

2017-2018



**'BUILDING CONFIDENCE
IN YOUR FUTURE'**

2017-2018



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OVERVIEW

Group Recovery Aftercare Community Enterprise (GRACE) is a local Peer Led membership based enterprise and a Scottish Charitable Incorporated Organisation (SCIO). The group manages and operates a Recovery Aftercare group in the town of Kirkintilloch, serving the whole of East Dunbartonshire.

Established in May 2012, the group has already harnessed the commitment of local residents, East Dunbartonshire Council, and the voluntary sector to provide a weekly programme of activities in various local venues and continue to work to develop projects in the area.

GRACE provides aftercare for people who have completed or who are established in a recovery programme from addiction to alcohol, drugs or gambling, Mental Health issues, homelessness problems, but also from any other life trauma. The group aims to benefit not only the individual but also other family members. The group provides learning, training, health and well-being activities, personal development, and physical pursuits for those in need of support, enabling them to become a positive, useful member of their family and community, and also encourages members to engage in training or volunteering, which may lead to employment through increased confidence and enhanced skills.

GRACE AIMS AND OBJECTIVES

GRACE supports individuals that have experienced substance misuse issues, mental health issues, bereavement and loss and loneliness and isolation, through a peer-led aftercare social enterprise, offering advice, support, fellowship, volunteering opportunities, social activities and educational courses. GRACE aims to support individuals that have experienced life trauma into a brighter future.

By offering a pathway between recovery and social inclusion, the main objective of GRACE is to assist members in building confidence to overcome trauma and avoid relapsing.

STRUCTURE

TRUSTEES

There are currently nine trustees on GRACE's board. Grace is very proud to have a vibrant and extremely skillful 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.

Dr Indira Pole is a retired NHS GP and our current Chairperson. From school age Dr Indira has taken part in voluntary work with Red Cross in India and in the community to help school children in the slums of Mumbai. Later went on to mentor school pupils in the subjects she felt more confident about. As an NHS GP Dr Indira has taken a special interest in dealing with patients suffering from addiction, long term mental health issues, prevention of teenage pregnancy, and several chronic health conditions with the holistic approach to support patients and empowering them to cope and live purpose full life. Since retiring in 2012 Dr Indira has been engaged in voluntary service of mentoring in the community to improve the life chances of disadvantaged groups such as the secondary school pupils in Springburn and Easterhouse areas through Strathclyde University, long term re-offenders from Barlinnie Prison through The Wise Group, health walks in the community through Paths for All and the Neighborhood Watch scheme.



Lynne Hales has been involved in G.R.A.C.E. since its foundation. She was originally the Secretary of G.R.A.C.E and now is the Vice Chair. Lynne's background is mainly in administration, having worked for North Lanarkshire Council as secretary to a Head of Service, moving, after gaining qualifications in computing, to their IT Department. Lynne moved to Glasgow City Council to work in the Chief Executive Department as secretary to a Head of Service. Lynne was heavily involved in the FRG – Family Readiness Group, in a voluntary role as their secretary, helping families deal with military life, deployments to war zones, death and maiming of soldiers, and families moving from the States to Germany and Italy. Lynne has a COSCA Certificate in Counselling Skills.

Ivor McClure, our Secretary, has vast experience with working with vulnerable adults. Ivor was employed as a Mental Health nurse for many years and has volunteered in numerous support organisations. He is very much a community activist, with a close relation to Hillhead and East Dunbartonshire. Ivor is also a Community Council member and former Chair for the Hillhead Community Forum and his knowledge of the area and the sector is vital for GRACE's future. Being a very thorough, communicative and methodic person makes Ivor the perfect Secretary for GRACE.

Valerie Letham has worked in Retail Banking for the last 36 years. Roles included resolving staff issues, looking after and resolving customers concerns and queries, and Customer Service. Valerie has always been Customer Service driven. As a volunteer Valerie spent four years in Radio Lollipop at Yorkhill hospital for sick children, spending time on the wards with long stay patients or those that were far from home with no regular visitors. Valerie has also spent six years volunteering on a local committee for Childline, where she organised and managed fund-raising events.

William Devine is our Treasurer, and at a stage in his life where he wants to give something back to the community and support the incredible collaborative effort that has already gone in to making GRACE what it is today. He sees it as an incredibly valued resource in the community that is an open door for people to come in and be part of a thriving group of people all contributing in their own individual ways to a fantastic group ethic. His background has been in sales for many years, mainly in the financial arena where he is currently employed as a Regional Director with a globally owned asset finance business. He feels his financial and commercial expertise, as well as his negotiating skills and extensive business network UK wide, will be an asset to GRACE as it continues the excellent work, implements the outreach programme and moves forward. He fully shares the common philosophy with fellow board members about the purpose of GRACE and what we want to achieve as an organisation. William's commitment to GRACE will be longstanding and he looks forward to seeing what we can achieve as a board in the coming years.

Linsey Anderson completed a HND Beauty Therapy course at Moray College while working in her local Pharmacy for 15 years doing various jobs from serving the public until latterly training to be a Pharmacy technician until she left to look after her family. During the role of homemaker she was heavily involved in volunteering at Cullen Play Centre, which she became Chairperson of the committee for 3 years. This involved arranging staff and funding and general running of a much sought after childcare facility in the local area. GRACE has become a huge part of her life, not just for peer support and friendship, but she now also wants to give back and support the community. She believes the whole ethos of Grace is quite frankly widely needed, and to be part of the Board's vision of what GRACE can achieve is huge, not just for the members but for all involved.

Liz McVey is our member representative within the GRACE board. Liz loves living and working within the Hillhead community. She has mostly worked within the childcare sector and has been employed as a nursery nurse, classroom assistant, child minder and presently as a part-time play leader. She has been part of G.R.A.C.E. for almost two years as a member and a volunteer and said she has enjoyed being part of something so worthwhile. Quoting her words "G.R.A.C.E. offered me support at a time in



my life when I felt physically and emotionally drained”. Liz has gained so much from being part of G.R.A.C.E. that she now has taken another step in her journey within G.R.A.C.E. Being a member of the board she relishes her role in representing the membership, utilizing her experience and being able to give something back

Claire Taylor qualified as a teacher but changed her career to spend 20 years as a registered nurse. Claire has a wealth of health and wellbeing knowledge that she brings to the board. Claire lives locally and has volunteered within the community for nearly 30 years. Claire is currently the secretary of the Strathkelvin Credit Union, a member of the Kirkintilloch Community Council and is involved with various Health Board initiatives. Furthermore Claire was instrumental in the formation and management of Hillhead Housing Association 2000 where she is currently the Chair. Claire has supported GRACE for many years personally and professionally and supports the concept of peer support which she believes, in her professional opinion, can be very successful.

EMPLOYED STAFF

Robert Smith is currently the only paid member of staff, holding the post of CEO and a member of the Board. Robert was the founder of GRACE, and has a huge wealth of knowledge and experience in recovery and aftercare settings. Robert is trained in a variety of practical elements pivotal to GRACE core delivery, including COSCA Counselling, HNC Social Care (grade A), First Aid, Food Hygiene, Moving and Handling, Health and Safety, Alcohol Brief Intervention, Customer Care and National Care Standards and ASIST training. Furthermore, he has also completed intensive training on Psychology, Mental Health First Aid, Money Mentoring and SMART facilitating.

Robert also has years of experience supporting vulnerable individuals through his volunteering work with the Citizens Advice Bureau and with a local Glasgow Resettlement Centre supporting people to overcome addiction issues. He has been a previous charity founder locally and an active fundraiser for Enable Scotland, Yorkhill Hospital and Erskine Hospital. He currently has Committee Membership of the Hillhead Housing Association, Hillhead Community centre users group, third sector interface managers’ network and, previously, Hillhead Community Forum. The wide variety of professional managerial skills honed during his previous business and volunteering experiences have given Robert the skills to analyse problems and identify solutions to achieve a favourable outcome for all concerned. One of the main areas where all these skills are transferable to the GRACE vision is the aspiration to assist individuals to live independent lives as they move forward.

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, YOGA, etc.

VOLUNTEERS

In the past year over 15% of registered members have participated actively in volunteering (i.e. have volunteered in last six months). Volunteers have contributed approximately 5858 hours to GRACE without which the structure of the organisation would not be sustainable. These in-kind hours would have been a cost to GRACE of **£51,257** based on the Scottish Living Wage rate of **£8.75**.



Since being established five years ago, GRACE has encouraged members to volunteer where possible. During this time, approximately 40% of total registered members have participated in volunteering activities. This represents over 100 Volunteers in 5 years.

VOLUNTEERING SUMMARY

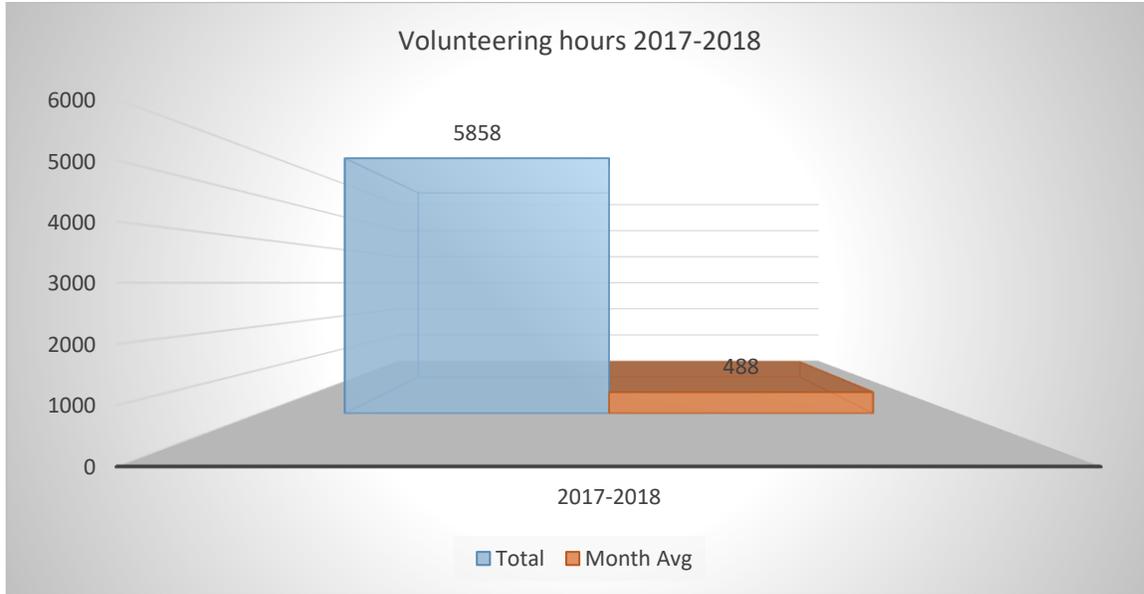


Figure 1: Volunteering hours 2017-2018

Volunteers have completed an outstanding total of **5,858** hours with GRACE this year, and there is the intention to increase this total in **2018-2019** and to facilitate more volunteering with partner organisations.



Figure 2: Total volunteers 2017-2018



GRACE has 58 registered volunteers, supporting the organisation in diverse roles such as Board Members, Admin Support, Peer Ambassadors, and Bookkeeping. GRACE has 49 members registered for volunteering, from whom 27 were active throughout 2017-2018. GRACE has 9 volunteers who are not members of GRACE and for 2018-2019 the expectation is to see volunteering grow at a fast pace with new projects and partnerships.

MEMBERS

GRACE is a member led charity, and this is at the core of our existence. Members are vital for our progress, not that we want to have more people going through any life trauma, but we do want to see more of existing members supporting others overcome their own life traumas.

GRACE is still growing our membership base, and although some come and do stay for long periods of time, we have members volunteering almost since our first year, other just need a helping hand to steer them in the right direction. We currently have **over 250** members. This is a growth of **12%** on last year, and we haven't started to have a permanent presence in other parts of East Dunbartonshire.

The future is looking challenging, and at the same time exciting as we reach people further and further afield.

MEMBERSHIP SUMMARY

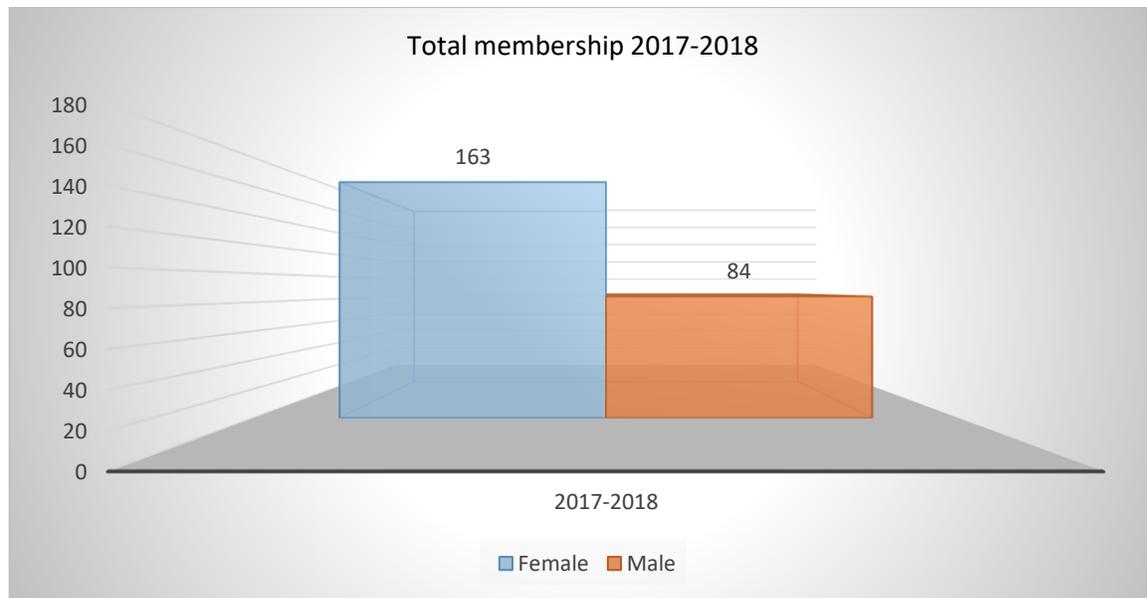


Figure 3: Total membership 2017-2018

GRACE had **247** registered members at the end of 2017-2018. Of those, **163 (66%)** were Female and **84 (34%)** were Male. There is still a clear majority of women engaging in GRACE's services, this is nothing we planned for, it's just the nature of our society. Nonetheless, and because we are clear that there are still plenty of men out there who can benefit from GRACE's Peer Model of delivery, we will pave the way to open our services to increasingly more men. The Smart meetings are a prime example of this, but there are potential opportunities to look into joint work with projects such as the East Dunbartonshire Men Shed.

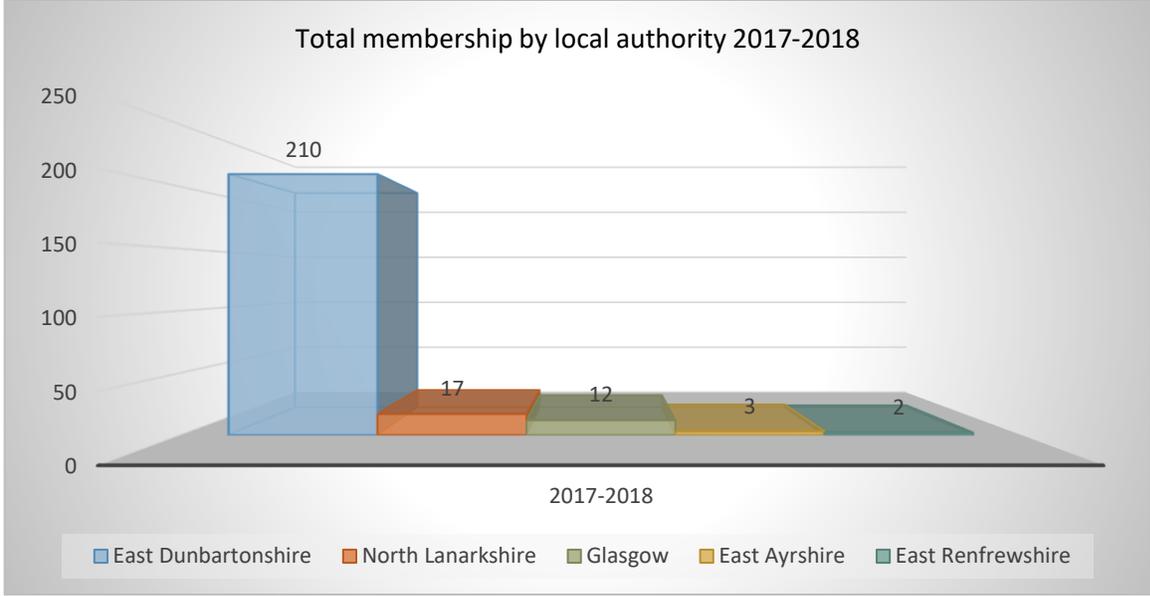


Figure 4: Total membership by local authority 2017-2018

GRACE’s main area of operation is Hillhead, situated in East Dunbartonshire Council. In **2017-2018** GRACE started to receive considerable enquiries and referrals from other local authorities, e.g. Glasgow, North Lanarkshire, East Ayrshire, and West Dunbartonshire. GRACE's vision is to take its services to every community that can benefit from them, and with this outreach vision in mind, in **2018-2019** GRACE is putting plan and resources in place to start its outreach delivery.

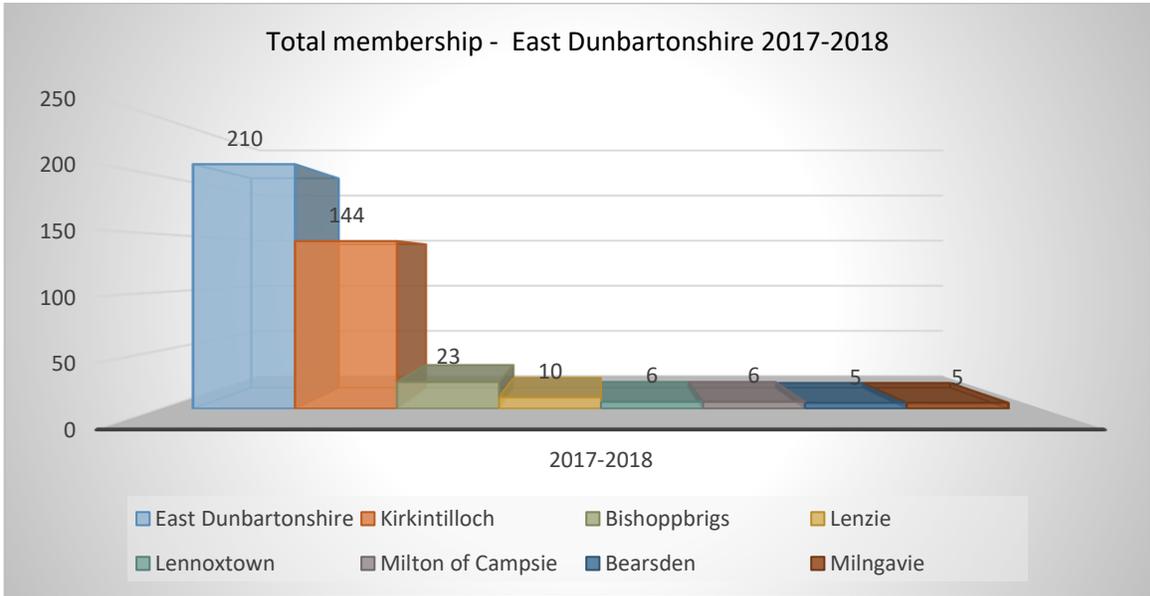


Figure 5: Total membership – East Dunbartonshire 2017-2018

GRACE’s main area of operation is Hillhead, situated in Kirkintilloch. This was the birth place for GRACE, therefore, there are still strong links with the local community, with its service delivery base being solely situated at the Hillhead Community Centre. As GRACE deploys its outreach strategy for **2018-2019**, the membership will certainly increase in the other localities within East Dunbartonshire.



CURRENT OPERATING HOURS

GRACE operates organised activities for members 10 am to 2 pm Monday to Friday all year-round (excluding January 1st and 2nd, Good Friday, Easter Monday, Christmas Day, Boxing Day) at Hillhead Community Centre in Kirkintilloch.

Outreach is in Auchinairn Community Centre in Bishopbriggs – Mondays 10am-4pm and Thursdays 12pm – 4pm.

There is also a SMART recovery meeting each Monday evening 7pm – 9pm.

Outwith these hours extended support is also provided through:

- 1-2-1 Therapy/Massage
 - Therapist secured for 1 year
 - 16 members have benefited from this service to date
- 1-2-1 Support
 - Voluntarily runned by GRACE Chair Dr Indira Pole, who is a former GP.

GRACE members also take part in local and national community events representing the organisation in the wider community:

- Canal Festival (Annual)
 - 18 volunteers participated in this event in 2017
- Recovery Walk (Annual)
 - 57 members and families attend the walk in Dundee 2017
- Kirkintilloch Gala (Annual)
 - 16 volunteers participated in the 2017 Gala Day

BENEFICIARIES

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

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



ACTIVITY BREAKDOWN

The group continues to develop a service that ensures access to a range of opportunities and services, through the close work with local and national partners. This is essential to connect with the progress made by members so they can begin to tackle poverty and social exclusion in the local community.

As a trained counsellor, Robert uses his knowledge and network contacts to facilitate activities, source external facilitators to deliver content or, where feasible, encourage members to facilitate their own sessions in line with the peer-led objectives of GRACE, the members decide on the types of activities that become part of the programme at GRACE.

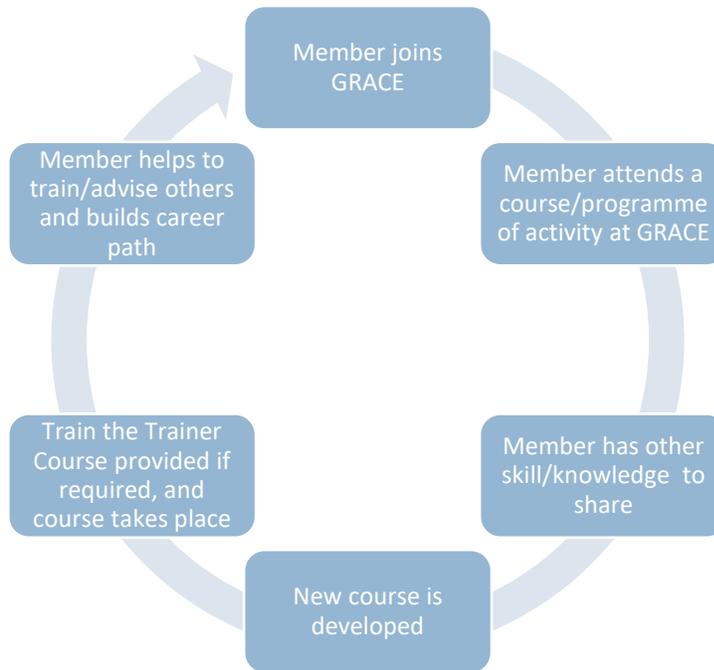


Figure 6: GRACE peer led model approach

A programme of activities has driven the delivery, including some of the following:

- Introduction to Psychology (SQA unit), Mental Health Awareness Sessions
- British Sign Language (Level 1)
- First Aid Training, Food hygiene, Health and Safety (All Externally Certified)
- Self Awareness - Wellbeing units (SQA award)
- Welfare Reform Training
- Be Healthy on a Budget
- Your Own Group Aftercare – YOGA for Mind and Body
- Money Wise
- Digital Arts Café - Digital Orchestra for Recovery and Aftercare - DORA
- Creative Productions – Arts and Crafts
- Drama
- Serenity Gardening - Gardening Skills
- Pins and Needles



CORE AREAS OF DELIVERY

HEALTH AND WELLBEING

BE HEALTHY ON A BUDGET



These internally facilitated sessions aim to provide members with an improved understanding on how to eat well and keep fit on modest means. Since the start of 2016 15 members have successfully gained a certificate of completion, and throughout the several courses delivered, a total of 80 members were recorded as attendees in at least 4 sessions.

This is a key training programme in our core delivery, and was recently object of a review and report by Jennifer Urqhart from the National Health Services.

The course aim is to increase awareness and demonstrate the practical skills required to produce healthy food, while saving money, and reducing waste, using simple measuring utensils in the production of food with no waste. This will also enhance vital budgeting skills in our most deprived communities.

WELBEING COURSE



The majority of activities undertaken by GRACE fall in the Health and Wellbeing category. Since its inception GRACE has strived to improve the outcomes for its members and much of this relates to the health and wellbeing of themselves and others.

Average daily attendance is between 10 and 12 members, one session a week which is between 2080 to 2496 hours of support a year.

Three courses have been provided in the last year that have a certification/qualification attached:

EMERGENCY TRAINING COURSES

All courses facilitated by Effective Solutions Training.

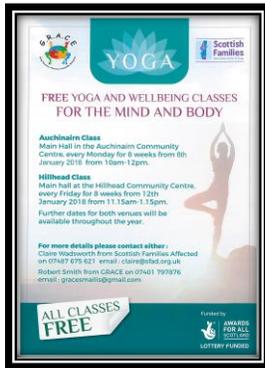
CPR, FIRST AID AND PEDIATRIC FIRST AID



10 members were successful in gaining these qualifications.



YOGA



Yoga has proven physical and mental health benefits including improved sleep, increased energy levels, improvements in respiration, better general health, increased awareness and mindfulness.

Classes are held in Hillhead Community Centre every Friday and Auchinairn Community Centre every Monday, with around a dozen members attending each class and continuing to grow.

RECOVERY WALK



Recovery Walks are held each year to celebrate recovery from addiction. Recovery Walk Scotland 2017 was held in Dundee on September 30th for the culmination of Recovery Week 2017, which took place between the 25th and 30th of September.

The week included a “Design your own recovery tee-shirt” day (attended by 27 members) and a Recovery Football Match.

The Walk was well attended and made recovery visible through the town, finishing in the Recovery Village at Magdalen Green which hosted all types of celebrations and activities including live bands, speakers and children’s activities.

DAISY FOUNDATION PARTNERSHIP



We believe all mums and babies should be supported in their own informed choices unconditionally. This is the vision of the Daisy Foundation, and one much aligned with our peer support model.

Based on these similar visions, GRACE and the Daisy Foundation have established a partnership to allow members and relatives within our communities to benefit from this outstanding therapy for both mum and baby.

Daisy Baby™ is a unique, all-inclusive combination of positive touch, movement, education, and support.



RECOVERY, AFTERCARE AND SAFETY

COMMUNITY SAFETY TALK

A talk every 3 months facilitated by EDC community safety team on the issue of staying connected and safe within the home and the community. On average 15 members attend these talks.

FIRE SAFETY TALK

A quarterly talk facilitated by SFRS discussing home fire safety issues. Home fire safety visits are also arranged by SFRS for members as a part of these talks. 8 members attended and subsequently had home visits.

BREAST SCREENING TALK

A well-presented and informative talk by the Health Improvement Team and attended by 14 members.

RECOVERY SUPPORT

Running each Monday evening between 7pm and 9pm and facilitated by William, this is a drop-in recovery group offering both group and individual counselling. There is an average of 9 members attending these sessions every week.

OTHER ACTIVITIES

COMMUNITY AWARENESS

In addition to the regular sessions, workshops and courses already listed, GRACE has also collaborated with other groups within the local community to raise awareness of issues affecting the community as a whole:

- CAB – Benefits
- CEARTAS – Advocacy
- SFAAD – Scottish families affected by alcohol and drugs
- ED Library – Local heritage
- Smoking Cessation Team – Help to stop smoking
- ED Literacy Team – Literacy support for members
- EDHSCP – Health

EASTER PARTY

GRACE facilitated an Easter event for the members and families providing food, activities and presents. 34 adults and 38 children attended.

GRACE –“WE ARE 5”

A celebration to commemorate GRACE’s 5th birthday was held on the 7th of November 2017. It was a highly successful day of video, art and drama, with guest speakers and testimonials from members.



KILTWALK



Thanks to everyone who took part in this year's Kiltwalk, Team GRACE has raised a total of £4193.40 to date.

ACTIVITIES SUMMARY

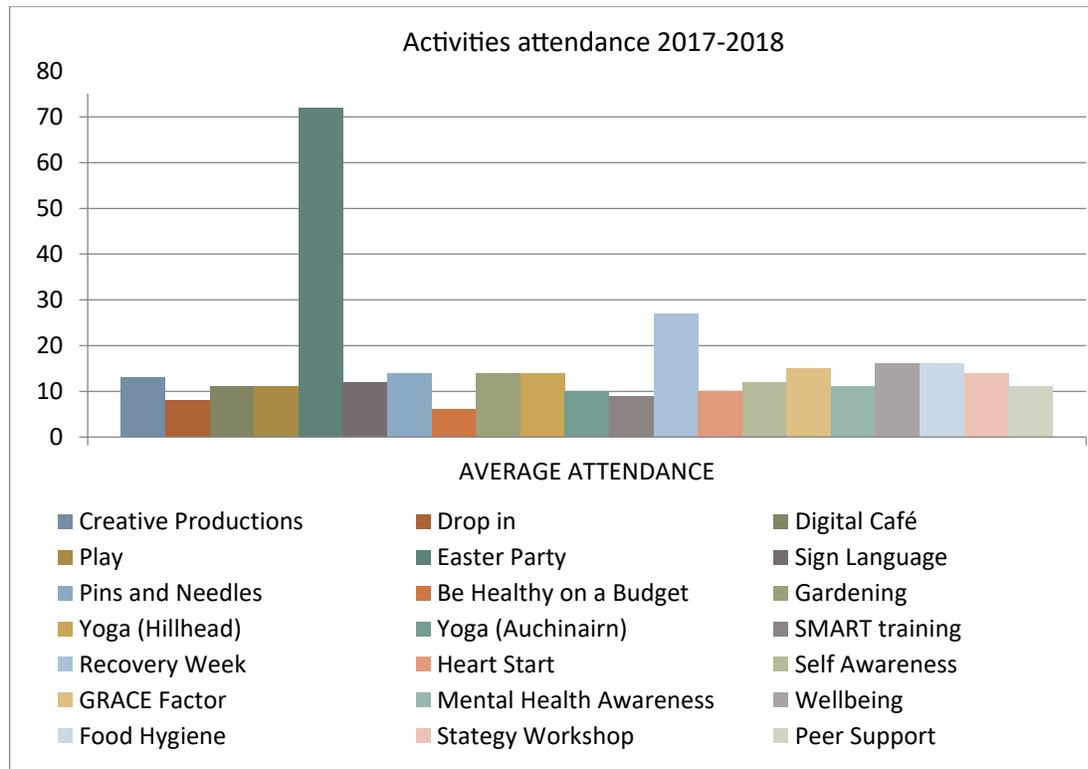


Figure 7: Activities attendance 2017-2018

In 2017-2018, GRACE has grown to provide service delivery in 2 key areas from 2016-2017. Currently 24 activities. Some of the activities were replaced by similar ones, e.g. Self-Awareness and Safe Talk by Steps to Excellence, this activity combines previous two in a more structured and effective delivery. Based on the average attendance there were 278 single engagements in Activities, a growth of over 100% when compared to 2015-16 with 129. There was an average of 12 individuals attending GRACE activities in 2015-2016, and in 2016-2017, albeit the duplication of activities, there was an average of



13. GRACE has introduced Key training courses, e.g. Be Healthy on A Budget, Health and Safety, Moods in Music, Sign Language, First Aid at Work and Paediatric First Aid. GRACE's Play and Digital Cafe are part of its core delivery and funding from Scottish Government will end December 2018. For 2017-2018, it is expected that this growth rate may decrease, but GRACE aims to increase the services it offers and the average attendance.

STAKEHOLDER PARTNERSHIPS

The group continuously builds positive working relationships with agencies and other organisations to deliver high quality services which are vital to organisational growth, and sustainability plans. GRACE has strong working relationships with the following key funders and service delivery partners:

- Scottish Government
- Department for Work and Pensions (DWP) – Welfare Reform Group
- East Dunbartonshire Council
 - Employability Services
 - Community and Learning Development
- East Dunbartonshire Health and Social Care Partnership
 - Alcohol and Drugs Partnership
 - Community Mental Health Team
 - Health Improvement Team
 - Social Work
- East Dunbartonshire Community Alcohol and Drugs Service (EDADS)
- East Dunbartonshire Recovery Network
- East Dunbartonshire Voluntary Action
- East Dunbartonshire Citizens Advice Bureau
- Hillhead Housing Association 2000
- Scottish Families Affected by Alcohol and Drugs
- Addaction
- SAMH
- Carr Gomm
- Carers Link
- The Lennox Partnership
- Glasgow Council on Alcohol
- Scottish Drugs Forum
- Recovery Life Cafe
- Addiction Recovery Centre (ARC)
- Strathkelvin Credit Union
- Police Scotland
- Strathclyde Fire Brigade
- North Lanarkshire College
- City of Glasgow College
- Scottish Council for Voluntary Action (SCVO)
- Robertson Trust
- Big Lottery
- Sainsbury's
- Tesco
- Asda



SHARING TIME

Sharing Time is a monthly meeting held on the first Wednesday of each month from 12pm – 2pm at East Dunbartonshire Voluntary Action (EDVA) and hosted by GRACE. Each meeting is sponsored by one of the participating organisations which use it as a platform for giving presentations and sharing new and vital information on all aspects of recovery.

During the last year 31 organisations have participated in the Sharing Time meetings which have an average monthly attendance of 16.

<i>East Dunbartonshire Foodbank</i>	<i>EDVA Befriending</i>
<i>Street League</i>	<i>Community Safety</i>
<i>East Dunbartonshire Voluntary Action</i>	<i>Glasgow Council on Alcohol</i>
<i>Scottish Drugs Forum</i>	<i>Skills for Learning, Life and Work</i>
<i>GRACE</i>	<i>Health Improvement Services</i>
<i>SAMH Foundry</i>	<i>Carers Link</i>
<i>Addaction</i>	<i>The Social Work Department</i>
<i>SAMH Sorted</i>	<i>Carr Gomm</i>
<i>East Dunbartonshire Council</i>	<i>Twechar Community Action</i>
<i>Caertas</i>	<i>SMART Recovery</i>
<i>Scottish Families Affected by Drugs and Alcohol</i>	<i>Department for Work and Pensions</i>
<i>East Dunbartonshire Alcohol and Drugs Service</i>	<i>Flourish House</i>
<i>National Health Service</i>	<i>Citizens Advice Bureau</i>
<i>East Dunbartonshire Recovery Community</i>	<i>Police Scotland</i>
<i>The Lennox Partnership</i>	<i>Health and Social Care Partnership</i>
<i>Recovery Life Café</i>	

As a member of EDVA, GRACE hires the meeting room for £30 per month, which gives an annual cost of £360.

Each meeting requires 2 staff hours for administration and 2 staff hours for facilitation, giving an annual cost of 48 staff hours.

The cost of refreshments for the meetings is £20 pounds per month and £240 annually.

REPORTS AND FEEDBACK

DIGITAL ARTS CAFÉ AND PLAY (DIGI-PLAY)



The Need for Digital Literacy Learning Provision @ G.R.A.C.E

Our members have complex social and mental health care needs, they depend greatly upon the crucial services and support offered by a wide range of agencies, increasingly the first point of contact with such services is through digital mediums, apps and online platforms, however engaging in this way presents a problem; due to poor socioeconomic placing and the impact of life trauma many of our members have been very late in starting out on their digital learning journey, many have expressed an overwhelming anxiety with regards to 'getting online', this anxiety is compounded by the fact that access to essential DWP benefits are now for the most part accessible only through digital means.

In addition to the digital demands of service providers such as DWP we recognise the isolation and separation that digital technologies have brought to the home setting with many members struggling to engage with their children as they immerse themselves in digital mediums and online social media platforms facilitated by digital technologies such as tablets, smart phones, and computers.

In social circles and gatherings digital illiteracy creates barriers between those who are engaged and those who are not, community events, social opportunities, happenings, local news, national discussions; all more and more these are focused through, advertised, and engaged with primarily and often solely through online media platforms.

In seeking out employment and educational opportunity digital literacy skills are now recognised as essential.



Project Overview

In today's digitally driven world we forge the stories of our lives through a dizzying array of mediums: texting, snapchatting, vlogging, facebooking, skypeing, the list goes on and on and to communicate through these multiple mediums we utilise a multitude of digital hardware in the form of phones, tablets, laptops, iPads, which in turn employ a bewildering variety of software and apps.

Digi-Play is a digital literacy foundations skills learning programme, developed by G.R.A.C.E in partnership with Digital Scotland, designed to help people take their first tentative steps into world of all things digital.

Delivered over a two year period Digi-Play, utilising a creative arts workshop approach (the processes and products of which are shaped by and expressed through digital mediums, technologies and artifacts partnered with traditional creative arts approaches and mediums), will find participants better able to grasp and wield the digital pen with confidence, creativity and aplomb thus ensuring successful outcomes and achievements each and every time they engage with the digital realm.

Digi-Play is about empowerment, it is about supporting people as they strive to achieve full independence in life, it is about enabling individuals to play their part in shaping the world that is shaping them, it is about supporting people as they seek to take full charge of their life path.

Meet the Team

To facilitate the delivery of Digi-Play G.R.A.C.E works in partnership with key workers identified as having unique attributes that afford them the ability to nurture and support members on a recovery journey, whilst possessing industry recognised skills in their respective fields of professional practice and in community teaching.

Rachel Toner

Hello, my name is Rachel and I am 46 years old. I am currently a freelance community artist having been so since 2005 after graduating from Cumbria Institute of the Arts with a 2/1 BA Hons in Fine Art. I also am married and we have a son whom is just about to embark on his journey through school starting summer 2018.

The aim of using creative processes as a platform is to help give people a sense of independence and self-awareness. Art and creativity with the right support is a highly effective way of helping people realise their inherent capabilities. If people are struggling to cope then isn't it vital to have such opportunities and approaches within all communities? There are many parts of the process of learning and developing creative ideas that promote skills used in everyday life – for example, problem solving, reflection, confidence and a sense of personal achievement. It takes a huge amount of commitment and trust from each individual I work with to engage in any process I deliver. One of the things about art is that I often hear people say...' Last time I did anything creative was when I was a kid at school' or 'I can't draw..... I'm rubbish at that'. However I firmly believe everyone is creative, and creativity can benefit somebody's well-being enormously. I've worked very hard, in the hope to make the creative process both accessible and achievable. Historically I have designed and delivered visual art workshops in prisons, young offenders units and psychiatric hospitals



Ian Bustard

Ian Bustard has been a theatre/film maker, writer, musician and community artist for twenty five years. He has been involved in work with various theatre and community groups throughout his career and has worked on a huge variety of projects.

Companies worked for recently include The Citizens Theatre, Solar Bear, The National Theatre of Scotland, Grace, Hopscotch, Urban Croft, Glen Isla and Birds of Paradise.

His first feature documentary film was called *Marty goes to Hollywood* and it won the BAFTA new talent award as well as best international film at the Marina Del Rey film festival. Ian is presently working at The Royal Conservatoire of Scotland producing the final year films. He is also working on a project in Arbroath with Glen Isla. This project is about creating pieces of theatre and film with females on community payback orders. The work was recently awarded the Community Good Practice Award by Tayside Council. He finds the arts an incredibly satisfying area to work in and is always looking for new exciting collaborations and projects.

David Aldridge

BSc degree in Electronic Engineering

I'm currently awaiting results for my final year BSc (hons) Computer Networking at the University of the West of Scotland.

I first heard of G.R.A.C.E. through Working Matters. G.R.A.C.E. to me is all about inclusiveness, supporting individuals through difficult circumstances by taking part in different activities throughout the week. No one is judged, everyone is welcome it truly is a wonderful charity and I am proud to be a small part of it.

Working at G.R.A.C.E. has improved my social skills, my presentation and delivery of classes and has brought me into contact and conversation with a multitude of different people from different circumstances.

I assist and occasionally lead the Digital Café. The main focus is helping individuals to not only gain computer skills but gain confidence in themselves before continuing on to another stage of their lives or continue on the journey with G.R.A.C.E.

Rikki Traynor

I am a multimedia artist and community arts facilitator delivering workshops in drama, creative writing, digital literacy, sound design and production. I am a graduate of Strathclyde University Community Arts BA course.

Over the past twenty years I have delivered community arts and education projects in a wide range of settings engaging people of all ages, my primary focus is in working with people disadvantaged by socio-economic placing, people in recovery, people isolated through mental health issues, people isolated or socially incapacitated following traumatic life events. By utilising the arts as a means of engagement I hope to assist people in stepping forward in life, onto new pathways, with a new found sense of self-belief and confidence.

As a community arts facilitator I am currently working in partnership with The Citizens Theatre Glasgow, Toonspeak and G.R.A.C.E.



Workshops

With the support of Digital Scotland we currently deliver twice weekly creative arts and learning workshops:

Play

Play is a creative arts workshop focused through drama, spoken word, and creative writing.

Digital technology is used to research, document, and present works created by the group in digital forms and mediums and to support live performance.

Example Digitally Speaking
Created over a fifteen week period Digitally Speaking is a digital collection of original written prose and poetry

G.R.A.C.E. Digital Café and Digital Orchestra Recovery Aftercare (DORA)

G.R.A.C.E Digital Café is our primary educational resource for digital literacy and learning and online access for G.R.A.C.E. members. G.R.A.C.E Digital Café utilises innovative, novel and unique creative mediums, methodologies and practises to facilitate digital literacy attainment

Example Radio Grace (A DORA PRODUCT)
Created over a ten week period Radio Grace is an audio work that captures a snippet of a fictional radio station broadcast featuring news bulletins, presenters' banter, sports revues and so much more.

Digi-Play in Delivery

In August 2017, as part of our Digital Literacy and Learning through a Creative Arts Approach programme, G.R.A.C.E implemented an intensive creative arts project facilitated by two guest artists renowned for their community arts practice.

The workshops interlinked with other creative arts and digital learning activities at G.R.A.C.E and played an integral part in the overall delivery of Digi-Play last year.

Many products and art works were created including an animation.

Report for GRACE 2017 by Rachel Toner, Visual Art Facilitator

The visual art workshops were run over a period of 10 weeks 4 hours per week. Situated at the GRACE Hillhead community centre Kirkintilloch

Week 1: To start the 10 weeks program we did a large group painting. This is an exercise to create dialogue about the creative process as a whole. To experience and use a wide range of materials, used in drawing, painting and mark making. Whilst also helping to gain an understanding of individual needs and wants. A getting to know you exercise!



As this is a peer driven group it was extremely important to continually have a dialogue around what activities people would like to do and most importantly, benefit from.

We had offered a wide range of creative processes over the course of the first session and animation is what the group decided would be the best and most exciting process to learn. This also ties into the technology aspects that we wanted to incorporate to the 10 weeks.

Week 2: The making of plasticine and wire characters, this session is about building, invention and imagination. As the characters start to emerge the next stage follows naturally, creating a story around the characters.

Week 3: The story board. In this session the group worked on the development of the scenarios and the characters and what they would act out throughout the shot film. A story about how people can find themselves feeling isolated and alone. As the story developed it led to a positive contribution. This naturally came from the group's own personal experiences, having found GRACE and how finding vital resources in your community can truly help people achieve greater self-confidence and sense of well-being.

Week 4: Set building and animation. In this session we built a series of settings to reflect the story created by the group. Making 3d props from cardboard and glue gun. As one set was built this is when the process of animation could begin. One half of the group focused on that and in tandem the second half worked on set building. In this session the group explored the technology aspects of animation. Familiarising themselves with the program I stop motion on iPads.

Week 5: In this session the animating was well established enough to be ran by 5 members of the group independently. This allowed for introducing some other Visual Art activities that could run alongside. Collage and painting onto canvas. The group had been working on some written word with a drama project also offered by GRACE. Deciding they would like to incorporate this alongside the visual arts, the process began. This work would continue throughout the following weeks, until.....

Week 8: This is when the group started to work on the voices for the characters in the animation. Also writing and creating a soundtrack for the film. The aim of this project is to instil confidence, good wellbeing practice and helping people to realise their full inherent potentials using many creative processes as a platform to achieve this.

In addition to the positive outcomes gained throughout this project, participants also made a big contribution to the GRACE 5th Birthday celebrations.

Report for GRACE by Ian Bustard, Film and Animation Facilitator and Musical Tutor

During the first few sessions I was impressed by the manner in which the group supported each other. They work in a tiny room with limited resources and yet from this room there is an incredible amount of collective energy. They are a group that continually wants to challenge themselves and if a member does not feel equipped for a challenge then the other members encourage, support and understand. Grace is a real lifeline for its participants. The collective energy and support of the group is such that it is impossible for it not to affect you positively on entering the room. The group has a lot of ambition, and achieves so much within accommodation that is bursting at the seams.

We decided to create a piece of animation as it would use a lot of our skills as tutors and would challenge the group. The group worked best when given the freedom to create under supportive guidance from the tutors. The participants all took a leap of faith into the creative unknown often saying at the start of a session that they couldn't do something and then going on to create a great



piece of art, film or song. With the lack of community interaction in today's society it was heartening to see so many people leaving their homes and not only developing themselves but also helping to develop their peers. The participants came through the door and got wrapped up in the artistic process.

It was easy to see how much the arts project helped the participants overcome barriers that they had with technology. Many went from having next to no experience to taking pictures using green screen technology, animating puppets and editing media. Before long the participants all felt as though they were 'playing' with the technology and in control of their own work. It is hard to see how this will not be of huge benefit to people living in an ever more technical World. In working in a free, fun artistic manner the participants developed real life skills and technology became much less of a 'scary thing.'

The end product of our project was an interactive museum like exhibition of all of the work that we created during the project. There was a mixture of theatre, music, technology and visual art. The participants had a real sense of achievement from the exhibition. The response to their work was incredibly positive and overall the project achieved a huge amount in terms of people growing creatively, technically as well as spiritually.

Breathing Space a song written, performed, and recorded by participants as part of the animation production (it must be noted on both recording days family members and children came along and lent their voices in what was an invaluable and fun filled sharing experience for all).

Digi-Play in Partnership

The Royal Bank of Scotland

In January of this year G.R.A.C.E engaged with Lynsey Haggarty community banker for RBS Kirkintilloch and a vital service provision for G.R.A.C.E. members was instigated. Running in tandem with our G.R.A.C.E. Digital Café Lynsey is available for consultations each Friday, offering members invaluable advice on all things to do with online banking and a whole range of other financial services.

'I have been working with Grace as part of my role as a Royal Bank of Scotland community banker for around 7 months now. I was particularly interested in working with Grace as many of their aims and objectives complement the aims and objectives the bank has to help and support their customers to make banking more accessible and convenient. Grace allows people access to IT services which they may not otherwise have access to and encourages people to try new things. Similarly I felt that if we could really support the local community to become more IT savvy then it would benefit them long term in terms of supporting local people back into the workplace and would therefore boost the overall local economy of the area. Grace provides a comfortable learning environment for local people to access a range of help from learning how to cook on a budget to teaching someone how to create music on their computer. The skills that are learned at grace are all transferable and highly desirable from an employer's perspective and furthermore they encourage someone to have the confidence to try something new without fear of failure.

I am there to support the local community of Bishopbriggs and Kirkintilloch to help them access banking services and allow people to confidently utilise the range of digital services available to them. By working with Grace we have built up a great partnership which really can add value to both communities and long term can make a real difference to people's lives in the area.'



Ableton

In 2017 following consultation G.R.A.C.E was formally recognised as a place of Education and Training by Simon Lyon Ableton Education Specialist UK and IE.

In 2018 we were invited to apply to Ableton Push Initiative for schools and colleges and were successful in securing hardware in the form of two Ableton Push controllers and twelve Ableton 10 Licenses for the purposes of teaching and training.

G.R.A.C.E. now has full access to Ableton Educational resources and an invitation to work in partnership with Ableton in developing our digital literacy and learning through the arts programme.

SoundParticles

In 2017 following consultation G.R.A.C.E was formally recognised as a place of Education and Training by Nuno Fonseca the creator software developer of Sound Particles software.

G.R.A.C.E. now has a fully license for Sound Particles software and access to online education and training.

The Community

In 20117 G.R.A.C.E. took ownership of the following equipment through public donations:

Two Numark Direct Drive Turntables One Citronic CD Digital DJ Performance unit One CD Mix 2 Professional DJ console.

Digital Scotland

The input and support of Digital Scotland through vital funding is fully recognised by G.R.A.C.E.

A Few Shared Thoughts and Feedback

"It's definitely boosted my confidence, now I can do presentations in front of people"

"Very enjoyable and a good learning process"

"You're working with others and getting help from others which is great. That's what it's all about"

"I'm really enjoying this new confidence that I've never had before"

"I was wondering what it was all about...it was absolutely fantastic and I will be back next week"

"I think it's really good that people can get their confidence back, get on with their lives and maybe do more challenging things"

"It gives me the opportunity to be who I am in a safe space, and gain support"

"I've certainly learned a lot"

Looking Forward

D.O.R.A.

G.R.A.C.E. continues to develop members' creative potentials in using digital audio software and related midi hardware and controllers for the purposes of sound design and live performance.



The development of D.O.R.A. and film and animation production through the purchase of industry standard performance capable laptops is now imperative

To expand the learning potentials and opportunities open to our members we are also looking to securing MacBook Pro computers

With the continued support of software partners Ableton Live we look forward to 2019 and beyond

Grace one2one

In recognition of our clients' needs and the ongoing societal demands for digital literacy attainment, we have urgent need to establish a one to one digital support clinic through which we can offer, by appointment, specific digital literacy learning and problem solving consultations to adults lacking the confidence to engage with group based digital skills learning activities that we currently provide. In addition we wish to offer one to one consultations for members, who although confident in engaging in group activities, require ongoing digital literacy learning support specific to their own unique needs G.R.A.C.E one2one Digital Clinic will be delivered with a person to person centred approach. Members, both current and new, will be able to book an appointment for one to one engagement that focuses on their specific needs in relation to digital literacy skills attainment.

To do this we need to engage the services of a facilitator

Digital Scotland:

G.R.A.C.E are seeking to continue their partnership with Digital Scotland and look forward to discussing the implementation and development of Digi-Play and other innovative digital literacy and learning programmes as we move towards 2019 and beyond.

Conclusion

Digi-Play provides a safe environment where each individual has an equal voice and equal opportunity to express thoughts and ideas. Members build and develop communication skills as part of a team. Increased digital literacy is achieved through sourcing, downloading, installing and using many different types of app and software. Original writings, prose and poetry are created through traditional drama and creative writing workshop practice. Works are documented using laptops and iPads, and shared through the use of Gmail, Google Docs, and Google Drive

Participants create unique folders and accounts to host and share their work and exercises are delivered to participants using traditional workshop methods in tandem with digital resources, files being shared via attachments to Gmail or through folders containing work shared through Google Docs.

Research of creative writing and drama related topics is undertaken using online resources such as 'Google Images' 'Wikipedia' and 'YouTube'

G.R.A.C.E Digital Café has an average monthly attendance of 47 members. The café is also a drop in digital help resource for many other members, with up to 35 drop-ins attending each month.

Play has a regular monthly attendance of 49 members.



PILOT PROJECT OF MASSAGE TREATMENTS



Judith Gaertner (Judiththerapy) took part in a pilot project, offering massage treatments to members of G.R.A.C.E. throughout February 2018. The treatments lasted about 40 Minutes each and participants also had time to talk about how they felt before and after the treatment.

7 members received treatments, of whom 3 received 2 treatments, 4 received one.

An evaluation questionnaire was given to participants after they completed their treatments.

Evaluation Outcomes:

- All people reported a reduction of stress levels, tension and an immediate improvement in their overall wellbeing.
- The benefits lasted up to a whole week after treatment.
- All participants would like **more** treatments and some would even be prepared to financially contribute.

A questionnaire was passed to all members of G.R.A.C.E. asking them if they are interested in receiving massage treatments.

- 18 people (the above 7 members **not** included) would like this service to be offered to them on a regular basis.

Quotes

Client 1: "The therapy felt good!"

"The main benefit of the treatment was that I was feeling totally relaxed".

Client 2: Main Benefits were: "reduction of tension"; "experience of energy shifting in my body"; "a feeling of total relaxation".



Client 3: “felt amazing, relaxed, no stress, lovely smell of oil, music, my muscles relaxed”.

Client 4: “it was very relaxing” main benefits: “reduced stress and relaxing”.

Client 5: “The experience was therapeutic, helped me with dealing with my emotions in relation to an event in my life”; “Treatments helped long term”; “Healed”; “I can now talk about a certain topic, I can see it in a positive light”.

Client 6: Main benefits of treatment were: “1. reduction of pain, 2. relaxation, 3. reduction of stress and tension. The second and third benefits lasted over a whole week”.

Conclusion

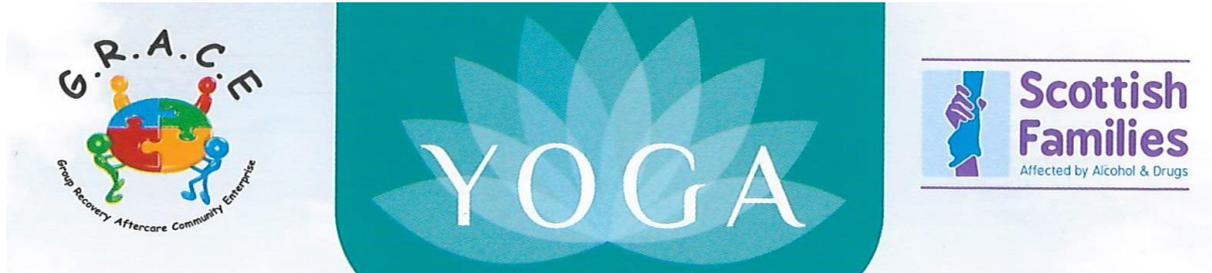
Those G.R.A.C.E. service users, who took part in this pilot, despite being shy about the idea at first, now realise that massage can have a significant benefit on their overall health and Wellbeing.

Combined with talking about challenges they face, life style choices, developing plans to make small changes, joining other activities offered by G.R.A.C.E. and the wider community, this service could potentially become an integral part of supporting people towards their aim to be healthy, happy and confident individuals.

I, Judith Gaertner, am very grateful for having had the privilege of being asked to lead the massage pilot. I very much enjoyed working with members of G.R.A.C.E. I was amazed by their positive feedback and I would love to continue working with the organisation.



MIND AND BODY YOGA



Following receiving funding from Big Lottery Awards for All GRACE and SFAD held joint yoga and relaxation classes for those in the community who due to financial or social barriers would not be able to access a mainstream class, aimed at those who are recovering from past trauma, including those affected by a loved one's substance misuse.

The overall aim of the course was to help people develop a better understanding of and tools to manage of their own experiences and mental health. The course was led by Catriona Jinks, a fully qualified yoga instructor. In recent weeks Catriona has been on maternity leave so the classes have been covered by Liz McVey, a student teacher of Dru Yoga.

To reach as many people across East Dunbartonshire as possible the classes were held in two locations, Hillhead and Auchinairn. Hillhead had an average of 15 attending each class. Auchinairn was initially less popular, with only an average of four people attending each class. The venue was changed in order to attract new attendees and the class now has an average of 12 attending each class.

The sessions ran in 8 week blocks covering four key areas

Discussions mental health awareness and how to manage well-being

Discussions and learning on how breathing can be used as a tool to manage stress and demonstration and practice of breathing exercises.

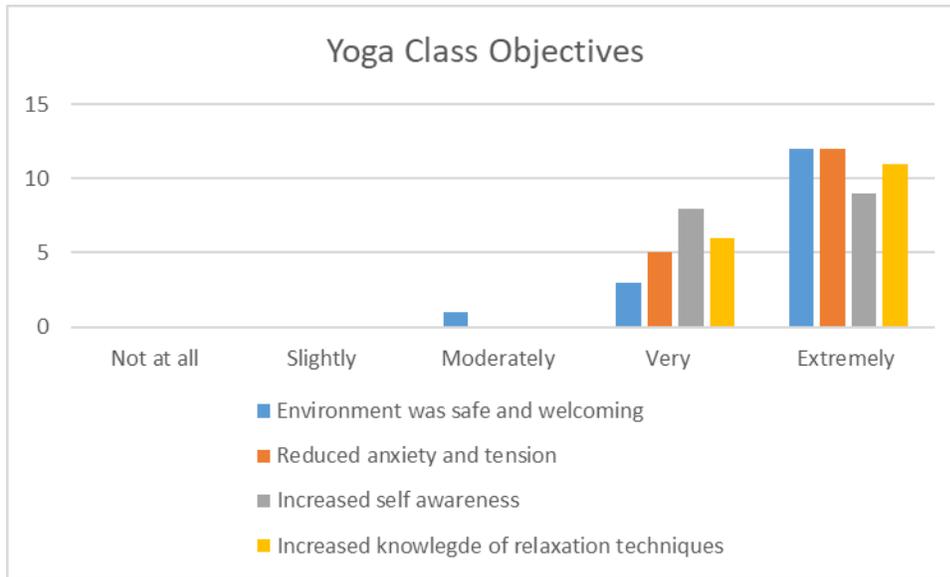
Trying out yoga poses and being aware of what muscles are being active.

An introduction to mindfulness and skills to develop mindful practice.

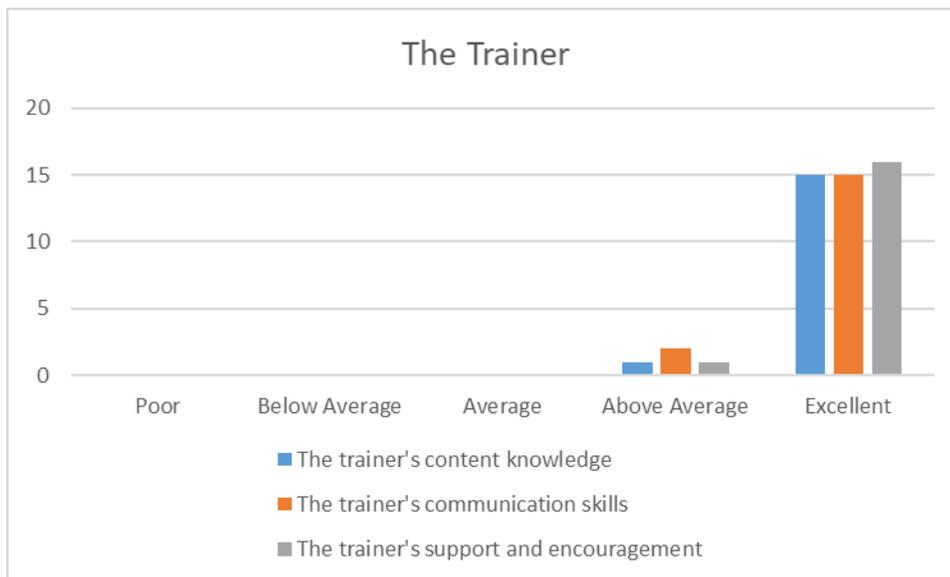
Attendees were asked to feedback on classes by filling out questionnaires at the end of the 8 week blocks and by having opportunity to feedback by writing quotes at the end of each class. Not everyone wanted to give feedback, over the course of three 8 week blocks 17 unique questionnaires were completed.



When asked if the four core objectives of the yoga classes were being met attendees responded



When asked to rate the skills of the teacher the attendees responded



81% of attendees rated their overall experience of attending the classes as excellent.

Quotes from those who attended the classes

On improving relationships with body and increased awareness of physical symptoms of stress and tension.

"Breathing helped when I get out of breath."

"Breathing techniques to reduce anxiety."



"I have found it very helpful and now I just sit and relax when I feel things are getting me down."

On reduction in tension and physical symptoms of stress.

"I have learned to stand correctly and I am more balanced and focused on what I am doing. If I am stressed I do breathing exercises and this calms me down."

"Find a difference in wellbeing and flexibility."

On relaxation

"I make a little more time to relax, take time as often as I can to practice the yoga positions and relaxation techniques to improve my physical and mental wellbeing."

"I feel better after the class, more relaxed, me time. I think it relaxes my mind too."

"Brings me back to myself and reminds me calmness exists."

On building resilience

"Will put these exercises into my week and definitely continue working on breathing techniques which have helped me a lot dealing with stress and life!"

"Talks at the end help open people up"

"Stress free. More balanced. Best hour of the week."



MEMBERS

As part of GRACE's peer led objective participants are encouraged to provide feedback on any activities they take part in. Some examples of feedback given over the last year:



GRACE (sic)...

"has given me more confidence"

"has opened up my mind to options available"

"has definitely been a positive experience, meeting new people, dealing with challenging situations, opening my eyes to the bigger picture"

"doing courses, I wouldn't normally consider before"

Mental Health Wellbeing

"James' (volunteer) presentation was informative and explained many aspects about mental illness"

"brilliant, taught me more...about my symptoms"

"good for people to talk and share"

"excellent, really educating and fun"



Be Healthy on a Budget

"I will cook more homemade food"

"more aware of how to prep properly"

"it has given me a bit more than a certificate"

"I will use it to help me prepare food for myself and others"



CASE STUDIES

CASE 1

'Jean' is a lady in her fifties. She didn't have a happy childhood and had what she describes as a terrible relationship with her mother who was controlling. She was constantly in trouble at school and was asked to leave with no qualifications at age 16. Eventually she decided that the only way out was to marry, which she did at 21. Jean's husband was abusive and also controlling. She gave birth to her first child very soon after the marriage and this made her feel very isolated. When her second child was born she says she didn't feel anything and thought she was going mad. She went to her GP and told him she was going to kill herself and the children, as she didn't want to leave them alone. She was taken into hospital for six months and given electroconvulsive therapy, and support from Psychiatric Services once she was home.

Still being treated at home for depression, Jean again became pregnant, this time with twins. One twin sadly died and the other was poorly in hospital for four months. When her youngest was around five years old she spent four months in a psychiatric ward, a further five months a year later and six months a couple of years after that.

Her husband left when the youngest was ten and this increased her worries over money, possible homelessness and the effect on the children. The eldest was angry and was drinking heavily. The youngest also had anger issues and had started stealing before being expelled from school for smoking marijuana. Jean became more isolated as she found being single made her less likely to be included in things or invited out. She did see her community psychiatric nurse and the crisis team but she was spending most of her time in bed. She tried to kill herself and ended up in casualty several times. Then, about four years ago, she started to self-harm. It was around this time that her CPN told her about GRACE and she agreed to give it a try.

One of Jean's support workers had to accompany her to GRACE as she didn't have the confidence to go by herself. She was paranoid and wouldn't speak or make eye contact with anyone. She couldn't bring herself to walk into a room or take a bus alone.

The effect of GRACE was a revelation to Jean. For the first time in years she had a place where she felt accepted and didn't have to put on a brave face. "GRACE gave me a better life" she says, "I have a reason to go out the door. GRACE made me realise I'm responsible for my own recovery, I need professional help but I also need peer support from GRACE".

Jean has taken part in many activities and courses during her time with GRACE and is now volunteering as Development Officer for the new group in Auchinairn. This involves assessing the needs of the new area, establishing and promoting the new group and networking with other groups. "I would never have believed I would be doing this" she says, "It's great to have something to talk about when you come home, and It feels like there's so much more to come".

CASE 2

'John' is a young man in his early twenties. He suffered from trauma caused by bullying at school and, as a result, had been prescribed antidepressants. John had been out of work for four years when someone at Job Centre Plus recommended GRACE and, in January of last year, he began his journey and became a member a few weeks later.

John's mother described him at this time, saying "He literally would not raise his head, give eye contact or interact with anyone outside his home. He was depressed and moody, with no confidence at all".



When asked in his first personal development form what he hoped to gain from being a member of GRACE, he said “I hope my confidence will improve. I think that the chance to talk with others will help my self-esteem”. He also indicated that he would like to learn IT skills as they would be useful when applying for jobs.

John initially started by going to GRACE Factor and the Digital Café but quickly added Creative Productions, Gardening and Play, which meant that he was often attending GRACE five days a week. This fulfilled his wish to increase his digital literacy while opening up a world of creative possibilities for him. Later he challenged himself further by joining the ‘British Sign Language’ and ‘Be Healthy on a Budget’ courses, giving him broader lifelong skills and setting him on the road to complete independence. During this time John has gone from rating himself five or six out of ten in the personal development forms for self-esteem, confidence to contribute, social interaction and skills, to eights and nines.

Outside of GRACE John now feels able to engage in social functions and volunteer at church. He is happier and feels his life is going well. Since honing his job application skills at the Digital Café he has managed to find paid work and has successfully sustained this for some months. Although very busy, he still finds the time to pop in and see his friends in GRACE.

CASE 3

‘Jane’ was a professional lady in her early sixties when she was diagnosed with multiple sclerosis. This began an extremely traumatic period in her life. Her ill health forced her to leave work, which consequently left her feeling isolated and depressed. She tried attending an MS group but it had a very negative effect on her. She was left with a painful insight into her future which, she says, was not what she needed at that time.

Two years ago a close friend told her about GRACE, that it was a peer run group full of individuals with unique personalities. “Come along and have a cuppa” she encouraged, “everyone who attends has some kind of challenge to face”.

Jane began attending GRACE and says she was welcomed with open arms. In this new environment she found she was able to both give and find support. Soon she was joining in with activities and learning new skills, including achieving ‘Health and Safety’ and ‘Pediatric First Aid’ certificates. She has also engaged in facilitator training and now shares her knowledge of first aid and signing with other members in some of the many workshops that GRACE has to offer. “Once again” she says “I began to feel human and have a purpose for each day. It’s great to know that I am known as Jane from GRACE and not Jane with MS. Being with my friends from GRACE, where I am treated as me, is wonderful.”

Jane continues to make friends and try new things through GRACE, enjoying her increased wellbeing. She says she is happy and fulfilled and looks forward to the future. She wants people to know “how important it is not to be labelled, and just to be an individual who has had some type of trauma and been helped by friends who understand”.



CASE 4

'Jim' is in his thirties and had started using cannabis at the age of 13. He started experimenting, thinking all drugs could be picked up and dropped easily, and by 17 he was addicted to heroin. This led to him getting into trouble and from 19 to 24 he spent his time in and out of jail. By age 24 he had decided that enough was enough, and with the help of the Community Addiction Team (CAT) and the East Dunbartonshire Alcohol and Drugs Service (EDADS) he began a methadone maintenance programme.

Unfortunately, once the daily heroin use had stopped, Jim started replacing it with alcohol. This carried on until two years ago, when his EDADS worker mentioned that GRACE might be able to provide some of the things that had been missing from his life. Jim recalls "I thought I would give it a try, anything was better than nothing. I needed help and support – someone to talk to".

After being welcomed into GRACE, Jim started to see a light at the end of the tunnel and made a real and honest decision to stop drinking. Jim described what followed as "three weeks of solid hell and paranoia coming off the drink". He received good advice and one to one support from GRACE members, some of whom had been through similar situations. Jim has now been clean and sober for six months and he says it is all down to GRACE for being there for him. "If it wasn't for GRACE I don't know if I would have been able to do it" he says.

Jim has been involved in a variety of activities since attending GRACE, including art and drama and learning sign language and computing. He says "It fills a lot of my time because sometimes sitting in your own company is not the best place to be. Peer support really helps and I've learned a lot". Jim's goal is to remain clean and sober and to get rid of the last stumbling block, the methadone. When asked about the future Jim says "I want to continue to stick with GRACE and come off the methadone. The future looks bright".

CASE 5

Jack is in his late thirties and joined GRACE around three years ago. He was alcohol dependent and had been going to a psychiatrist since he was 17 for mental health problems. With nothing to do with his time except drinking and sleeping the day away his confidence was extremely low. He saw a community psychiatric nurse every four weeks and was prescribed anti-psychotics and anti-depressants.

Jack heard about GRACE from the occupational therapy team at Kirkintilloch Health and Care Centre, and they brought him down and introduced him. At first Jack wasn't sure about GRACE, he was shy and nervous, but he gave it a try. At first it didn't help much as he didn't stay for the entire four hour sessions, but he spoke to a facilitator and, within a month, had decided to attend on a Tuesday, Wednesday and Thursday each week.

During the first year Jack stopped coming to GRACE for about a month and unfortunately relapsed, ending up in hospital for three and a half weeks. The staff in the hospital knew Jack from previous stays and, even though he had relapsed, noticed a significant change in his attitude. He told them about GRACE. Once discharged, Jack attended GRACE every week without fail and hasn't been back in hospital since.



After a few months with GRACE, Jack became a volunteer. He loved helping people in similar situations to himself and gave several presentations on mental health to his fellow members, using his own experience. The mental health team at the health centre asked him to give a presentation about GRACE to their staff and he also went back to the hospital he had been in to give a talk on GRACE to staff and patients. His most terrifying and satisfying presentation was representing GRACE in front of 400 people at a recovery based meeting in Glasgow. This all led to him being given the Volunteer of the Year Award, of which he was very proud.

Jack says “I understand things better now and I look at life in a different way. I’ve learned to say no and take some time for myself. I can stick up for myself now and I don’t let folk walk all over me”. He wants to continue volunteering, and possibly begin SMART facilitator training to be able to help more people. “I would love GRACE to be able to do more training” he says, “If you want your self-confidence back, and you want support to try new things, then GRACE can help. I love to tell people my story and to inspire them. I have brought new people here and they have been helped by GRACE too”.

CASE 6

Joy is in her fifties and was having panic attacks and refusing to communicate with people. She only went out when she had to, or when her husband took her out in the car. She was looking for voluntary work when she met a lady from East Dunbartonshire Voluntary Action in the job centre. She told Joy about the Pins and Needles craft group held in GRACE on a Tuesday and offered to take her there.

The group were friendly and welcomed Joy with smiling faces. Later, when she spoke with the facilitator, she was tearful. “I only realised after coming to GRACE that I had problems” she says.

Joy tried coming to drama on a Wednesday but couldn’t keep up with it as she was afraid to perform in front of other people. She continued to attend on Tuesdays and gradually felt able to come back to drama. After further work on her self-esteem, Joy found herself starring in the short film that GRACE had produced for the local film festival held in the town hall. Joy’s family came to see it and she was nervous but proud.

Once she had started to spread her wings, Joy was unstoppable. She signed up for several workshops held on Thursdays, Food and Hygiene, Be Healthy on a Budget, and sign language which she enjoyed very much. Through GRACEs contacts Joy has started to study British Sign Language part time at college and has a more advanced course already in place for when she finishes this one. “GRACE has given me control over myself and my life” she says, “I can cope with situations better, it’s given me new friends and very good peer support. I felt lost before I came to GRACE. If it wasn’t for GRACE I would be sitting afraid in the house watching soaps all day”.



PROFESSIONAL

GRACE often receives feedback from partners and other professionals. An example of this is attached below:



The Scottish Parliament
Pàrlamaid na h-Alba

To whom it may concern,

I cannot praise the work of GRACE in Kirkintilloch highly enough. I first met Robert Smith and the group shortly after I was elected as the MSP for Strathkelvin and Bearsden in May 2016. Since then, I have had many dealings with the charity who are going from strength to strength despite limited resources.

The difference this group makes to people's lives cannot be overstated and the range of activities and programmes on offer boosts their confidence, teaches them new skills and literally turns their lives around by releasing their potential.

The Scottish Government's Minister for Mental Health visited recently and was extremely impressed with everything the group were doing and had achieved.

I wish GRACE every success – they deserve support for all the great work they are doing.

Kind Regards,

Rona Mackay MSP
MSP for Strathkelvin and Bearsden (SNP)

RONA MACKAY MSP

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FUTURE PLANS 2018/19

Over the coming year GRACE intends to concentrate on the further development of current and new programmes, improve links with partners, grow membership and volunteer opportunities, expand funding sources and maximizing promotion opportunities for the organisation.

Whilst it is clear there is a desire to move GRACE forward and become a strong partner at local level, there are perceived barriers that can undermine this aspiration. It is therefore essential that internal developments start to happen quickly, always dependent on support from our key stakeholders and partners.

These are some of the actions that will take place in the near future or that are expectable to be deployed as soon as feasible in the current scenario:

- Completion of a series of funding applications to secure Core funding for the next 3 Years.

This project is pivotal to this strategy revision. There is a strong focus on the development of income generation capacity, secure governance procedures that are robust and adequate to the growth aspirations, increase the online presence of the group.

- Outreach

Establish GRACE in Auchinairn

- Need for dedicated resources.

The subject of resource allocation is outside GRACE grasp at the moment. It is essential that discussions start at a local level to clarify on how the future of the sector and most importantly of the support available for the organisations within the Recovery and Aftercare Network will be delivered. Who is and will be responsible for local budgets, and what will be the fit of GRACE in those.

This is vital for GRACE at a moment that the Group is receiving increased referrals and appeals from East Dunbartonshire and beyond. This is a central point and unanimously agreed by the members as key for the success of the Group.



FINANCE

		Enter charity name below Group Recovery Aftercare Community Enterprise				Enter SC No. SC043551	
Receipts and payments accounts							
For the period from	Period start date			to	Period end date		
	Day	Month	Year		Day	Month	Year
	01	04	2017		31	03	2018
Section A Statement of receipts and payments							
	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total funds current period	Total funds last period	
	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £	
A1 Receipts							
Grant Funding	35,000	58,880			93,880	70,077	
Donations	9,068				9,068	648	
Charitable fundrasing	1,231				1,231	1,138	
Interest					0		
					0		
					0		
					0		
					0		
A1 Sub total	45,299	58,880	-	-	104,179	71,863	
A2 Receipts from asset & investment sales							
assets					0		
investments					0		
A2 Sub total	-	-	-	-	0	-	
Total receipts	45,299	58,880	-	-	104,179	71,863	
A3 Payments							
BUILDING RENT	3,617	-			3,617	6,794	
EXPENSES	552	1,190			1,742	73	
LEGAL & PROFESSIONAL	3,607	420			4,027	1,110	
MARKETING	643	1,175			1,818	1,288	
MATERIALS & EQUIPMENT	624	1,578			2,202	11,073	
MISCELLANEOUS	1,725	177			1,902	2,479	
REFRESHMENTS	875	313			1,188	1,175	
STATIONERY & OFFICE	211	-			211	605	
TELEPHONE, FAX &	650	-			650	891	
TRAVEL & SUBSISTANCE	771	310			1,081	453	
STAFF SESSIONAL	16,417	24,366			40,783	18,868	
STAFF SALARY	16,665	9,676			26,342	27,625	
STAFF TAXES	5,218	2,324			7,542	8,381	
PAYROLL	788	-			788	638	
A3 Sub total	52,363	41,528	-	-	93,892	81,453	
A4 Payments relating to asset and investment movements							
Purchases of fixed assets					0		
Purchase of investments					0		
A4 Sub total	-	-	-	-	0	-	
Total payments	52,363	41,528	-	-	93,892	81,453	
Net receipts / (payments)	45,299	58,880	-	-	104,179	71,863	
A5 Transfers to / (from) funds					0		
Surplus / (deficit) for year	(7,064)	17,352	-	-	10,288	(9,590)	

Figure 8: Statement of receipts and payments 2017-2018



APPENDIX 2

Group Recovery Aftercare Community Enterprise

SC043551

Section B Statement of balances

Categories	Details	Unrestricted funds	Restricted funds	Expendable endowment funds	Permanent endowment funds	Total current period	Total last period
		to nearest £	to nearest £	to nearest £	to nearest £	to nearest £	to nearest £
B1 Cash funds	Cash and bank balances at start of year	51,205				51,205	60,796
	Surplus / (deficit) shown on receipts and payments account	10,288				10,288	(9,591)
						-	-
						-	-
	Cash and bank balances at end of year	61,493	-	-	-	61,493	51,205
(Agree balances with receipts and payments account(s))							61,493

Figure 8: Statement of balances 2017-2018

From the values carried forward as unrestricted reserves (£36,848.61) the following must be ring fenced: Robert Smith (manager) pension scheme costs (£2677), £5.244 to project specific (digital orchestra), and finally £17,172,61 to manager wages (salary+tax+pension), total of £25093,61. This leaves the group with a working balance of £11,765 of unrestricted reserves. There are also restricted Reserves worth (£17,278.39) allocated to Project based activity. Since an agreement for office space is secured the amount in reserves should be kept as a security for any drop of income or loss of support from any of the key funders\partners.

FUNDING SECURED 2017/18

GRACE has secure funding from the following sources for the coming year:

- The Robertson Trust - £12,000 - Wages
- ADP - £35,000 - Core
- Scottish Government - £ 21,5000 – Digital Cafe

CURRENT AND FUTURE PROGRAMMES

In line with GRACE's aim to improve the health and wellbeing of members, and the wider community, the Be Healthy on a Budget Course will continue in 2017/18. There is also consideration being given to a proposed community outreach project involving volunteers who qualified from the course, making the use of the skills they learn. If future funding is accessed a once weekly soup kitchen may be possible.

Throughout 2017/18 members have been developing their skills presenting Mental Health Awareness sessions. It is intended that this is developed into a full course with members developing content based on their own personal experience and further research into a range of mental health issues. The development of this course will also encourage those involved to improve skills in communication, presentation and public speaking.

The presentation in its original form was made to and well received by MacKinnon House at Stobhill Hospital, a center for rehabilitation and the Community Mental Health Team. The presentation will now be developed into a full course designed specifically for GRACE by GRACE members.

The Digital Café will continue until December 2018. GRACE will also develop our **Digital Orchestra of Recovery and Aftercare (DORA)** using tablets in music production.

Another major partnership is the development of **Your Own Group Aftercare – YOGA** for the Mind and Body, a collaboration between GRACE and Scottish Families Affected by Alcohol and Drugs (SFAAD).



MAXIMISING GRACE'S PROFILE

In 2017 *The Kirkintilloch Herald* interviewed Robert Smith and Indira Pole for a two page article published on September 18. The article, which focused on the need for GRACE and the work it does, was published under the title and byline “Everyone needs help to get over life’s traumatic events, And the charity GRACE – Group Recovery Aftercare Community Enterprise – is helping people in East Dunbartonshire to do just that”.



the charity GRACE – Group Recovery Aftercare Community Enterprise – is helping people in East Dunbartonshire to do just that”.

The article, which highlighted the various courses and workshops that GRACE has to offer, also gave details where people in need and their families could find more information about GRACE and receive support.

EPILOGUE

In conclusion, it has been a very exciting and progressive year. GRACE growth continues monthly with more and more individuals who are seeking the support GRACE offers. It is our vision to sustain the progress of our members whilst welcoming new ones.

GRACE supports 40 – 60 members weekly and these years 12 have gained employment.

With having such a year of recognition, it is anticipated that GRACE will continually grow and support more of the most vulnerable in our community. We understand with growth comes a pressure on our aftercare services, having only one employee may stunt our continued development.

We are extremely grateful for the funding support we received this year and recognize that funding is high on our agenda for next year, to sustain and build on what we have achieved.

GRACE needs continuous volunteers, most volunteers started as members, we must continue to progress. The great year has only been possible through the support from the GRACE board, volunteers, and funders and partners. It is expected that this will indeed continue, but we strongly hope it grows in 2017-2018 and beyond.

ROBERT SMITH