

Who is Raploch Community Partnership?

Raploch Community Partnership is a regeneration charity, helping people and organisations in Stirling, to improve their economic and social well being and quality of life.



They facilitate learning and skills development; active citizenship, help people into work; generating a sustainable community; area regeneration and building capacity. Activities include providing digital access, employability, training courses, intergenerational activities, early years and family focused work and projects to tackle loneliness and social isolation.

How was the grant used?

The grant has been used to hold various outdoor social activity sessions in a Covid safe way, to reach differing age ranges in the population:

- Yoga / tai chi (outdoors) – targeted at those with mobility issues and older age groups.
- Early years ‘jump around’ outdoor session – targeted at those age 0-5 years and parents / carers.
- Outdoor silent disco – intergenerational, suitable for all age groups.

272 people will benefit from this grant:

- 6 weeks x 12 participants chair based yoga / tai chi (outdoors).
- 8 weeks x 12 participants early years ‘jump around’ outdoor session.
- 4 weeks x 20 participants outdoor silent disco.

What had to change due to Covid-19?

- The hub reopened in line with government guidance and this request was as a result of planned activities the volunteers and service users wished to do. Activities such as Yoga/tai chi and jump around sessions for children were held outdoors, to ensure social distancing. The outdoor silent disco was trialled on 21 June 2021 to celebrate volunteers’ week.





Jump around session

What difference has the grant made?

- Community members have benefitted from an increase in social connection, physical activity and awareness of intergenerational interventions and health.



Tai Chi

