

<p><b>Title of project/initiative</b></p> <p><b>Contact for project</b></p> <ul style="list-style-type: none"> <li>Name, email, telephone</li> <li>Website of project, if available</li> </ul>	<p>Galloway Gateway</p> <p>Andy Todman Head of Partnerships &amp; New Initiatives</p> <p>Loreburn Housing Association Huntingdon, 27 Moffat Road, Dumfries, DG1 1NN</p> <p>Email: <a href="mailto:andyt@loreburn.org.uk">andyt@loreburn.org.uk</a> T: 01387 321 353 <a href="http://loreburn.org.uk/">http://loreburn.org.uk/</a></p> <p>Galloway Gateway Website: <a href="http://www.gallowaygateway.org.uk/">http://www.gallowaygateway.org.uk/</a></p> <p>Galloway Gateway Facebook Page recording events: <a href="https://www.facebook.com/Galloway-Gateway-157137708023611/">https://www.facebook.com/Galloway-Gateway-157137708023611/</a></p>
<p><b>Which organisations are involved?</b></p> <ul style="list-style-type: none"> <li>Planning/monitoring/delivery</li> <li>Partners</li> <li>Sponsors</li> <li>Funders – how funded?</li> </ul>	<p><b><u>Planning/monitoring/delivery:</u></b> Loreburn Housing Association Let's Get Sporty Stewartry Health &amp; Social Care Locality Wigtownshire Health &amp; Social Care Locality</p> <p><b><u>Partners:</u></b> Dumfries &amp; Galloway College D&amp;G Council &amp; Partners - DGTAP WoodBlocX</p> <p><b><u>Specific Activities/Wellbeing Experiences/Outreach:</u></b> The Swallow Theatre, Moss Park, Ravenstone, Whithorn Newton Stewart. Millisle Clydesdales, CATSTRAND, Creetown Gem Rock Museum Threave Gardens School of Heritage Gardening. Soleburn garden centre Logan Botanical Gardens Castle Douglas Community Centre Dalbeattie Mens Shed Our Power Photo Booth by Blue Topia Culzean Castle</p> <p><b><u>Funded:</u></b> Loreburn's Partnerships &amp; New Initiatives Budget together with in kind contribution of staff and resources from both Stewartry and Wigtownshire Health &amp; Social Care Localities.</p>
<p><b>Brief description of project</b></p> <ul style="list-style-type: none"> <li>Rationale</li> <li>Aims and objectives</li> <li>Key activities</li> <li>Target population</li> <li>Geographical area</li> <li>Start (± finish) dates</li> </ul>	<p><b><u>Rationale:</u></b></p> <p>Loreburn Housing Association has provided housing support to young people in Dumfries &amp; Galloway for over 25 years and is very aware of local needs and regional service provision imbalances.</p>

	<p>The Galloway Gateway will provide outdoor activity, team building, social prescribing, community action learning and event services focused in and around the Galloway area.</p> <p>The Young people will be developed to co-lead activities for the older people from the sheltered housing developments.</p> <p>The older people focus will be on improving their health and wellbeing through the delivery of the activities. The focus will be in accordance with the 9 National Health &amp; Wellbeing Outcomes measures.</p> <p>The Galloway Gateway will also provide Foyer accommodation in Stranraer. Foyers offer an opportunity for young people, usually aged 16-25 who are in housing need, with personal development and other services.</p> <p>The opportunities will enable young people to learn, improve their health and wellbeing, increase their employability and develop leadership skills.</p> <p>To develop and deliver the range of services the Galloway Gateway will work with a range of partner organisations.</p> <p><b><u>Aims and objectives:</u></b></p> <p>The objectives of the pilot are to bring partners together to deliver a short timescale controlled environment pilot and to conduct post pilot assessments to evaluate the impact and outcomes of the interventions. The pilot and the evaluations will contribute to the funding bids which will be made; also the pilot will generate an understanding of the partnership dynamics in this new health and social care integration model.</p> <p><b><u>Key activities:</u></b></p> <p>Structured and semi structured, organised activities in difference locations; maximising the use of local resources to deliver intergenerational social and physical sessions.</p> <p><b><u>Target population:</u></b></p> <p>Older people (+60) and those of any age with health needs that could benefit from Social Prescribing. Young People who are currently in supported accommodation or receiving outreach housing support. The intention is to roll the Galloway Gateway Services out to all ages and all tenures.</p> <p><b><u>Geographical area:</u></b></p> <p>Dumfries &amp; Galloway</p> <p>Commenced: 1<sup>st</sup> February 2016 Pilot: 5<sup>th</sup> September to 1<sup>st</sup> October 2016 Activities ongoing.</p>
<p><b>Resources</b></p> <ul style="list-style-type: none"> <li>• Staffing</li> <li>• Time</li> <li>• Financial</li> </ul>	<p><b><u>Staffing</u></b></p> <p>Core project staff was 3 part time commitment.</p>

	<p>However the total staff commitment depended on the activities, the numbers attending and the needs of the customer group. For example the raised beds installation had a high staff commitment – see Facebook page video clip.</p> <p><b><u>Time</u></b> The gestation of the Galloway Gateway commenced on 1<sup>st</sup> February 2016. A draft business plan was issued in early May. The project plan was issued on 1<sup>st</sup> July. Pilot went live on 5<sup>th</sup> September. Final event 1<sup>st</sup> October.</p> <p><b><u>Financial</u></b> A budget of approximately £5K was allocated for the whole Galloway Gateway set up and pilot.</p>
<p><b>Evaluation and outcomes</b></p> <ul style="list-style-type: none"> <li>• Reach</li> <li>• Impact</li> </ul>	<p>Detailed evaluation commences on Monday 3<sup>rd</sup> October. The reach has been 3 sheltered housing developments and 2 young persons supported housing developments.</p> <p>The initial impact statements have indicated a significant increase in both physical and social activity and feelings of improved health and wellbeing.</p> <p>One young person has had a significant impact on her life and has moved from being an at risk outreach client to a resident of a supported housing unit.</p>
<p><b>Reflections on project</b></p> <ul style="list-style-type: none"> <li>• What was successful?</li> <li>• What was challenging?</li> <li>• What would be done differently in future?</li> </ul>	<p><b><u>What was successful?</u></b> Achieved a high level of intergenerational working. Achieved use of local resources that previously had not been used for such activities, e.g. Swallow Theatre &amp; Millisle Clydesdales. Feed back has shown increase in feelings of improved health and wellbeing through the activities. Let's Get Sporty activities have been particularly successful. The pilot has achieved a very high level of partnership working across the agencies, but in particular the H&amp;SCI Localities. The young people have grown in confidence and have improved skills areas such as communication and leadership.</p> <p><b><u>What was challenging?</u></b> Engagement with both Young &amp; Old people took significant investment to secure the information regarding the types of activities they wished to be part of. But also then to maintain constant levels of attendance. Effective and consistent engagement was required by staff to secure attendance at the activities.</p> <p>Organising the events and activities has been challenging with transport and venues being key issues.</p> <p><b><u>What would be done differently in future?</u></b> Ideally it would have been very beneficial to secure some baseline health information from a selection of older people particularly around activity levels/sedentary levels. This is because the pilot has significantly increased activity levels based on participants' responses, so it would have been</p>

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	useful to triangulate this with data back up from such things as wearable biometric devices.
<b>Next steps</b> <ul style="list-style-type: none"> <li>What is the future of this initiative?</li> </ul>	Pilot concludes on Saturday 1 <sup>st</sup> October 2016 A less intensive programme of activities will continue until funding is received to roll the programme out region wide across Dumfries & Galloway including the Annandale & Eskdale and Nithsdale Health & Social Care Integration Localities.
<b>Wider application</b> <ul style="list-style-type: none"> <li>Is this project scalable?</li> <li>Is it transferable to other areas/contexts?</li> </ul>	<p>The Project is scalable and is currently being piloted in 2 of the 4 Health &amp; Social Care Localities in Dumfries &amp; Galloway, with an intention to roll out region wide.</p> <p>The Galloway Gateway initiative is transferable to other areas, particularly rural and very rural areas that have Housing Associations with both Sheltered Housing and Young People's Supported Housing.</p>
<b>Any further information</b> <ul style="list-style-type: none"> <li>Reports or publications</li> <li>Other reflections</li> </ul>	<p>The Galloway Gateway activities create a social prescribing by product and the document at the link with a foreword by the CEO of the Royal Society For Public Health was used to inform the development of the initiative.</p> <p><a href="https://www.ucl.ac.uk/museums/research/museumsonprescription/Social-Prescribing-Review.pdf">https://www.ucl.ac.uk/museums/research/museumsonprescription/Social-Prescribing-Review.pdf</a></p>
<b>Person completing pro-forma</b>	Andy Todman, Head of Partnerships & New Initiatives
<b>Date of completion</b>	Wednesday 28 <sup>th</sup> September 2016

### Pro-forma for gathering information on case studies