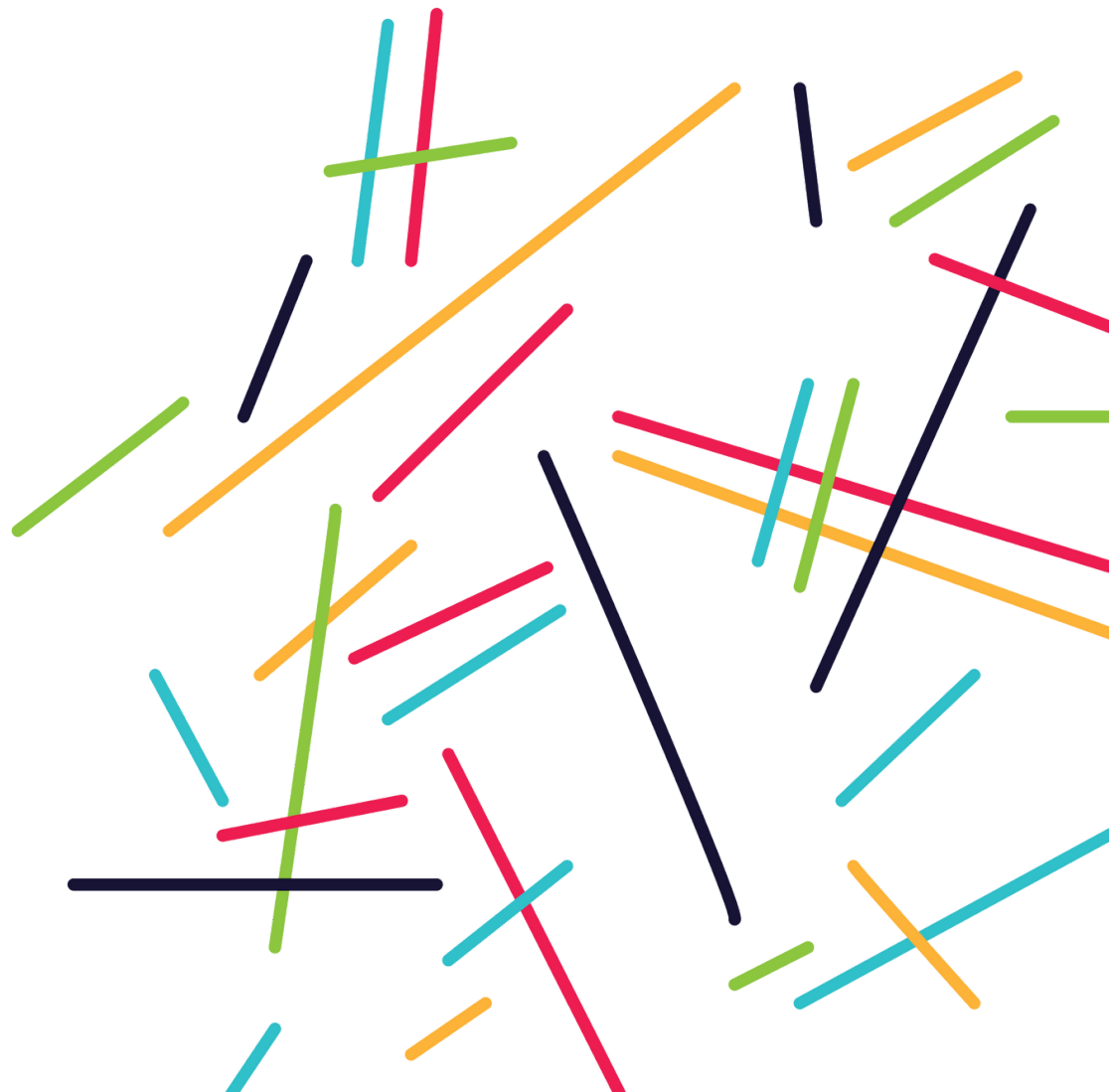




**Active  
Communities**

# **Annual Report**

April 2022 - March 2023





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## CEO Report

As the new CEO of Active Communities, I feel privileged to celebrate the remarkable work and impact that our organisation has had over the past year (April 2022 - March 2023).

Our services are vital to the communities we serve, particularly as more individuals face challenges related to the cost-of-living and mental health. It's wonderful to reflect on the achievements of the past year, and there's much to be proud of!

I'm grateful to all those who have invested in Active Communities, including our incredible volunteers, staff members, partners, and funders. I appreciate everyone who has reached out to me with enthusiasm for what we do, shared ideas, contacts, and welcomed me. It's clear how much people care about our local communities and serving one another.

The summer of 2022 was significant for Active Communities, as we got the keys to our newly refurbished health and well-being hub, Station Seven, located in the heart of Johnstone town centre. Station Seven is now a bustling hub of activity, hosting our existing groups, a range of new regular health and wellness programmes, volunteering opportunities, training, our community pantry and much more. We're thrilled to host partners Roar Connections for Life and Create Paisley, as well as a number of new businesses in Start-Up Street Johnstone through our partnership with Renfrewshire Council.

We've continued to develop partnerships and collaborations with existing and new partners to provide better services to a greater number of people in our communities and work with organisations that share our values. Moving forward, we aim to support more individuals throughout our communities. We're excited to build upon the successes and foundation of our current work and continue to develop a sustainable model that supports our vision to develop happy, healthy, and active communities.

On behalf of the trustees and myself, I'd like to extend a final thank you to everyone who continues to partner with us and champion our work.

**Alan Clark**  
Chief Executive



# About Us

Active Communities is a registered health and wellbeing charity in Renfrewshire.

Our aim is to develop happy, healthy and active communities where people feel good about themselves.

We are a community-led organisation, working to deliver life changing programmes which:

- Connect local people
- Tackle health inequalities
- Improve health & well-being
- Reduce loneliness & isolation
- Provide opportunities for people to reach their full potential

We do this through:

- Offering a range of community health and wellbeing groups and classes across Renfrewshire
- Recruiting, training and supporting local people through our Volunteer Community Health Champions programme
- Working with young people to address health issues in schools and communities through our Hearty Lives Youth Peer Health Education Programme
- Working collaboratively with a range of partners to improve health and wellbeing
- Targeting our programmes and resources in areas of greatest need

# What we achieved

## Holistic Self Care

A weekly class to support mental wellbeing proved popular with 113 attendances



## Men Meet

In partnership with ROAR, our weekly drop in session for men had a total of 288 attendances



## Jogging Buddies

One of our most-popular programmes with 994 attendances at our groups across Renfrewshire



## Friday Drop In & Crochet

These drop-in sessions were extremely popular with 982 attendances



## Chair-Based Exercise

Our accessible class for all levels of fitness had 68 attendances



## Sunday Blether Zoom

A total of 65 attendances for our friendly online chat



## Growing More Gardening

Our gardening group saw growth in attendances with 107 throughout the year



## Walking Groups

We facilitated a total of 1128 attendances through our groups across the Renfrewshire area



## Community Pantry

Our welcoming Food Pantry had a total of 2079 attendances from the local community



## Break-xercise

Our women-only fitness class combined with provision of a healthy meal had a total of 140 attendances



## Singing Buddies

Our fun weekly class included a total of 78 attendances over the year



## Pilates

Our exercise class focusing on core strength had 290 attendances



## Mindfulness

A popular class to help destress and boost wellbeing saw 98 attendances



## Fitness Connections

Building fitness and social connection, our class had a total of 45 attendances



# How we make people feel...

## Friday Drop In & Crochet Group

"I look forward to Friday  
Enjoy the company  
and learning to Crochet!"

## Music Cafe

"Thoroughly look forward to it."

"Makes me happy and upbeat."

## Drop In

"Lovely environment,  
lovely building."

"Great functional  
building for the  
community."

## Walking Groups

Thoroughly enjoy the walking. Nice friendly group of people."

# Community Health and Wellbeing Programmes

## Community Health Champions

Our Community Health Champions project funded by Renfrewshire HSCP continues to thrive. The Champions and our Community Phone Buddies engaged with the local community by sharing ideas and skills and interacting either by phone, text, at events or at in-person group activities.



By March 2023, we had

- 37 Active volunteers
- Delivering 3065 volunteer hours
- Engaging with over 3971 people
- Making 2085 phone calls
- Sending 157 text to our community

We provided 351 hours of training in:

- Volunteer induction
- Adult & child protection
- Gardening
- Mentors in Violence Prevention
- Mental Health

## Hearty Lives

Funded by Renfrewshire Council's 'Tackling Poverty in Renfrewshire' programme, Hearty Lives is our ambitious and innovative partnership project which delivers a peer led approach to promoting mental health and wellbeing across all Renfrewshire High Schools.

It is a unique partnership which promotes mental health and wellbeing for young people in Renfrewshire and aims to tackle poverty through a peer education approach, focused on tackling inequalities and improving health. Hearty Lives was operating in 9 High Schools in Renfrewshire this year with over 200 young people recruited and trained as peer educators by project leaders in the August-December 2022 period.

# Community Health and Wellbeing Programmes

## Empowering Parents

Working with Renfrewshire Council and Klas Care CIC we delivered our first EPEC course in Johnstone.



We supported and supervised Volunteer Parent Group Leaders to deliver an 8-week parenting programme to 12 local parents. This course comprised of 2-hour sessions for parents of 2-11 year olds to help them become more confident parents, develop their parenting skills and increase their understanding of positive parenting.

## Young & Equally Safe

Active Communities is a delivery partner in the Young and Equally Safe in Renfrewshire project. This is funded by the Delivering Equally Safe Fund and administered by Inspiring Scotland.

This project builds on the good practice and skills base in Renfrewshire over the past 8 years of Mentors in Violence Prevention (MVP) delivery in secondary schools. The Active Communities Programmes Manager delivers training to community partners to broaden the scope of MVP from schools to community settings. Over 200 adults have been trained from; third sector organisations, sports clubs, active schools, social work, SportScotland, school nursing teams and health colleagues. Education Scotland has allowed us to build the largest training team of any authority across Scotland represented by education, OneRen (Leisure Services), Youth Services and Active Communities.



# Jogging Buddies and Walking Buddies

Our Jogging Buddies and Walking Buddies groups continued to run across Renfrewshire communities with over 2468 attendances this year.

We ran two groups of a Couch to 5k (C25K) group in Ralston in September 2022 and January 2023 with around 200 attendances.

Several of our Jogging Buddies also took part in Paisley 10k in August.



Jogging Buddies attracted 1,311 visits over the year



Our walking groups remained popular with 1157 visits across the 12 months



# The 19th Jingle Bell Run

This year was the 19th Jingle Bell Run in Barshaw Park, Paisley, and it was the biggest ever with 600 people registered and 542 in attendance on the day (220 at the 3k and 322 at the 1k), alongside an estimated 150 spectators in the park, with 25 local volunteers supporting the running of the event.

Once again everyone who took part excelled with their festive cheer by wearing Santa, Elf, Grinch, Snowman and Gingerbread costumes. The park rang out with the sound of jingle bells, and both young and old got into the spirit of the event wearing their best festive gear.

The event was supported by Erskine Arts, Big Top Circus, Friends of Barshaw Park, a local dance group and Paisley Society of Model engineers ran the very popular free train ride for people after the run.





# Station Seven

We were excited to complete our capital project and open our brand new, state-of-the-art community hub, Station Seven, Johnstone.

This modern, welcoming space hosts our own health and wellbeing programmes as well as offering space for local charities, including Roar and Create and has a number of rooms available for hire.



## Start-Up Street

Station Seven is also home to Johnstone's first start-up business incubator, Start-Up Street Johnstone.

Comprising of 4 units, Start Up Street has hosted local businesses including Earth Moon Baby and Trail Grazers. This project is supported by Renfrewshire Council.



# Financial summary

2022-2023

## Statement of Financial Activities for the Year Ended 31 March 2023

	Notes	Unrestricted funds £	Restricted funds £	31.3.23 Total funds £	31.3.22 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	15,867	1,655	17,522	15,079
<b>Charitable activities</b>					
Grant Income	5	6,154	540,978	547,132	1,252,039
Other trading activities	3	52,594	-	52,594	-
Investment income	4	21,368	-	21,368	-
<b>Total</b>		<u>95,983</u>	<u>542,633</u>	<u>638,616</u>	<u>1,267,118</u>
<b>EXPENDITURE ON</b>					
<b>Charitable activities</b>					
Charitable Activities	6	160,633	212,860	373,493	332,937
Governance Costs		4,013	-	4,013	3,530
<b>Total</b>		<u>164,646</u>	<u>212,860</u>	<u>377,506</u>	<u>336,467</u>
<b>NET INCOME/(EXPENDITURE)</b>		(68,663)	329,773	261,110	930,651
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		192,220	2,013,593	2,205,813	1,275,162
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u><u>123,557</u></u>	<u><u>2,343,366</u></u>	<u><u>2,466,923</u></u>	<u><u>2,205,813</u></u>

# Thank you to our funders

- Aldi
- Engage Renfrewshire
- Garfield Weston Foundation
- Public Health Scotland
- Renfrewshire Council
- Renfrewshire Health & Social Care Partnership
- Sainsbury's
- Scottish Council for Voluntary Organisations
- The National Lottery Community Fund
- The Robertson Trust





# Looking forward

**Over the next year, we're looking forward to expanding what we can offer to communities across Renfrewshire. To do this, we will grow our programme offer, invest in our team and develop our organisational sustainability.**

We plan to launch several new programmes and initiatives including Round the Table and HE.AL.THY. These programmes will support healthy lifestyles through access to low-cost or free healthy snacks and meals, opportunities for community members to develop skills including cooking and shopping on a budget, and a range of health and wellbeing programmes to support healthy, active lifestyles.

In order to better serve our community and improve our offerings, we are committed to investing in our team. We will provide support for volunteering opportunities, introduce new staff roles, and offer training programmes.

As a charity, we rely on the support of individuals, donors and funders who support our work. We aim to diversify and grow our income and review our business plans to support our vision and new ambition.

### **Trustees**

S Russell (Nov 20)  
L Moffat (Aug 19)  
I Thompson (April 22)  
R Borland (May 21)  
D Webb (May 22)  
  
S Paterson (Appointed Apr 2023)  
L McBurnie (resigned Oct 22 2022)  
N Mackinnon (Resigned Nov 2022)  
G McMillan (Resigned Dec 2022)

### **Auditors**

The Kelvin Partnership Ltd  
Statutory Auditor  
Chartered Accountants  
The Cooper Building  
505 Great  
Western Road  
Glasgow G12 8HN

### **Active Communities Registered Office**

7 Quarry Street  
Johnstone  
PA5 8DY

### **Registered Company number**

SC370513 (Scotland)

### **Registered Charity number**

SC041275



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[www.activecommunities.co.uk](http://www.activecommunities.co.uk)

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