



#yourpart



2019/2020 Community Fund: Interim Assessment Form

Locality: Eildon

Ref. No.: CF1920-EIL-11

Organisation Name: Nurture the Borders

Funding Requested: £9,800

ABOUT THE GROUP			
Organisation Structure	Community Interest Company		
Annual Accounts Balance	£24,057 (2018/19)		
Are any funds ring-fenced, if so why & how much? £24,000 ring-fenced for project delivery			
Has the applicant successfully applied for SBC funding within the last three years? <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No			
Fund	Financial Year	Amount (£)	What used for?

ABOUT THE PROJECT	
Project Brief	Nurture the Borders are seeking support for the continued delivery of 'The Village'. The Village is a dedicated space in Dunsdale Road, Selkirk supporting mums and families during the Perinatal period (pregnancy, birth and postnatal). The Village provides a safe space with access to support, education and therapies as well as a range of activities. If successful, the fund would be used to cover rental costs of £7,488 for 2020/21 as well as £2,512 towards utility costs which are estimated at £3,444 for the year. This support will give Nurture the Borders the opportunity to develop the business model and increase referrals to increase sustainability. The group have a three year lease. April 2020
Project Start Date: DD/MM/YY	

Total Expenditure (£)	£10,888 (rent and utilities)
Community Fund Request (£)	£9,800
10% Match-funding	£1,088
Any Other Contribution?	
Other Funding Sources	Amount (£) At what stage?
Community Fund Outcomes	<input checked="" type="checkbox"/> Communities have more access to better quality local services or activities <input checked="" type="checkbox"/> Communities have more access to a better quality environment <input type="checkbox"/> Communities have more pride in their community <input checked="" type="checkbox"/> Communities have more access to better quality advice and information <input type="checkbox"/> More local groups or services are better supported to recover from financial difficulty

ASSESSMENT	
What need/demand has been evidenced for this project/activity?	<p>Currently one in five women will experience a mental illness during pregnancy or within the first two years of their infant's life. In the Scottish Borders this equates to approximately 220 mums being affected. Suicide remains the leading cause of death during the perinatal period. Anxiety and depression in pregnancy are associated with adverse outcomes for mums and babies including low birth weight and attachment issues.</p> <p>Child poverty data for the Scottish borders shows that in some areas of the Scottish Borders, the poverty rate is 33.6%. Families with the youngest child under 1, single mothers and mothers aged below 25 are highlighted as being at risk of child poverty.</p> <p>In addition, maternal and well-being indicators show</p> <ul style="list-style-type: none"> • Smoking in pregnancy is higher in the Scottish borders than the Scottish average (ISD) • The proportion of first time mothers that fall into the 19 and under and 35 and older age ranges has increased in the Scottish borders and is higher than Scottish Level (SNS) • Within the five main areas of deprivation in the Borders, fewer than 20% of the babies have been exclusively breastfed at 6 to 8 weeks

	<p>Nurture the Borders has supported over 400 local women and their families during the past three years and it is through this work the need for The Village has been identified.</p> <p>While there are effective parenting projects being run in the Selkirk community, there is a lack of provision that specifically supports the parent and looks to help with their mental well-being. The Village will help address this need.</p>
What benefits will be gained from the project/activity and how well does the project/activity meet the outcomes of the scheme?	<p>The Village will provide a much needed base to allow Nurture the Borders to provide a range of services to support women, their infants and families including:</p> <p>Two free facilitated drop-ins per week where women can access support from perinatal mental health support officers and trained volunteers.</p> <p>Two monthly Swap-Shops which are a free and eco-friendly way of accessing baby clothes, nappies, maternity wear and baby accessories,</p> <p>Weekly antenatal sessions which include pregnancy yoga, antenatal education, self-management techniques, relaxation and peer support.</p> <p>2 monthly workshops providing free and affordable education on topics including Infant and Family First Aid, Infant & Maternal Sleep for Wellbeing, Infant Feeding, Bonding through massage, movement and play sessions, Birth Preparation, mindfulness, yoga and Postnatal Wellbeing.</p> <p>Birth Trauma Recovery sessions.</p> <p>In addition, there is a users group whose goal it is to run their own business. The aim is to run 'Mumpreneur Workshops' allowing these mums the use of the space to get their businesses off the ground in a way that complements Nurture the Borders services, for example, fitness classes aimed at postnatal recovery.</p> <p>Parents and families can be referred into the project from a variety of partners including health visitors or Early Years Centre's as well as via self-referral. The aim is to reach those parents that are hard to reach and not engaging in other activities but are struggling with their mental health. The project will aim to engage with those parents that are Anti-Natal.</p> <p>The village is focused on providing a safe space for parents and families which encourages peer support so that parents can share and learn from personal experiences in a comfortable and non-threatening environment.</p> <p>Although the project is based in Selkirk, it is accessible for everyone across the Eildon area. Currently parents from</p>

	<p>Galashiels and Tweedbank access the service along with parents from Selkirk.</p> <p>A range of outcomes for both the individual, community and organisation have been identified and will focus the work of Nurture the Borders.</p>
What support and involvement of the wider community is there for this project/activity?	<p>There are currently 30 volunteers that help to support the running of the project. They have been involved in the design of The Village. Third sector and statutory agencies have helped identify gaps in provision that The Village could help address. Local councilors, MSPs and MPs have also been consulted as have national third sector groups to discuss Perinatal service provision and best practice.</p> <p>The project aims to work closely with the Early Years Centre and this can be seen as a progression route for some of the parents that attend. These parents can be supported to attend programmes that are run by the Early Years Centre thanks to a buddy system. A buddy will attend provision or activities along with a parent until they feel comfortable to attend themselves.</p> <p>Nurture the Borders attend Early Years Network meetings which are attended by partners such as SBC, NHS Borders and Live Borders and also presented to the broader Children and Young People's Network.</p>
What efforts have been made by the applicant to secure other sources of funding for the project/activity?	<p>They currently receive room rental from other organisations using rooms within their building.</p> <p>For some provision there is a charge to those parents that have not been referred on to the project and that income is reinvested in the delivery costs of the project.</p>
What happens at the end of the project/activity or when the funding is spent?	<p>Nurture the Borders have an application pending with a national funder to help cover the costs of project delivery for two years which includes staffing costs, admin costs and resources. They will continue to hire room space to generate income and plan to increase the number of classes and workshops that can generate income. On average, a workshop can generate £80 in income, charged classes raise £50, hire of studio is £15 per hour and hire of the therapy room is £10 per hour.</p> <p>If unsuccessful with this application, Nurture the Borders would have to scale down their project and use reserves to fund running costs. They estimate the project could continue for three months.</p>
Quotes received for items of expenditure	Yes
Have appropriate permissions been sought/granted?	Yes

SBC OFFICER RECOMMENDATION

The application meets the criteria of the community fund.

Additional Terms and Conditions:

If successful, Nurture the Borders will be requested to evaluate the impact of their project either on conclusion of their project or a year after receipt of their grant funding, whichever comes first. We recommend Nurture the Borders consider using the following measures to help them evaluate impact:

- How many mums and families engage with services provided in The Village
- How many volunteers are active with Nurture the Borders
- How many programmes/ sessions have been delivered at The Village
- Feedback from service users, volunteers and partners
- Participation in partner networks/events
- Whether there has been any increase or expansion to the services on offer
- Use of the SBC logo in promotional materials