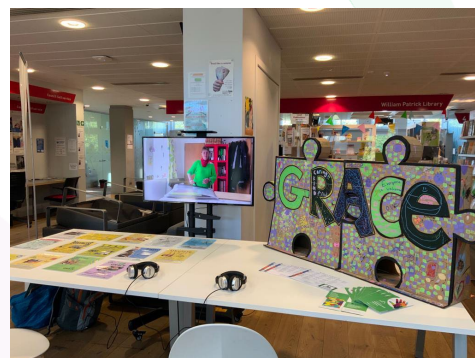
Patrick Library exhibition.

Family Fun Day was the final event of the week to celebrate the 10 year birthday for GRACE with the local community. Music and party games were provided by Creative Spark Theatre Arts. The main hall with the soft play and music included face painting, glitter tattoos and balloon modelling. The local fire station visited offering picture opportunities for everyone.

As part of the final day our jigsaw art project put together each piece that was decorated to create a community jigsaw that featured at our William

Exhibition at William Patrick Library

Our Creative Arts facilitator Rachel created an amazing exhibition to showcase GRACE at the William Patrick library in Kirkintilloch from 11th – 31st of August 2022. GRACE created a short film which highlighted the tremendous amount of work that members and facilitators had produced in the scriptwriting and filmmaking groups during the last five years. The film was on display in the exhibition and headphones were provided.



Recovery Walk Paisley

A huge thank you to everyone who made this year's Recovery Walk Scotland the best one yet. Approximately 4000 attended at Paisley on Saturday 24th September 2022 to show that recovery is real, it's possible and it is WORTH CELEBRATING.

GRACE members and families joined in to reflect and celebrate together along with a couple of our fellow recovery organisations to make it a day to remember. We can't wait for the next one.

Creating Media Content Road Trip Christmas 2022

Ten GRACE students and New College Lanarkshire teacher Tommy got a special Road trip to the science centre Glasgow on the college mini bus followed by lunch out in Kirkintilloch. This was a fitting celebration for the end of term. A special thanks to Tommy and New College Lanarkshire for arranging this wonderful trip.



We are withyou

To Whom It May Concern

We Are With You is a Substance Misuse and Mental Health Service and we have four services within East Dunbartonshire.

We have been lucky enough to work in partnership with GRACE on a number of occasions over the last five years. Both organisations share the same values and ethos of supporting people into their recovery, using their own strengths and experiences to recognise their abilities and achieve their full potential.

Robert from GRACE is an inspiration to everyone who works with him and knows him. His achievements in growing GRACE to the organisation it is today is testament to his hard work, his empathy and compassion for those who attend GRACE and his ability to gather support from everyone he meets.

We have worked together on events such as Christmas parties, Domino Tournaments, the annual Recovery Walk and Day Trips for service users from both organisations. Robert has also supported our services by sharing donations he has received and raising awareness of our services to other organisations who can be of benefit.

GRACE is an integral part of the East Dunbartonshire community and I personally am very grateful for the working partnership we have developed. I hope this will continue for many years to come.

Christine McCauley

Development Manager

christine.mccauley@wearewithyou.org.uk

07760755735