

Covid-19 Response Grants 2021/22

Neighbourhood Networks

Who are Neighbourhood Networks?

Neighbourhood Networks supports vulnerable adults in Falkirk and Glasgow with learning and physical disabilities and mental health issues, to live independently at home. There are three Neighbourhood Networks in Falkirk who all encourage their members to be fully involved within their local communities, by providing life skills and peer support. Members are supported to develop their own personal growth plans focusing on independent travel, money management, life skills, employment and social activities to help build friendships and relationships.



How was the grant used?

- The grant enabled Neighbourhood Networks to buy photography equipment, including three cameras, three camera bags and SD memory cards, which enabled each network to have their own camera to actively participate and enjoy photography workshops.
- The cameras were used during monthly mindfulness walks, capturing local wildlife and local community clean ups, amongst other activities.

What had to change due to Covid-19?

During lockdown when they couldn't provide group support, Neighbourhood Networks offered 1:1 support via door step visits and health walks. They also ran their own digital platform which allowed members from across the central belt of Scotland to come together and connect with each regularly. Fun and informative activities were delivered digitally, including cooking classes, photography workshops, art classes, mindfulness, Yoga, Human Rights and Information sessions on Breast/Bowel screening.



What difference has the grant made?

- Having cameras for the three Falkirk Networks has created a talking point amongst members. Most members on joining the group feel socially anxious and are not confident talking to each other. Having access to the cameras has brought people together on an equal playing field, where they can communicate with each other, form meaningful friendships and learn new skills at the same time.
- Each Network has 10 members, resulting in 30 people benefiting from the ongoing weekly sessions.
- The cameras have helped unleash the member's creative side and created a positive and fun learning experience for everyone; people are thoroughly enjoying creating their own art amongst nature and their natural outdoor environment, which in itself, is encouraging people to go outdoors more often.
- For some members this has had a massive impact on their emotional wellbeing as they had not been out of the house in several years. Now they have discovered a new and ongoing love of photography in nature which is something they didn't realise they could do.



"The Health Promotion Service has been great as it has allowed the Network to purchase something for the members which they requested and have shown a key interest in. As we are a charity it can be difficult to find funding especially for smaller projects so this has been brilliant. Thank you."

(Falkirk Network Manager)

"I can't believe I can actually take a good photograph, it actually looks good and I may be able to think about this as a career option."

(Network member)

"I love getting out, with friends and capturing the moment."

(Network member)

