



Annual Review



2019/20

Welcome and introduction



Chair of the Board, Lesley Cruickshank



With the appointment of the Ripple's new Director at the end of the last financial year, 2019/20 was a year of review and consolidation.

The Board got together in May to review our role and ensure that we were fit for purpose and able to support the work of the Ripple, our staff and volunteers. We looked at succession planning and agreed that we should recruit some new members. We looked at our visibility and agreed that a staff member or volunteer should be invited to every other board meeting to allow them to meet us and let us know how we can help them in their role.

A great success this year was the introduction of our Self Care Project out of which came our men only group. We also partnered with Cyrenians and introduced a fortnightly Community Pantry, giving local people access to quality foodstuffs. A full summer programme of activities was delivered by our youth work team as well as a very successful Wellbeing Open Day where participants took part in activities ranging from hypnotherapy and massage to singing in a choir and African drumming!

We acknowledged that we could no longer sustain the Speaker in its current format as the cost of producing and distributing the newspaper 10 times per year was depleting our financial reserves. We recognised however that the Speaker is valued by the community and agreed that we would reduce production to quarterly issues.

The end of the financial year saw a first for the Ripple. We, like everyone else, had to close our

doors because of the Coronavirus lockdown. As you would expect, our work did not stop and we have continued to address the needs of some of the most vulnerable in our community. I have felt more proud this year of our work, staff and volunteers than ever before.

Director, Rachel Green



This year has been a wonderful opportunity to get to know an amazing team of staff and volunteers and develop the extensive range of activities and opportunities the Ripple offers to our local community. I hope you enjoy learning about our impacts, community-led programmes and collaborations.

Thanks to our Volunteers

Yvonne, Billy T, Billy M, Wes, Evelyn, Lexi, Margaret, Sandra, Dorothy, Irene, Ann, Maureen, Margaret, Irene, Moira, Dorothy, Ellen, Isabel, Nan, Val, Kenny, Hannah, Sandra, Laura, Gesine, Frances, James, Irene, Steve, Wes, Billy, Vanna, Lyndsey, Abi, Fran, Nikki, Caroline, Shirley, Christine, Stuart, Jenny, Margaret, Kenny, Will, Deirdre, Kia, Marilyn, Margaret, Dot, Christine, Frances and everyone else not mentioned by name who help us run the Ripple for the benefit of others.

Board

Lesley Cruickshank, Ewan Aitken, Bill Johnston, Norman Gilfillan, Grant Bulloch, Danny Holland, Jacqueline Milne, Angus Hardie

Staff

Dawn Baxter, Gemma Elder, Catriona Robertson, Ayesha Mir, Danielle Ward, Gordon Thomson, Caroline Wedlock, Alison Leitch, Claire Gardiner, Wendy Dumbrell and all youth work staff

Our impact



“I’ll never forget what you did for my son in his hour of need, it means so much to me”

Self-care participant

“I love my volunteer job and being with the people at the club.”

Lunch Club volunteer

“We were nervous about doing a pantomime, but what a laugh we had on the night.”

Friday Club volunteer

Hub snapshot

- 6 wellbeing courses with 100 people supported
- 23 weeks of Sewing Club with 115 visits
- 1900 meals cooked for our Lunch Club
- 45 sessions of the Friday Club with 100 regular users and guests
- 39 weeks of toddlers with 618 visits
- 24 writing group sessions with 10 people
- 90 sessions of the walking group with 10 people
- 4367 interactions in our community café
- 49 weeks of easy exercise with 673 visits
- 47 weeks of knitting with 25 people each week
- Over 4000 volunteer hours
- 50 weeks of Youth Club activities

Working with children and young people

Monday Boys Club

This P6-S2 boys only group was designed to provide a safe and nurturing space for local boys to have the space to explore social and political issues, develop life skills and build on team skills through team games. New to the programme, the Boys Club only started in August 2019, however already the boys have taken part in workshops on first aid and refugee awareness, as well as taking control of the weekly food budget for the cooking and planning out meals and activities and doing the shopping trip as an activity within the club. We also celebrated Burns Night with a Burns Supper which was fully prepared by the boys.

Tuesday Hub 198

This P7-S2 drop in provides a safe space for open access youth work. Since 1st April 2019 until March 2020 we ran 32 sessions, supporting a regular group of approximately 15 young people, both male and female on a weekly basis. A particular focus was on transitioning from primary to high school,

sex education and various other general social issues, whilst taking part in activities such as board games, quizzes, table tennis, football and dodgeball. As well the group enjoyed an evening trip out along to the football, thanks to Hibernian Football Club for the tickets.

Wednesday Girls Group

20 young girls from P6-S2 have engaged weekly over 33 sessions since 1st April 2019 until lockdown in March 2020. The girls have taken part in regular weekly arts and crafts and cooking along with workshops on body image, first aid and refugee awareness, all within a safe and supportive environment.

Thursday Ripple XPress

P5-S1 drama group worked with 10 young people on a weekly basis, in a safe and nurturing environment to devise and perform the Leith to Lochend (Hub) Christmas performance, this included sessions looking at feelings and emotions, characters and script writing. With 32 sessions, one performance, one



Culture Club Trip to the Festival Theatre (in partnership with Edinburgh International Festival) and one trip to the Lion King, along with 5 young people getting their Hi5 Awards.

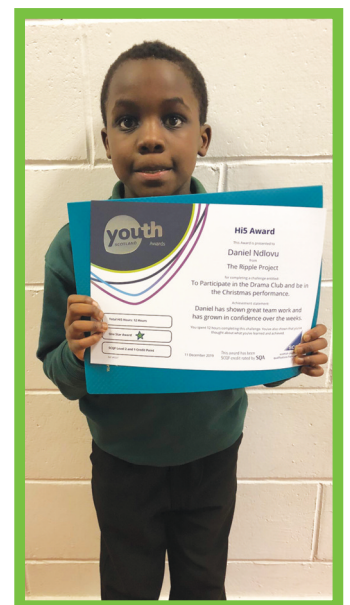
Thursday ROSP

S3-S6 drop in, is particularly popular with the older ages attracting roughly 20-25 young people on a weekly basis between April 2019 and March 2020. With young people taking part in a range of activities in a safe and supportive environment, including football, table tennis, Fifa, chat & chill, quizzes and workshops on tobacco and drugs and courses, college and jobs.

Ripple Buddies

The Ripple Buddies mentoring programme has supported 15 primary school aged children, four 1st year young people, in having a safe and supportive environment to build friendships, play, talk and escape the difficulties of school or home life for a couple of hours a week. With 18 buddies who are young people 14-19 years old, supporting the

programme on a daily basis (Monday – Thursday). Throughout the year Ripple Buddies programme has enjoyed not only their weekly sessions but also their holiday provision with trips to Hillend for tubing, the Yard Adventure Centre and the Vue cinema to name just a few. As well as having a visit from Santa at Christmas, it has been a busy year.



Working with adults and collaborative community projects



Lunch Club

The cornerstone of our older people's services, the Lunch Club continued to provide hot nutritious meals for over 30 local people. Offering value for money but more importantly, a friendly and supportive environment to enjoy the company of friends and volunteers. Members also stay on after lunch to join afternoon activities such as knitting and sewing groups.

Friday Club

The focus is on fun! Running in tandem, our social afternoons include a Super Seniors Club and open to all with a vibrant mix of music, activity and information. This year saw 3 new singing acts bring a variety of styles

and musical eras to audiences of up to 60 people. We even had an old fashioned tea dance replete with finger sandwiches and mini scones hosted by our JET Academy School.

Super Seniors

Our over 75 spring chickens had another adventure filled year, supported by our 10 strong volunteer team. With ice cream at Musselburgh harbour, lazy strolls around Starbank Park, to the more challenging afternoon tea on a sunny bench in the Botanics, this well-travelled group made the most of summer and lots of Edinburgh exhibitions in the colder months.

Healthy Hub Walkers

Turning out every Thursday morning, our walking group make the most of local parks and paths and positively encourage each other to get up and get out. With three Paths for All Scotland trained walk leaders this group participates every year in the Big Fit Walk, encouraging local people to join in and show that exercise can be fun, especially in good company and followed by tea and a blether.

Knitting Network

This peer led group attracts knitters and crocheters of all levels. Now in its eighth year, meeting on a Tuesday the clack of needles is only interrupted for tea and cake. This year the group supported Syrian refugees with warm woollies for babies to teens.

Stitchin' Time

Started this year at the request of local crafters this group meets on a Monday to share skills and fabrics. Our skilled sewers produced cushions and bags to sell at Leith Fare, making

a handsome profit to purchase more fabric! A windfall of four sewing machines donated by Forth Valley Health 4 You and a further two from local ladies ensured this group hit the ground running!

Write On

This long time project had a revamp this year with regular members meeting and selecting three new tutors to run the usual three annual 8 week courses. The group averages 8 keen writers, from those putting pen to paper for the first time to hardened hacks!

Hands and feet in action

We continue to host our weekly line dance and Boxercise clubs at the Hub. Both groups enjoy fun exercise to a wide variety of music, that's where the similarity ends! Dixie Saltire Line Dancers collected over £250 from their Christmas raffle and purchased an electronic bingo machine for the Ripple Friday Club.



Working for wellbeing

Group work

Six cohorts of groups completed the Self-care 6 week course including two men only cohorts. The group work begins as a way to engage people and provides a pathway into the wider services that the project now has to offer. We are continually developing and adding to the project and are able to be creative and flexible in our approaches to supporting local people in a person centred way.

Self-reliant groups

The work that has been done during this period has brought about many new relationships with local people and has unearthed a huge range of skills and talent in the area. We have been supporting people to nurture those skills and think about how they could use them to improve services in the community and to generate small amounts of income. Several projects are in various stages of development. These include affordable massage and alternative therapies as a small business, a men's mental health

peer support group, affordable bike mechanics as a social enterprise, and a supported employment post in the form of a breathe easy co-ordinator. Another of our service users who beach combs and upcycles her finds into unique jewellery, is being supported to sell her pieces through the Ripple and increase her business skills.

Wellbeing project summer programme

Cultural prescribing is the idea that giving people access to the arts and cultural pursuits can increase wellbeing among those for whom there are barriers to these kinds of activities, and we decided to test that theory. We laid on 3 cultural trips which were very well attended and successful. One was a visit and tour of the French Institute, and then a tour of Edinburgh Art College. Then we visited New Lanark Heritage Village and learned the history of the place that was founded on the principles of philanthropy, education, and welfare



of the workers, values that are close to our hearts at the Ripple. Lastly we visited Jupiter Artland, the brilliantly quirky private outdoor art collection set in the grounds of the artist's home.

Wellbeing community open day

150 people attended our wellbeing open day to try the huge variety of activities and treatments that were on offer, all for free. We had a rousing choir, a group of creative writers, Reiki sessions, massage therapists, hypnotherapy, group meditation, yoga and Zumba, a silent disco, and the whole day culminated in an African drumming

session where 30 of us took over the big hall, and with a drum each, we raised the roof.

Residentials

We were awarded funding to take 2 groups of local people to a beautiful and historic house in Ayrshire, courtesy of The Landmark Trust and a total of 13 people had a well-earned 2 night break away. One group had been working on their wellbeing through group work at the Ripple, and were able to continue this in the glorious surroundings of Auchinleck House. We walked, and talked, and ate well, we got creative, and connected with nature.



Working with food

Hub Grub Café and Community Workshops
2019 – 2020

Volunteer Training

As part of our ongoing skills development and training, we delivered workshops for all café volunteers. Highlights of the training included good food hygiene practice, personal hygiene, food handling and safety procedures. After the course volunteers were able to pass REHIS Food Hygiene as well as Allergy Training.

JET Academy

The Ripple supported 2 high school students with their volunteering and learning, by giving them an opportunity to work within the Hub Grub Café and kitchen.

Catering

With the help and support of volunteers we were able to provide external catering for Edinburgh Community Link Workers. The main hall was used for a day long conference where the café supplied a 3 course lunch, tea/coffee, biscuits for 30 people.

Malnutrition Awareness & Fizz Free Feb

We promoted and worked with partners to deliver 2 separate food related events. Malnutrition Awareness week in October 2019 with information regarding malnutrition and how to address on display and accessible throughout the week. We also gave out recipes with nutritional information. Free healthy food was available at the café for people to try some different healthy recipes.

Fizz Free Feb

was organised throughout February 2020. Posters of stay healthy, save money, keep your teeth healthy, the effects of caffeine and alternatives to fizzy drinks were displayed. Youth clubs also got involved in this campaign.

Food & Mood Workshop

A 6-week Food & Mood Workshop was delivered in September and October. We were joined

by a Queen Margaret University postgraduate student volunteer who had asked if they could be involved in the project. 6 people enrolled and completed an hour of relevant learning of how the quality and quantity of food affects our mental health. This was followed by an hour of healthy budget cooking from scratch.

Healthy Living Award

In view of our healthy

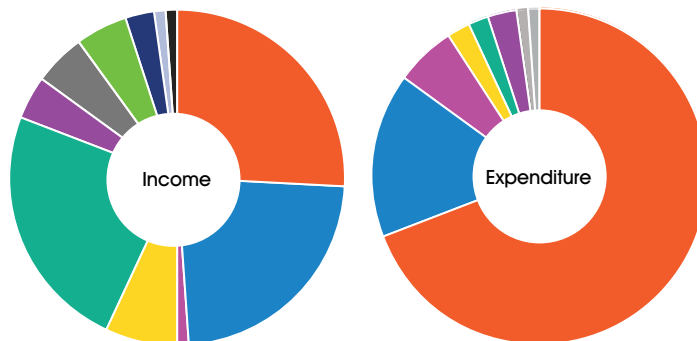
menu and health promoting events throughout 2019, the Ripple has been successful in achieving Healthy Living Award 2020 in February.

Christmas Lunch

We also hosted a fabulous Christmas Lunch for all of our Lunch Club and café volunteers which was very well appreciated. Special Christmas lunch was served to all our Lunch Club members.



Income and Expenditure for the year ending 31st March 2020



Partners

North East Community Planning Team
Eric Liddell Centre
Caring Souls
The Edinburgh Poverty Commission
We-Volution
Camerados
local GP's
Edinburgh College
NHS Midwives Team
The Citadel
Local Councillors
Brave Strong and Beautiful
MSP's
Lothian Health Board, Age Scotland
LAYC
EVOC
SCVO
Cyrenians
Fareshare
Edinburgh Community Food
Edinburgh Community Health Forum
Film Scotland
Police Scotland
Scotland Fire and Rescue Service
Landmark Trust
The Circle
One Parent Families Scotland
Leith Men's Shed

Total income

£393,166

City of Edinburgh: Children & Families	101,207
City of Edinburgh: Other	1,000
Edinburgh Integrated Joint Board	89,675
Scottish Government	2,500
Lottery	28,401
EVOC	93,757
Robertson Trust	17,000
Alliance Scotland	19,545
Foundation Scotland	1,000
Hardship Grant	1,125
Fundraising and other income	1,094
Café income	20,577
Room hire and activity subscription	11,439
Donations	1,883
Advertising	2,963

Total expenditure

£391,906

Staff including recruitment and training	273,996
Programme costs	60,752
Rent, rates, light and heating	23,286
Telephone, post, printing and stationery	8,162
Insurance, subscriptions, professional fees	9,725
Premises expenses	12,448
Governance	2,970
Other	567



The work of the Ripple is dependent on the generosity and commitment of many individuals, businesses and funding bodies. Our thanks and appreciation go to the kind individuals who have made donations and the funders who gave us vital financial support during 2019/20. **Our Funders and Donors:** City of Edinburgh Council through the Edinburgh Integrated Joint Board and Children and Families Fund, The Big Lottery, The Robertson Trust, The Alliance, EVOC, 10 Villages Community Grant Scheme, Edinburgh and Lothian Health Trust, Hibernian Community Foundation, Youth Scotland, The Landmark Trust

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