



Tweeddale

Impact Report 2023

*I talk more
it's fun*
lots of new friends
I feel like I belong
Made good friends
You treat me with respect *I love being out and about*
more confident speaking out
Proud of what I can do
I'm happy in the group

Our Aims and Activities

Interest Link was founded by family carers in 1990 and works across the Scottish Borders to improve the quality of life of socially excluded children (aged 8+), young people and adults with learning disabilities and autism. We aim to help our members connect with their communities through friendships and shared opportunities, having fun and improving their happiness, confidence, self-esteem and social skills.

We achieve our aims through a volunteer befriending service that creates and supports social groups and 1:1 links for around 215 members annually. It is delivered through four local projects (Berwickshire, Central Borders, Roxburgh and Tweeddale) each with its own staff and local committee of stakeholders. They work with local schools, Borders College, Social Work and care providers to reach as many people as possible.

Our support is longterm and sustainable throughout transitions. It also provides respite for around 250 family carers annually. Activities are delivered with the help of around 200 peer-age volunteers, including around 60 of school-age. All volunteers are PVG checked, trained (including adult and child protection) & supported by staff.

Our befriending model has developed through co-production and regular consultation and includes traditional 1:1 links, befriending groups, overnight trips and in-school groups. Group activities are similar to those of mainstream youth and social groups such as arts & crafts, drama, film, gardening, music, cookery, games and outdoor adventures.

Our members and the need for the service

Our members have a lifelong condition that affects their development and means they need help to understand information, learn skills and live independently. Cerebral Palsy, Downs Syndrome & Autism are often involved, with high accompanying levels of epilepsy & sensory impairment.

Members are socially excluded throughout their lives: Most children are taught in additional needs units and lack opportunities for friendships, art, drama or sport that are crucial to wellbeing and achieving their full potential. Only around 1% of people with learning disabilities have a partner in adult life and 4.5% a job, and we hope to maximise the chances of positive destinations in these areas.

The family carers of our members with learning disabilities have a role which is difficult to sustain, isolating, reduces their opportunities, affects their wellbeing and often involves financial hardship.

Tweeddale Activities

In the 12 months to the end of July 2023 we supported 45 members with learning disabilities. There were 21 1:1 links and 43 member places in our befriending groups. 51 family carers enjoyed short break respite. Branch Co-ordinator Mary Mouat and Assistant Co-ordinator Rosa Cabello deliver the service, along with sessional workers, tutors and 35 volunteers.

Developments:

- Our gardening and outdoors group, Green Wanderers spread its wings fully, with raised beds at Greener Peebles Community Garden, wildflower planting, visits to Dawyck & Kailzie Gardens and winter craft activities.
- Our new intergenerational Zoom bingo group had its origins in the pandemic and is now a regular part of our service, supporting members at Garvald West Linton

Our other groups all meet fortnightly at our Cavalry Park venue for arts & crafts, music, games, healthy eating, parties and trips out:

- Champions (8-16s)
- Frontrunners (16-25s)
- Motivators (Young Adults)
- Make That
- Parents Craft & Chat group

Highlights of the year included:

- In February 2023 Interest Link won the overall Loving our Volunteers award
- In April 2023 Interest Link held the first [Charmian Challenge](#) fun run in memory of former director Charmian Ledsham, with 120 members, carers and volunteers taking part.

Tweeddale Outcomes at a Glance

Member Outcomes



Carer Outcomes



June 2023 Tweeddale Outcomes Survey

We surveyed supported members, family carers, volunteers, tutors and care professionals in June 2023, using accessible questionnaires deployed face-to-face, online and by telephone and post.

Response rates	Members	Family carers	Volunteers	Tutors		
	59%	80%	59%	100%		
Main Outcomes:						
Impact on Members	More Friends	More opportunities	Greater Happiness	Improved Confidence	Increased Self-esteem	Better Social Skills
Reported by Themselves	100%	91%	87%	96%	96%	100%
Reported by Carers	95%	95%	90%	100%	100%	90%
Reported by Volunteers	94%		94%	94%	94%	88%
Impact on Family Carers	More Opportunities Outside Caring		Eased or More Sustainable Caring Role		Greater Wellbeing	
Reported by Themselves	75%		80%		95%	
Reported by Social Care Professionals	100%		100%		100%	
Impact on Volunteers	Increased Learning Disabilities Awareness		More confidence with people with learning disabilities			
Reported by Themselves	100%		100%			
Other responses:	Members	Family carers	Volunteers	Tutors	Social Care Professionals	
Service still needed	100%	100%			100%	
Feel valued & supported by Interest Link	100%		100%	100%		
Volunteering has met hopes and expectations			100%			
Safe & Professional Service					100%	

Links to feedback:

[Members](#)

[Carers](#)

[Volunteers](#)

[Care professionals](#)

[Tutors](#)

Selected Feedback: Members

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Outcome/Theme	Quotes
Confidence	I was shy when I first started and feel more confident now.
Confidence	It has helped with my confidence especially after Covid getting back to groups safely.
Confidence	Given me confidence in new situations and surroundings.
Confidence	Doing new stuff makes me more confident.
Confidence	I am shy with new people but feel confident talking to people at interest link.
Friends	Lots of lovely friends I have great fun with and we help each other.
Friends	Not easy but this has helped.
Friends	I like meeting new people at the group and making friends with them.
Friends	Yes, with the people running it and everyone who goes.
Friends	I have made a lot of friends and I'm happy,
Friends	I look forward to the group and meeting my friends.
Friends	I love being part of a group as I feel that I can be a part of something and not on my own. It makes me feel happy. I like the art group the best. I have memories of my friend there.
Friends	I love champions I look forward to it every two weeks! Everyone is lovely and helpful.
Friends	The group makes me feel like I belong, have friends and make good art.
Happiness	Good to see my friends and I'm happy in the group.
Happiness	I love doing all the different activities and spending time away from home.
Happiness	I am outside more and not in the house and mixing with people. I'm really happy as I get to speak and socialise with people and it's lots of fun.
Happiness	Happy in the group.
Happiness	I love when my day comes to come to the group, it's so much fun.
Happiness	I feel happy and safe.
Happiness	The group is really good and Rosa and Mandy make me feel happy. I can talk to them about anything. I feel happy.
Happy	I always go back home happy with what I have achieved at the group.
Opportunities	My mum does things with me at home and I teach her my new things.
Opportunities	I've been able to go to new places, met new animals and try new things e.g. herbal tea.
Opportunities	I have gone to places like GO Ape, rock climbing and various other places that would not normally get to do.
Opportunities	I went to no groups until I got the chance to come here.
Opportunities	It has taught me to be a more creative person and get more creative skills.
Opportunities	I am artistic and find it great having opportunities to make art with other people.
Opportunities	I now buy arts and crafts to do at home for night time and weekends to keep me busy.
Opportunities	I really loved the Christmas party as I don't attend parties at school. School parties are too busy and loud. I would like to do more baking/cooking.
Opportunities	I enjoy going out with Gerda. Enjoy libraries, we do bingo, its good.
Opportunities	I like doing every craft. I think I'm very good at art and crafts. I love everything about Motivators, truffles!! :-)) bowling, games. I like going into the garden, getting my hands dirty! Green fingers.
Opportunities	I enjoy going out with my volunteer and going shopping and out to cafes
Opportunities	Something different that I really enjoy
Self-esteem	Everyone is very kind to me and always pleased to see me, this makes me feel valued.
Self-esteem	I feel better because it allows me to do more.
Self-esteem	Mary and Rosa listen to my ideas.
Self-esteem	Everybody listens and helps me with everything.
Self-esteem	I know they will listen in the group and take me seriously.

Self-esteem	I love the art projects and have lots of things I've brought home to show my family. I am very proud of the work I have done.
Self-esteem	I love doing arts and crafts. I like to see what I have achieved. I use my imagination a lot more.
Self-esteem	I'm very proud of what I make. I give some of my things to people for presents.
Self-esteem	It makes me feel part of something.
Social Skills	I am able to speak to my friends easier.
Social Skills	If I didn't have the groups I wouldn't get to speak to people as much. I feel confident to talk and socialise with other people.
Social Skills	I feel more sociable because of the groups and like I'm able to do more.
Social Skills	I can communicate easier with groups of people than I could before.
Social skills	Speaking to my friends and we all encourage each other. We all smile and laugh.
Social skills	I think I can find the words easier to tell people what I am asking for.
Social skills	I feel that people understand me more. I feel better at talking to people.
Social skills	I am more talkative with people.
Social skills	Although I don't use language I can communicate and laugh a lot.
Social skills	I think this group has greatly improved my social skills.
Social skills	I can explain what I am thinking better.

Selected Feedback: Family Carers

[Top](#)

Outcome/Theme	Quotes
Carer Opportunities	Gives me time to myself and I am able to talk to people who understand my situation.
Carer Opportunities	We look forward to coming, it's sometimes the only chance to see friends all together
Carer Opportunities	If my child is out with a one to one it gives me time to spend with friends.
Carer Opportunities	I go to exercise classes while my daughter attends.
Carer Opportunities	I can do whatever I want or do nothing, just be at home or in the garden.
Carer Opportunities	We can go and see my daughter who lives in Edinburgh, also just time for ourselves.
Carer Opportunities	It gives me and my mum time together and a wee break to have some time for us.
Carer Opportunities	Yes - Tuesday evening is the only evening my daughter is out, so I can spend time with my husband and other daughter.
Carer Opportunities	Gives the family much needed respite in a safe and controlled environment.
Carer Opportunities	It gives myself and my wife some evening free time to catch up with our daughters
Carer Opportunities	I can spend time with each child individually as the other is at interest link .
Carer Opportunities	It has extended our child's social life and ours.
Eased caring role	When my sister attends the groups I know she is safe, having fun and meeting new friends along with learning new skills. This takes a lot of pressure off the family because my sister feels safe and at her happiest when attending the groups.
Eased caring role	I'm just glad he's got something for him. He comes back with the things he's made. It's given him something that adds to his life. He gets a lot out of it
Eased caring role	I greatly benefit from the 2 hours to myself to do activities I want to do. My life revolves around meeting my daughters needs and I have little time for myself.
Eased caring role	My role as a carer is more settled/comfortable as my sister is having fun/learning new skills and meeting friends in a safe place which is planned excellent and she loves going to them.
Eased caring role	Helps you chill. Get time to myself and I know where he is, that he's safe and having fun too.
Eased caring role	The service has certainly eased our role as carers as we get more time to relax.
Eased caring role	It does help me, sometimes it can be difficult because I am responsible for him.
Eased caring role	Yes, because he really enjoys it. We know he is safe.
Eased caring role	It is good to see my daughter being independent and knowing she is happy makes our role easier.
Eased caring role	We have a Parents' Craft and Chat Group which we really enjoy. We meet other parents, learn new crafts and have a cup of tea.
Family Wellbeing	It acts as respite and we have never had any of this - so we know every two weeks we have two hours "free"
Family Wellbeing	As it makes a difference for Aaron it benefits us as a family
Family Wellbeing	We love hearing Brookes stories of her time at the group and she comes home happy with a sense of achievement.
Family Wellbeing	These groups contribute to our happiness because when my sister is happy and safe we are happy to see her smiling around friends and doing excellent prepared groups is amazing.
Family Wellbeing	Definitely, if my son's happy everyone is happy.
Family Wellbeing	Definitely, we aren't in each others space and it's really good for us all.
Family Wellbeing	Yes - We have a great sense of community with our Interest Link family.
Member Confidence	As above, Aaron's confidence has improved over the last year. Interest Link has contributed to this improvement.

Member Confidence	Yes, I think he is more confident, and doing something for himself that I'm not involved in gives him an interest.
Member Confidence	Nicola is taking new experiences much more in her stride
Member Confidence	Our impression is that he feels more confident now that he can meet with friends and mentors who are ready and able to listen to him and his views.
Member Confidence	He is more confident about tackling new activities.
Member Confidence	Learns new things which can only better his future
Member Confidence	He seems more outgoing.
Member Happiness	My child looks forward to going out with a one to one and in the fortnightly meeting. she gets excited when it's time to go to either.
Member Happiness	She loves attending the group and telling family and friends what activities she has been doing.
Member Happiness	My sister is so happy coming to these groups and like I said plays a very important part in her life.
Member Happiness	My son is a lot happier getting out to the groups and seeing friends.
Member Happiness	Interest Link helps us feel happier and connected as a family.
Member Happiness	He really enjoys being involved in the group
Member Opportunities	My child has tried lots of different activities: I know my child is safe and not worried at all.
Member Opportunities	Interest Link is the only group in the area that could successfully meet my daughters needs and give her opportunities to meet new people and try new activities.
Member Opportunities	Mary and Rosa have created a very safe fun environment for people to have fun, socialise and learn new things. My sister has learnt some fantastic new skills, ways of doing things and becoming more confident, she has also met loads of new friends which is so important for her and her family.
Member Opportunities	Sometimes he can be wary of new groups and gets quite anxious, but not at Interest Link's groups. He knows everyone and has settled.
Member Opportunities	Yes, definitely, it's opened a lot of doors for our son and he is a lot happier.
Member Opportunities	Yes, he's quite independent anyway, and I am trying to make him less dependent. Coming to the groups and seeing his friends helps him with this.
Member Opportunities	This is the crucial thing about Interest Link, my daughter feels secure and happy and comfortable in the group and so willing to try new things. It is difficult if you have a learning disability to make and especially maintain friendships and that's what Interest Link does.
Member Self-Esteem	Definitely more confident and self esteem is much better and is always so proud of her work.
Member Self-Esteem	Yes, he is able to be himself around all his friends.
Member Self-Esteem	People gravitate to my daughter, this helps her self esteem.
Member Social skills	Communication skills and social skills, interaction is much better, she loves catching up with friends and it is a safe place for her.
Member Social skills	Definitely, has come right out his shell. More confident talking to people.
Member Social skills	She started having a telephone conversation with a link during Covid and it is so important to her that it has continued on. She enjoys having the link to herself but it also means that she really has to listen.
Member Social skills	Enjoying being sociable and part of a group.
Need	Aaron doesn't have many opportunities to socialise now his college courses are over and this is good for his confidence and social skills
Need	My daughter cannot attend most activities and groups for youngsters as she has problems with crowds and noise. Interest link provides a safe and relaxed environment where she can attend without suffering from fear and sensory overload.

Need	My son enjoys the friendship opportunities offered, which are otherwise difficult to achieve for him.
Need	This service is absolutely vital. The groups are very important to my sister and for her well being, it is a safe place for her to meet friends, socialise and have fun. There is very little to do in the area, so Interest Link is very important and is lots of fun for her. There is loads of variety and things to do when she attends the groups and every week she looks forward to what's on at them and meeting her friends. Rosa and Mary are always very well organised in planning ahead which plays a big part in my sister's life for routine and knowing what's happening.
Need	It's the only thing he's got. If it wasn't for Interest Link he wouldn't have the social life he has.
Need	My brother does enjoy it. It's good for him to mix with other people. If he didn't do Interest Link I don't know what he would do. You've done really well organising all the different activities.
Need	Interest Link promotes opportunities which she would not otherwise have. It includes smaller groups doing activities like gardening., larger groups doing bingo and one to one sessions with a link. She would be lost without it.
Need	Most of my daughter's activities are with Interest Link. Being a rural community there are no other local opportunities. We would be lost without Interest Link.
Need	Nicola has always found new situations challenging and has needed a lot of support. Interest Link has given her a range of different activities which have been new with someone other than ourselves
Need	My child has found it difficult to deal with other youth groups that he has tried. However, he found the structure at Interest Link much more suited to his needs.
Need	My child has tried all the other youth clubs in the area. None of them were suitable - too noisy, unstructured and generally unpleasant for him. He would have very little social life without Interest Link.
Praise for Staff & Service	I can honestly say how much I and others love the groups. So helpful. Rosa, Mandy and Helen are amazing. I can't find enough words to say how great they are!
Praise for Staff & Service	The past 2 years have been fantastic for my sister, through Covid it was very hard for her to meet friends etc, but the groups had excellent Zoom sessions and was always very well planned and so much fun, she was still able to see her friends, yes it was on screen but was still good for her. The things planned are so much fun for my sister with loads of variety and fun things to do. Rosa and Mary are fantastic people who plan excellent sessions for everyone, without the groups my sister would be lost and very withdrawn from social interaction with friends. Mary and Rosa run excellent groups which makes my sister a very happy lady. Also very happy sisters to see our sister happy and having fun.
Praise for Staff & Service	Interest Link has built a real community group. It was lovely to see everyone at social events, Shrek, Bingo and the Treasure Hunt, and we really appreciate all the hard work from Mary and Rosa and the volunteers. Many thanks.
Praise for Staff & Service	We would like thank Interest Link for all of the activities that they provide for Nicola and especially Joss who sees Nicola on a very regular basis. Nicola enjoys these meetings and all of the activities that they do and we greatly appreciate it.
Praise for Staff & Service	This service is an absolutely godsend for our family to sustain the placement. The array as said before is relevant and the young person gets so much confidence and practice to increase his level of concentration. Mary/Rosa just get him and work to his individual level. They really reinforce the fact he has to remain safe whilst doing activities and understand the risks involved with this young man.
Praise for Staff & Service	Mary, Rosa and Mandy work incredibly hard. I can't think of anything more they could do.

Outcome/Theme	Quotes
Confidence making friends with people with learning disabilities	The more people I meet the more able I am to understand people and form relationships.
ditto	Far more empathetic and confident in public.
ditto	I am able to talk to group members more and understand their barriers.
ditto	I am more confident chatting to and socializing with people with a learning disability now than when I started volunteering with interest link. And when out in the community am more aware of barriers, for example being aware if in a shop that someone may need more time at the till. I often stop and chat to one of the men that used to attend then Interest Link youth group.
Friendships	The lady I have befriended and I have built up a friendship over the years we have been linked. And likewise with others that I have met through the youth group, if they see me out locally they'll always say hello to me.
Friendships	Have built a lovely friendship
Friendships	Feels like I am going to meet a friend
Friendships	I get on with everyone and everyone is great in the group. Everyone has something to bring to the group and benefits from friendships in the group.
Friendships	We know all about each others families and often speak about our outings together and love planning what to do next.
Friendships	Found it easy to interact with new members and everyone has been really friendly.
Friendships	Two way relationship. I have enjoyed their warmth.
Member Outcomes	When I first met Nicola she was nervous around new situations, and relied on a lot of support from her parents. After a few years of our link, I can see her confidence has grown, and is still growing. She's a lot more confident when we're out in the community being able to ask questions to members of staff when in a coffee shop for example. She's now living independently which is a big step for her and shows great confidence.
Member Outcomes	Being shy when they first started but as the weeks go by they are getting more confident to speak.
Member Outcomes	Brooke seemed very introverted when I first joined, but she's since become extremely chatty about her personal life.
Member Outcomes	Collectively as a group they have gone from strength to strength. Didn't take long for the group to gel and regard themselves as a group. Their social skills have developed from knowing they are going out and being with their pals to do activities we provide them.
Member Outcomes	A new member in the Champions Group has definitely come out of himself more over the last few weeks, and another member is more able to speak about what's going on at school and any problems.
Other Volunteer Outcomes	It's an enjoyable day out, we have plenty in common so never seems a "chore" we also have a few different places we like to go, things to do, so never gets too repetitive. I guess I could say it makes me feel good to enhance Daniel's quality of life & it's always nice to feel welcomed & appreciated when I visit.
Other Volunteer Outcomes	I enjoy seeing what creative ideas the users come up with and watching them have fun.
Other Volunteer Outcomes	I felt I was doing something genuinely worthwhile with my time, which has guided me in applying my values to future university and career choices. Having my 1:1 Link open up to me over hot chocolates inspired me to consider child psychotherapy as a long term pathway, which I have decided to commit to following further research.
Other Volunteer Outcomes	I love seeing the joy my buddy gets when we meet up. I also love that it gives families a break

Other Volunteer Outcomes	The satisfaction of seeing the enjoyment the participants have is a motivation to help them in any way I can.
Other Volunteer Outcomes	I enjoy seeing the members happy the most. I enjoy helping and seeing members benefit from my help and that motivates me. My 1:1 link's face lights up when she sees me and it's nice to know she benefits from my friendship.
Other Volunteer Outcomes	I really enjoy it. It gives me more of a social life as well.
Other Volunteer Outcomes	Chance to do something new, takes me out of my comfort zone, helps with my social skills.
Other Volunteer Outcomes	The support is amazing and always made to feel valued.
Other Volunteer Outcomes	I never thought I would still be involved with Interest Link at my age. Volunteering has more than fulfilled my expectations.
Other Volunteer Outcomes	The experience of volunteering with Interest Link is very satisfying and rewarding.
Other Volunteer Outcomes	When I first signed up I just had a vague idea of what was involved, but it has surpassed anything that I had in mind and any preconceptions I had at the time.
Praise for staff and service	Mary and Rosa have always been extremely accommodating and friendly, and I hope to stay in touch.
Praise for staff and service	Mary or Rosa always there if I need support.
Suggestions	For the Children's Group more variety of activities.
Suggestions	It would be good to expand the group.

Outcome/Theme	Quotes
Carer Outcomes	These groups provide fun for service users and respite for carers.
Member outcomes	The adult I support absolutely loves coming to the groups, she smiles and is so happy to see her friends, she is also very proud of things she makes and all her friends look out for her and each other for support and help.
Member outcomes	My client looks forward to sessions and talks about them a lot.
Member outcomes	My client's confidence of coming to groups on her own has grown massively.
Member outcomes	Happier to try new things.
Member outcomes	It is a really friendly regular group and my client has really gained confidence since coming along.
Member outcomes	The pride shown over the members' own work is priceless.
Member outcomes	Yes, I have seen a difference in the individual. He enjoys going and looks forward to seeing friends.
Member outcomes	The excitement knowing we're coming to the 'craft group' We also love the 'gardening group'. My client takes his knowledge home and grows his own plants in his own greenhouse.
Need	I think you provide excellent opportunities and a service where people feel safe and able to gain new skills in a calming/fun environment. There are not many groups in the area so Interest Link plays a vital part in adults lives where they can meet friends and socialise while having fun.
Praise for Staff & Service	The groups are fantastic and are so well run and everything is always so well prepared.
Praise for Staff & Service	Keep up the good work, :-), very appreciated.
Praise for Staff & Service	Please keep the group going as it gives so many opportunities.
Praise for Staff & Service	Well done and thanks Rosa, Mary and helpers.
Praise for Staff & Service	This is my first job like this and bringing my client has absolutely warmed my heart. The love, fun, togetherness etc. is unbelievable.
Praise for Staff & Service	Friendly group, good activities every session. Well supervised.
Praise for Staff & Service	The gardening groups are well thought out and inclusive. They are a joy to attend.
Safe and professional	I feel you offer a very safe, kind and warming environment for everyone.
Safe and professional	Definitely. Provide a safe and professional service. Brilliant.
Safe and professional	All the service users needs are thought of and met.
Safe and professional	Yes, very safe environment and professional.

Outcome/Theme	Quotes
Member Outcomes	I am a tutor who has worked creatively with Interest Link members for many years. I have noticed that, by attending the groups, participants have improved their creative skills including coordination, dexterity, sequencing & creative decision making, and also their social skills including meeting new people, sharing, talking to a large group, helping others, and I would say members are overall more confident in social situations, and in trying new activities.
Member Outcomes	There is a wide variety of opportunities for members to express their creativity and develop new skills.
Praise for staff & service	I have worked as a tutor for Interest Link for 10 years and I feel it is a fantastic and worthwhile charity to work for. The Tweeddale Branch (Mary & Rosa) continue to develop and expand the activities they do, thinking creatively about how they can support their services users and reach out to more people, with the facilities they have. I am always so impressed by the amount of activities that they run and how much energy and care they give. It is obvious to me as I talk to participants that they LOVE attending the groups, which have become a big part of their social lives and they and their families talk to Mary & Rosa as friends. I enjoy the positive energy of the groups, the laughter and the noise. There is never a dull moment! There is one particular participant I would like to mention. He is profoundly deaf and almost blind in one eye, and at each class he carefully follows my instructions to make something, slowly using scissors, paint brushes, paper folding, weaving, whatever we decide to try. I am always so impressed that he has to work so much harder to understand what we are doing, but he slowly and steadily watches and achieves. A lesson for us all I think!
Praise for staff & service	Interest Link are doing an exceptional job of bringing people together to learn new skills, be out in community spaces, express themselves and to make strong friendships and bonds in the process. The fact there is always a lot of laughter says it all!
Praise for staff & service	I think Interest Link is pioneering in its services to service users. I think the positive effect of the groups has a far reaching effect on wider family and friends, who love the groups. Mary and Rosa work tirelessly to create wonderful experiences for their service users and whenever I am teaching in a group, people continually thank Mary & Rosa for their work and the impact it has had on their families. The Interest link activities have become a vital part of service users lives, their development as individuals and as members of a wider, stronger, healthy community.
Praise for staff & service	Rosa is always expressive in her appreciation and feedback, which is much appreciated.
Praise for staff & service	I have worked with Mary and Rosa at the Tweeddale branch for many years. They are always very supportive during the classes and respect my creative decisions which, as a creative tutor, is very important to me.
Praise for staff & service	I am very happy with the way I am supported by Mary & Rosa.
Tutor Outcomes	<p>It is clear that members of Green Wanderers and Motivators have built up strong friendships and community and they are great to work with. I am always made to feel welcome and their enthusiasm is infectious. I love working outside with the group because natural spaces have such a positive effect of people's wellbeing - even if they are unaware of it.</p> <p>There have been many memorable and profound moments working in the garden with the Green Wanderers - a stand out one this past year was 'Pizza Making'. There was a fulfilling sense of achievement helping members harvest and prepare food that they had been part of growing, and then sharing the meal together.</p> <p>Many of the members are very sociable and chatty but naturally, some are quieter and I find that they often blossom in the garden, witnessing a smile in response to a sense of</p>

	satisfaction or enjoyment while watering is reassuring that those who are unable to speak or sign are enjoying it too. Providing a peaceful space and relaxing gardening activities for members' carers and supporters has also been important because they often have extremely busy and stressful lives.
Tutor Outcomes	Absolutely. Not only have enjoyed creating with the group but find that leading sessions with this group requires continuous development of creative skills in order to adapt and be flexible.
Tutor Outcomes	As a tutor I have been able to develop my skills in creating and running bespoke workshops that will creatively stretch the diverse groups which include people with learning disabilities, their carers, their parents, volunteers. It has been important to create classes in which everyone feels they have achieved something and are happier when they leave.