

CCF – 5621

REAP

# GROW ELGIN III

A community growing and food waste reduction project

April 2018 – March 2020



*Seafield School pupils show off their carbon footprints. The school and school families went on to complete the Seafield School Carbon Challenge*

compiled by Ann Davidson April 2020 with help from:

Dorothy Allan, Beth Dunlop, Catherine Sinclair, Barney Thompson and all our volunteers and participants



## Starting Point

Grow Elgin III was set up to widen the reach of previous carbon reduction projects in the community of Elgin, Moray's main town. Evidence such as oversubscribed growing courses, enquiries through Facebook, e-mail and by phone from new groups with participants seeking to set up community gardens & compost bins and to join the e-bike compost collections, evidenced that Grow Elgin 3 was much needed and valued. The project aimed to reach out to new sectors of the Elgin community and offer the opportunity to get involved in tackling carbon emissions in a fun, practical and accessible way through:

- converting more land to public growing spaces
- helping more people grow their own food and change food eating/cooking/buying behaviours
- diverting more food waste from landfill, including an e-bike collection
- increasing carbon literacies amongst school pupils, community groups and individuals
- developing low carbon growing options specifically for and with vulnerable people

A range of stakeholders who have supported the project with letters and surveys agreed that REAP was/is the best partner to help them achieve these aims in Elgin, based on REAP's great track record of helping people and partners deliver on community growing and carbon literacy locally. As an organisation, REAP sought to learn more about therapeutic growing and how to work with vulnerable participants to widen inclusion in tackling carbon emissions.

So – how did we get on?

**IT'S BEEN AMAZING!!!!**

## Headline achievements

1167 people took part over the 2 years

126 sessions and 36 courses were delivered on gardening, composting and cooking to upskill

145 people attended carbon conversations and 224 attended carbon chats as part of other sessions

Over 1 tonne of food waste was diverted from landfill in our e-bike collection, 791kgs from 11 new groups

A new Food Waste Cooking Course was developed, with 52 people taking part

13 community growing spaces were developed, with 184.5m<sup>2</sup> new growing space set up

101.9tCO<sub>2</sub>e was saved by people changing their food behaviour and growing

54.3tCO<sub>2</sub>e was saved by people reducing their food waste and diverting food waste from landfill

## Outcomes, Activities and Climate Literacy

### Outcome 1

We will convert 400m<sup>2</sup> of new land in Elgin to food growing spaces by creating community gardens at organisations and in public areas, saving 0.99 tCO<sub>2</sub>e per annum

RESULT – Target partially met

Grow Elgin 3 converted 184.5m<sup>2</sup> of new land to community growing areas at 13 sites around Elgin. Records were kept for growing areas which showed that 435kgs of produce was harvested from these sites this year (year 2) saving a total of 0.36kgs CO<sub>2</sub>e, with the potential of 574.5kgs of produce (0.47kgs CO<sub>2</sub>e) as these sites reach full production in 2020 onwards.

### Schools

Setting up school sites was really fun for the children and all concerned. At Seafield, St Sylvester's and Elgin Academy great new growing spaces were set up, and having a productive garden on site had a ripple effect beyond producing lovely tasty veggies and fruit for the children to eat, take home and cook with. For example at Seafield Primary, staff, children and parents took part in a school 'carbon challenge' with 2 carbon conversations, plus a food behaviours questionnaire to do at home for parents, equipment for the school to help in the garden added an extra incentive. Both Elgin Academy and Seafield Primary hosted the project steering group in school time so that pupils could attend and be more involved. The Eco-group at Elgin Academy hosted a series of assemblies for over 1000 pupils using resources previously shared with REAP through their carbon conversation



*Harvest time at Seafield School – winter purslane was enjoyed by all!*

### Therapeutic Growing

Grow Elgin III had a focus on therapeutic growing, a new venture for Elgin and indeed for Moray. The project liaised with organisations working with vulnerable people as well as developing the dedicated therapeutic garden at Maryhill GP Practice (see next paragraph). SACRO (young people in danger of homelessness), Turning Point (adults with special needs), Moray Women's Aid and Moray Food Plus (food bank customers & criminal justice volunteers) have all converted areas for food growing through the project at their organisational bases. Vulnerable people have had the opportunity to enjoy working outside on a worthwhile project, produced healthy food for themselves and benefitted the local community. At SACRO and Moray Women's Aid for example, the participants there including the children, enjoyed harvesting their own produce, which included tatties, herbs, strawberries and salads.

#### MAGIC MOMENT

At CLAN cancer care, a Grow Elgin herb session changed the atmosphere in the room from illness and worry to wonderful aromas and laughter – "REAP made the sessions pleasurable, building both confidence and enjoyment. Some members were also referred to the Maryhill gardens project and one gentleman said "it had changed his life as he feels useful again" CLAN Manager comment at a steering group meeting Feb 2020.

At Elgin in the grounds of the GP Practice at Maryhill, a wonderful therapeutic garden has been developed during Grow Elgin III. REAP staff have worked hard to provide a welcoming, and well run project experience. Referral systems, good training and robust procedures have been developed and it is clearly working – in an evaluation survey (2019), one volunteer mentioned “*REAP staff made sure everyone was suitably supported, trained, and happy with the tasks...monitoring, rotation of tasks and adequate coaching*” A participant also commented “*It’s well run – interactive for everyone*” *Participants’ survey 2019*. A huge commitment in time and effort (at least one session per week all through the 2 years of the project with 2 REAP staff and 2 regular volunteers), has paid off as this project has recently been approved for stand-alone funding through the National Lottery for a further 3 years – a sustainable legacy and vindication for the venture that we are proud to have developed and supported initially through CCF.

### Community growing and working with organisations

Although we have not met our targets here due to one partner who held a large area of land that we were going to develop and who were not able to follow through with their commitment (see learning and reflection), we have seen some of our greatest successes here. In South Lesmurdie, a small community garden was developed, the result of engagement over a long period. Locals have enjoyed harvesting and eating fresh produce on their doorstep. As South Lesmurdie is in the Lossie river plain, we knew the soil would be productive, but even we were surprised at the length of the carrots produced there! Our raised bed setting up system proved its worth with a good harvest of carrots, tatties, greens & onions. It’s still difficult to get more than a few people to take veg for themselves, but some were happy to take the produce when we distributed it at harvesting time.



*Left: Notice and beds at South Lesmurdie*

*Below: A neighbour receiving some cabbage hand-picked by Barney*





## Grow Elgin Land sites and weights

site	date begun	m2	if productive	produce/yr. - kg	notes
Maryhill	1.4.18	60	183	183	veg and fruit
SACRO	1.4.18	2	8	8	salads tatties onions herbs fruit
Turning Point	1.4.18	4	12	12	salads, potatoes, carrots
Seafeld School	1.4.18	11	36	36	veg and fruit
Elgin Academy	1.4.18	4	18	18	veg and fruit
S Lesmurdie	1.10.18	10	30	30	greens, tatties, carrots
Kiosk Cooper Pk.	1.10.18	1	4	4	plants, salads, carrots, greens
Women's aid	1.4.18	3	9	9	herbs, tatties, salads, carrots
Aviary cooper Pk.	1.6.19	36	108	30	tatties, tomatoes, veg, plants
Moray Food Plus	1.7.19	8	30	30	tatties, onions, roots, leeks
D nursery	1.5.19	27	81	75	tatties, roots, strawberries
St Sylvester's	10.9.19	10.5	31.5	0	
Stramash Nursery	15.3.20	8	24	0	
Total		184.5	574.5	435	

## Outcome 2

We will divert food waste that is currently landfilled by collecting from 10 new workplaces and organisations in Elgin by e-bike (600kgs); by encouraging 40 families and organisations to set up compost bins; and by 40 families saving 20% on avoidable food waste - total savings of 10.2 tCO<sub>2</sub>e per annum.

### RESULT- Target exceeded

11 new workplaces and organisations joined our amazing e-bike food waste delivery, affecting at least 55 people who work and attend at these venues, saving 791.3kgs food waste. 40 new compost bins were set up in both organisations and in people's homes, with 16 of these groups/ households weighing waste for our monitoring. 71 people joined in for the cooking courses, with 18 of these households filling in our food waste weighing and recording to support our statistical recording. Putting all this information into the Carbon Reporter with the numbers of people taking part shows we've saved 54.3tCO<sub>2</sub>e in this outcome.

### Food waste cooking courses/ waste weighing

Grow Elgin saw the delivery of the new Food Waste cooking course with a variety of participants in the community. After a couple of courses delivered through the project, REAP developed these courses focussing on reducing food waste to be delivered over 3 weeks – the first week being a 'classroom' session to discuss food waste, hand out food waste weighing equipment (recycled buckets and returnable weighing scales if needed) and recording sheets for the participants. The second 2 weeks involved cooking delicious recipes using various resources (from Zero Waste Scotland and NHS Confidence to Cook courses) and went home with more recipes for reducing food waste, information on planning meals etc.

Courses were deliberately targeted at different groups, different venues and different times to provide good feedback about what works well. Venues included a community kitchen, a college and a school. Some were open to the public, others for schoolchildren. Good publicity was vital, too. Attendance table below:

Dates	Venue	Attendees
March 2019	Inkwell Community Kitchen	6
Oct / Nov 2019	Inkwell Community Kitchen	5
Jan 2020	Inkwell Community Kitchen	4
Jan 2020	Elgin Academy	34
March 2020	Moray College Elgin	3
	totals	52

People really learned a lot on the courses and made positive behaviour changes. One participant came along saying he didn't think he'd learn anything, but then when he returned the next week, he'd made the same soup at home for his family and commented that it was easier than he thought. He'd also got himself a mixer and requested some more recipes to try at home. Others commented:

*"We need to put pressure on the big companies and supermarkets. I'm teaching my daughters to be more conscious of food waste"*

*"So much good information that I hadn't considered before coming on the course. Weighing was simple and the form self-explanatory – makes me more aware of waste"*

Another family attending came to the second cooking session with news of some of the recipes they'd tried at home, cooked by their 12 year old daughter who'd also attended. We found at many of our sessions (cooking, carbon conversations, composting workshops) that young people and children were often the ones to instigate behaviour change and get mum and dad to set up a compost bin or growing space, try new recipes and reduce plastic.



Cooking courses: above left at the Inkwell community Kitchen (with Beth, centre) making Red Thai Beetroot and Leek and Tattie Soups (right)



*Food Waste Cooking Tutor Tracey Leith at Elgin Academy*

#### E-bike food waste

The e-bike SEPA registered collection service continues to be a regular sight in central Elgin. REAP staff have a route through central Elgin past the parklets we set up as edible spaces, where people passing can pick herbs, fruit and veggies for free. As well as reaching our target for new organisations taking part and food waste collected, we've also continued to collect from others, which together make a total of 1174.45kgs – over one tonne! Some of these organisations have now moved on to setting up their own compost bins. REAP continues to comply with SEPA registration and collection protocols. One participant commented: *'We look forward to the weigh in every week hoping to beat the weight the week before; they all gather round to hear the numbers! One of the staff members has taken on composting at home and has recorded and filled out all the paperwork for the project'*

We know that all these organisations used to landfill all their office canteen waste, so we've been able to add all this waste to be recorded in the Carbon Reporter. We've also exceeded the target for numbers of deliveries (369, target 100) and miles travelled by bike (160, target 100miles). Compost is regularly harvested from the bins that receive the food waste to enrich existing beds, fill new spaces and for use to grow plants and seedlings for the project – closing the recycling loop nicely.





*Dorothy on the food waste pick up in Elgin High Street with the e-bike and trailer*

### Compost bins

Many people have been encouraged to take up composting through the grow Elgin project. 36 compost bins have been set up at participants' homes and at organisations. We asked people to record how much food waste they've been putting in their kitchen caddies for composting at home, and estimate how much they've saved from being landfilled. While some people had previously put some food waste in the council's brown food waste bins, an estimated 1.8TCO<sub>2</sub>e has been saved through diverting this waste from landfill to home composting.

From cooking courses and compost course participants, 18 people have filled in a before and after food waste form. Multiplying up by the participants involved, we've exceeded CO<sub>2</sub>e expectations and saved 52.5TCO<sub>2</sub>e through the Grow Elgin III Project.

## Outcome 3

We will improve growing, composting and cooking fresh food skills with 700 people in Elgin through courses, events, workshops, training and volunteering, saving 10.19 tCO<sub>2</sub>e per annum through behaviour change.

### RESULT – Target exceeded

An amazing 1,167 people engaged with the project altogether over the 2 years. 83 of those people filled in food behaviour forms for our records, and the Carbon Reporter shows they saved altogether 101.61T CO<sub>2</sub>e.

Grow Elgin III has exceeded our participant target by a long way – 1167 new people engaged with the project when we estimated 700 would get involved. At 35 courses and 121 sessions, events and workshops we've worked really hard meet demand in the community to skill up and save carbon through food choices, growing and eating local food and composting more. Our engagement in the community has been excellent, arranging courses at a variety of times and venues to suit participants and promoting events and courses on line but also with colourful posters around Elgin and through organisations.



Course and session participants filled in a 'before' and 'after' food behaviour form. Evaluation call backs showed that people attending the Grow Elgin courses in particular had really been supported to make lifestyle changes and lower carbon food behaviours, with resulting carbon changes. Some of the comments included:

*Delighted to have been on the (gardening) course, learnt so much and putting it all into practice*

*Learned so much, chuffed to bits! Now going to grow a lot more after being at the course, so helpful and gained so much knowledge.*

*I have built a compost section in my garden and have also built a planter box for planting potatoes and vegetables.*



*This screenshot of the REAP Facebook shows 2-part garden course participants with their certificates and some of their comments*

## Events & Sessions

Engagement with the community at events, through volunteering opportunities and in organisations and schools also prompts changes. We've had a variety of sessions over the 2 years of the project seeking to find different ways to attract new people. As well as the well-tried growing and composting courses, staff have devised and delivered sessions on harvesting, seed saving, planning your garden, micro-salad sprouting and sowing green manures. We've also worked with other local practitioners to deliver sessions on fermentation, outdoor cooking, permaculture, and tree care. All these courses and sessions have a carbon saving element, including talking about climate change (our carbon discussions – see next outcome), filling in feedback forms for our records and discussions around ways to reduce packaging, food miles and shopping just by stepping out of the back door (or down to your local community garden) to harvest your own crop.

We've also delivered sessions for schools, groups and individuals to enjoy their local community gardens both at Maryhill and the bi-monthly community sessions at Cooper Park. It's always wonderful to introduce young growers to their friends the worms as they harvest tatties or see a parent get really excited about sowing seeds for the first time with their child.

Our 4 large events are a great way to introduce members of the public to the Grow Elgin concepts – and also a nice way to introduce new volunteers to the project, too. The apple pressing and other activities at Apple Day in Cooper Park prove to be very engaging – everyone wants a go! Harvest Day at Maryhill celebrates the abundance and rewards for our labour in the garden – bringing people in to share that feeling and gain knowledge about how to create, store and cook the harvest. All participants are given the opportunity to attend further events and receive information about how the activities help tackle climate change, too.



*Harvest Day 2018 – cooking outdoors with the local harvest at Maryhill Gardens*

#### Case Study

We know that repeat engagement can better support behaviour change and save on carbon. One family engaged in our project whose parent works at one of the e-bike food waste collection venues had her young child coming home excited from a Grow Elgin session at Curious Minds nursery in Elgin centre to tell mum and dad about composting. The workplace has been having a recycling drive on, in response to getting an e-bike food waste delivery. This led to the family asking REAP to help them set up their own compost bin and take part in a food behaviours questionnaire - saving carbon at nursery, home and work through Grow Elgin!

We've used the community spaces we've set up to slash the amount of plants and seedlings needing to be bought through the project. At Maryhill, our great participants and volunteers have sown seeds and plants in the beds there, including using adapted tools for wheelchair users. At the new space in the Aviary in Cooper Park, we've set up growing space to produce plants as well as growing food in the sheltered space – recycling an old building in the process! At the bi-monthly sessions in Cooper Park, participants have helped us take cuttings and propagate new plants from strawberries and fruiting bushes, including using the compost from the food waste deliveries to make potting medium.





Left: Elgin Police Cadets propagating plants at the bi-monthly session

Below: volunteer John using adapted tools at Maryhill



## Outcome 4

We will improve carbon literacy in the Elgin area with 190 people through carbon discussions, including eve, courses; and online sharing and publication of resources

**RESULT – Target exceeded**

145 pupils took part in formal carbon conversations at 4 schools in Elgin and 1,224 people took part in carbon discussions at permaculture courses, gardening courses, growing courses, out and about at the e-bike deliveries and at bi-monthly garden tidy-ups in Cooper park, plus weekly sessions at Maryhill therapeutic gardens (including 1,000 pupils at Elgin Academy – see below). Our 'Special Interest' sessions held at Maryhill gardens and offered indoors during the winter also have carbon discussions as part of the session. On the e-bike collection and cycle round Elgin town centre to take care of the planters, staff often have discussions with interested members of the public about why we are doing this. On our gardening courses and while working with groups we have been including the waste and food baseline recording forms at the beginning of each session. This means that participants are focussed on the carbon reduction involved in the courses and sessions they are attending right from the start.

When we ring participants back to complete their follow up forms, we collect any comments that people have to help us evidence behaviour change to save carbon. Here are some of them:

*We are composting far more now than we were. I am more aware of checking the origin of my food - looking for Union Jacks on packaging. I would do far more purchasing of loose fruit and veg if it was available. Thank you for all the support. I love REAP sessions!* - Gardening course participant

*Definitely now more observant and mindful of where food has travelled from or grown. Getting compost bin has saved so much organic material going in brown bin. Really made me more aware of carbon footprint. I would not have learned all the above if REAP didn't exist in this area. Thank you – Gardening course participant*

7 formal carbon conversations have taken place in schools in Elgin with 7 staff and 145 pupils. Ann the



manager ran the first sessions with other staff members attending as a peer training opportunity. This enabled everyone to confidently take on and run CO2e conversations themselves, as well as putting their learning to use in running other project courses such as the food waste cooking challenge and gardening courses. We've recorded the 'diamond nines' activity from our conversations, which we adapted slightly for the children. As usual, the young people had really informed and interesting discussions about the future and low carbon living.



*Making choices about the future with school pupils in Elgin*

Each school taking part used the information to develop further low carbon living and climate awareness actions. Parents of the children attending the conversation at 3 of the schools received a project food behaviours questionnaire as part of a 'school carbon challenge' with Grow Elgin III. Parents were asked what other actions they would take to save carbon, asking the children what they'd learned, plus getting some information in our 'Low Carbon Living' leaflet (attached). The surveys for the challenge were 'incentivised' with gardening equipment for the school if enough parents/ families took part. Comments included:

*'Now I have a better understanding of climate change and I'm more aware of what can be done to reduce carbon emissions'*

*'I'm going to walk more, use my car less, turn off lights when not needed and recycle properly!'*

*'I'm turning my heating down, recycling more'*

*I now try and reduce the amount of food waste thrown out'*

*'I have built a compost section in my garden and have also built a planter box and will be planting potatoes and vegetables'*

*'I'm more conscious with recycling'*

*'I'm putting in a woodburner to save on heating costs'*

At Elgin Academy, the Eco-group that participated in the conversation went on to do an all-school assembly over a week to over 1,000 pupils using the resources we had used with them. Many of the staff at the school as well as the pupils reported that they'd learned a lot. Staff also mentioned that they now have compost bins at home as a result of the project. 2 schools went on to host a project steering group meeting for Grow Elgin, with great input from the young people through Eco-groups at Elgin Academy and Seafeld Primary school.

We have developed a well-received 'tool kit' for raising awareness of low carbon living through the project. The Low Carbon Living leaflet is a great handy reference with lots of links to hand out to groups.

The adapted carbon conversation for schools and our 'where in the world does your food come from' workshop have all been popular, and now the food waste cooking course all put carbon saving at the centre of our work and raise awareness in different ways – lots of opportunities for everyone in the Elgin community to get involved and make a difference.

## Learning & Reflection

We've learned that we can generate great partnership working and new links through our steering group meetings for Grow Elgin. This is true not just for REAP, but for the organisations attending. We feel that this validates the open style of the steering group meetings, where, as well as sharing project targets as they develop with the group, there is time for updates from project partners. At the most recent meeting for example, a local group working with local parents made links with the food bank to deliver some cookery sessions; and a school booked a breakfast club session. When organisation representatives realise they can make good links at the steering group meetings as well as help direct Grow Elgin, we know they are more likely to give up their time to attend.

We always aspire to meet our targets at REAP, so were disappointed that the only one we didn't meet or exceed was the land area (Outcome 1 – target 400m<sup>2</sup> – actual figure 184m<sup>2</sup>). One of the original partners, Moray Sports Centre (a new build enterprise in South Elgin) was unable to take part due to a delayed start to their project, staff changes and a change in focus for them once the project was up and running. Grow Elgin staff had several meetings with a variety of people at the Centre, produced a good project plan and drawings for the site, but the Centre had been so busy setting up its core business that the original community focus on a growing site for all to give a novel focus to exercise at the site has not yet been realised. This is also true for other initiatives there – disabled gym, outdoor gym, and accessible golf course. So on reflection, we are keen to return to focus on working with up and running community groups to develop their land and spaces. While it's nice to convert large areas to community growing, we can achieve outstanding carbon and community results in quite small spaces. On the learning side, it was good to try something different through the project, a different model for community growing in the area, and we remain open to future approaches from the Centre for partnership working. Perhaps our timetable was over ambitious for both groups and things will develop in the future.

It has been challenging to get participants to make the best use of the project recording forms. For the food behaviours, we found that some people were just ticking them off quickly so they could begin the session and not really thinking about the answers. We combatted this by making the recording part of the session: having an initial discussion, then discussing the questions, then filling in the forms. Another problem was that at first we didn't make it clear at the start that people getting a free session would be asked to 'pay' for it by filling in the forms – some wondered why we were ringing them back. We quickly changed this to making it clear from the start (on booking, in emails) that the paperwork needed to be done. The food waste recording was also a challenge – it is a lot of work recording waste each day for 2 weeks. However, with our new food waste cooking course we don't cook at all at the first session, but focus on why it's important to reduce food waste, how to weight the waste, going over the equipment needed and having a carbon 'chat'. This makes people feel they are part of a great project and our experience shows that are more likely to fully take part.

Communication to get the best project engagement is always an ongoing process, reacting to new groups & methods and trying out new ideas. Repeat engagement has proved yet again to be effective - offering a range of activities, encouraging different stakeholders to engage, utilising different resources. Facebook posts work really well for some; workshops on different topics bring in new people for activities; fun, quick activities at events draw new people in, often with their children; schools activities linked to the curriculum help reach families if the school is willing. The case study in Outcome 3 is a good example of reaching a family through multiple approaches.

## Finance & Administration

We've enjoyed a good working relationship with the staff at CCF – we've always felt able to contact staff for advice, with any queries and to help with claims and project administration.

The Steering Group of partners for Grow Elgin III worked well, with several good suggestions made by partners at the meetings for the project, and good networking amongst those attending. At the last meeting for example, the school Eco Group that attended had some great ideas about saving on carbon, and their description of how they collect playtime food waste each week and from the school staffroom was inspirational! Two other members have set up separate projects together (including the food bank), and one attendee commented:

*I just wanted to say I thought the meeting was brilliant and I loved that the kids were invited to a stakeholders meeting. I have only ever seen that at one other meeting so well done.*

Our budget has been reasonably on target, with a slight underspend for both years. One underspend in both years was in the Project Manager's line, as we had to readjust project management when a member of staff resigned shortly after the start. Originally the Manager and the Therapeutic Garden Manager were 2 separate posts, which we amalgamated with the REAP Board and Development Officer's approval shortly after the start. Another line underspent was redundancy payments, as we have been delighted to receive further funding for these posts, and staff have not had to be made redundant.

Our other budget lines have been reasonably accurate – as an experienced organisation and having devised budgets by looking carefully at previous activities and work plans, we are able to make accurate and informed predictions. Other lines we have re-profiled slightly include spending more on materials, for example repairing a former Aviary as a propagating space so it can be accessible for groups, and spending on our popular raised beds for the new land we did convert to growing. Volunteer expenses were more than expected due to the weekly commitment of our volunteers at Maryhill. While 2 folk walk or take a bus to the site, our main volunteer drives his electric car into Elgin from a nearby village. We've encouraged car sharing and bus travel where possible. Another line underspent was our trees and plants – we've propagated and sown so many new plants ourselves that we're underspent on shop bought plants – which also reduces using peat-based compost that these are usually grown in.

## Sustainable Legacy

Grow Elgin III created 184.5m<sup>2</sup> of community growing space, either in organisations' grounds or in public spaces. Staff and participants work in and attend these spaces regularly and have undergone training at courses on site learning about keeping these spaces productive whilst using home-made compost to keep soil fertile – for free! This has resulted in a legacy of Grow Elgin developing bespoke areas with raised beds, fruit trees, bushes and herbs all providing easily maintained spaces for groups and members of the public to continue growing – such as at Turning Point, The Aviary in Cooper Park, SACRO, nurseries, schools and Moray Food Plus.

Community members in Elgin have developed skills in growing, composting, cooking to avoid food waste and harvesting and seed saving. We know from the feedback forms that this has changed their behaviour to a lower carbon lifestyle, increased their confidence to try new activities and knowledge to understand more about the carbon footprint of their food and how to reduce it. We believe we have developed a legacy of better waste-saving/recycling behaviour: at organisations taking part in the e-bike food waste collections; through individuals composting at home and using other recycling services more; and in the range of schools and organisations taking part. Vulnerable people have gained autonomy and self-confidence whilst taking part and the input from the Grow Elgin project has helped gain additional funding for the therapeutic gardens at Maryhill through the National Lottery, ensuring the continuation of this beyond CCF funding.

Organisationally, REAP has gained expertise in running therapeutic projects through the work developed



at Maryhill. We've also gained volunteers, two of whom volunteer with us every week, and one of whom has gone on to work in another capacity within REAP. Staff have gained experience and training in dealing with mild to moderate depression and anxiety as transferrable skills, and also developed their personal skills in event management, writing and delivering course content, health and safety and other policy development.

## Activities Grid

How many <b>training courses</b> * did your project deliver?	36
How many <b>events</b> did your project hold? For example, open days, drop in information sessions or workshops.	124
How many <b>events held by other organisations</b> did you participate in? Please include collaboration events here also.	7
How many staff, volunteers or community members have achieved <b>qualifications</b> through the project – e.g. City & Guilds Energy Awareness, Trail Cycle Leader, Food Handling etc.	2
How many people were <b>directly employed</b> by your project. Tell us the full-time equivalent (FTE) number of employees (e.g. 3 days per week = 0.6 FTE).	2.2
How many <b>sessional staff members</b> were employed throughout the project? This should not include the number of employees directly employed above.	3
Has the project supported the development of any <b>long-term jobs</b> which are not dependent of CCF Funding. If so, how many?	0
How many <b>people are actively involved</b> in your project – attending events and participating in workshops etc.?	1167
How many <b>people volunteer</b> their time and energy to keeping the project going – don't forget the members of your management committee or board?	13
How many <b>volunteer hours</b> have been recorded to support your project?	1137
How many <b>schools</b> are involved in your project?	9
How many <b>Climate Conversations</b> did you run with your community? (Please note: this refers to a specific <u>tool</u> developed by the Scottish Government)	7
How many <b>square metres (m<sup>2</sup>) of community growing space</b> (allotments, poly-tunnels, raised beds, community gardens) has your project brought into use?	184.5
How many households have <b>started growing food or composting at home</b> with the support of your project?	157*

\*we collected figures for people putting in compost bins (40) but the 117 others are estimated at 10% of participants, judging from comments on feedback forms and elsewhere