Year 1 Evaluation

Get North Yell Going Again

Aims of the Project

- Alleviate some of the social isolation caused by the Covid19 Pandemic restrictions.
- Provide fun, engaging a supportive activities and events to residents of North Yell and further afield.
- Support NYDCs charitable aims.

Yearly Breakdown of Project Outputs

Keep Yell Warm				
Dates 10/22- 10/23				
Number of Sessions	41 Sessions			
Number of attendees	2741			
Average per week	67			

Outcomes

Attendees were able to access support and information from local services. Alleviated some of pressures of the cost-of-living crisis through free meals, warm space, food, and clothing bank etc. Attendees felt part of a community and enjoyed a social activity. Volunteer opportunities were created to support community members.

Wicked Wednesday				
Date 10/22- 10/23				
Number of sessions	18 Sessions			
Number of attendees	236			
Average per week	13			

<u>Outcomes</u>

Young people from all over Yell were provided with a fun, safe, warm space to socialise during the winter months. Attendees learnt new skills and had fun. Attendees felt more confident with school transitions due to interschool social mixing.

Day trips			
Number of trips	6		
Number of attendees	111		
Trip details	Whalsay Charity Shop		
	Cinema and Magnos trip		
	Unst Fest Bairns Bus		
	Unst Fest Adults Bus		
	Coasteering P7-S1		
	Coasteering S2-6		

Outcomes

Attendees had a fun experience on day trips. Parents of children attending summer events were supported with access to days of childcare during the holidays and free activities.

Adults attending day trips had a valuable social experience and free food and transport to activities that otherwise might be quite costly.

Classes and workshops					
Number of classes	16				
Number of attendees	72				
Class details	Circuit Fitness Class				
Self Portrait 4-week course					
	Sewing for beginners 4-week course				
Outcomes					
Access to education and skills development in creative and fitness fields. Social connection in					
small groups.					

Community Events				
Community Brunch	56 Attendees			
Community Carvery	150 Attendees			
Coronation Celebration Cullivoe School	Approz 40 attendees			
Coronation Celebration Cullivoe Hall	83 Attendees			
Sail Yell	Approx 1000 Attendees			
Back to School Brunch	109 Attendees			
Grease Movie Night				
0				

Outcomes

Fun and engaging family events and celebrations provided opportunities for the community to come together. Attendees enjoyed the events. Some events provided trading opportunities for local businesses and groups.

Additional			
Shopping Delivery	9 Deliveries		
	3 Households		
Prescription Delivery	31 Deliveries		
	26 People		
Newsletter	7 Newsletters		
	40 Subscribers		

Evidence Collection

Evidence included in the document includes accurate attendance figures taken at each event and broken down by demographic (detailed figures are included in the additional documentation.)

Anecdotal Evidence has been complied by face-to-face conversations with attendees and Facebook messages and comments.

How well did Get North Yell Going Again meet its aims?

Alleviate some of the social isolation caused by Covid19 pandemic restrictions.

The social restrictions placed on populations due to the Covid 19 pandemic had a big effect on the population of North Yell. A previously vibrant and socially active community was isolated and hesitant to socialise again even after restrictions had been lifted.

Get North Yell Going Again has facilitated 87 community events, celebrations, trips, and classes in the first year of the project.

Regularly the teams putting on the event get feedback from participants that they appreciate and welcome the social experience that the events afford.

<u>Provide fun, engaging, and supportive activities and events to residents of North Yell and further afield.</u>

We aimed to provide a wide range of different types of fun activities that appeal to all age ranges.

Activities run as part of Get North Yell Going Again include Community Lunches/Keep Yell Warm, Wicked Wednesday's Youth Club, Day trips, Classes and Workshops and Community Events/Celebrations. All the sessions have had a good turn out and a high level of community support. A description of the events is included at the end of this report.

Keep Yell Warm/ Community Lunches was an excellent opportunity to provide help and support to residents by inviting organisations and support groups to attend for community outreach.

- Ability Shetland demonstrated keep fit options for low mobility.
- Voluntary Action Shetland- discussed volunteer opportunities for young people
- Local Energy Scotland- provided home energy advice.
- Local Councillor surgery- an opportunity to speak to an elected representative.
- Carbon Neutral Island representative- information and advice on the CNI project and carbon auditing.
- MP Alistair Carmichael and MSP Beatrice Wishart- to discuss fixed links.
- Shetland Community Connections- advice and information on their services
- Citizen's Advice- offered advice and support about benefit entitlement and the cost of living.

Support the NYDC's charitable aims.

1. Relieve poverty and unemployment among the residents of North Yell

Get North Yell Going Again was able to employ one members of staff to run the project who was provided additional admin hours by NYDC to create a full-time post.

The events put on by Get North Yell Going Again have all been free of charge and frequently include transport to and from the event and food and drinks wherever possible. This significantly reduces the strain on people attending events.

Community Lunches/Keep Yell Warm employs a chef to cook the meals weekly there by providing weekly income to a North Yell Business owner. A cleaner is also employed under this project.

Tutors of classes and workshops were paid an hourly rate for their time and materials were covered at an additional cost.

2. To advance education among the residents of North Yell, particularly among young people and the unemployed.

Our workshop programme is open to all ages and provided classes, mainly in arts and crafts. In the next year we would like to focus the project more on educational and professional advancement.

3. To promote and/or provide training in skills of all kinds, particularly such skills as will assist residents of North Yell in obtaining paid employment.

Get North Yell Going Again has been able to provide several volunteer opportunities over the first year. The most significant of these being assistance at Community Lunches. Two long term volunteers have assisted in the kitchen and with service. The first, a recent school leaver, was provided with valuable work experience and a reference for future employment and education purposes. The second, an unemployed community member, felt that their volunteer opportunities were incredibly valuable for their mental health and feeling of community involvement and self-esteem.

4. To promote, establish and operate other schemes of a charitable nature for the benefit of the community.

Get North Yell Going again, this autumn, has established a grocery delivery service for over 60s. Shopping ordered at the Cullivoe Shop is delivered weekly on a Friday afternoon for free. Uptake of this programme has been a little slow but feedback from older residents is that they are glad of the service and are planning to use it more during the winter months.

At the same time, we launched the prescription delivery service which is available to all North Yell Residents with prescriptions being delivered on Friday afternoons. There has been a much higher uptake on this service, and it has been very well received by those who have used it.

These services have provided and additional volunteer opportunity to a young person who assists with the deliveries and hopes to use the experience as part of VAS' Saltire Awards.

Challenges

Keep Yell Warm/ Community Lunches

Scheduling clash with leisure club- One of the first challenges we encountered was ill feeling surrounding a scheduling clash with the Senior Leisure Club in Mid Yell. Certain attendees of the Leisure Club felt it was inconsiderate to hold our session on the same day as it made it difficult to attend both. It was decided that changing the day of Keep Yell Warm was not a good idea as word had already spread about the Tuesday event and a regular group of people were happy to attend then. As a compromise bus service was offered to take people to and from the event, thereby allowing them to have their lunch at Keep Yell Warm and then attend the Senior Leisure Club in the afternoon. There was no uptake on this offer however, so no further action was taken.

A few regular attendees to the lunches also go on so Senior Leisure Club proving that it is possible to attend both. They have reported no issue getting to both events.

Encouraging people to stay for longer- From the beginning the lunch aspect of the project was very successful but it proved challenging to encourage people to stay for longer in the day. Largely this was due to the events being on a weekday when people can drop in on their lunch break but then must get back to work. Events and classes in the afternoon were relatively well attended for the most part. It became the practice to invite service providers to attend between 12-2 to access the most people and to network around the event whilst people were eating lunch.

<u>Power Outages 13.12.22</u>- On this day there was a significant power outage caused by poor weather that left all homes in Yell without power for an extended length of time. Due to the gas cookers in the Hall, we were able to open the hall to provide hot meals, hot water, and a social experience during a difficult period. Volunteers visited almost every house in North Yell to check on residents, offer a hot meal and access to hot water and to check on the welfare of the residents. Volunteer drivers delivered takeaway meals from Gutcher to Gloup. A generator was kindly donated so there was light in the hall and people attended to have lunch together during a difficult time.

<u>Snow Days- 7.3.23 and 14.3.23-</u> Significant snow fall in March made it difficult for people to attend the event in person but again our volunteer drivers delivered meals throughout North Yell.

The ability to put on services even during poor weather and power outages lead to the creation of the Resilience Hub Project which will be a huge benefit to the whole of Yell.

Wicked Wednesday

<u>Variety-</u> It was difficult to provide a variety of indoor activities suitable for all attendees and so many weeks there were similar activities on offer. In the next year I would like to make more use of the parent volunteers each week and see if they have any skills, they would be able to share.

Day Trips

<u>Date Clashes</u>- The Whalsay Charity Shop trip coincided with the Mid Yell Regatta. Attempts were made to reschedule the trip, but it was not possible. This may have contributed to the lack of participation from the Mid Yell area, but it was still a well-attended trip.

<u>Adult attendees-</u> It proved difficult to get many adults attending some trips, the ones that did were mostly older, retired people. This may have been due to the Unstfest trip being held on a weekday. In future more weekend/family options should be considered.

Classes and Workshops

<u>Attracting tutors</u>- The number of workshops offered was limited by the number of tutors willing to lead events. In the next year we will target specific people to teach classes.

Successes

Keep Yell Warm/ Community Lunches

<u>Social Inclusion and fighting isolation</u>- Perhaps one of the biggest successes of the project has been the level of social inclusion it created. Much of the verbal feedback received at the events highlights how nice the atmosphere is at Keep Yell Warm and how lovely it is to see so many people together and socialising. Many people also commented on the demographic of the attendees, noting faces who are new to the community since Covid or who don't usually attend hall and social events. A common comment is also how positive it is to have the local children present for the events.

Wicked Wednesday

<u>Improved connections across schools</u>- Verbal feedback from those attending suggested that they enjoyed the opportunity to spend time with people from different classes and schools. It was great that there were children also attending from Mid Yell School as well as those from Cullivoe.

Day Trips

<u>Enjoyment</u>- Feedback from all participants at on each trip was overwhelmingly positive. People enjoyed the content of the trips, the food provided, the social aspect and how easy they were to attend.

<u>Parents comments</u>- Comments from parents whose children attended the trips were that they were grateful for offer of free activities during the holidays.

<u>Demographics of attendees</u>- the day trips were attended by preschoolers as well as OAPs and from across Yell and Unst. The trips provided an opportunity for children to mix across years and schools which is always useful, especially during the summer holidays as it allows a continuation of the transition work do with in schools in advance of the new school year.

Community Events

<u>Variety-</u>We were able to offer a huge variety of events and celebrations throughout the year from Coronation Celebrations to family meals to the huge international Tall Ships Event.

<u>Attendance-</u> Events were very well attended in all instances.

<u>Enjoyment-</u>Feedback from attendees has been incredibly positive.

Improvements for next year

Keep Yell Warm/ Community Lunches

More weekend events as these are particularly popular with families and attract a different demographic.

Wicked Wednesday

Make more use of the skills of the parent helpers in providing activities.

Day Trips

Organise adult trips on the weekend.

Focus school holiday trips more to family friendly or children only. The cinema trip was so effective as it provided the option to send children unattended or come as a family.

Classes and Workshops

Gear workshops more to education and skill advancement.

Approach tutors directly- possibly working through adult education.

Description of each event

Keep Yell Warm/ Community Lunches

Keep Yell Warm ran initially from October 2022- March 2023 and was funded in conjunction with the Cullivoe Hall through Get North Yell Going Again and the Winter Activities Fund. During this period, the Cullivoe Hall was opened from 10am-5pm every Tuesday during term time as a warm hub. This provided a warm space for people to be, tea and coffee, free Wi-Fi, access to a food and clothing bank, access to leisure activities and local services as well as a free lunch.

The lunch aspect of this proved so successful that Community Lunches continued from April- June and picked back up again in September- October once the schools returned. During this time, the Community Lunches were from 12-2 every Tuesday during school term time.

From the end of October to March the community lunches will be funded by Community Led Local Development and will continue Tuesdays 12-2.

Wicked Wednesday

Wicked Wednesday runs from after the October holidays until the Easter Holidays and is an after-school youth group open to all primary and secondary students, not just those from North Yell. The sessions are from 18:30-20:30 with lower primary students leaving at 19:30. A variety of activities are put on each week and a drink and snack is always provided.

Activities include movie nights at the hall, board games, cooking and baking, art, crafts, music, outside games and activities and a Mario Kart tournament.

There was also a summer term Big School Sleepover, where children were able to sleepover in the school. This was a very popular event and a big request for next year as well.

Day Trips

Whalsay Chairty shop- a bus ran from North Yell to Whalsay, lunch was provided at the Symbister Hall, attendees visited the Shoard Charity Shop, Whalsay Heritage Centre and toured the island. Adults only

Cinema Trip- a bus ran from North Yell to Lerwick, lunch was provided at Magnos, then we went to the cinema to see Super Mario Bros Movie. All ages.

Coasteering- SIC outdoor education team ran two private coasteering days, one for P7-S1 and one for S2-S6 where they explored the coastline at Kirkabister by swimming and walking the coastline. Pack lunches were provided. P7-S6

Unstfest Bairns Bus- a bus left from North Yell to participate in Unstfest activities, exploring Muness Castle and finding the Unstfest Puffins, visiting the swap show, Galley shed open day, racket sports at the leisure centre, visiting local shops and the colour paint disco. Lunch was provided. Primary and Secondary bairns

Unstfest Adults Bus- a bus left from North Yell to participate in Unstfest activities such as the Galley shed open day, swap shop, local shopping, island tour, Heritage Centre, and Boat Haven. Lunch was provided. Adults only.

Community Events/ Celebrations

Community Carvery- a free carvery with local produce was held to coincide with the Carbon Neutral Islands Project Community Consultation.

Community Brunches- two community brunch events have been held on weekends to allow for family attendance and offered free of charge.

Coronation Celebration- This event was held at the Cullivoe Hall were people watched the Coronation on TV, enjoyed a free welcome drink and BBQ food as well as plenty of cakes. There were games and activities for the children in the main hall. Get North Yell Going Again also funded the Coronation Party at the Cullivoe School which involved inviting members of the public for sandwiches and cakes made by the pupils.

Sail Yell- Get North Yell Going Again provided secretarial assistance to the Sail Yell Committee to assist them in the running of the hugely successful Sail Yell 2023 International Tall Ships Event.

Grease Movie Night- attendees watched a Sing-along Version of Grease and had a free welcome cocktail. Fancy dress was encouraged, and people have an excellent time.

Classes and Workshops

Circuit fitness class- an all-abilities general fitness class

Self-portrait drawing- a 4-week self-portrait class exploring different self-portrait drawing techniques.

Sewing for beginners- a 4-week course offering tuition in simple, beginners sewing machine and hand sewing projects.

Figures from Keep Yell Warm/Community Lunches

			Lunch			
		Total				
		Attendees	OAP	ADULT	CHILDREN	PRESCHOOL
1	15/11/2022	39	14	12	9	4
2	22/11/2022	55	23	18	0	1
3	29/11/2022	78	26	26	9	1
4	06/12/2022	67	25	24	0	0
5	13/12/2022	112	34	47	17	4
6	20/12/2022	84	32	32	2	4
7	27/12/2022	87	19	39	15	7
8	03/01/2023	77	21	30	14	6
9	10/01/2023	54	19	22	9	2
10	17/01/2023	70	24	27	10	3
11	24/01/2023	63	21	28	9	0
12	31/01/2023	63	21	25	8	0
13	01/02/2023	56	6	32	12	6
14	07/02/2023	52	25	19	8	0
15	14/02/2023	56	22	31	0	0
16	21/02/2023	57	32	20	1	0
17	28/02/2023	71	22	39	5	2
18	07/03/2023	83	28	39	13	3
19	14/03/2023	54	19	21	9	2
20	21/03/2023	63	24	36	0	0
21	26/03/2023	150	57	72	15	6
22	28/03/2023	63	20	22	12	9
23	18/04/2023	53	25	27	0	1
24	25/04/2023	36	20	15	0	1
25	02/05/2023	57	26	29	0	2
26	09/05/2023	62	35	27	0	0
27	16/05/2023	79	43	34	2	0
28	23/05/2023	57	21	25	10	1
29	30/05/2023	43	16	25	2	0
30	06/06/2023	56	22	32	2	0
31	13/06/2023	75	35	32	7	1
32	20/06/2023	53	23	30	0	0
33	27/06/2023	61	27	30	2	2
34	13/08/2023	109	19	60	21	9
35	22/08/2023	90	65	25	0	0
36	29/08/2023	49	29	19	0	1
37	05/09/2023	57	22	32	0	3
38	12/09/2023	56	23	33	0	0
39	19/09/2023	60	33	27	0	0
40	26/09/2023	62	31	26	3	2
41	03/10/2023	81	34	39	7	1

Total	2750		
Average	67		

Figures of Keep Yell Warm attendees who didn't stay for lunch. (included in the total figures)

	General					
	SERVICE PROVIDER	OAP	ADULT	CHILDREN	PRESCHOOL	
15/11/2022		0	0	0	0	
22/11/2022		0	2	10	1	
29/11/2022	1	1	1	13	0	
06/12/2022		1	3	14	0	
13/12/2022		0	10	0	0	
20/12/2022		0	5	9	0	
27/12/2022		0	5	2	0	
03/01/2023		0	6	0	0	
10/01/2023		0	2	0	0	
17/01/2023		1	3	2	0	
24/01/2023		0	5	0	0	
31/01/2023	1	3	5	0	0	
01/02/2023		0	0	0	0	
07/02/2023		0	0	0	0	
14/02/2023		1	2	0	0	
21/02/2023		0	4	0	0	
28/02/2023		0	3	0	0	
07/03/2023		0	0	0	0	
14/03/2023		0	2	1	0	
21/03/2023	2	0	0	0	1	

Figures from Wicked Wednesday

	Date	Total Bairns	Primary	Secondary	Preschool
1	09/11/2022	17	7	10	
		CANCELLED DUE TO			
	16/11/2022	WEATHER			
2	23/11/2022	14	7	7	
3	30/11/2022	12	6	6	
4	07/12/2022	12	8	4	
5	14/12/2022	14	7	6	1
6	11/01/2023	12	6	6	
7	18/01/2023	13	9	4	
8	25/01/2023	13	6	7	
9	01/02/2023	11	6	5	
10	08/02/2023	13	10	3	
11	15/02/2023	14	11	3	
	22/02/2023	CANCELLED DUE TO UHA			
12	01/03/2023	8	5	3	
13	08/03/2023	10	7	3	
14	15/03/2023	10	7	3	
15	22/03/2023	14	11	3	
16	30/08/2023	19	10	9	
17	20/09/2023	18	13	2	3
18	26/09/2023	12		12	
	Total	236			
	Average	13			

Figures from Day Trips

			Total			
	Date	Trip	Attendees	OAP	Adult	Bairns
		Whalsay Charity				
1	17/06/2023	Shop	29	23	6	0
2	04/07/2023	Cinema Trip	47	0	16	31
3	12/07/2023	Coasterring P7-S1	8	0	2	6
4	13/07/2023	Coasteering S2-S6	7	0	1	6
5	20/07/2023	Unstfest Adult Bus	7	5	2	0
6	20/07/2023	Unstfest Bairns Bus	13	0	2	11

Figures from Community Events

	Date	Event	Total	OAP	Adult	Children	Preschool
1	31/01/2023	Community Brunch	56	6	32	12	6
2	26/03/2023	Communtiy Carvery	150	57	72	15	6
		Coronation					
3	06/05/2023	Celebration	83	5	46	26	6
	23 24						
4	25/7/23	Sail Yell	1000	approx	over	3	days
		Back to School					
5	13/08/2023	Brunch	109	19	60	21	9

Figures for Deliveries

Shopping		
3.1066.118	Total	New
Date	Deliveries	Households
22/09/2023	2	2
29/09/2023	1	0
06/09/2023	1	0
13/10/2023	1	0
20/10/2023	2	1
27/10/2023	2	0
Total	9	3

Prescriptions		
	Total	New
Date	Deliveries	Households
15/09/2023	6	6
22/09/2023	3	3
29/09/2023	4	2
06/10/2022	9	7
13/10/2023	5	5
20/10/2023	0	0
27/10/2023	4	3
Total	31	26

Results of Community Consultation 5/11/23 Community Events

Suggestions for Future Events

- BBQ
- Brunch after Lerwick Up Helly Aa
- Community Walk followed by Soup and Sandwiches
- Guided walks- wildlife/history/archaeology etc
- Old fashioned concert
- Gardening in Shetland- Turriefield

Comments

- Events have been very popular and well attended
- Always good to get the community together, keep up the good work
- Amazing effort, lovely to see the community events
- We are extremely lucky to have this service
- I feel very well supported and part of a community. Thank you for all that you do.

Community Lunches

What do you enjoy about Community Lunches	
Food	13
News about Events	12
Opportunity to socialise	14
access to services	7
friendly welcome	16



Comments and suggestions

- Transport for people unable to attend by themselves/
- More often
- More regular attendance by services providers
- Lunches are a joy, being an incomer I have met many people new to me and really enjoy socialising.

Day Trips

Suggestions for adult trips

- Sandness Mill
- Jarlshof
- Noss
- Bonhoga
- Puffin trip to Sumburgh
- Whalsay
- Cinema
- Picnic
- Garden Centre Tour
- North Mainland- Eshaness
- Unst Museums
- Spaceport
- Mousa

Suggestions for Bairns Trips

- Jarlshof
- Noss
- Clickimin
- St Ninians
- Cinema
- Old Scatness
- Outdoor Activities
- Spaceport
- Guided walks
- Beach games/days/picnic
- Swimming
- Michael's Wood
- Sand Gardens
- Unst Museums

Wicked Wednesday

What do you enjoy?

- Aa Fired Up activity
- Movie Nights
- The food at snack time

Activity Suggestions

- Smoothie Movie Night
- Sock puppets
- Arts and crafts
- Sleeping at the school
- Christmas crafts
- Beach games





















YEAR 1











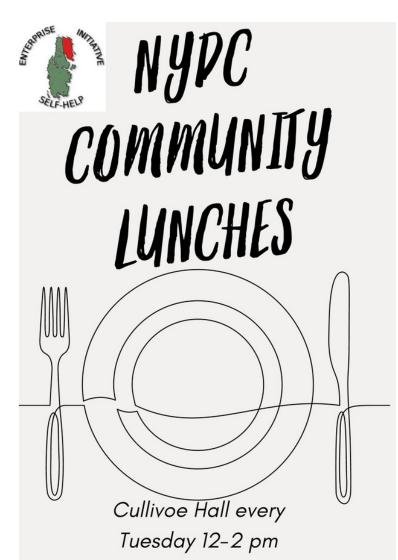




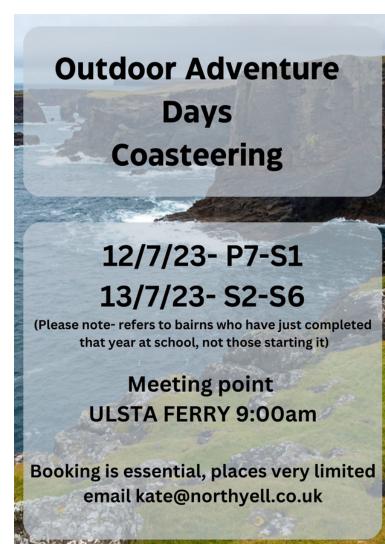














SUPER MARIO BROS LUNCH AND TICKETS PROVIDED

PRESCHOOL MUST BE ACCOMPANIED BY AN **ADULT**

Tuesday 4th July

Book by 25th June to secure your place To book your place email kate@northyell.co.uk



Service available to all North Yell residents

Place your order at the Health Cen

Call Kate on 07545389354 to requ delivery.

Prescriptions will be delivered even **FRIDAY**

