

# 2021/2022 BUILD BACK A BETTER BORDERS RECOVERY FUND

## Assessment Form

For the purpose of assessment, projects have been ranked high, medium or low to reflect how strongly the application meets the criteria of the Build Back a Better Borders Recovery Fund.

**High** – a strong demonstration of how the project will assist recovery from the pandemic

**Medium** – provides acceptable examples of how the project will assist recovery from the pandemic

**Low** – lacks detail of how the project will assist recovery from the pandemic

### 1. Applicant Details

<b>Organisation name</b>	Eat, Sleep, Ride CIC					
<b>Organisation structure</b>	Community Interest Company					
<b>Application reference</b>	BBBB/BER/08					
<b>Theme of application</b>	Sport	Arts & culture	Environment	Community capacity	Community resilience	Intergenerational activity
	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
<b>Project start date</b>	End of Jan 2022			<b>Project end date</b>	August 2022	

### 2. Organisation's Finances

<b>End of year balance</b>	£122,623.15
<b>Current bank balance</b>	£118,000
<b>Total cash/Unrestricted reserves available &amp; purpose</b>	£17,887
<b>Total restricted /committed funds &amp; purpose</b>	<p>£104,736</p> <p>The bank balance includes the following ringfenced received funds as of 31<sup>st</sup> October 2021, some of which had been partially spent:</p> <p><u>New Site:</u>            £33,448 – SSE (New Site)            £37,891 – Sport Scotland (New Site) (£13,288 remaining)            £50,000 – Big Issue Invest (New Site)</p> <p><u>Programmes:</u>            £11,974.15 – Berwickshire Community Fund (Take the Reins 2) (approx. £3,000 remaining)            £4,320 – Berwickshire Alliance (Leadership &amp; Communications Course) (approx. £4,000 remaining)            £1,560 – Orcome Trust (NCFE course) (approx. £1,000 remaining)</p> <p><b>Total Ringfenced funds in Bank: £104,736</b></p>

	Eat, Sleep, Ride CIC took out a Bounce Back loan in 2020 (of £23,000) which helped them cover costs through the lockdown and periods of travel/numbers restrictions.
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**3. Project:**

**Outline of what the group plan to do to help people recover from the pandemic. Projects will be ranked higher if the application strongly demonstrates that they are meeting an identified need in the community. (e.g. area of deprivation, protected characteristics, tackling wellbeing and isolation, tackling climate change)**

<b>High</b> <input type="checkbox"/>	<b>Medium</b> <input checked="" type="checkbox"/>	<b>Low</b> <input type="checkbox"/>
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Eat Sleep Ride (ESR) is a community based social enterprise which uses the therapeutic benefits of equine interaction to improve people’s wellbeing. ESR work with people from across the Scottish Borders and support people facing a range of complex challenges.

ESR are applying for funding to help cover the costs of running two new projects focusing on health and wellbeing, social isolation and the environment to support people in their recovery from the pandemic.

Weekly group sessions, of 10 hours per week over a 6 month period, will be delivered in a workshop format engaging with 25 young people. ESR have 10 children from local schools on a waiting list and Chirnside Primary school has identified 15 young people who would benefit if the project goes ahead, Sessions will be held one a month on a Sunday for families and two hours on a Wednesday afternoon for primary school aged children. Sessions for young people will be every second Tuesday afternoon.

Workshops will be a mix of climate change, mediation, cookery, life coaching and goal setting, equine facilitated ground work exercises, energy work and pottery. Workshops will be delivered by ESR and partners.

1:1 sessions will be delivered over an 8 week block with 15 primary school aged children and 6 young people. Referrals for support are being received from primary schools, Eyemouth High School, SBC’s No One Left Behind and Social Work, Connect Youth, Meeting of Minds, Berwickshire Housing Association and self-referrals.

Confidence and relationship building activities will be delivered outdoors using nature to help people focus on their mental and physical health. Equine Facilitated Learning activities will include observing, handling, grooming, groundwork and structured challenging exercises focused on the participants’ needs and goals.

The funding would be used for project costs including staffing, workshop facilitator fees, venue hire, horse hire and equipment.

**Evidence of individuals, groups or communities likely to benefit from the new initiative and how they have been affected by the pandemic:**

<b>High</b> <input type="checkbox"/>	<b>Medium</b> <input checked="" type="checkbox"/>	<b>Low</b> <input type="checkbox"/>
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ESR say they are planning these new services in response to the pandemic and say that the projects will benefit children, young people and their families in the surrounding Scottish Borders area in particular young people not in education, employment or training and living in disadvantaged communities. Since the new year, schools and local services

have been contacting ESR with referrals and they have been working with nine new people and one person on a No One Left Behind agreement.

Of 57 people they have worked with over the last year, 8 are living with a disability, another 8 has someone with a disability within the household, 3 have long term health conditions, 10 has someone with a long term health condition in the household, 21 report anxiety, 17 report depression, 7 have experience of the care system, 5 live with addition problems in the home, 6 have experiences physical, sexual or emotional abuse, 30 report issues with their confidence / self-esteem, 10 are living in areas with the 4<sup>th</sup> decile of deprivation, 12 live in single parent households and 5 are carers. 45 of the people ESR work with are over the age of 16 years; they also support 40 adult volunteers.

The intention is to help re-integrate young people back in to society after lockdown whilst addressing the impact the pandemic has had on their mental health. ESR will also work with the families / guardians which creates the opportunity for shared learning and experiences across the household. Children and young people will be supported to work towards a HI5 and Dynamic Youth award to evidence learning and progression. SQA credits will also be used to accredit learning.

These new projects builds on the self-development programmes that ESR have recently delivered including Take the Reins which was funded through the Community Fund and Welfare Trust in 2020/21 and the Horse Play pilot which was funded from the 2019/20 Community Fund.

The majority of the 19 people who currently attend Take the Reins are not in education or training and suffering from mental health issues. They were from the TD5, TD11, TD14 AND TD15 postcodes.

The following evaluation was captured:

Feedback from ESR Staff:

"[A] showed great team work skills, lots of smiles"

"[B] also commented on multiple occasions to different people about how proud he was to lead a horse and not feel scared"

"[C] commented she felt confident on the yard as she understood her tasks clearly. She has asked to volunteer on a weekend and is showing great initiative and communication skills. The school and her mum are really proud of how far she has come."

Feedback from Parent of Participant:

"[D] is a different kid tonight!!! I'm so so so so grateful she has really really really benefited from the last two days and she still feels ok... I can see a bit of the old [D] tonight a new confidence loving the stables when it's quiet ...I can't even explain how grateful I am she has turned a corner fantastic Thank you so much."

Feedback from the Horseplay pilot:

ESR report that Horseplay participants improved their health and wellbeing and quality of life and increased participation and reduced social isolation.

"Participants reported the games, caring for and riding the horses were the best parts...all participants said that the worst part was the project finishing. From our first session to our last staff, volunteers and other riders commented on how calm, polite, and focused our participants were. The conversations and cuddles we witnessed them having with their horses and each other clearly showed the positive and empathetic behaviours

they learnt throughout this process. Parents commented on how excited their children were the day of the sessions and that getting them to school was easy. One parent told us it was a life saver to be able to see her children who are home schooled socialise with children their age after being removed from mainstream education due to bullying. The children never stopped smiling and were able to have conversations about themselves and identify how they felt through our 'feeling wheel', tell us their favourites songs, games, music, tell us their best attributes and the attributes they look for in a friend. The whole project showed a transformational change in attitude towards themselves and each other, many still attend and we have continued to work in partnership with local schools.

Expected impact of the new initiative and how will it help those most in need recover from the pandemic

**High**

**Medium**

**Low**

The expectation is that participants engaging in these projects will see a reduction in their anxiety and improved self-awareness. At the end of the programme the intention is that people will have progressed with the goals they set themselves in life, work and education.

ESR also hope this will continue to strengthen partnership work with local services and continue to build a trusted relationship in the community.

#### 4. Project Expenditure:

<b>Total Project Cost</b>	£27,202.00
<b>10% organisation contribution</b>	£2,720.20
<b>Request to BBBB</b>	£24,481.80

<b>Item of expenditure</b>	<b>Cost</b>
Staff NOLB and salary costs	£8512
Facilitator fees, external workshops, health holistic fees	£3700
School hire, community transport, Equipment lacrosse and bush craft	£3400
Stationery, horse hire, analysis. Exam qualification fees, assessment	£5915
Equipment paint, brushes, foam, wood, Refreshments, Training mirror for disabled riders, Instruction for exams	£5675
<b>Total</b>	<b>£27,202</b>

Match/**other funding** sought:

<b>Funder</b>	<b>Funding Requested</b>	<b>Status</b>
Berwickshire Community Fund	£5,000	Pending
	£	
	£	

Grants received from Scottish Borders Council or any other funder within the last three years

<b>Date</b>	<b>Project Title</b>	<b>Amount</b>
Nov 20	Horse Play Afterschool club – Community Fund	£2,000
Mar 21	Take the Reins 2 <sup>nd</sup> programme – Community Fund	£11,974.15
Mar 2021	Take the Reins – SBC Community Welfare	£2,500
2020 - present	New Site (SportScotland, Big Issue Invest, SSE, Suez, SOSE)	£245,713
Dec 2020	Adapt & Thrive – EFL, SQA	£23,000

<b>SBC OFFICER ASSESSMENT</b>	This application is intended to help people recover from the pandemic and meets the criteria of the fund
<b>Comments</b>	The application has been assessed as Medium. Eat Sleep Ride aim to work with young people and families, from disadvantaged communities who are in need of support and who have been impacted negatively by the pandemic.
<b>Additional terms and conditions required</b>	<ul style="list-style-type: none"> <li>• Scottish Government coronavirus (COVID-19) guidance must be adhered to with a protocol for safe participation in the programme and use of resources developed, and all participants agreeing to adhere to this protocol.</li> </ul>
<b>Evaluation</b>	<ul style="list-style-type: none"> <li>• Number of young people and families engaged with over the length of the project</li> <li>• Feedback from the young people on what impact their participation in the sessions has had on them.</li> <li>• Feedback from volunteers and staff</li> <li>• Goals achieved</li> </ul>