

Cowdenbeath Area

Raising Aspirations Actions Update 2024

Raising Aspirations 1

Improvement focus

Increase opportunities for individuals within the community to develop their knowledge and skills. Focus on reducing gaps which may be a barrier to building positive lives and improving job prospects.

Planned outcome

Increased learning opportunities within the community with more people aware of what is on offer to increase skills and knowledge gaps that support and improves job prospects. Local Community members have been given an opportunity to gain valuable skills to benefit their groups.

Ref	Action	Year 1 - Updates
RA1.1	<ul style="list-style-type: none"> Provide training courses and increase awareness of these opportunities. e.g online courses/resources/webinars. 	<ul style="list-style-type: none"> Partnered with Corp Coms to promote and raise awareness of training opportunities across the area. Increased social media presence, refreshed and designed posters, and promoted opportunities by word of mouth at events and activities. This has resulted in better up take at training courses, an increase in the number of followers on the Our CB facebook page, an increase in the number of local community pages that corp coms have joined that allows us to target specific areas, share information directly with local groups and residents and has increased our reach to a wider audience within the community. Partners across the area have been offer training opportunities to help increase skills and knowledge. They have worked to ensure the learning initiatives are accessible, relevant and high-quality, that they build competence, increase skills, knowledge and confidence to improve health and wellbeing outcomes, reduce inequalities and improve job prospects. Opportunities have come in different formats such as online courses, in person courses, 121 sessions, There are too many to list individually so below is a small sample of the types of opportunities offered by some partners <ol style="list-style-type: none"> BRAG – Brag offered “No One Left Behind” (Spring Forward for Adults & Bright Futures for young people 19-24yrs) provision as part of a joint offer that is Fife wide. This covers all the strands of the employability pathway. They delivered pre recruitment retail drives for Tesco and Marks and Spencer’s whilst also continuing to provide confidence building early engagement sessions through Art Therapy, pottery, cycling and walk and talk groups. They supplied travel tickets and travel training across all groups and supported those with low mood and anxiety. When

Ref	Action	Year 1 - Updates
		<p>ready they completed interview preparation for work ready clients. BRAG continued to provide advice and guidance to those with an offending background, completing letters of disclosure and support with job searching, ensuring that the field of employment chosen is appropriate to the background. This helps break down barriers to building positive lives.</p> <ol style="list-style-type: none"> 2. H&SC launched their new 2024/25 training calendar with over 100 courses available. Social workers worked with clients to build confidence to encourage them to engage in activities and courses. 3. OnFife worked with Education and used their Libraries as spaces to support students not engaging with mainstream education. They also provided study spaces for young people in the community. 4. Bikeability -RTS work with Cycling Scotland to facilitate training for Bikeability Instructors (SCQF Level 7 Qualification). Aimed at age 16+ with supervision, 18+ without supervision. They get PVG check and mentor support by RTS Bikeability staff. 2 pupils from Beath High School were trained. Schools across the area have 19 trained staff in 11 school. 5. Other courses have included things like food safety, REHIS, Volunteering skills, customer services skills.
RA1.2	<ul style="list-style-type: none"> • Develop mentoring/buddying & volunteering opportunities 	<ul style="list-style-type: none"> • MCR Pathways provided a successful mentoring/volunteering opportunity for 33 young people in Lochgelly HS. Young people volunteered for an hour a week during term time providing a successful onboarding and induction to volunteering. Mentoring a young person can be transformation for the young person and for the mentor themselves, who can use this opportunity as a tool for personal/social development, as well as, supporting a vulnerable young person to a positive destination. MCR offer support, training and provide a PVG for all who mentors. • A new 9 week breast-feeding course was developed that gave new mums an opportunity to be mentor and support by mums who had breast-feeding experience.
RA1.3	<ul style="list-style-type: none"> • Develop a relationships with Skills Development Scotland to see what they can do in the CB Area 	<ul style="list-style-type: none"> • A positive relationship has been developed with SDS. They are moving to community-based delivery across Fife and have moved to this model in the Cowdenbeath area to increase local awareness and partnership working. SDS use their Annual Participation Measure to monitor how many young people participating move into a positive outcome locally. In the Cowdenbeath area this increased from 90% in 2023 to 90.8% in 2024. • https://www.skillsdevelopmentscotland.co.uk/publications-statistics/statistics/annual-participation-measure

Ref	Action	Year 1 - Updates
RA1.4	<ul style="list-style-type: none"> • Create asynchronous online course for Education Support Asst's (ESA's), online to allow lone parents etc to learn without childcare issues 	<ul style="list-style-type: none"> • ESA course had 24 people enrolled, all successfully passed, with 3 students from the Cowdenbeath/Lochgelly area. This will run again 24/.25. • Youth Work Data Course (online course, free to access as funded) ran with 40 enrolled, 2 from Cowdenbeath area. Again, all students passed. Both courses fully online and delivered in evening slots or asynchronously to ensure people who are working/have childcare issues etc can access. This will run again 24/25.
RA1.5	<ul style="list-style-type: none"> • Create and deliver a fully funded SVQ L2 (Health & Social Care) - specifically designed for those who require additional support and meta skills to achieve and stay in employment 	<ul style="list-style-type: none"> • 31 enrolled, 12 withdrawn. Various reasons for this – some found paid employment elsewhere, some due to MH issues. • This has been a success, as on this course some students have secured paid work in their placement workplace. Will run again 24/25
RA1.6	<ul style="list-style-type: none"> • Create paid placements for students on HNC/D to alleviate issues of poverty to allow people to earn and learn 	<ul style="list-style-type: none"> • Paid placements continue with success. All paid placements last year (10) went onto continue with paid work in their place of placement.
RA1.7	<ul style="list-style-type: none"> • Deliver Emergency First Aid at Work courses to local community reps 	<ul style="list-style-type: none"> • Two courses were delivered. 16 local community members from a variety of groups gaining their qualification. Free spaces were offered to groups in our communities and were utilised by; dance schools, Cowdenbeath Civic Week and Children's Gala Committee members, a cycling club, an Early Years Officer, Andy's Man Club, Futsal Escocia, Benarty Events Group, Youth Workers, Community Use Woodturning tutor, Youth Football Coach, Gymnastics Instructor and Cowdenbeath Community Council. All 16 attendees passed, with one attendee going on to complete four further first aid courses and take up a position providing first aid to large events. This has created 16 new First Aiders in the heart of our local communities, which could potentially provide lifesaving support, as well as providing the learners with a vocational qualification valid for 3 years. Feedback received from attendees was 100% positive.
RA1.8	<ul style="list-style-type: none"> • Develop opportunities via the Climate Action Fife project e.g. climate literacy, Fife Tree Wardens, linked programmes with Princes Trust to increase skill and knowledge levels 	<ul style="list-style-type: none"> • OnFife ran a number of classes to encourage communities to engage with their environment and take pride in their community. e.g. Mindfulness Group, It's in the hens, Crime squirrel investigators and whales from waste. These were aimed at helping the community take care of themselves and their environment. • A map has been produced looking at planting opportunities. Climate Action Fife Putting Fife's Special Trees and Woods on the map There has been a particular focus around Cowdenbeath, Cardenden and Benarty.

Raising Aspirations 2

Improvement focus

Work to reduce digital inequality by ensuring everyone can access services, support and opportunities. Deliver support and training within the community so people can unlock the opportunities digital skills can bring (information, dignity, independence, employment, etc) through the provision of digital skills courses, which are free to access.

Planned outcome

Digital inequality and skill gaps reduced through increased access to digital opportunities and increased awareness of existing offers. Increased digital infrastructure with public wifi available in more facilities across the CB Area.

Ref	Action	Year 1 - Updates
RA2.1	<ul style="list-style-type: none">Promote existing opportunities and increase provision of digital skills courses within the community to bridge the digital divide.	<ul style="list-style-type: none">Free digital support is offered at a variety of venues across the area. The offer includes free wifi, access to PCs, phones and tablets. This offer is available at all Onfife Venues and some community centres. OnFife are also developing coding clubs to support young people to engage digitally and learn new skills.Adult Basic Education and the job clubs have been working together to support members of the community with their digital needs. E.g. fill out of forms. Digital courses have been running at Benarty Community Centre.
RA2.2	<ul style="list-style-type: none">Trial online shopping drop in service. This will provide people with the opportunity to access IT and get support to do online grocery shopping. This helps remove barriers for people around digital access/literacy and aims to tackle poverty by supporting people access lower cost groceries.	<ul style="list-style-type: none">Pilot project delivered in Kelty and Benarty, which supported participants in placing online shopping orders. Support provided to set up accounts, make an order and covered an element of budgeting. This allowed access to cheaper shopping, helping budgets stretch compared to relying on smaller local shops. Participants were given free shopping vouchers. <p>Poor participation, despite widespread marketing and discussions with people at community food provision. Therefore, longer term provision wasn't viable. Need to consider whether there is merit in trying again with a different recruitment strategy.</p>
RA2.3	<ul style="list-style-type: none">Reduce digital inequality by improving public Wi-Fi offering in CB.	<ul style="list-style-type: none">Economic development has also been working with local business to help promote various digital courses available to them. E.g. Google analytics, social media, digital marketing plans via BGFife - https://www.bgateway.com/local-offices/fife/events/p2
RA2.4	<ul style="list-style-type: none">Explore family digital programmes/events e.g. coding/Robots projects/intergeneration digital event.	<ul style="list-style-type: none">Coding Club in development. Develop programme for 2024-2025.

Ref	Action	Year 1 - Updates
RA2.5	<ul style="list-style-type: none"> investigate broadband connections within the area to see if anything can be done to improve networking - investigate superfast broadband 	<ul style="list-style-type: none"> A tool to check connectivity is available to people in the community which allows them to see if properties in their area are due to be upgraded via the R100 Programme. https://www.scotlandsuperfast.com/r100-programme/check-my-address. Community members can also check broadband availability via an Ofcom Checker. Project Gigabit is the government's flagship £5 billion programme to enable hard-to-reach communities to access lightning-fast gigabit-capable broadband. It has a speed of 1 Gigabit per second (Gbps) download. It targets homes and businesses that are not included in broadband suppliers' plans, reaching parts of the UK that might otherwise miss out on getting the digital connectivity they need. Vouchers worth up to £4,500 for homes and businesses help to cover the costs of installing gigabit broadband to people's doorsteps. This is currently going through procurement.

Raising Aspirations 3

Improvement focus

Raise awareness of volunteering and the benefits it can bring. Deliver a drop-in volunteering event which promotes volunteering opportunities and connects people with organisations.

Planned outcome

Increased awareness of volunteering opportunities and the benefits that volunteering can bring - stronger community relationships and shared skills. Increased social capital as trust and community connections is built on a shared set of values.

Ref	Action	Year 1 - Updates
RA3.1	<ul style="list-style-type: none">Promote area wide existing volunteering opportunities	<ul style="list-style-type: none">FYA attended a number of events to promote volunteering opportunities in the locality between 1st September 2023 and 2024. This included attending 6 roadshows, opening of Dunfermline Community Support hub, 4 careers fayres at Lochgelly and Beath High Schools, Freshers Fayre at Fife College, 3 DYW meetings at Lochgelly and Beath High Schools. There was 11 meetings with guidance team at Lochgelly High School to promote Volunteering into Work project, 3 presentations at Lochgelly High School and they attended the DYW Business Breakfast.Quarterly volunteering e bulletins issued
RA3.2	<ul style="list-style-type: none">Provide volunteering, befriending and mentoring opportunities designed to develop & enhance skills, knowledge, experience and community wellbeing.	<ul style="list-style-type: none">FVA promoted befriending opportunities at local groups and community centres as part of My Cowdenbeath. As a result 3 volunteer befrienders were recruited for Kingdom Companions. There was also a Befriending Coordinator recruited for Kingdom Companions covering Fife wide – will be increasing activity within the local community.Gingerbread recruited 9 new volunteers increasing the active numbers of volunteers in the area to 26. 6 have now moved into positive employment, 1 has moved into a student placement, 3 have moved on to college. 8 gained accredited training and 12 gain non accredited training.
RA3.3	<ul style="list-style-type: none">Development Drop In Sessions that highlights volunteers opportunities	<ul style="list-style-type: none">Attended 5 drop in Roadshow Events in partnership with Cowdenbeath Poverty Action Group Meeting. Benarty, Lochgelly, Kelty, Bowhill, Lumphinnans. Attended a further 2 drop in events attended highlighting volunteering opportunities

Raising Aspirations 4

Improvement focus

Engage with young people (YP) to support and understand their aspirations and work with partners to provide young people with routes to training, further education and employment ensuring they have an opportunity to reach their full potential (Developing the Young Workforce and the Young Persons' Guarantee).

Planned outcome

Young people's needs and aspirations are met. Young people have an increased awareness of opportunities available to them to support them to meet their full potential. Young people's confidence is increased and they feel listened to and supported.

Ref	Action	Year 1 - Updates
RA4.1	<ul style="list-style-type: none">Consult with YP to understand their needs, wants and aspirations . Build programmes of activities to meet these needs. Also investigate possible partnership project that supports these aspirations.	<ul style="list-style-type: none">FVA held over 60 meetings held with young people to understand their aspirations and progress to a positive destination. 6 young people placed with Fife College, Enableworks and Link Living. young people continue to be involved in programme building at youth projects across the partnership.A new youth forum has been developed in the Cowdenbeath area and young people are enjoying getting to know about the wider community and their place in community life.

Ref	Action	Year 1 - Updates
RA4.2	<ul style="list-style-type: none"> Work with parents to help them build confidence to support their young people. 	<ul style="list-style-type: none"> A family residential took place in July for a long weekend at Benmore Outdoor Centre. 19 families benefitted from a number of instructors led outdoor activities, supporting: increased engagement between families; help to overcome barriers, confidence building; social skills. Feedback included “I would defo go again, I was really apprehensive about bringing XX but he was fine, and since then the dynamics in the family have changed” “ I didn’t actually mind that there was no wifi, neither did the bairns, which was a good thing. Ever since we got back it has brought my two sons closer together, made them more of a unit. It has definitely made a difference, made an impact on our family”. A free Family Outdoor Programme with the Lochore Meadows Outdoor Education Team was launched (Sept-Dec '24), helping to develop and build on their previous family experiences, encouraging families to be more aware of how positive family and peer group relationships can have a positive effect on children’s emotional health and wellbeing. Stress Control was delivered in both High Schools to S4s. Charged up delivering sessions in Ward 7 and is being explored for P7s in Ward 8. Outdoor Ed opportunities being delivered for free, which supports confidence building for both young people and families. 7 habits for Families was piloted in Lochgelly with parents from the primary schools in the Lochgelly area. This enabled parents to clarify their families' purposes and priorities and provided strategies to create a plan and achieve desired family goals. This supported healthier family relationships. Lochgelly tea time club (delivered in partnership with CLD & Fife Gingerbread) focused on family learning to build positive relationships between parents/carers and their children, building capacity and building social networks. It allowed participants to network with others and share experiences of challenges, giving them reassurance and confidence in progress they were making as a family. They also participated in cooking, by preparing a low-cost snack as a family, building parents confidence and awareness of cheaper ways to provide for their family and encouraged them to replicate these cooking habits at home with their children.

Ref	Action	Year 1 - Updates
RA4.3	<ul style="list-style-type: none"> Develop Youth Workforce & Young person's guarantee 	<ul style="list-style-type: none"> On Fife are planning shadowing opportunities for Lochgelly High School students at Lochgelly Centre ahead of National theatre Scotland performance in March 2025. The students will spend time with staff at the centre to understand the role of box office, theatre technician etc in order to host the performance at the school. Work in partnership with DyW, Culture of Enterprise to develop a meet the business programme (launch Feb/March 24) to link in the YP guarantee This would provide detail of support accessed - whether that be for trade/supplier development, marketing, net zero transition, start up support etc. (this has changed as DyW have launched the Work-it programme but we (CoE) will look to re launch the meet the business campaign - further details to follow) Economic Development is rolling out WorkIt across Fife High Schools. Training of in school teams has taken place, promotion and conversation with employers continues. DyW have not been trained as a team on the system yet so unable to pull reports on offers and uptake from employers. Ongoing discussion between Sandy Begbie and the SG DYW team regarding a transition of language around YPG and potentially moving to DYW Employer and Partner pledge. Please find below useful links: <ul style="list-style-type: none"> https://dywfife.com/news-insights/partner-with-dyw-fife-new-work-placement-portal-launched-in-fife-schools/ https://dywfife.com/news-insights/john-muir-award-outdoor-education-at-lochgelly-high-school/ https://dywfife.com/news-insights/career-exploration-week-for-s1-pupils-at-lochgelly-high-school/ SDS are focussed on improved destinations and uptake of post school opportunities
RA4.4	<ul style="list-style-type: none"> Reintroduce Brag's Greenpower F24 & Goblin racing into local schools. This had ceased during the pandemic when funding ended. However we have applied for funding from Gannochy Trust 	<ul style="list-style-type: none"> Funding from Gannochy was secured that allowed Brag to deliver 2 further courses/groups. However, Beath High school were unable to provide dedicated space and a teacher so this was not delivered in the CB Area

Ref	Action	Year 1 - Updates
RA4.5	<ul style="list-style-type: none"> Explore STEMnet and Primary Engineer Engagement from a young age. 	<ul style="list-style-type: none"> Education have a dedicated STEM Support Officer. They have published a newsletter detailing opportunities to engage with STEM. • Goblin and F24 Kit Cars - Cowdenbeath, Crossgates, Cardenden, Kelty, Lumphinnans, Hill of Beath primary schools currently have Goblin kit cars. Beath High has a F24 Kit Car. Some of the primary schools took part in the Green Power Races at Racewall in Cowdenbeath over the last few years. We are hoping to grow the number of Fife schools competing every year particularly in the Fife events. We now have a Green Power Ambassador working in Lochgelly High who is supporting future race events with Green Power and the Jim Clark Trust/Scottish Electric Chariot Championship. The BAE Systems, Royal Navy and RAF STEM Roadshow came to Beath HS in September. The Roadshow has visited Fife since 2022 and will return again in 2025. A number of primary schools around the Cowdenbeath area participated in Climate Smarter and Carbon Capture and Storage projects which are run by Stemovators. These programmes are mostly funded by local organisations such as Shell. Lumphinnans Primary won the Climate Smarter Award during the Celebration Event in June. We have a practitioner from Lumphinnans Primary taking part in the new 3-year Inspiring a Sustainable Approach to STEM programme being run by SSERC. This started in September.

Raising Aspirations 5

Improvement focus

Promote volunteering opportunities to young people to support confidence building, helping them gain experience and make connections within their community.

Planned outcome

Awareness has be raised with young people around possible volunteering opportunities and young people have been given the opportunity to volunteer within their community resulting in increased confidence, knowledge and skills.

Ref	Action	Year 1 - Updates
RA5.1	<ul style="list-style-type: none">Increase social media presence to promote existing opportunities	<ul style="list-style-type: none">FVA supported the area to increase facebook presence in the area. The average reach of posts relevant to the Cowdenbeath area was 4952, average impressions 5580, average interactions 42.6, average clicks 23.2 and a quarterly volunteering e bulletins was issued
RA5.2	<ul style="list-style-type: none">Encourage local businesses to give young people volunteering opportunities	<ul style="list-style-type: none">3 new organisations registered with FVA and 11 opportunities were advertised, 17 young people were placed with organisations in local community4 meetings were held with third sector organisations to encourage placement of young people as volunteers
RA5.3	<ul style="list-style-type: none">Encourage young volunteers to share their stories on their volunteering experience.	<ul style="list-style-type: none">2 x Saltire Ambassadors in Lochgelly High School to promote volunteering to their peers
RA5.4	<ul style="list-style-type: none">Provide volunteering opportunities designed to develop & enhance the skills, knowledge, experience & wellbeing of young people.	<ul style="list-style-type: none">11 meetings with guidance team at Lochgelly High School to promote Volunteering into Work project, 17 young people were placed with organisations in local community.Developed the Police Scotland Young Volunteers group in the CB Area opened to 24 young people.

Raising Aspirations 6

Improvement focus

Create and deliver a youth work development programme, providing routes into youth work throughout the area, which will support local employment and provide opportunities for career progression.

Planned outcome

Youth work development programme established that provides routes into youth work, supported local employment and opportunities for career progression.

Ref	Action	Year 1 - Updates
RA6.1	<ul style="list-style-type: none">Develop a culture of enterprise to engage YP	<ul style="list-style-type: none">Ongoing collaborative working with Culture of Enterprise (Ec Dev) and DyW - as well as other partners including Fife College, Young Enterprise Scotland to develop this culture.
RA6.2	<ul style="list-style-type: none">Run Careers days linking YP with local businesses & Skill agencies. Maximise on opportunities to see what potential career paths they could follow, and financial support to enable this.	<ul style="list-style-type: none">See RA4.2
RA6.3	<ul style="list-style-type: none">Work with Fife College on foundation apprenticeships	<ul style="list-style-type: none">Foundation apprenticeship is planned for 25/26Career and pathway events delivered via DyW at Lochgelly High School - S2 Pathway, Event an Senior Phase Career Fair 30th November 2023 & Beath High - 7th December 2023.
RA6.4	<ul style="list-style-type: none">Link in with Climate Action Fife Youth worker (Youth First) about training offers and opportunities for collaboration.	

Raising Aspirations 7

Improvement focus

Promote and support new and existing businesses to grow and develop by continuing to look at investment opportunities, engaging with shop local initiatives, supplier development programmes and to make community connections ensuring our town centres are vibrant and alive.

Planned outcome

New and existing businesses in the CB area are supported to develop, thrive and grown. The number of local businesses accepting the Scotland Loves Local gift card has increased and lifelong learning and employment opportunities are provided ensuring a vibrant local economy.

Ref	Action	Year 1 - Updates
RA7.1	<ul style="list-style-type: none">Support Love Cowdenbeath to develop a refreshed online content, which promotes the 'shop local' message	<ul style="list-style-type: none">Cowdenbeath identified as priority area so assets will be developed in line with launch and promotion of new refreshed brand 'Fife Gift Card.'Marketing and comms plans being developed to support thisFirst meeting has taken place thus established link moving forward with the Town Centre Development Unit who will link in Ec Dev when required.
RA7.2	<ul style="list-style-type: none">Encourage and support businesses throughout the area to sign up to the Fife Gift Card	<ul style="list-style-type: none">Currently 16 business between wards 7 & 8 signed up to Fife Gift Card. Cowdenbeath identified as priority area for roll out of new brand. Colleagues from the Town Centre Development Unit will be going out with Miconex to engage with the businesses and identify opportunities in the community. (Miconex work with over 200+ towns, cities and regions and over 16,000 merchants to help increase local spend using easy to operate gift card programs)BRAG used Fife Gift Card for volunteer rewards, helping support and recognise volunteers and promote the Fife Gift Card.
RA7.3	<ul style="list-style-type: none">Provide events to supports career pathways e.g Job Fairs/Meet local business events	<ul style="list-style-type: none">Career and pathway events delivered via DyW: Lochgelly High School - S2 Pathway Event an Senior Phase Career Fair 30th November 2023, Beath High - 7th December 2023Scottish Apprenticeship Week (SAW) 4-8 March: - Lochgelly pupils visited Purvis Group on 5th March 2024. Lochgelly and Beath HS both had young people attending the Manufacturing and Engineering showcase on 14th March at the Dean Park Hotel.Beath HS have 8 girls attending Building Services on 7th March for an All girls session relating to trade apprenticeships, delivered by female MA's. This supports SAW, International Womans day (8th March 2024)) and the wider work within the council around attracting non traditional genders into particular roles within council services.

Ref	Action	Year 1 - Updates
		<ul style="list-style-type: none"> EAS in Lochgelly had an open day on 8th March 2024 which seen a number of young people from the area attending. They opened the doors to 100 people to promote the opportunities that they have within the business.
RA7.4	<ul style="list-style-type: none"> Economic Development will work in partnership with Business Gateway Fife to support and encourage new businesses starting ups in the area. 	<ul style="list-style-type: none"> During 23/24 - 175 businesses engaged with startup advisers via Business Gateway Fife and the Economic Development Team in the Cowdenbeath Area: This is an increase of 63 businesses on the previous year 22/23. Understanding and benchmarking BGFife engagement and level of new/existing businesses
RA7.5	<ul style="list-style-type: none"> Provide affordable business space 	<ul style="list-style-type: none"> BRAG currently provides affordable business space to over 30 SMEs at Crosshill Community Enterprise Centre and are currently working on the business proposal for the Town Hall that would potentially add a further 8 new affordable work spaces in the area. Community Consultation has already started around this and potential funders identified. Terms agreed with purchaser of remaining employment land at Glenfield Industrial Estate , subject to concluding missives. Proposals comprise the construction of speculative industrial units for lease. Lochgelly Business Park works are complete. 9 industrial units at The Avenue, Lochgelly were upgraded with LED lighting. From the time building services receiving the lights, to contacting tenants/scheduling the works and installation, the whole project took less than 8 weeks. This allow units to become more energy efficient and sustainable. BRAG Crosshill - Our Crosshill Community Enterpriss Centre has continued to provide affordable business space for small local businesses in Benarty as well as providing good quality accommodation to their own staff and volunteers. Crosshill still requires ongoing improvements as we tackle years of under investment as they attempt to bring the structure up to modern days standards. The building has also benefited from ongoing repairs and improvements which has helped them achieve 100% occupancy from the 53 business spaces. BRAG also provide free accommodation for the Foodbank.

Ref	Action	Year 1 - Updates
RA7.6	<ul style="list-style-type: none"> Provide advice to business within the area around growth, marketing, net zero transition, going digital, funding opportunities etc. 	<ul style="list-style-type: none"> Fife Council's Economic Development Team and Town Centre Development Unit, in partnership with Business Gateway Fife, provided advice, in year one, to the follows:- <ol style="list-style-type: none"> 31 unique businesses attended 30 workshops (reduction of 8 from last year with regards businesses) 175 businesses engaged with start up adviser (increase of 63 businesses) 293 businesses engaged with a Growth Adviser (increase of 193 businesses - wow!) 11 businesses supported with 23 days of consultancy support with the following expertise - Business Development, Finance, Social Media & Online Presence 8 grants were awarded 28 start up grants (none from last year as funding only came in this year as part of UKSPF) 4 CB Business - The East Coast Pub, Delmor Estate Agents, House of Beauty and BRAG received a Business efficiency Grant totalling £53,479. This supported the climate emergency by reducing emissions from gas and electricity, reducing business running costs and helping generate electricity via solar power.

Raising Aspirations 8

Improvement focus

Work with partners to target wellbeing support within communities, breaking down barriers to accessing help and information. This includes supporting community initiatives such as welfare support, The Well and other wellbeing hubs, as well as ensuring information about services is available.

Planned outcome

The communities within the CB area are aware of the support available to them and have easy access to the services /advice they need reducing barriers to access.

Ref	Action	Year 1 - Updates
RA8.1	<ul style="list-style-type: none">Work with partners to deliver welfare roadshows in each community within the CB area to raise awareness of services available to people and to support benefit maximisation.	<ul style="list-style-type: none">8 welfare roadshows delivered across all communities in the area in November 2023
RA8.2	<ul style="list-style-type: none">Promote and raise awareness of Flexi working to support parents/Careers into work breaking down barriers to access.	
RA8.3	<ul style="list-style-type: none">Raise awareness of the employability programmes/Step in - Step out	<ul style="list-style-type: none">WEA (Workers Education Association) to support this focus by making partners aware of Community and Adult Education Courses and workshops.
RA8.4	<ul style="list-style-type: none">set up and promote events that help build confidence and raise awareness of what is out there. e.g. Tea Time club/social events	<ul style="list-style-type: none">RTS held a bike day in June with adapted bikes for those with additional support needs at Fife Cycle park
RA8.5	<ul style="list-style-type: none">Support and provide free activity vouchers within the community.	<ul style="list-style-type: none">Supported by members via the CRF. Free activity vouchers were provided to allow young people and families to access outdoor educational activities

Raising Aspirations 9

Improvement focus

Provide opportunities to improve mental health across all sectors of the community. Initiatives will include raising awareness of services available to support reducing social isolation. Improving knowledge that will help reduce stigma around mental health and opportunities for physical activities.

Planned outcome

Reduced loneliness and isolation and increased mental wellbeing within the community. Raised awareness of support available and activities provided via warm spaces. Local activities programmes set up to combat isolation.

Ref	Action	Year 1 - Updates
RA9.1	<ul style="list-style-type: none"> Develop lived experience talks to help reduce stigma and raise awareness of support. Promote mental health and wellbeing training courses to frontline workers and practitioners and encourage and support uptake. 	<ul style="list-style-type: none"> Health Promotion Prevention & Early Intervention training Programme 2024 - 2025 available for all - containing a range of course to support mental health https://health-promotion-training.co.uk Alignment with HSCP Cowdenbeath Locality Planning Deliverable Plan 2024 - 2026 - Deliverable 1- supporting the Mental Health with Primary Care and Community Settings Project roll out in Cowdenbeath HSCP Health Promotion and Active Fife Group have delivered and developed training session for link workers and staff to encourage discussion re physical activity and Move for your Mood, ensuring mental wellbeing improvement and benefits are understood by staff and shared, encouraging others to raise awareness.
RA9.2	<ul style="list-style-type: none"> Work to identify barriers faced by the community and work to break these down Build skills and capacity to deliver sessions on positive wellbeing to local community groups 	<ul style="list-style-type: none"> Alignment to HSCP Cowdenbeath Locality Planning Deliverable Plan 2024 - 2025 - Deliverable 2 - Support Active Fifers group to deliver an online wellbeing calendar which will share all active adult opportunities in the Cowdenbeath area at low or no cost. Deliverable 3 - Fife Sports & Leisure Trust Test of Change to Increase attendance in physical activity programme for people living with long term conditions. ToC from Sept 24 - Sept 25 provided an Increase in physical activity participation by the population of Cowdenbeath locality by the reduction of barriers to access, £1 / session. Physical activity noticeboard created at GP health centre for staff and patients. Session delivered at Beath HS on capes/self harming
RA9.3	<ul style="list-style-type: none"> Encourage successful local people to do inspirational talks to show everyone can achieve great success 	<ul style="list-style-type: none"> Aligned with HSCP Cowdenbeath Locality Planning Deliverable 5 - The Community Chest Funding - Feedback via SWAYs, Celebration of Success via HSCP Localities Stakeholder Event scheduled 5th November 2024, Good news stories shared across HSCP website. Continued sharing CCF success via SWAY updates / Localities Updates, Localities SWAY, HSCP Directors Report, shared amongst communities teams.

Ref	Action	Year 1 - Updates
RA9.4	<ul style="list-style-type: none"> Increase mental health first aiders within the community 	<ul style="list-style-type: none"> Mental Health First Aid training is provided in HSCP Health Promotion Prevention and Early Intervention Training programme
RA9.5	<ul style="list-style-type: none"> Work with partners to raise awareness of local support such as The Well, physical activity opportunities and befriending opportunities. 	<ul style="list-style-type: none"> As above re raising awareness and physical activities as above RA9.2 - GP partners have SCI Gateway referral direct to The Wells and Link Life Fife. The Wells are delivered across 14 venues, with additional pop up and work closely with Communities to support opportunities, events within Cowdenbeath Also Deliverable 8 - Developing targeted support to communities and people at risk of harmful substance use- KY5 at Lochgelly to service Cowdenbeath locality from August 2024. The KY5 will be moving location to Maxwell Centre from 5th November 2024 to ensure support is offered at core of Cowdenbeath community. Deliverable 4 - ToC in Cowdenbeath locality with the community mental health team and LLF (referral pathway) Outcome: An increase of people receiving the help and guidance that they need, increased referrals in the Cowdenbeath locality to better support people and help them achieve personal outcomes and help reduce pressures on other services when clinical interventions may not be appropriate/required. ToC carried out from May 24 for 6 months - reported back to Locality Planning Group. Partners delivered presentations to each other at the CAPG to raise awareness of what each service does. This has allow partners to signpost people and communities more effectively.
RA9.6	<ul style="list-style-type: none"> Promote "Mental Healthy Workplace" training courses to frontline workers and practitioners and encourage and support uptake 	<ul style="list-style-type: none"> Health Promotion Prevention & Early Intervention training Programme 2024 - 2025 available for all https://health-promotion-training.co.uk FC have developed a "Mentally healthy Workplace" training programme for staff. This is mandatory for all staff. Depending on job role depends on what level of training you are required to undertake. Uptake is monitored by line managers

Raising Aspirations 10

Improvement focus

Maximise on the potential of our assets such as Lochore Meadows Country Park, Community Centres, Fife Cycle Park and other third-party assets to support the economy, volunteering, education, employment and wellbeing.

Planned outcome

Increased physical activities within CB Area. Financial barriers removed to participate in activities helping to support physical and mental wellbeing. Increased awareness of assets supporting via better promotion supporting economy growth.

Ref	Action	Year 1 - Updates
RA10.1	<ul style="list-style-type: none">In Partnership with our communities develop social programmes in our local venues to showcase our local assets.	<ul style="list-style-type: none">WARM WELCOMES spaces were offered in a number of venues across the area. These valuable interventions provided their local communities with access to meaningful activity, supporting mental health & wellbeing, whilst also providing a social space for the community to come together, socialise together, reducing isolation, offering support and helping to reduce the impact of those affected by fuel and food poverty.CU and CLD also run a variety of classes/activities and learning opportunities from our local facilities supporting the community with education and wellbeing.
RA10.2	<ul style="list-style-type: none">Work with partners to establish a core programme of opportunities in CB area such as physical activity & sport, performing arts, arts and crafts, cookery, modern languages and vocational training	<ul style="list-style-type: none">CU & CLD developed a core programme of activities for the community.During the winter Brag supported more than 340 individuals and additional support was offered to more than 60 of those individuals in relation to accessing their Pantry provision and Energy Efficiency support. This enabled people to get access to LED light bulbs, fuel vouchers, electric blankets and support to apply for warm home discounts. Some participants went on to take part their adult and family cooking sessions.RTS delivered a CPD event for Bikeability and trained people and other keen to take party. The first was in April 2024 and the plan is to do this quarterly.
RA10.3	<ul style="list-style-type: none">Explore possible volunteering, educational and employment opportunities at these venues.	<ul style="list-style-type: none">As a result of Brag's Warm Welcome in Crosshill the crochet/knitting group is now being fully led by the community and the participants attending. They have created some amazing pieces of work such as crochet poppy wreaths for Armistice Day which were donated to Benore Care Home and the War Memorial in Lochore. They are also working with St Kenneths Primary/Nursery School to create educational toys to encourage outdoor play, such as how a caterpillar turns into a butterfly.

Ref	Action	Year 1 - Updates
RA10.4	<ul style="list-style-type: none">Engage with Tourism colleagues (Welcome to Fife) to explore marketing opportunities that promote our assets to increase visitors numbers and showcase CB as a great place to live, work and do business.	<ul style="list-style-type: none">CU attended a workshop looking at the new Fife Events Strategy and will be part of the working group going forward.

Raising Aspirations 11

Improvement focus

Identify ways to better use our community facilities through community engagement, putting them back at the heart of our communities. Work to enhance social connections, expand educational programmes/projects and encourage culture and creativity.

Planned outcome

Creative community programmes operating within the area that meet the needs of the people they serve.

Ref	Action	Year 1 - Updates
RA11.1	<ul style="list-style-type: none">In Partnership with our communities develop social programmes in our local venues to showcase our local assets.	<ul style="list-style-type: none">Warm Welcome, Coffee Morning at Benarty CC, Free Gentle Exercise, Free Yoga all programmed in our venues
RA11.2	<ul style="list-style-type: none">Review our programmes to ensure they meet the needs of the communities and amend/adjust if required.	<ul style="list-style-type: none">Community Use completed a Net Promoter Score exercise in November 23. Customer Service baselines for most venues were established in May and new targets/actions set for 2025. Consultation re social opportunities took place in June.
RA11.3	<ul style="list-style-type: none">Raise awareness of programmes on offer at community facilities.	<ul style="list-style-type: none">WEA to support this focus by offering free courses and workshops on a wide range of subjects in community venues to encourage members of the local community to participate.Warm Spaces venues developed and promoted.Community Use part of a working group looking at concentrating local social media pages.

Raising Aspirations 12

Improvement focus

Enhance the communities' sense of pride in local assets and open spaces through improvement projects and new initiatives.

Planned outcome

Increased sense of community pride. CB area seen as a great place to live, work and socialise,

Ref	Action	Year 1 - Updates
RA12.1	<ul style="list-style-type: none">Work with Criminal Pay Back supervisors / teams where additional ground improvement work is required, including clean up of areas defining path networks litter picking etc, improving the environment and client awareness of work required within the service.	<ul style="list-style-type: none">There are regular activities within the areas such as litter picking, cutting back verges within access paths and supporting of events within the area.
RA12.2	<ul style="list-style-type: none">In conjunction with Rural Skills Scotland, FC employability service and further training services give training experience, within the GM service, to improve the awareness, knowledge and ability of trainees to carry out task work giving them a foundation for longer term employment within the service.	<ul style="list-style-type: none">2 x positions were added through the employability service which includes life chances 13 and 26 week opportunities the life chances operative from 2023/ 24 was given a seasonal operative post for 2024.
RA12.3	<ul style="list-style-type: none">Review areas with the collaboration of Community and Community Councils to convert where reasonable the use of open space areas into biodiverse grassland managed areas.	<ul style="list-style-type: none">Community consultation is ongoing regenerating woodland pathways and grass land management changes is taking place particularly in Cardenden and Lochgelly where woodland initiative and park improvements are on going.BRAG will build on its existing Pantry@BRAG and Food for Thought programme by adding its Community Roots growing project that starts in April 2024
RA12.4	<ul style="list-style-type: none">Communicate with local Community Councils and Environmental Groups to discuss and review landscape planting i.e trees, shrubbery etc	<ul style="list-style-type: none">Ongoing consultation with Tree Officer within FCCT Conservation & Engagement

Ref	Action	Year 1 - Updates
RA12.5	<ul style="list-style-type: none"> The Climate Action Fife project will work to support Local Place Plans which links to Community Action Plans 	<ul style="list-style-type: none"> The Climate Action Fife project has been supporting Benarty around the development of their Local Place Plan. Representatives from the Benarty Community Council were invited to the CALG to share their plans this included a site visit to an area where their is an aspiration to develop with a range of climate friendly interventions proposed. The area team also worked with local groups to support them with the UKSPF grants process. We are into the second year of the UK Shared Prosperity Fund (UKSPF) and the total funds committed for the 23/25 period in the Cowdenbeath Area was £112,333. As such under "Improving Buildings Efficiency" and "Encouraging Biodiversity" six community projects were approved. Auchterderran Church heaters and thermostats, Church Hall solar panels project, Lochgelly Brass Band Hall replacement windows project, The Clearing replacement windows, doors and roof insulation project, Friends of Lochore Meadows Biodiversity project, Brucefield Allotments project (Lochgelly). The Knights Templar Community Orchard project.

Raising Aspirations 13

Improvement focus

Work to understand the factors leading to anti-social behaviour, working collectively to address these factors and tackle anti-social behaviour.

Planned outcome

Reduces ASB & ASB hotspots within the CB Area and improved cross-service working

Ref	Action	Year 1 - Updates
RA13.1	<ul style="list-style-type: none">Re-establish the ASB partnership group to work collaboratively to reduction ASB in the area.	<ul style="list-style-type: none">Groups established April 2023 meeting 8 weekly. Good representation from police/fire/FC/3rd Sector and joint projects being delivered.
RA13.2	<ul style="list-style-type: none">Develop projects that help reduce ASB	<ul style="list-style-type: none">Projects undertaken to date include bin clamp pilot/Punched up/Kingdom of Road/Anti Spiking campaign.Ran a fire skills diversion programme run with Safer Communities and SFRS to reduce fire setting & ASB in the community. The one week programme delivered on a rolling basis in the whole town fire stations in Fife (Dunfermline, Lochgelly, Kirkcaldy, Methil) 3 times a school year. The program is for 8 participants who have set fires in the community or have been involved in ASB. The participants learn skills required in the fire service for the week as well as receiving inputs to address the behaviour of the individuals identified and support them to make positive choices.
RA13.3	<ul style="list-style-type: none">Trial Joined up outreach working events to support limited resources	<ul style="list-style-type: none">Joined pitch up sessions delivered. This was succesful and this approach will continue
RA13.4	<ul style="list-style-type: none">Develop marketing material to inform people how to report incidents of ASB	<ul style="list-style-type: none">See it, stop it, Report it signage produced and put up in to help raise awareness .
RA13.5	<ul style="list-style-type: none">Tackle local ASB hotspots together	<ul style="list-style-type: none">Partners discuss local hotspots at each meeting and work together to reduce ASB in these areas. eg Lochore Meadows/man's shed/Ore Park/War Memorial/CB Park

Raising Aspirations 14

Improvement focus

Deliver opportunities to improve access to social work, physical and mental health support services throughout the area.

Planned outcome

Increased access to social work support. Better understanding of how people currently access services & increased awareness of what is available in the community.

Ref	Action	Year 1 - Updates
RA14.1	<ul style="list-style-type: none"> Work in Partnership with Children & Families team to raise awareness of support available within the community. 	<ul style="list-style-type: none"> As Above - The Well Deliverable 2 - Cowdenbeath Active Fifers Group work is a collaborative working group including Localities, FS&LT, Health Promotion, Active Schools etc Deliverable 4 ToC in Cowdenbeath locality with the community mental health team and LLF (referral pathway) Locality Planning work in partnership with GP Cluster, Communities, HSCP, NHS Fife, 3rd Sector, Police, PHS etc
RA14.2	<ul style="list-style-type: none"> Develop an online survey to find out how people currently access services 	<ul style="list-style-type: none"> HSCP Cowdenbeath Locality Deliverable plan aligned Deliverable 6 - Supporting wellbeing later in life "what matters to you" HSCP Participation & Engagement Team working with Localities to <ul style="list-style-type: none"> 6.1 Consultation with over 65 year olds August 2023 6.2 P&E report shared to locality group 6.3 Locality group to deliver action in 2024 Outcome - an increased awareness of what matters to local people to help them live a healthier, active life, what are the barriers and what do they need locally to support them to stay healthy and live well. Action plan delivered August 2024
RA14.3	<ul style="list-style-type: none"> Increase marketing to raise awareness of access and support services and share good news stories 	<ul style="list-style-type: none"> Please refer to RA9.3
RA14.4	<ul style="list-style-type: none"> Connect, gather and share information with other interested people 	<ul style="list-style-type: none"> Cowdenbeath Locality Planning use Public Health Scotland data, locality profiles, Community teams and work with Alcohol Drugs Partnership, Suicide Prevention Action Plan, MHWPCCS all relevant teams to collate data, build locality profiles and target areas of need with local intelligence to reduce health inequalities and provide resource to allow communities to live healthier at home.

Ref	Action	Year 1 - Updates
RA14.5	<ul style="list-style-type: none"> Run programme of physical activities that support mental & Physical wellbeing. 	<ul style="list-style-type: none"> Refer to Deliverables 1, 2, 3 and 4 as above
RA14.6	<ul style="list-style-type: none"> Promote local opportunities for physical and mental health support through GPs and other local venues. 	<ul style="list-style-type: none"> As above GPs now have direct access to The Well referral via SCI Gateway system from Dec 24. GP cluster leads play important part in Locality Planning and GP Cluster Leads are part of the Locality Planning Core Groups. See Tocs noted above,
RA14.7	<ul style="list-style-type: none"> Promotion of The Well to support people reaching out for support on where to go for support. 	<ul style="list-style-type: none"> The Well is promoted, SWAYs, HSCP Directors Brief, now have training sessions for Community teams and work closely with Communities team in Cowdenbeath to ensure support people and are linked into community supports. 3rd sector e.g. FVA, Care Homes, Fife Forum, CARF etc are all linked into the Locality Core Planning Cowdenbeath Group.