

HIGH LIFE HIGHLAND SUCCESSES - Report by Chief Executive

Summary

The purpose of this report is to present Directors with the best submissions from staff teams on the successful work being carried out by High Life Highland throughout the Highlands and across all areas of work.

It is recommended that Directors comment on the items presented and note that the selected items will form part of the long list for the annual Staff and Volunteer Award Scheme.

1. Business Plan Contribution

1.1 The successes contributes to achieving the following outcomes of the High Life Highland (HLH) Business Plan 2012-15:-

- increased staff satisfaction
- increased internal collaboration
- delivery of the SDC with THC
- increased awareness of product and services
- increased customer satisfaction
- a positive company image
- a growing company
- increased financial sustainability

2. Background

2.1 The September 2012 meeting agreed the alignment of the successes submitted on a quarterly basis with the Staff and Volunteer Award Scheme. A small assessment group comprising the Chief Executive and 2 Directors was set up to consider future submissions and select up to 15 as "best of" successes for presentation to each Board meeting. For the submissions this time, the group consisted of the Chief Executive and Directors Laurence Young, (standing in for Douglas Graham) and Jaci Douglas.

2.2 The 13 successes presented to this meeting in **Appendix A** are those selected by the assessment group for this quarter. The full list of all 36 submissions received appears at **Appendix B**.

2.3 The criteria used to select the successes presented to this meeting are distilled from the 9 outcomes which form the basis of the HLH Business Plan:-

- i. increased internal collaboration & new partnership working;
- ii. doing what we do, but better;
- iii. contributing toward a growing company; and
- iv. contributing toward a positive company image.

2.4 The successes at this meeting will be added to that forming the long list for the annual staff award system.

3. Risk Implications

3.1 There are no new risks resulting from this report.

Recommendation

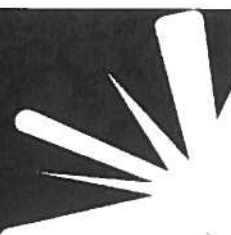
It is recommended that Directors comment on the items presented and note that the selected items will form part of the long list for the annual Staff and Volunteer Award Scheme.

Signature:

Designation: Chief Executive

Date: 18 March 2013

Successes



Area of work (e.g. Arts)	Adult Learning (including Literacies and English for Speakers of other Languages)
Location	Pan Highland
Title of piece of work	A Rich Splash of Colour 2013
Description of event (the purpose / targets)	<p>This piece of work was initially designed by staff and adult learners to be a 2013 calendar competition with the dual purpose of showcasing adult learners' work (writing and images) to a wider audience and also to promote the impact of the work the adult learning team do within the organisation, among partners and in the community.</p> <p>The amount and quality of submissions saw the calendar concept evolve into a self- published book. The entries were judged by a combination of adult learners and staff and a successful celebration / launch event was held in the Spectrum Centre on Friday 21, December 2012. This was attended by over 20 people including learners and volunteers travelling from as far away as Sutherland.</p> <p>The book is going to be promoted in Highland Libraries to enable the project outcomes at community level. We are looking forward to seriously considering developing the project for a "Rich Splash of Colour 2014".</p>
Which staff were / are involved	<p>Julie Simmons, Mark Richardson, Jenni Christie, Liz Treacher- Adult learning 5 sessional tutors adult learning 20 + Highlife Highland volunteers (Literacies Tutors) Joyce Watson – Principal Libraries Manager</p>
What were the results / numbers involved / Feedback	<p>Increased awareness of the work of Adult Learners Increased awareness of the work of the Adult learning Team Increased literacy, ICT skills and confidence of Adult Learners Recognition of learners' work and also the impact of volunteer tutoring Bringing together adult learners from different areas Bringing together Literacies and ESOL learners and tutors</p>

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Partnership working between geographic areas within the adult learning team and also developing partnership work between adult learning and libraries.

25 Adult Learners were involved along with 20+ Highlife Highland volunteers



A Rich Splash of Colour 2013. Prize giving and book launch.
Spectrum Centre 21/12/2012.

Pease have a look below at a few of the winning entries!

Copies of the full book will be made available to Board members to accompany this good news story.

Attach photos or web links

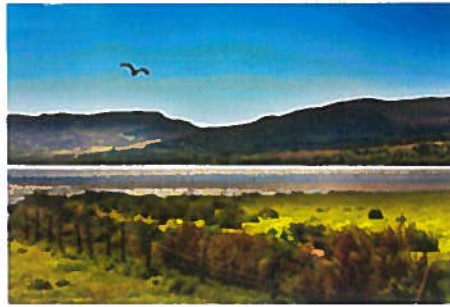


Overall Winner



I Am A Winter Tree by Buenafe Murray

I am a winter tree
I am hugged
I have swirling branches
I had lovely leaves green,
Rusty brown, yellow,
Red and other colours
That no-one can name
Because I am unique
I am a naked tree
I am free



Best Picture

View Towards Ardgay by Ross Mackenzie

It was a beautiful morning in June. I was going for a walk towards Ardgay from Bonar Bridge and I saw this sunny scene. I was trying to catch the seagull flying around when I saw an Oyster Catcher hiding in the reeds, probably nesting. The water was covered in shining crystals. Above the Kyle I could just see electricity pylons and a road going up the hill and in the bottom a wire fence. There was a lot of nature and only a few signs of people.



Contemplation (Harmony and Balance)

*The colours of music
I like listening to good music and I like painting
This is my "game" with colours
When sound calm music I choose light colours
but usually I'm in need of green, blue, yellow
and violet. When sound expressive music I choose
more vibrant and sharper colours - red, orange,
brown.
When my mood is poor, this game brings my
mood back to good. My thoughts get calmer.
Yes I enjoy good music and drawing. This is
my meditation or relaxation.*

Raimunda



Missing Autumn (Aaaa Instrumental)



Best Writing



The Colours of Music by Raimunda Magyliene

I like listening to good music and I like painting.
This is my "game" with colours.
When sound calm music I choose light colours but usually I'm in need of green, blue, yellow and violet.
When sound expressive music I choose more intensive and sharper colours - red, orange, brown.
When my mood is poor, this game brings my good mood. My thoughts get calmer.
Yes I enjoy good music and drawing.
This is my meditation or relaxation.

To see all the work online at the learners' website [icandothat.info](http://www.icandothat.info). Follow the link below...

http://www.icandothat.info/?page_id=3320

Name & email of staff member submitting news item

Mark Richardson, Senior Youth Development Officer
Mark.richardson@highlifehighland.com

Successes



Area of work (e.g. Arts)	Social Enterprise using the Arts, local natural history and local heritage themes
Location	Brora Community Learning Centre
Title of piece of work	Brora Gallery
Description of event (the purpose / targets)	<p>Thursday 15th November marked the official launch of Brora Community Learning Centre's Social Enterprise Project <i>The Brora Gallery</i>. Rather than being a conventional gallery, Brora Gallery consists of a range of creative gifts inspired by the local heritage and environment and includes original artwork, creative textiles, hand printed cushions and bags, wooden hand painted boxes, cards, clocks as well as many other products. As Brora Gallery is part of the learning centre, learning remains at the heart of their programme with research, talks, ICT and themed projects forming an important part of their work.</p> <p>The social enterprise is a partnership project with Support in Mind and New Futures Sutherland and links with other employability agencies with the aim of providing employability skills and training in a supported environment. The project has also run a number of very successful pilot workshops for adults with learning disabilities and is hoping to develop this second project further in the future. We also have plans to run pilot outreach workshops in West Sutherland in May.</p> <p>After several years of pilot enterprise projects, £15,000 funding was secured from Awards for All and Gordonbush Community Wind farm funds to buy in an accredited Social Enterprise training programme from the Social Enterprise Academy for staff and students and for some start up equipment and materials. To date over 20 students have benefited from involvement between the two projects. Several have moved on to employment or further training through the work of the Learning Centre employability skills programmes and the input from partnership agencies. This is very much a partnership project.</p>

	<p>The Gallery uses themed projects to inspire merchandise and exhibitions. We have developed a small display area in the reception area of the learning centre to display some of the examples of our merchandise. However, most sales will be through in-house celebration of learning events, local retail outlets and craft fayres. Income from sales helps to fund new equipment and art materials.</p>
<p>Which staff were / are involved</p>	<p>Trish Matthews Learning Centre Co-ordinator Sarah Murray ICT/Literacies tutor (funded by HALP)/Adult Education Tutor Sally Wild and Annie Millard (Learning Centre volunteers)</p>
<p>What were the results / numbers involved / Feedback</p>	<p>Over 180 people attended the 2 launch events. Feedback sheet with visitors comments attached. We also attended Christmas craft fayres at Dornoch and Brora which were both well attended. Some of the visitors feedback;</p> <p><u>Comments from Brora Gallery launch, November 2012</u></p> <p>The amazing work that has been done to make 'Brora Gallery' evolve is an absolute privilege to see. Congratulations to each and every artist The work on show is absolutely spectacular. I wish I had their talent. Just beautiful in every way. <i>Shona P.</i></p> <p>I am pleased to be a student at The Brora Learning Centre. And today has come together perfectly. Thanks to Trish and her team. <i>Deirdre Maclennan</i></p> <p>Have been to all the exhibitions and launches that have been organised and put together by the Brora Learning Centre. Just marvellous to see the fantastic work done by the students and Trish and her team. Well done again. <i>Peter Kaspis</i></p> <p>The quality of the products being showcased at the opening is fantastic. Everyone has put in so much effort. Best wishes for every success Brora Gallery! <i>Julie Simmons</i></p> <p>Unlike many other events such as this, I felt the warmth and absolute care that had been put into the day. Without doubt, the quality of artwork on display is becoming of all those who have contributed and given their time and love. <i>Viv Caird</i></p>

Such marvellous creativity – colours, texture – superb!
Well done to all involved.

Laurence Jamieson, Golspie

Thank you for creating such a valuable local resource.
There is no better place to come for art work and cards of
the highest quality. Love the colours and the beautiful
designs. Wish you every success with the venture.

Jane Jamieson

Thought the quality of the goods was excellent, colours
bright and well made.

Really impressed with the range and quality of the
products. I am sure the enterprise will be a huge success.
Are you planning to sell in other outlets, online or other? It
may be that otherwise you may have a problem with
people knowing where the shop is.....

Anne and Tom Bell

Wow! Fantastic range of skills, talents and products. Well
done to all – something to be very proud of in Brora!

Suzie Mackenzie

What a truly inspiring exhibition! The effort and
commitment of all involved is wonderful and is reflected in
the quality of the work. Great to have this in Brora.!

Very impressive. Not only a really good range and very
professionally finished, but unique too. Well done.

I loved this exhibition. Such talent and so varied. Keep up
the good work.

Jonathon Brett Young

The day was wonderful. The gallery would not have been
out of place in 'London ' the quality of the work was of the
highest standard. It was a privilege to be part of the day.

Sincerely,

Catherine Smith, Firthview , Ardgay

Brora Gallery = high quality goods.

Very good/nice to browse.

Show it to the world.

Jamieson Butler, Edinburgh.



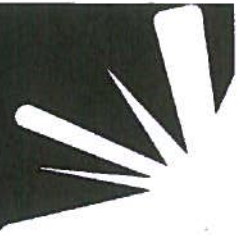
Attach photos or web links




Name & email of staff member submitting news item

Trish Matthews
Trish.matthews@highlifehighland.com

Successes



Area of work (e.g. Arts)	Adult Learning / Offender learning
Location	Apex Scotland/Abriachan Forest Trust
Title of piece of work	Literacy Trail
Description of event (the purpose / targets)	Ongoing development of Literacy Trail in partnership with Highland Adult Literacies HLH), Abriachan Forest Trust and Apex Scotland. This multi-functional learning trail will be opened at the beginning of April 2013. This has involved both learners and staff over the last 2 years from development to design of the trail which has allowed the improvement of literacy/numeracy skills in an integrated way.
Which staff were / are involved	Apex staff are Katrina Beattie, Sharon Finney and David McNulty, along with peer mentors Gordon MacKay and Alistair Martin.
What were the results / numbers involved / Feedback	Learners received John Muir Award certificates in conservation 2 Gold Conservation 9 Silver Explorer 6 Bronze Discovery This reflects the hours involved in the development of the Literacy Trail.
Attach photos or web links	
Name & email of staff member submitting news item	Mary Rhind Mary.rhind@highlifehighland.com

Successes



Area of work (e.g. Arts)	Arts
Location	St Fergus Gallery (Wick Carnegie Public Library)
Title of piece of work	Christmas Art & Craft Market (one day event)
Description of event (the purpose / targets)	<p>The main purpose of the Christmas Market was to raise awareness of the gallery and local artists and makers. The gallery was suitably decorated with paper snowflakes which added to the festive atmosphere. Everyone working in the library building, visitors of the gallery and pupils and teachers from two local schools, South School and Pulteney School were involved in the decorating of the gallery. The standard of the products on sale was very high and makers were happy with the sales of their work. We also had at the same time an art exhibition of local artists' artwork in our new St Fergus Foyer Gallery which was very well received. Most of the refreshments were supplied by the Norseman Hotel which is very interested to cooperate on future events. The Pulteney Bell Ringers also took opportunity to show off their talent and performed in the foyer of the building which greatly added to the Christmas spirit.</p>
Which staff were / are involved	Jana Emburey – Gallery Attendant
What were the results / numbers involved / Feedback	Fantastic turn out, during that day we had over 300 visitors and feedback from visitors and artists/makers was very positive.
Attach photos or web links	<p>http://www.facebook.com/media/set/?set=a.285600981542669.45463.261100737326027&type=3</p> <p>http://www.facebook.com/media/set/?set=a.282571595178941.44919.261100737326027&type=3</p> <p>http://www.facebook.com/media/set/?set=a.285300971572670.45419.261100737326027&type=3</p> <p>http://www.facebook.com/photo.php?fbid=282453945190706&set=pb.261100737326027.-2207520000.1360865034&type=3&theater</p> <p>http://www.facebook.com/photo.php?fbid=279848602117907&set=pb.261</p>

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Name & email of staff member submitting news item	Jana Emburey Jana.emburey@highlifehighland.com

Successes



Area of work (e.g. Arts)	Arts, Museums, Libraries, Archives
Location	Inverness Museum and Art Gallery, Highland Archive Centre, Inverness City Library
Title of piece of work	'About Town'
Description of event (the purpose / targets)	<p>'About Town' took place during October 2012 and January 2013. The concept of the project was initiated by the High Life Highland Creative Learning Leader. Devised as a collaborative project, working across a range of HLH functions, the aim of 'About Town' was to promote the newly connected facilities as a learning resource for every day school use. The project was developed specifically to engage with two, city centre schools, both within easy walking distance of the Museum, Archive Centre and Library; schools that, geographically, would be able to easily continue to make ongoing use of the facilities.</p> <p>The project model is tailored to provide a cross curricular learning experience, promote creative learning and teaching and aid the delivery of Curriculum for Excellence, particularly within the expressive arts and social studies frameworks.</p> <p>Based on the lesser known history of Inverness, the project content was designed to target upper primary ages and was selected carefully by staff from across the HLH services involved. Run each time over 3 consecutive days, the project set out to engage the pupil's in local archaeology and history, both social and architectural, by providing a half day of creative learning activities within Inverness Museum and Art Gallery, Highland Archive Centre and Inverness City Library, focussing on the Castle Street area of Inverness. Each facility linked their selection of presented materials together clearly to give a true sense of the history of the specifically targeted area, promoting a wide range of local resources and an exciting model for future projects and collaborative working.</p> <p>Brief project description - During their time at Inverness Museum, the pupils looked at the Castle Street area 8000yrs ago and the archaeological and chronological</p>

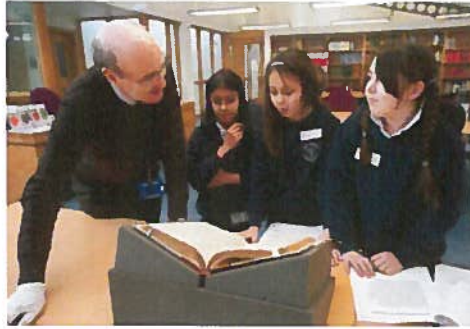
	<p>records that help us discover what the area and the people living in it could have been like during different time periods. The half day at the Highland Archive Centre allowed the children to focus on the same area but during the 1800's and how maps, volumes and official minute books can document history through real time records, informing us today of true events that happened hundreds of years ago. The visit to Inverness City Library allowed the pupils to explore popular documentation from the Castle Street area in the 1900's such as guide books, tradesman's records, newspapers and microfilm whilst Am Baile also contributed illustrations, photographs and film.</p> <p>The project was then tied together nicely back in the classroom through the use of the expressive arts as a learning tool. Professional artists further inspired the learning experience by linking their creative workshops to the content, materials and resources discussed within each of the HLH facilities. The artists worked with the pupils to create 2 pieces of artwork including a 3D model titled 'Layers of Inverness' and a 2D ScreenPrint titled 'About Town'. A pre and post-project classroom pack was designed for the classroom teacher to enhance their own classroom teaching of the topic and engage in further cross-curricular activities following on from the days out.</p>
<p>Which staff were / are involved</p>	<p>Amy MacLeod – Creative Learning Leader. Cait McCullagh – Assistant Curator; Engagement, Inverness Museum and Art Gallery. Janet Baker – Education and Outreach Co-ordinator, Highland Archive Centre. Julie Corcoran – Information Co-ordinator, Library Support Unit. Jamie Gaukroger – Am Baile Content Co-ordinator, Library Support Unit.</p>
<p>What were the results / numbers involved / Feedback</p>	<p>At present 50 children and 2 teaching staff have taken part in the High Life Highland 'About Town' pilot project, both with excellent results. 95% of the pupils scored the experience as a 4 (marks given on the pupils evaluation sheet were between 1 -4, with 1 being the lowest and 4 the highest) with the remaining 5% scoring the experience as a 3. Words used to describe their full experience include <i>Awesome, Cool, The Best 3 Days of School Ever, Fun, Great, Good, Exciting, Amazing and Fantastic.</i></p> <p>Each of the teaching staff involved answered the feedback positively and notes from feedback following the first run of the project were taken on board for the second run and made an improved difference to the project experience as</p>

a whole. All teaching staff fed back at 100% that the project had engaged the learners in the history of Inverness, that they felt more encouraged to approach these facilities as a learning resource for every day school use and that the project linked across a wide range of CfE experiences and outcomes, particularly within the expressive arts and social studies. The project has been widely discussed in the staffrooms and, alongside the teachers directly involved wishing to discuss secondary visits to each of the facilities to engage in resources linked to current class topics, other teachers from the schools have independently arranged to engage with IMAG, HARC, Inverness City Library and Am Baile also after learning about what these HLH facilities have to offer to enhance their everyday teaching.

Each member of HLH staff involved have worked extremely well together across the services to tie together a successful project and develop a great model for future partnerships with both their facilities and with local schools. It is hoped that the project can be run again and piloted in a different area also.

Attach photos or web links





Name & email of staff member submitting news item

Amy MacLeod – Creative Learning Leader
amy.macleod@highlifehighland.com

Successes



Area of work (e.g. Arts)	Health and Wellbeing
Location	Caithness, Sutherland, East Ross
Title of piece of work	Otago
Description of event (the purpose / targets)	<p>HLH in partnership with NHHSH has developed the delivery of a new exercise classes called Otago - which supports the falls prevention agenda.</p> <p>Otago is an evidence based, gentle exercise programme aimed at developing strength, balance and flexibility for older adults. It has been proven that people who undertake a programme of Otago are significantly less likely to fall.</p> <p><i>Falls are costly for the individual, the NHS, and the care and support system. Falls cost the NHS and social care an estimated £6m per day or £2.3bn per year. This figure represents the cost associated with hip fractures alone.</i>¹</p> <p><i>A fall that leads to a hip fracture costs the State c. £28,665 per person.</i>²</p> <p>HLH received support from NHS Highland to train staff in the delivery of Otago classes. HLH is now piloting the delivery of Otago classes in Wick, Thurso, Tain and Golspie Leisure Centres.</p> <p>HLH is also offering a unique service in Tain whereby an instructor is delivering the programme in a care home setting. Tina Mitchell, Manager of Duthac House has welcomed the support from HLH, she said:</p> <p><i>Our residents have really enjoyed taking part in the fortnightly Otago sessions. Anything that helps to reduce the risks of falls is welcomed. Apart from the great fun that has been had by all taking part in the exercises we look forward to seeing the benefits of improved mobility and</i></p>

¹ Age Uk. *Stop Falling: Start Saving Lives and Money*. P.5

² British Association of Occupational Therapists and College of Occupational Therapists.

	<p><i>balance that is anticipated through their participation.</i></p> <p>The care home setting model, is one we are looking to replicate in other care homes or community settings. We have been approached by a private care home and we are in discussion with the area Health and Social care Manager for NHS/THC in East Ross to look at ways to roll out the service.</p>
<p>Which staff were / are involved</p>	<p>Kimberley McMenemy, Relief Supervisor, Tain Royal Academy Community Complex. Kyle McKay, Leisure Supervisor, Sutherland Swimming Pool (Golspie). Robert McCoustra, Relief Leisure Supervisor, Thurso Swimming Pool. Chris Nellies, Relief Supervisor, Thurso Swimming Pool. Kelly Skinner, Facilities Manager, Tain Royal Academy Community Complex. William Durrand, Facilities Manager, Wick and Thurso. Lynn Johnson, Health and Wellbeing Manager.</p>
<p>What were the results / numbers involved / Feedback</p>	<p>Fortnightly classes at Duthac House, Tain Weekly class at Tain Royal Academy Community Complex.</p>
<p>Attach photos or web links</p>	
<p>Name & email of staff member submitting news item</p>	<p>Lynn Johnson, Health and Wellbeing Manager Lynn.johnson@highlifehighland.com</p>

Successes



Area of work (e.g. Arts)	Leisure
Location	Hilton Community Centre
Title of piece of work	Archie's Foundation Community Café
Description of event (the purpose / targets)	<p>High Life Highland and Hilton Community Centre Management Committee are working in partnership with the Archie's Foundation to develop a community café with a soft play area, with the aim of providing early intervention support and guidance to parents with children under the age of 5 years.</p> <p>The ARCHIE Foundation will operate this café in partnership with a professional catering provider Cobbs to develop a community café which will be the first of its kind. This will be a new and unique facility, with simple aims - :</p> <ul style="list-style-type: none"> ○ to provide a community hub for families with young children ○ to use the café to carefully advance early years support ○ to promote health and wellbeing ○ to provide a facility that can be used by community ○ to do all of the above with the purpose of impacting on the health outcomes of children in the community served by the café ○ to operate a commercially viable unit <p>The ARCHIE Foundation</p> <p>The ARCHIE Foundation is the official charity of the Royal Aberdeen Children's Hospital, the Children's Wards in Inverness and Elgin and all Community Based Child Health in the North of Scotland. Every year they directly impact on the lives of more than 120,000 sick children across an area covering roughly 50% of Scotland. They have offices in Aberdeen and Inverness and are currently delivering projects in 11 different hospitals. Not least of which is the planned new £2m development at Raigmore Hospital to create a Highland Children's Hospital Facility.</p>

The ARCHIE Foundation operates on an extremely efficient basis with an ever-increasing proportion of their income going to the charitable causes. The charity has operated significantly below the UK average for administrative costs every single year.

The Future

Looking ahead, the evidence base around early years intervention, the shift in focus to early years by the government and the potential 'quick wins' that can be achieved by providing support to families with very young children can no longer be ignored. The ARCHIE Foundation has therefore been actively reviewing how best to influence the health outcomes of children in the North of Scotland by enhancing early years provision. With the support of external early years expert Dr Suzanne Zeedyk, they are now set upon developing a chain of specially designed cafes, based in local communities, to support families with young children.

ARCHIES' vision for Hilton Community Centre

The Vision for Hilton Community Café is a well-designed, welcoming and friendly café that will provide local parents/carers with somewhere to get a good quality coffee/snack/meal in a trusted environment.

There will be a soft play facility for slightly older (pre-school) children to allow parents/carers to relax while their children play. This in turn will allow either for the café to be used as a meeting place for healthcare professionals, or simply for the easier promotion of simple healthcare messages.

ARCHIES public health promotion will not be 'too heavy', nor will it be simply the display of NHS literature. They plan to design their own material, reproducing the NHS and other authorities messages, but in a café friendly style and format. They have the support of the NHS in this approach and hope to operate a facility that will complement and reinforce the messages young families receive from their community midwives, GP surgeries and community family nurses.

They will, in partnership with Dr Zeedyk, by providing specific early years information in a family friendly format. The café, will be designed to achieve a 'Connected Baby Accreditation' – a new programme being developed by Dr Zeedyk's organisation. It will be the first café anywhere in the world to achieve the accolade.

The ARCHIE Foundation is a leading children's health charity – and are not commercial operators of catering facilities. They have therefore completed a process that has identified Cobbs as the preferred partner to provide day-to-day management of the catering side of this project. Cobbs will manage the facility on a day-to-day basis working to the service specification as agreed between the two organisations. The health information will be developed and delivered by the ARCHIE Foundation.

Cobbs Vision for Hilton Community Centre

The catering facility at Hilton Community Centre will be a place where adults and children can relax and enjoy good coffee, good food and a pleasant ambience. Cobbs catering presence will enhance the visitor attraction making it a 'must visit' place for visitors and locals alike. Cobbs high quality products offered at the correct price for the local market will strongly complement the ARCHIE Foundation's work.

The company philosophy is to deliver a quality product at sustainable prices. To this end they do not focus on gross profit but rather on growing the business with satisfied customers. They do, however, benefit from being a large business with supplier prices, who can then pass these on to customers. This helps in providing a service that provides both value for money and high quality.

In Conclusion

The development of an early year's café run by a respected charity and a respected commercial partner with a primary aim of impacting on the health outcomes of a local population, is not something that happens every day. It is a commercial and reputational risk for all parties yet it is something all parties are determined to make a success.

The long-term potential is exceptional, there will be an honest and genuine attempt to make a difference for local children in the Hilton community but also do so in a way that can self finance future growth.

Which staff were / are involved

Fiona Hampton, Susan Menzies and Emma Thomson

What were the results / numbers involved / Feedback

Attach photos or web links	
Name & email of staff member submitting news item	Emma Thomson Area Facilities Officer (South)

Successes



Area of work (e.g. Arts)	Leisure Facilities
Location	Aviemore Community Centre, Badenoch & Strathspey
Title of piece of work	Thanks for saving my life
Description of event (the purpose / targets)	<p>On Saturday the 8th December Leisure Supervisor Ross Dudgeon and Leisure Assistant Toto Vastano were on duty at Aviemore Community Centre. Toto was delivering one of the 600 fitness room inductions undertaken at Aviemore Community Centre since its opening in August 2012 , when he witnessed customer Tony Holden, a 59 year old regular user suffer a sudden collapse in another area of the fitness room.</p> <p>Toto summoned emergency assistance using his radio and instructed a customer to call an ambulance on his mobile phone and began CPR.</p> <p>Ross Dudgeon, Leisure Supervisor arrived in the fitness room to find Toto delivering CPR, Ross took over the phone and advised the emergency operator of the situation. Raymie Mackay a regular customer and off shore first aider supported Toto during the resuscitation by maintaining the casualties airway. Aviemore Ambulance Services arrived within 5 minutes of the collapse and defibrillated Mr Holden on site. Mr. Holden showed signs of recovery on site and was admitted to coronary care at Raigmore Hospital where he later received a bypass and was fitted with an automatic defibrillator.</p>
Which staff were / are involved	<p>Antonio Vastano (Toto) - Leisure Assistant Ross Dudgeon- Leisure Supervisor Kirsti McIntyre- Leisure Supervisor and First Aid Trainer Assessor Donna Reilly – Facilities Manager</p>
What were the results / numbers involved / Feedback	<p>Mr. Holden survived a sudden cardiac arrest (SCA), medical professional advised that he was one of just 5% of victims to survive a SCA because he was in the right place at the right time.</p>

Mr. Holden is grateful to the team and a good news story made front page of the local newspaper.

The HLH leisure team at Aviemore Community Centre are qualified first aiders, a course which was delivered by centre supervisor and trainer Kirsti McIntyre. The leisure team also receive weekly ongoing staff training, where CPR is covered on a monthly basis as recommended by HSE.

The 2 man team who were involved in the incident were pleased their training had enabled them to confidently and effectively save a life.

Although the outcome was successful a review of the incident has generated discussion points and recommendations which will ultimately improve High Life Highland's Health and Safety management across a range of facilities particularly dry leisure sites.

Attach photos or web links



Thanks for saving my life, says gym heart attack victim

By Claire Dennis

ALL OF US HAVE seen how shocked himself one of the hundreds of people who die each year from a heart attack in his local gym, thanks to the quick thinking of those who came to his aid.

Mr Tony Holden (57) is one of just 1% of Scottish Gaelic Gaelic (W.A) who are not to die because they were in the right place at the right time with the right people around them.

High Life Highland staff member Amanda Watson, known as 'Sam', was standing next to him in the gym at the Athol Community Centre when Mr Holden suffered the heart attack.

The 56-year-old found a bag from the gym and used it to hold Mr Holden off the ground.

He ran over to Mr Holden, rolled him over and started CPR. He called the emergency services and asked the manager Stuart Macdonald to call an ambulance from his mobile.

Deputy Mayor, who lives in Athol's Cullachan, is a qualified first aid, and happened to be using the treadmill next to Mr Holden.

He said: "Mr Holden was leaning on the treadmill for 10 of the treadmill he landed in the emergency position, on his side. We stopped breathing and moved people and Amanda and I started to administer CPR."

"The first who had been in the situation held his head and kept his arms straight while Amanda breathed into him, and both of us did chest compressions."



AMANDA Watson (second from left) with (from left) Stuart Macdonald, Tony Holden and Claire Dennis at the gym where Mr Holden suffered his heart attack.

There was one other person in the emergency room until the ambulance arrived, that individual paramedics David Haggerty and Peter (Travis) of the gym.

They continued to perform CPR while the paramedics set up the defibrillator.

The ambulance crew defibrillated Mr Holden twice and then he was lifted onto a stretcher and taken to the hospital.

Mr Holden, of Cullachan, has been found with an anomalous defibrillator above his heart area, which happened last month.

After feeling much better, he wanted to express his thanks to those who had saved his life.

"I can't remember much about what happened - just a few blurry images of people around me and the sound of voices as if they were shouting down a street pipe,"

he said. "I think the incident took in the middle of a morning, like this, I just happened to be surrounded by people who know their stuff."

He added: "My surgeon told I was one of only 1% of people who just happen to be in the right place at the right time with the right people around them when they have a sudden cardiac arrest."

"I have thanked the entire manager, David Haggerty, and staff members who helped me, particularly Tom. They and the paramedics did a heck of a job!"

Mr Holden said: "This incident has given me a new appreciation of life and thinking I am grateful that I was there to be able to do what I could to help Mr Holden."

Sam added: "If Tony hadn't done what he did, the


Name & email of staff member submitting news item

Donna Reilly – Leisure Manager
 donna.reilly@highlifehighland.com

Successes



Area of work (e.g. Arts)	Libraries
Location	Portree, Broadford, Plockton, Lochcarron and Kyle
Title of piece of work	Gaelic Rhymetime
Description of event (the purpose / targets)	<p>Portree Community Library has been playing its part in helping to not only preserve but also improve the status of the Gaelic language locally.</p> <p>In fact so successful were the first pilot Bookbug Rhymetime sessions in Gaelic, which were held late last year, that now they have already been expanded to nearby Broadford as well as Plockton libraries and will shortly take place in Lochcarron and Kyle.</p> <p>Until October of last year Portree had regularly held weekly song, story and rhyme sessions for toddlers and babies but never solely in Gaelic. However, after discussions with Fay McDiarmid, Early Years Support Worker of Bòrd na Gàidhlig, the national organisation entrusted with promoting the Gaelic language right across Scotland, the decision was taken to hold the sessions at Portree library.</p> <p>Fay led the event which resulted in a significant increase in the number of local youngsters attending. As a result a further session was held in December, 2012, with 22 children and 11 adults taking part.</p> <p>Now with another successful session already staged at Portree in January, the Gaelic Rhymetime will fill a regular monthly slot. Similarly, Fay also hopes to build on her gatherings in Broadford and an initial pilot held at Plockton. Lochcarron will play host later this month and in turn will be followed by Kyle library as the initiative is steadily rolled out across the region.</p> <p>Fay said: "The libraries with their already established Rhymetime sessions have proved the perfect place to allow local youngsters, their parents and carers to enjoy Gaelic to the full. As a language which has such strong traditional ties to story, song and verse this has proved to be a wonderful opportunity to involve children at a very</p>

	early age.”
<p>Which staff were / are involved</p>	<p>Fay McDiarmid – Early Years Support Worker, Bòrd na Gàidhlig Portree Library – Morna MacLaren Plockton - Jane MacDonald Lochcarron - Suzanne Parsons Kyle - Janie MacDonald Broadford - Angela Loughlin and Elizabeth McNiven</p>
<p>What were the results / numbers involved / Feedback</p>	<p>Some 80 children and adults have attended the sessions with Portree’s December Rhymetime alone attracting 22 children and 11 adults, way above the numbers normally attending.</p> <p>It is as a result of the overwhelmingly positive feedback from all who have been involved, that the Gaelic sessions have been both adopted on a regularly monthly basis and are being rolled out to other libraries in the weeks to come.</p>
<p>Attach photos or web links</p>	
<p>Name & email of staff member submitting news item</p>	<p>Gillian Siwek, Network Librarian, Portree Gillian.Siwek@highlifehighland.com</p>

Successes



Area of work (e.g. Arts)	Joint - Youth , School and Library
Location	Fortrose Community Library
Title of piece of work	Getting to know your techno
Description of event (the purpose / targets)	<p>Informal learning and problem solving sessions where 3rd year pupils from Fortrose Academy Asdan use their skills in new technologies to help members of the community with mobile phones, laptops, Ipads and e-readers. Many people taking part are over 50.</p> <p>The purpose of the course is to improve digital technology literacy amongst mature members of the local community encouraging confidence building for the people on the course and also the teenagers teaching them. Adults benefit by having experts to answer their questions and show them new techniques. The teenage experts enjoy helping others, meeting new people in their communities and develop teaching and social skills. Building community cohesion is also an underlying purpose of this activity.</p> <p>People attending courses are encouraged to use library equipment and on line services and also to borrow books on these skills increasing the use of library resources.</p>
Which staff were / are involved	Wanda MacKay(HLH) Sue Phillips (Teacher) Fraser Thomson (HLH) Elaine Webster(Youth Worker Highlands and Islands Youth for Christ) , Caroline Elliot(HLH) , Janet Hughes(HLH) , Sheena Paterson(HLH) Caroline Robinson(HLH)
What were the results / numbers involved / Feedback	<p>This course, due to demand, is now in its third session and another 2 courses are planned, due to demand from a local community group and also a nursing home. Feedback forms, from adults and pupils involved, and verbal feedback is positive and included the following comments</p> <p><i>“Being able to help and show people things I knew and they didn’t”. (pupil)</i></p>

"Course is brilliant - getting rid of Predictive text wish I could have known that months ago"!! (adult)

Latest course (Jan 2013) 11 adults and 8 pupils involved.

December 2012 - 6 adults and 8 pupils

Attach photos or web links





**Name & email of staff member
submitting news item**

Sheena Paterson
Sheena.paterson@highlifehighland.com
Janet.hughes
Janet.hughes@highlifehighland.com

Successes




Area of work (e.g. Arts)	Museums
Location	Highland Folk Museum
Title of piece of work	Relocating Lochanhully House
Description of event (the purpose / targets)	<p>Ensuring the on-going success of the Highland Folk Museum is, in part, linked to the ongoing acquisition of vernacular buildings and structures. These, the primary objects in the Museum's 80 acre 'glass case', are the interpretation focus in helping deliver an interactive and engaging experience for the Museum's 50,000 visitors.</p> <p>Latest in the Museum's projects is the on-going dismantling and relocation of 'Lochanhully House' from Carrbridge. This two storey domestic dwelling was first built in 1922 from 90 pine trees bought from Seafield Estate by D. Rose; which he converted into the construction timber on site.</p> <p>The house is currently owned by Mr. Rose's great-granddaughter, Mary Hay and her architect husband Phil who have been keenly aiding the Museum's staff not only in documenting the building but also ensuring donations that will help a circa 1950s interpretation.</p> <p>Of welcome assistance too has been help from 'Cairngorms Construction Skills Project' students from the Highlands Small Communities Housing Trust. The Trust has an aim of facilitating young unemployed people into work through college training and relevant work experience. To date 4 of the Trust's students and their mentor have been involved in aiding the project on a weekly basis since November 2012.</p> <p>Financial assistance towards the project, not to exceed £30,000, has also been offered via the Cairngorms Local Action Group / LEADER 2007 – 2013 Program.</p> <p>The anticipated schedule is to have the house dismantled and transported to the Museum by April 2013; then the reconstruction will commence with the completion target of autumn 2013. The ultimate aim is to have the house</p>

	<p>interpreted and open for visitors for the 2014 season.</p>
<p>Which staff were / are involved</p>	<p>Museum curatorial, craft worker and seasonal staff aided by students from the Highlands Small Communities Housing Trust and the property's owners.</p>
<p>What were the results / numbers involved / Feedback</p>	
<p>Attach photos or web links</p>	<div data-bbox="655 521 1267 907" data-label="Image"> </div> <p data-bbox="655 909 1182 943">(Above) Lochanhully before work started</p> <div data-bbox="655 972 1104 1337" data-label="Image"> </div> <p data-bbox="655 1339 1406 1408">(Above) HSCHT: Sandy(Mentor), Jordan, Dan and Martin posing before work commenced on Day #1.</p> <div data-bbox="655 1442 1235 1814" data-label="Image"> </div> <p data-bbox="655 1816 1469 1886">(Above) John Mackenzie, HFM seasonal staff member and ex-Wimpey Regional Construction Manager shows how to do it!</p>
<p>Name & email of staff member submitting news item</p>	<p>Bob Powell, Principle Museums Officer Bob.powell@highlifehighland.com</p>

Successes



Area of work (e.g. Arts)	Nairn Youth Development
Location	Nairn
Title of piece of work	Budget Consultation 2012
Description of event (the purpose / targets)	<p>Background</p> <p>In October 2012 the Highland Council held a budget consultation event in Nairn. As part of this consultation, it was agreed that Nairn Youth Forum would consult with all the cluster primary schools in the area. This followed on from a rather successful Budget Consultation event held in 2010.</p> <p>2012 consultation</p> <p>Savings Needed?</p> <p>The Council needs to find savings totalling £29.7m in the next two years. Proposals to the value of £17.8m have already been identified. The consultation seeks views on the £17.8m proposed savings and also asks for ideas on how we might meet the £11.9m gap.</p> <p>Why?</p> <p>There is a drive to reduce public sector spending. The Council's grant settlement over the next few years will therefore remain the same with no inflationary uplift. This means that there is a gap because there is a continuing need for Council services and the Council has to meet the increased costs arising from inflation.</p> <p>What Nairn Youth Forum did...</p> <p>At the Consultation meeting in Nairn on 26th October 2012 we proposed that the Youth Forum consult with the Primary Schools this time; particularly given that many of the proposals would have a large impact on these pupils.</p>

	<p>This is the only youth led and youth focused consultation including primary schools that has taken place across Highland. All cluster primaries were included and groups of pupils from senior primaries views were recorded. These can be seen hanging as bunting. The bricks on the wall are a cross section of those pupils consulted within Nairn Academy.</p> <p>What next?</p> <p>All the feedback received will be analysed and fed into the discussions Members will have on the budget. Firm budget proposals will then be developed.</p>
<p>Which staff were / are involved</p>	<p>Christie Fullerton - Youth Development Officer Nairn</p>
<p>What were the results / numbers involved / Feedback</p>	<p>904 pupils took part in this exercise.</p> <p>110 P7's from Nairn Cluster Primaries 794 pupils from Nairn Academy</p> <p>The findings were presented to the Budget Consultation Team at Highland Youth Voice in November. They have since been passed onto the Chief Executive's Office where they will be included in the final report.</p>
<p>Attach photos or web links</p>	<p>http://www.youtube.com/watch?feature=player_profilepage&v=rJkHIBFqEME</p> 



Name & email of staff member submitting news item

Christie Fullerton
Christie.fullerton2 @highlifehighland.com

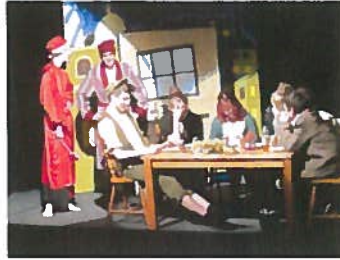
Successes



Area of work (e.g. Arts)	Youth Work
Location	Ardnamurchan
Title of piece of work	HLH/ High School Partnership: Drama Project
Description of event (the purpose / targets)	<p>50 young people from Ardnamurchan High School (AHS) took part in rehearsals over a 6 week period (Nov/Dec 2012) culminating in 3 performances at The Sunart Centre Strontian 13th to 15th December 2012. Raising nearly £1000 for AHS.</p> <p>The Pantomime (A Christmas Carol) was Produced, Directed and co-written by Stewart Malcolm, Youth Development Officer, High Life Highland.</p> <p>Young people had the opportunity to gain experience in the expressive arts such as acting, stage design, sound, lighting, dance, music and stage management. No previous experience was required.</p> <p>The production team comprised of a partnership between HLH, Ardnamurchan High School and adult members of the Ardnamurchan community.</p>
Which staff were / are involved	Local Youth Development Officer, Active Schools Coordinator (Sports Leaders for Dance), AHS Staff, Sunart Centre Manager (Venue and Publicity)
What were the results / numbers involved / Feedback	<p>1 performance attended by primary schools in Ardnamurchan and 2 performances for the general public.</p> <p>49 young people and 18 adults were involved in the production.</p> <p>Verbal feedback from HMIE Inspectors (Dec 2012) to Head Teacher stated that they were impressed by the very high percentage (50%) of young people taking part.</p> <p>"It was really hard work but it paid off with 3 fun performances" (James Dunn)</p>

"Good laugh. The performances were good and I enjoyed Taking part." (Lewis Hervo)

Attach photos or web links



Name & email of staff member submitting news item

Stewart Malcolm
Stewart.malcolm@highlifehighland.com

APPENDIX B

AREA OF WORK	TITLE
Adult Learning	A Rich Splash of Colour 2013
	Brora Gallery
	Introductory Training in Adult Literacies hearing in Inverness
	Kincraig ESOL Group
	Literacy Trail
Archives	Asylum Records
	Collie Mackenzie
	From Farm Cart to Air Ambulance
	Who Do You Think You Are
Arts	Christmas Art & Craft Market
	About Town
	Craigmonie Craft Club
	The Plan B Project
Health & Wellbeing	Commit to Change
	Otago
Leisure	Adult Education Classes
	Archie's Foundation Community Café
	Christmas Fayre
	MITLI Campaign
	Thanks for Saving My Life
Libraries	Book Week Scotland
	Gaelic Rhymetime
	Getting to know your Techno
	Saturday Storytelling
	Stamp into Spring
	Outreach Events for Pre-school & Primary Age Children
	The Big Picture
Visit of University Professor to IRA	
Museums	Relocating Lochanhully House
Sport	Active Schools Promote Active Citizens
	Highland Heats Scottish Schools Swimming 2012
	Dance Leadership
Youth	Budget Consultation 2012
	Fusion
	HLH High School Partnership Drama Project
	Young Scot NEC

