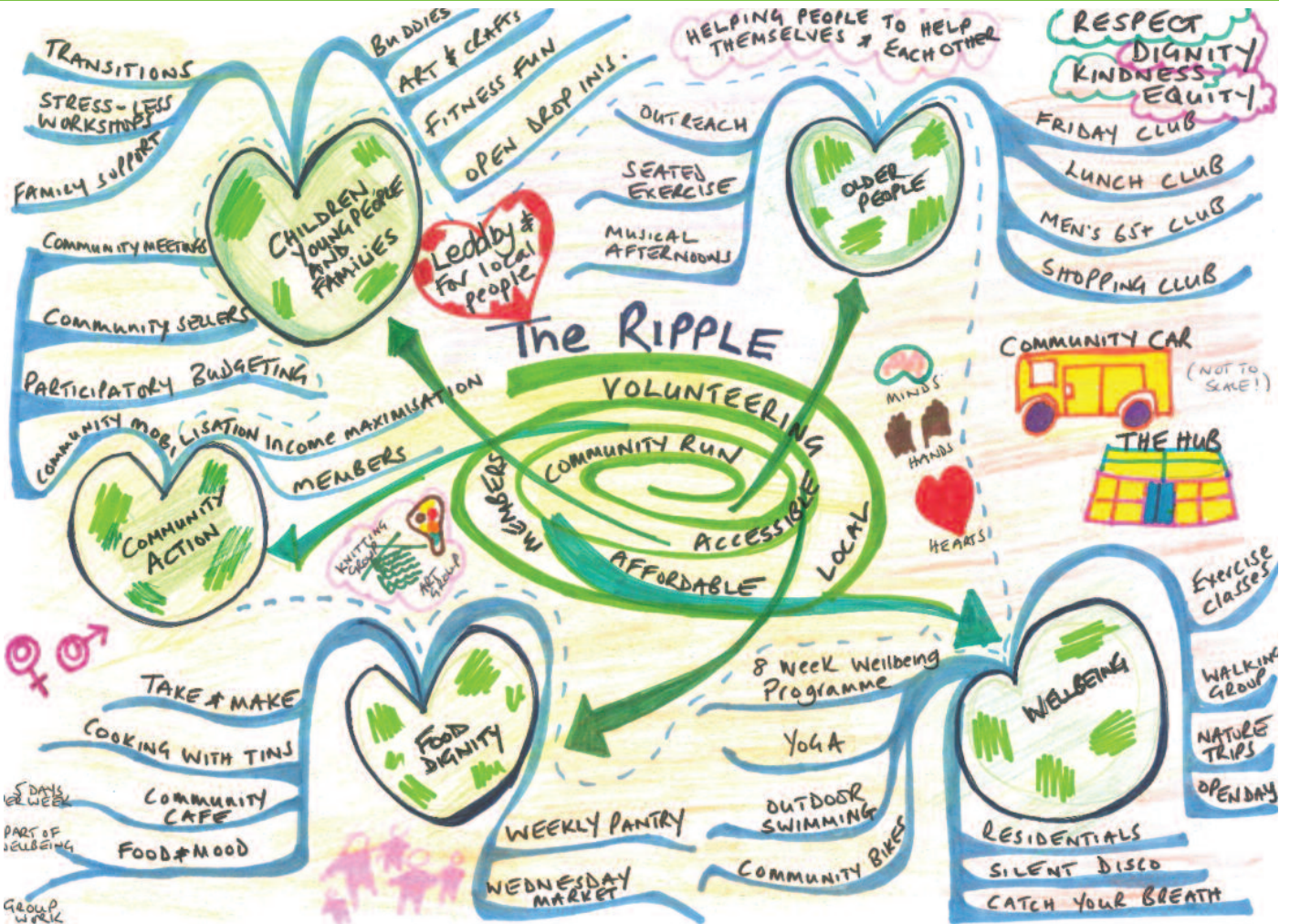


The Ripple



2223

Annual Review

welcome and introduction



Chair **Jacqueline Milne**

I am delighted to present our latest annual review that gives you details of all that has been happening at The Ripple over the last year.

We are always mindful of the fact that The Ripple's success is due to its ability to work with and for its local community. The introduction of a membership model is the next step in our journey to place people at the heart of the work that I do. I hope to see many more local people being involved in The Ripple at all levels of the organisation from the Board to our volunteers who make The Ripple the place that it is.

By working together I believe that we can make our area better for everyone that lives and works here. Please join us if you can.



Director **Rachel Green**

This year has been a year of focus for The Ripple alongside our expanding service delivery. We have taken the time over the last year to ensure that our organisation has the right policies, processes and structures in place as befits an organisation of our size and prominence in the local community.

We have worked hard as Board and a staff team to create and develop the mechanisms we need to be compliant, resilient and forward thinking. We now have in place an annual planning cycle, a strategic management team with an organisational tracker, and individual project plans for our core themes of Older People, Children, Young people and families, Wellbeing,

Food Dignity and Community Action.

To complement the strengthening of the organisation we have also strengthened the involvement of our community in our decision making processes. We have moved from a single tier organisation to a member organisation. This means that anyone within our local boundary can become a member of The Ripple. Alongside membership benefits this also means that going forward our Board will consist of members of the organisation. This will ensure that we are truly led by the community we serve.

We have increased our staff this year with a dedicated Older People's Worker and have taken opportunities around funding distributed for

the cost of living crisis employing a project officer to both distribute this fund to those most in need as well as explore how we can help create financial resilience for people who struggle on a daily basis through no fault of their own.

We have seen huge increases in the demand for our food dignity services and are all too aware of the continuing effects that years of austerity, the pandemic and the cost of living crisis is having on our community. A community already affected by socio-economic and health issues. I am proud to say that I believe The Ripple is now in a better position than ever before to respond to these challenges with local people at its heart as we look forward to next year's work.

a year in numbers

Board

Ewan Aitken
Grant Bulloch
Jill Fleming (Retired
March 2023)

Angus Hardie
Danny Holland
Bill Johnston
Jacqueline Milne (Chair)

Staff

Dawn Baxter
Todd Bioletti
Alex Callaghan
Rachel Green
Tristan Green
Frances McLennan
Ayesha Mir
Dan Mone
Catriona Robertson
Youth work staff team

In remembrance

If I had a flower for every
time I thought of you, I
could walk in my garden
forever – Tennyson
Margaret Anderson
Myra Butler

1 book written by young people
1 Library bus
1 free school uniform day
1 film night
1 Participatory Budgeting Event
1 wellbeing day
1 world collage day event
1 area partnership
1 wellbeing peer network
2 travelling galleries
2 x 6 week food and mood courses
3 residentials for young people
3 x 8 week wellbeing groups
4 local sellers
5 Hi5 awards
Age 5 youngest age
6 graffiti workshops
6 Participatory Budgeting steering
group members
7 wellbeing trips
8 members of 'still game'
9 outdoor swimmers
9 wellbeing workshops on wellbeing
day
10 bikes given
10 men completed activity bingo
10 members of computer club
11 members of lunch club

12 PB projects funded
13 summer trips
15 members of knitting club
15 partners delivering services

25 members of the pantry
26 youth work trips
34 weeks of youth work
40 older people active afternoons
42 people and families supported with
cost of living crisis
50 tickets sold for world collage day
50 outdoor swims
55 volunteer positions
75 yoga classes
75 christmas presents to young
people
75 christmas dinners for older
people
92 Friday club participants
Age 99 oldest age
100 weekly café customers
124 participants on wellbeing day
160 free meals to the most
vulnerable
175 voters for Participatory
Budgeting
189 young people
216 football tickets for young people
255 lunch club days
305 yoga attendances
667 transport seats to lunch club
696 youth work summer activity places
974 lunch club meals served
2514 volunteer hours delivered
3100 partner hours delivered

working with children and young people

Open Access Youth Work

Our open access youth work covers our Junior Drop In and Senior Drop In. The Drop In's run for 34 weeks of the year and have a particular focus on transitioning periods for young people along with general social issues whilst taking part in a variety of activities on a weekly basis ranging from football, pool, table-tennis, and board games, etc. Through our drop in's we have offered additional workshops with Edinburgh Science Festival, the People's Parish Year of Stories project and Police Scotland. We have continued to grow our numbers in Junior Drop In, engaging with approximately 32 young people. As for our Senior Drop In we had 13 young people. Most of the young people who come to our Senior Drop In have a social or emotional support need which has seen this group self-develop into not only a drop in but a support area for one another where young people feel safe and

supported. This open access provision ties in with our targeted activities which happen around Bonfire night weekend. Bonfire weekend saw us engage with 44 young people from primary 6 to S1 and included trips to Innoflate and Ryze as well as a Sunday in The Ripple.

Health and wellbeing

Tennis Club ran for fitness-based exercise and circuits to more team game based sessions involving games such as dodgeball, parachute games, etc. 32 young people have joined these sessions.

A **Kids Yoga** group was trialed over the course of two terms, however this wasn't well attended and did not continue after Easter 2023. Over the course of 25 weeks, we had 4 girls engage in yoga with sessions averaging 2 young people per session with young people learning the basics of yoga and balances.

Basketball Club started in partnership with the Leith Sports Hub, running out of Leith Academy on Friday afternoon for P7-



S4's. This took off well with a regular group of 12 young people attending weekly for social games.

Stress- less is a programme run in partnership with Craigentiny Primary School. Working with primary 6's and 7's the Stress-less programme focuses on mental health and wellbeing workshops which look at what is mental health, what is stress, anxiety and how these are important in balance along with laughter and relaxation. As we move forward we hope to take this project into more local schools whilst continuing our partnership with Craigentiny Primary School.

Creative Arts Based Groups

P1-3 Arts and Crafts had a focus on colour mixing, various painting techniques, salt dough making junk art, and animal art, etc.

P4-7 Arts and Crafts - Young people made and designed kites, water bottles, jewellery, cards, pencil cases, piggy banks, chimes, and plant pots.

Stop Motion Club involved a group of young people enabling them to put the finishing touches to their stop motion film that they had started. This saw 5 young people achieve their Hi5 Award.

Drama Club, previously known as Ripple Xpress for P5-S1's worked with the Super Power Agency to run a writing group for young people in place of the drama while our search for a drama skilled worker continued. This proved to be a hit with a regular group of 10 young people engaging on a weekly basis.

Girls Group had a focus on arts and crafts activities such as clay modelling, tie dye and jewellery making. They also took part in the Youth Scotland Inspire Project where the girls pitched their idea to a panel and won £850 to deliver their project idea of care packages for the homeless.

Referral Based Groups

Ripple Buddies group is for primary aged children and 1st year's, who live in the Restalrig,



Lochend and Craigenfinny area or who attend school within the local catchment area. Young people aged between 14 and 19 years old volunteer as Ripple Buddies within sessions to support the children and engage them in games and arts and crafts, etc, in a safe and nurturing environment. This allows the children/ young people to be able to build friendships, play, talk and escape the difficulties of school or home life for a couple hours per week.

Holiday Provision

In Easter 2022 we managed to secure funding from the City of Edinburgh Council's Holiday Activity Fund and along with our City of Edinburgh Council Children and Families Grant being closely managed we were able to run summer and winter programmes.

Summer 2022 was very successful engaging with 696 children and young people over the course of the six weeks summer break whilst providing hot meals or pack lunches for all participants at our sessions and trips. We

provided the following; **Christmas 2022** saw us bouncing into the Christmas spirit with 55 children and young people from primary 1 to S6 coming together for an evening out at Jump In and Pizza. Along with this we gave out 75 Christmas presents to our children and young people with the theme of games/time with family and friends at Christmas.

Cost of living crisis

Alongside our clubs and securing funding for holiday provision programmes we have also supported 6 families with the Cost of Living. This was due to The Ripple's successful application to the National Lottery to help local people affected by the cost of living, this was done over a six-month period. Along with the vouchers families were given advice on where to get

support and had appointments with Granton Information Centre for financial advice and benefits checks where necessary. We provided 7 families with warm duvets, blankets and oodles. We also provided one off essential food shopping for 4 families over the course of the year for various reasons from benefits delay/ sanctions, broken down fridge freezer to having to isolate due to having Covid and having no-one else to drop off essentials so we did a door drop. Children's camps can be expensive, and everything adds up. We supported one young person/family to get clothes for camp so they could join in at school. We became partners of the **'Big House'** in Fife which is a project run by



working with adults

The Cottage Family Centre. They collect overstock and non-damaged fully useable items from large retailers such as Amazon, Dulux, and the Co-Operative to give back out to families in need, through working with organisations working directly with families. Through this initiative we supported 5 families with toiletry bags full of essential toiletries such as shampoo, shower gel, bath towels, toothpaste, toothbrushes and toilet roll. We supported a further 5 families with cleaning packs which included tissues, mops, floor cleaner, polish wipes, wet wipes, washing up liquid. We also used this partnership to support an expecting family to get some essentials such as a changing mat, nappies, baby wipes and baby bouncer. Everyone loves birthdays and cake, right? So, what's a birthday without cake? We supported one

family by providing a birthday cake for the young person's special day. This year was our first year becoming a partner of Career Ready who are a national social mobility charity that networks employers and educators with young people to kickstart a rewarding future through mentoring and an internship. Our youth services manager mentored one young person from Portobello High School. Lastly, we received 216 **Kick for Kids** tickets for Hibernian Football Club giving our children/young people and families a chance to not only support their local football team but a chance to have a day out too. We've had fantastic feedback and even been taught a song or two by the young people who have attended the games. Thank you to Hibernian Football Club's, Kick for Kids for giving our children/ young people this opportunity.

Older People's groups have always been a major pillar of The Ripple's foundation. With the addition of a dedicated full time staff member this year has been especially exciting with lots of great events, outings, and new programmes developed. We are looking forward to continuing developing and expanding our programmes based on the needs of people in our communities.

Lunch Club

Our **Lunch Club** with transport continues to be one of our core services for people 65+ in our community, providing a space where people can come together to make new social connections while sharing a healthy hot meal. The Lunch Club gives our people the opportunity to access other community activities, access food support, benefits and energy advice, and meet local councillors, MSP and police. Health conditions include, mild dementia, cancer, life long support needs, COPD; and general age-related frailties

around sight, hearing and mobility.

Lunch Club Case Study:

- Mr C was referred to The Ripple by an NHS falls team after suffering a fall, being hospitalised and discharged to home for recovery. Mr C and his wife became increasingly isolated due to difficulties with Mr C's mobility and were finding it hard to get back to normal daily tasks. Mrs C was finding it increasingly difficult to manage all the household duties while dealing with her husband's recovery, attending appointments and having NHS service staff coming to their home regularly. She was stressed as she worried about her husband. We firstly introduced Mr and Mrs C to our Lunch Club and being able to provide door-to-door transport removed the barrier of Mr C's poor mobility stopping him getting out of the house. Lothian Community Transport Service (LCTS) provide well equipped buses with a tailgate lift for people unable to navigate the steps.
- Mrs C told us that





being able to get out together was a great relief and the club offered a friendly place where they were able to meet other people in their community, decreasing their social isolation. She is able to access our Wednesday fruit and veg stall and finds a bit of respite in not having to cook lunch a few days a week.

- Mrs C mentioned that she was finding shopping more and more difficult and as she couldn't carry much, she had to make more frequent trips for small amounts. Her choice of shop was becoming more limited, as was the choice of groceries. We were able to offer Mrs C a place on our weekly shopping trip where she is accompanied by a volunteer who assists with heavy bags, door-to-door transport is provided by The Ripple community car. Mrs C has reported that the shopping service has significantly helped both her and Mr C maintain their independence and dignity.

Friday Social and Activities Club 65+

The Friday Club is a

social and activities club for people over the age of 65 living in Lochend, Restalrig, Craigentenny and surrounding areas. The club provides a stimulating programme of activities, trips, musical afternoons and guest speakers. During the summer months the programme makes use of free tickets from Edinburgh International Festival, Edinburgh Book Festival, Edinburgh Art Festival and trips further afield are provided. Post-covid there has been a steady increase in new Friday club members joining.

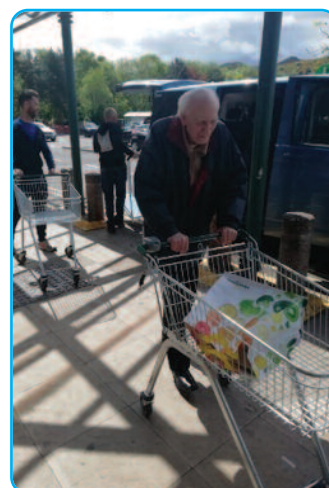
Friday Club Volunteers Review

The Friday Club would not be able to run without its group of dedicated volunteers. Being a Friday Club volunteer is an important part of people's daily life and we regularly review volunteer roles to make sure they are meaningful, relevant and achievable for volunteers who are also older. Volunteers have said they like having a clear guide to understand the roles of the club. The volunteers have also mentioned



that having a full-time Older Peoples Service Manager has been a great assistance to them in that they feel fully supported and able to concentrate on the members who need a bit more assistance. They are also excited by the growth of the club and variety of the programme.

65+ Monday Shopping Trips



We responded to the requests for support with shopping trips by creating a weekly shopping club making use of The Ripple community car. This service includes being accompanied by a volunteer who can help with high shelves and loading at the checkout. The shopping trips are a great way to help increase older people's physical activity, as well as help give them more autonomy, supporting people's emotional wellbeing. 'It is so great to have help with my shopping, as I am now able pick out the groceries I want and not be limited with how heavy they maybe. It is also a really nice chance to get out of the house a bit.'

working for wellbeing

65+ Men's Club

To encourage older men to join in we created a 65+ Men's Club "Still Game" is a space where older men can come together to play darts, dominos, and games, to help increase social connections and improve emotional wellbeing. We have had some great comments about how the group has made a big difference for the members, with comments like: 'They are happy to have this group, as a lot of his friends have passed away and he said this is a great place to make new friends and have a chance to talk about things. He loves coming to this club, it has made a big difference for him.'



There is always lots of great conversations going on with a nice hot cuppa and a blether. One member in particular makes use of the café for lunch which is the highlight of his week'.

Library Bus

Another great opportunity that was brought to The Ripple was the visit of the Library bus that parks in our carpark every fortnight. This is a great service to have and a lot of our Older People have been using this service regularly as it is very easy to access at the Hub. This library route had for many months parked a little further down the road, no one in the Hub was even aware of the service, and the bus had little or no use. After being approached by a Ripple staff member the bus now uses the Hub car park, is advertised by The Ripple, and the route has been saved from potentially being withdrawn.

The Wellbeing Project

has gone from strength to strength during this 12 month period of progression and development. We offer a wide range of unique, accessible activities which are all underpinned by



the 5 Ways to Wellbeing which are commonly referred to as; Be Active, Learn, Give, Take Notice, and Connect. We understand the importance of inclusivity, and building community, and it remains very important to us that we provide services that have a low carbon impact, and that address and remove the barriers to participation.

Yoga

Yoga classes continue to be popular and 2 classes a week are offered during summer months and 3 during winter. During this 12 month period 75 classes were delivered with a total of 305 attendances, reaching 31 people, 11 of whom were new. When surveyed, 100% of yoga students either agreed or strongly agreed that The Ripple's classes were inclusive,

improved their mood, challenged them, and improved both physical and mental health. The average rating for the classes was 4.7 out of 5.

"A very welcoming and educated instructor" "caters for all levels of ability and I never feel pressured".

"Patient but likes to encourage all to challenge themselves".

Outdoor Swimming

We offer all year round group wellbeing swims in the outdoors. There is growing research of the impact of swimming in natural places and cold water therapy on physical and mental health. We go to Portobello for the colder shorter swims of the winter months, and we travel further afield to beautiful places outside the city during warmer months. The weekly swim builds confidence, resilience and determination, and our weekly swimmers have become dedicated to their weekly social swim meet. Every couple of months we are joined by local GP's who are enthusiastic about the benefits of outdoor swims and one of our regular

swimmers was referred to our swim group through a nature prescription. During the few months that we have been swimming within this period, a total of 6 people have accessed the service, with 4 of



them being regular attenders throughout the winter "It makes me push myself and I feel my mood improves if I go every week". "I feel swimming all year round has made me more able to cope with discomfort".

Access Bikes

We were successful in a bid to receive over £15,000 from CyclingUK for local people to purchase brand new bikes and equipment. These were given to people who were experiencing hardship and who otherwise wouldn't have been able to afford a bike and who were looking to travel more actively, cheaply

and safely. On and off road training was given to individuals and families to increase their cycling confidence, as well as essential maintenance skills. We are in the process of setting up a bike project, where community bikes can be borrowed, low cost repairs can be offered, and a group can meet for weekly off road social cycles with a trained cycle leader.

Trips

We offer monthly trips as part of the wider wellbeing program. This period saw 7 day trips out to places such as Jupiter Artland, Samye Ling, Dunkeld, Roslyn Chapel, the Kelvingrove Gallery and a visit to the pop up sauna after a sunrise swim in March. 17 people took up a total of 42 spaces on these trips, the focus of which is being in natural or cultural spaces, allowing time away from the city, reducing isolation and doing something that is healthy and positive. The feedback has been indicative of how much people need this part of the service "It was easy going and

fun, a break from the stress of home and Christmas. A welcome respite, lots of laughs". "A sunrise swim and an outdoor sauna, maybe the best way to start the day that I've ever had. I feel like I could run a marathon". "Peaceful, colourful, thought provoking, funny, humbling, calming, spiritual, beautiful and uplifting".

Group work

The 8 week course is a psychoeducational group work program which explores the causes and effects of issues such as stress, anxiety, isolation, and low mood within a safe and supportive group environment. We look at simple tools and techniques to help people with poor mental health to manage better and to live more positive and healthy lives.

3 rounds of group work were completed during this period, reaching a total of 5 men and 8 women. Average attendance was 87% and one man left the course after week 4, citing extreme anxiety as his reason for not being

able to continue. Of this cohort of 13, all but 3 went on to access and benefit from at least one other Ripple Project service; 3 received Access Bikes, 2 attended yoga classes, 1 joined the writing group, another joined the walking group, 2 attended trips, 1 began attending Friday Club and there were also follow up 1:1 support sessions. Referrals came from link workers, Link Living, and self-referral. One participant, a former GP, said that she had had a real lightbulb moment as a result of some of the course material, which had led her to further research on the topic of physical pain, and had completely changed her relationship with her own frequent pain. Another participant continues to access yoga classes regularly, 9 months since finishing the group work.

Wellbeing Open Day

The year ends on a high and our third Wellbeing Open Day was held on 23rd Feb 2023 and was again a big success. 9 workshops were offered, including Laughter Yoga, Music Medicine, Hula hooping, Move to Feel,

working with food

and making natural self-care products. A total of 124 spaces were filled by local people of all ages. We were able to gather data and get a sense how important Ripple services are to local people. "I was heart full when I left.

Congratulations on such a great event so well organised and flowing with people wanting to participate. It was a super vibe and a welcoming environment".

"I was really impressed by the whole day, it was excellent and the participants had such good options to choose from". "Everywhere needs to be like this place, where everyone helps each other".

Catch Your Breath

The Catch Your Breath programme exists to provide a peer supported group for people with lung conditions living in our local area. The group comes together on a fortnightly basis to hear from guest speakers, take part in physical exercise programmes and learn tools to assist them with managing their condition and improving their quality of life. Speakers



this year have included Pulmonary Rehabilitation Professionals, Practice Nurses, Hypnotherapists and EFT practitioners as well as opportunities to join local singing groups and researchers from Edinburgh University. "Found the session on mindfulness very relaxing and helped to slow down my breathing."

"Learning exercises that can be done at home is useful." "Never thought I would be learning to sing with my condition. These breathing exercises will be great when I have a breathlessness episode." "The support team will be of a great help to family and friends."

Hub Grub Café

Open Monday to Friday, 10am to 1.30pm. Serving the local community with food that is sourced locally and cooked on the day. As part of the Cost-of-Living support



funded by the Big Lottery, Hub Grub Café was able to provide free meals and a hot drink to vulnerable people in the local community by way of meal vouchers distributed from January 2023 through to June 2023. Hubgrub Café is proud to have served 160 freshly cooked nourishing meals throughout this time period.

Community Pantry

Our community Pantry now runs every week in partnership with Cyrenians and Fareshare. On average 25 local community members are able to access food with dignity on a weekly basis.

Wednesday Fruit and Vegetable Market

This is the second successful year of selling

fruit and vegetables at cost price to the local people. The Ripple users now look forward to the market days to buy their fruit and veg, on average we have 15 local people accessing the market on a regular basis.



Food Freezer

In partnership with Cyrenians, we are able to host a food freezer with frozen meals to be accessed by our local community. This provides an extra layer of food availability with dignity to our local community members. Cyrenians' Flavour and Haver Cook school has been filling the freezer regularly with homecooked meals which includes soups and meals with both vegetarian and non-vegetarian options.



Food and Mood Workshops

This year we conducted 2 '6-week Food & Mood Workshops' to encourage healthy eating habits, support the mental and physical health of the people living in Restalrig, Lochend and Craigentenny. These were attended by 12 people who found the teaching and content incredibly helpful in making better food choices, meal planning, low budget healthy cooking. They learned how food provides building blocks for neurotransmitters which are responsible for the feelings of happiness, contentment, calm, anxiety, and low mood. Overall, these have been very successful



workshop.

"I am buying more fruit and nuts, working on getting more vitamins through the diet. I am thinking more about colours – different coloured vegetables and fruits – kale, coloured peppers, spring onions, red onions, mangos – more colours, more vitamins. I have started adding more herbs to increase flavours and I now know about their antioxidant properties." "Batch-cooking and freezing for busy days and hospital visits, so I don't snack on rubbish food after a busy day." "Very aware of food labelling - checking labels on oils, sauces, butter to avoid additives and flavours." "Really enjoyed the course –

loved all of it, thank you for your patience and efforts."

Advice stalls

Partners often take advantage of our busy café to come and talk to local people. Changeworks set up an advice stall on a busy Friday morning and answered questions and queries regarding energy efficiency and how to tackle fuel poverty. He was able to speak to about 30 regular café customers and offer advice as needed. 'I was not sure if a smart meter was for me, Changeworks helped me understand if it is suitable for me.'



Volunteer training

With 20 volunteers working through the week for the café and another 10 with the Lunch Club, volunteer induction and training is an essential part of learning and development and essential for smooth and efficient café

management.

Mental Health Awareness Week

Every year we actively participate in 'Mental Health Awareness Week'. Throughout the week we display posters about the role of nutrients and healthy food that provide brain nourishing nutrients. The café also prepares and serves meals highlighting wholefoods with recipes and ingredients handed out to customers for them to prepare at home.

Malnutrition Awareness Week

Ageing puts us all at risk of becoming malnourished. Here at The Ripple, we are acutely aware of the malnourishment that comes with age as our work involves interaction with senior members of our community. Having nutritious and varied food is important for good health and wellbeing throughout life. As we age, it becomes even more important, we make an effort to educate about the signs and symptoms of by talking to people and through handouts on how malnourishment can be avoided.

working with the **community**



Meal Vouchers

On two separate occasions we were able to provide free meals with dignity to our local community members. As a result of participatory budget funding, the foodbank liaised with The Ripple to provide freshly prepared hot meals to the most in need, vulnerable members through Apr – March 2022/2023. The café also received a part of the 'Cost of Living Funding' and we were able to provide about 150 free meals over 6 months starting January 2023 as part of this fund.

Wellbeing day Catering

Hubgrub Café chefs and volunteers came together to support

Wellbeing Day and helped cater healthy food on the day. It was a successful day with hot and healthy meals, chat and activities bringing community together.

Christmas Dinner

is a highlight of the year here at The Ripple. As with previous years, we thanked all our volunteers and staff for their unwavering support in running the café and all our food related activities smoothly and enjoyed Christmas dinner together.



The year saw our community get involved in a number of new initiatives. Collaborative research projects with colleges and universities prominent in recent years were replaced by regular outings and sociable community events. The Ripple received some international recognition in the art world, and the local sellers joined the market scene as the Leith Gala returned to Leith Links.

The first year impacts of The Ripple's own participatory budgeting initiative, LCR Stands Up, have come to fruition with a new community mural being produced at Craigentenny Primary School, improvements made to Craigentenny Community Garden and a fantastic number of football sessions for Lochend Football Academy girls' groups.

Participatory Budgeting

The second year of participatory budgeting saw £21,000 spent on projects benefiting the local community. Funding partners reinvested in the process for the second year and an additional £6000 was

raised through a newer relationship with Capital City Partnerships. The steering group retained 3 members from the first year of LCR Stands Up and added 3 new faces to bring some new ideas on board. Decisions were made to increase efforts to make the voting process even more localised than the previous year by placing ballot boxes and voting slips in local shops. The steering group also decided to run a few entertainment events for the final voting day to generate a stronger community feel in the Hub. The event attracted 175 voters each casting 4 votes each, totalling 700 votes made towards community-based projects. As it stands, all 12 successful projects are either underway or have been completed, which is an improvement on the previous year where 10 of 12 projects were completed in full. This is hopefully a sign of improved understanding from local people involved in participatory budgeting processes and we look forward to seeing an increase in participation as the

years continue. The success of The Ripple's participatory budgeting efforts has been recognised throughout Edinburgh via Edinburgh Council reporting to Scottish Government Funders, Edinburgh Council requesting specialist advice from The Ripple on local community budgeting processes and organisations requesting training and presentations from The Ripple on how participatory budgeting can work in their own communities including a talk at Northfield and Willowbrae Community Centre during their September Environmental Fair.

Green PB

After the success of the first two years of LCR Stands Up, The City of Edinburgh Council requested the support of The Ripple to deliver their city-wide participatory budgeting project themed around funding projects that support the climate initiative. The process ran between November 2022 and March 2023 and The Ripple was on the steering group of the

Edinburgh Community Climate Fund as the specialist adviser for the delivery of participatory budgeting. The process involved reviewing more than 50 applications from organisations throughout Edinburgh. Organisations were able to apply for up to £20,000 and resulted in 8 projects receiving funding after an online vote. Over 2000 people across the city voted for the climate regenerative projects.

Local Sellers

Several of our local people had the opportunity to sell their handmade crafts at multiple markets throughout the city. This provided the chance to get essential experience in setting up and running a stall whilst interacting with customers. Markets were held in the city centre, Ocean Terminal, at Leith Gala and even more locally at Craigentenny Community Centre. The sellers were able to independently attend these markets and communicate between each other when attending in order to support each other.

World Collage Day 2022

May 2022 saw the first ever World Collage Day event held in Edinburgh right here in Restalrig. In collaboration with local Scottish artists and support from Creative Community Partnerships, The Ripple hosted this international collage celebration with local residents and people from all over the city visiting The Ripple for the first time. The event was called Art Is Everywhere and 50 tickets were booked for the day. Workshops ran through the day and there was a panel session with multiple artists in our main hall. The event gained international recognition through a collage magazine and was a huge success.

Partnership working

Partnerships were further developed and bonds strengthened this year with The Ripple creating a Restalrig Network, bringing together local third sector and public service providers to discuss and problem solve issues faced by residents in the Restalrig, Lochend and Craigentenny locality. As The Ripple continues

its work into improving opportunities for residents, the Community Action Worker has become increasingly involved in the North East Locality Community Planning Partnership (NE LCPP). As co-chair of the North East Voluntary Sector Forum (NE VSF), being involved in strategic planning discussions enables the filtering down of information to the wider third sector base. Future opportunities in working with the NE LCPP include contributing to the Edinburgh Community Empowerment strategy currently under development.

Men's Activity Bingo

During the summer of 2022, The Ripple received funding from the Health and Social Care Partnership to incentivise 10 local men for completing activities that would have a positive impact on their mental health. The Edinburgh Health and Social Care Partnership were looking for organisations to help address loneliness and isolation as the world prepared to move on

from the pandemic. The Activity Bingo project gave each man the opportunity to earn up to £125 for completing 7 activities throughout the city, writing a journal entry about the experience and sending a photo before receiving a cash reward. Activities included travelling the equivalent of 80 miles over a month, spending an afternoon at the Royal Botanic and visiting a local comedy club. "I was delighted to receive my new walking shoes, ready to take on activities set by The Ripple".

"When completing the walking challenges, I had to combat the mental challenge, my mind telling me to give up, but I persisted and went on some great walks during the month of August. One of these included a trip to peak Arthur's Seat, the views were immense and the sense of achievement was great, I am glad I am still capable of such physical exertion." "trips to the Money Museum and the Comedy Club were both anxiety inducing but despite feeling uncomfortable, the

experiences at the two venues in the city centre were both positive. "The fact that I had the opportunity to be paid to 'look after my mental health' was strange to me but I enjoyed the challenge of ticking all the activities off".

Computer Group rebirth

The computer club has been a feature of The Ripple for 11 years but had difficulties with a return after lockdown restrictions had eased. By the autumn of 2021 it was acknowledged that our volunteer had become overrun with the demand for digital support and a solution was required. After a quieter winter period, the computer group started to pick up the numbers significantly again in spring 2022. Partnering with People Know How to support us in delivering much needed digital support for local residents and the partnership has produced some fantastic results. GPs are counting on the elderly to understand their jargon now. My doctor sent me a link to sleep resources, but nobody

told me what the link is and how to use it. This group helped me understand the jargon and gave me access to these resources." The computer group now has six regular learners with multiple people coming for one off sessions every week".

National Lottery Community Anchor Fund

2022 saw the global economy take a substantial hit and unfortunately it is those already deep rooted in deprivation that struggle the hardest. The Ripple acted decisively and successfully received funding thanks to The National Lottery to support those most vulnerable in our area over the winter months.

- "More comfortable in my house, knowing that I can have a hot bath or a good nights sleep without having to worry as much about what it is costing me. This winter will hopefully be more enjoyable"
- "A huge difference, thank you. I will be able to put my heating on. I also have been watching how often I use my gas cooker and

limit the amount of showers I have. So thank you very much."

- "As a sufferer of peripheral neuropathy, I will be able to have more heating on in my flat which helps to alleviate some of the conditions the illness causes; like very cold hands and feet."
- "Will make a massive difference, can use gas + elec more often, I won't be having to keep watching meter. I'm having to sit with hat + fleece on so being warmer will be a massive help."
- "I am all electric so this top-up will give me relief and prevent me worrying about my bills for the immediate future."
- "Getting this help has removed a level of stress. It means I can actually have the heating on for the first time in 2 months without worrying if my cats are ok."

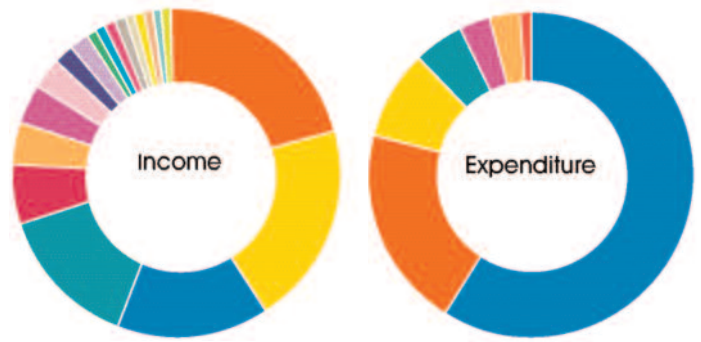


Alongside our own work we partnered with other organisations offering them space in the Hub to either deliver much needed services or come together as independent groups these include weekly sessions by

- Granton Information Centre
- Social Security Scotland
- Local Councillors
- Local MP's and MSP's
- Knitting Network
- Healthy Eating Group
- Working Rite
- Art Club
- JET Academy
- Family Mediation
- NHS Lothian
- Edinburgh College
- Save The Children
- City of Edinburgh Housing
- Edinburgh University
- Glasgow University
- Mary Phelan School of Dance
- Museums and Galleries Cultural Service



Income and Expenditure for the year ending 31st March 2023



Total income

£481,290

● City of Edinburgh: Children & Families	£101,207
● Edinburgh Integration Joint Board	97,448
● Scottish Government	61,427
● National Lottery Community Fund - Improving Lives	57,546
● National Lottery Community Fund - Community Anchors	26,732
● Café Income	21,572
● Robertson Trust	20,500
● Bank of Scotland	20,127
● Cycling Scotland	15,264
● Donations	13,284
● Room Hire and Activity Subscriptions	12,980
● City of Edinburgh: Small Youth grants	11,667
● EVOC	6,500
● City of Edinburgh: Community Mental Health	6,500
● Other Grants	4,483
● Other Income	4,053

Total expenditure

£495,137

● Staff including recruitment and training	297,014
● Programme costs	114,213
● Rent, rates, light and heating	26,846
● Premises expenses	16,510
● Insurance, subscriptions, professional fees	14,817
● Telephone, post, printing and stationery	12,445
● Depreciation	8,719
● Governance	3,780
● Other	793

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 2021/22. Our Funders and Donors: City of Edinburgh Council, Edinburgh Integrated Joint Board, The Big Lottery, The Robertson Trust, Youth Scotland, Cash Back for Communities, The Landmark Trust, POLHA, Capital City partnership Scottish Government, DTAS, Thrive Edinburgh, Dixie Saltire Line Dancers, Link Up Women's support, Meg Kitchin.

Registered in Scotland No 214364.

The Ripple

HELPING PEOPLE TO HELP THEMSELVES

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