



Organisation	Local Authority	Award	Project summary
Inchgarth Community Centre	Aberdeen City	£150,000	This three-year grant will be used to employ a new Development Worker to expand the team of people working to deliver activities to members of the community. The centre delivers over 150 sessions of activity per week, as well as providing space for other community groups. The new worker will develop the children's services and improve services for people with additional support needs. Approximately 1000 members of the local community will use the centre, and 170 volunteers will assist the staff.
Pathways Services Limited	Aberdeen City	£86,415	This group will use the funding to continue to deliver its counselling service for women who have experienced domestic abuse. Through person-centred therapy sessions women will be supported to navigate the impact of the abuse they have suffered, develop confidence and resilience, and be empowered of rebuilding their lives. The three year project will provide counselling support in Aberdeen-shire and in the city of Aberdeen.
Brechin Buccaneers Cricket Club	Angus	£113,545	This three-year grant to host a variety of social, recreational and educational activities for the community from their newly refurbished Cricket premises in Brechin, Angus. The club has a new room in the club grounds that will allow the group to host a much wider variety of activities.
Montrose Playhouse Project SCIO	Angus	£350,000	This grant will be used to transform a derelict swimming pool in the town centre of Montrose into a community hub for arts and education. This will include a three-screen cinema, education and exhibition spaces, retail space, and café bar.
People First (Scotland)	City of Edinburgh	£149,980	This group will increase the diversity of their membership to ensure the voices of a wider range of people with learning difficulties are heard across Scotland. Through increased outreach work the charity will welcome more young people into local committees and the board, resulting in more people who have experienced discrimination due to their learning difficulty having the opportunity to influence local and national practice and policy.
Early Years Scotland	Dumfries & Galloway	£99,000	This group will use the funding to support families, with children aged up to five years of age, in rural and deprived communities across Annandale & Eskdale and Nithsdale in Dumfries & Galloway. Support will include the group's 'Stay, Play and Learn' programme and baby massage sessions for groups of local families. Over three years, 3,210 people will benefit from the range of support on offer.

<https://cms.blf.digital/admin/entries/updates>

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Dundee and Angus ADHD Support Group SCIO	Dundee	£99,830	This funding will allow Dundee and Angus ADHD Support Group to continue their work supporting children and young people with ADHD and their families. The work consists of three youth clubs every week, parent support sessions and activities designed to raise awareness and reduce the stigma around ADHD. The youth club currently works with 50 children each week, with a waiting list and referral system in place.
Grey Lodge Settlement	Dundee	£74,854	This group will address social isolation by delivering activities for older people living in sheltered housing complexes in Dundee. This project will also help older people to foster connections to young adults by engaging with the Youth Health and Wellbeing Project at Grey Lodge. This project will engage 80 older people each week and will give a further 50 young people the chance to get involved as volunteers.
Carers Link East Dunbartonshire	East Dunbartonshire	£92,443	This group will run a two year project which will support 675 carers across East Dunbartonshire. The majority of the support will be provided by one new staff member, who will be supported by the wider team and a group of 18 volunteers.
Deafblind Scotland	East Dunbartonshire	£77,558	This three-year project, running across East Dunbartonshire and Fife, will involve Deafblind people being trained by a Deafblind or sensory impaired trainer, to become trainers themselves in Deafblind awareness. Once trained mentors will visit third sector groups and schools to teach people about Deafblindness. This project will reach 1300 people and train more than 30 deafblind volunteers.
East Dunbartonshire Women's Aid SCIO	East Dunbartonshire	£150,000	This group will run a two year project in Milngavie and Bearsden supporting women survivors of domestic abuse. The project will include provision for two paid members of staff and the group will offer planned, one to one therapeutic support sessions for women who are looking for information, support or refuge accommodation.
Barrhead and Neilston Disabled Forum	East Renfrewshire	£29,904	The group will use the funding to provide a social club for up to 30 elderly and disabled adults living in Neilston and Barrhead over the next three years. Free transport to the club will also be provided.
Children's Health Scotland	Edinburgh	£120,000	This group will use the funding to continue their self-management workshop programme which operates in partnership with the Edinburgh Royal Hospital for Children. The workshop supports children and young people with long-term conditions enabling them to better cope with their condition.
North Edinburgh Arts	Edinburgh	£150,000	This group will use the funding to continue the development of their community shed and garden project which provides a range of volunteering and training opportunities for local people. The project is the first phase of a planned development of the Centre to provide a range of services and activities for the local community. This project will directly involve 450 people and more than 40 volunteers.
Scotland Yard Adventure Centre	Edinburgh	£120,000	This project will support the continuation and development of a whole family support service for families who have a child or children with an additional support need or a disability. The holistic model of support has been developed to include support for siblings, friends and extended family members. A range of activities including child-led play sessions and whole family workshops are offered 52 weeks of the year, with extended activities available over the 13 weeks of school holidays.

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The Macular Disease Society	Edinburgh	£120,000	The group will use the funding over three years to sustain and expand their practical and emotional support services for anyone losing their sight due to macular disease. The services will also support friends, family and carers across Scotland and range from traditional peer-support and telephone befriending to an unique injection buddies service for people needing injections into an eyeball as part of their treatment. The project is expected to reach 1,464 people and 134 volunteers.
Tiphereth Limited	Edinburgh	£65,168	This group will create the Life Skill Hub to help prevent the loneliness and isolation experienced by young people and adults with learning disabilities and autism. The project will provide training in essential life skills to enable people to overcome the challenges found in everyday life, allowing them to feel that they are part of their community. The project will work with 50 young adults, supported by two volunteers.
Bo'ness and Area Community Bus Association SCIO	Falkirk	£50,000	This group operates two bus routes and a hire service which are vital lifelines for the community which has limited public transport options. This project will allow the group to hire a Project Manager to support the continued growth and success of the project and will also contribute towards the purchase of a wheelchair accessible minibus which will allow the group to improve their service to the community.
Penumbra Ltd	Fife	£119,557	This group will use the funding to continue their Self Harm Project across Fife. The programme provides emotional and practical support to people over 18 aged who self harm and the project will help them identify triggers, understand their mental health better and identify coping strategies.
Valleyfield Community Club	Fife	£89,990	This group will use the funding to employ a part-time food development worker who will work with residents to set up and run training sessions and activities to allow them to gain skills in cooking on a budget, zero waste awareness including reducing food waste and horticultural skill in the allotments next to the Club. A part-time caretaker will also be employed to aid the smooth running of the club. The roof of the club will be replaced to allow it to continue to serve as the social hub of the village.
Active Seniors	Glasgow	£72,000	This group will use the funding to continue delivering their Active Seniors Activity Programme in the North West of Glasgow over the next three years. Activities, aimed at over 50s, include an annual Day in the Park event, tea dances, bus trips, inter-generational work and networking events. The project will reach around 2,000 people per year who will be supported by 30 volunteers.
Addaction	Glasgow	£330,000	This group will use the funding to create an outreach engagement support service in the North West of Glasgow for people with multiple complex needs to tackle the high levels of isolation in the area. Isolated people who do not meet the criteria for hospitalisation or social work intervention will be referred to Addaction who support them to identify their needs and to ensure they get the right support at the right time. The project will involve 720 people and 20 volunteers over three years.

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Differabled Scotland	Glasgow	£90,000	This group will use the funding to support parents/carers of children, young people and adults with various additional support needs including Autism and Attention Deficit Disorder. The organisation delivers a range of help from peer support groups and a Young Persons Group as well as working to influence policy. The project will benefit people from across Glasgow, East Dunbartonshire and Renfrewshire and work with 1050 people over the next three years.
Drumchapel L.I.F.E.	Glasgow	£147,285	This group will use the funding to deliver a Personal Development Programme for people with mental health issues in Drumchapel, Anniesland, Garscadden, and Scotstonhill. The 12-16 week programme will build participants' confidence and coping skills whilst connecting them with existing groups and activities in the community. They will work with approximately 108 people over three years, supported by 15 volunteers.
Love Milton	Glasgow	£150,000	This group will use the funding to deliver a range of environmental improvements in Milton through a personal development programme which will engage with 150 people and 30 volunteers over the next three years. The funding will also ensure the continuation of Love Milton's ongoing community engagement work, their community meals service and their drop in advice service.
New Gorbals Housing Association Ltd	Glasgow	£147,689	This group will further develop their community budgeting project in the Gorbals area of Glasgow. The project will work with at least 1,500 people and 50 volunteers over a three year period.
No Feart Community Interest Company	Glasgow	£92,196	This group will use the funding to provide support to women so that they can better recognise abusive or controlling behaviour and recognise the impact on their and their children's daily lives. They will be encouraged to develop positive strategies to move forward building up their self-esteem and coping mechanisms. This two year project will benefit around 100 people and 11 volunteers.
North United Communities Ltd	Glasgow	£149,739	This group will use the funding to deliver family and young people services across Milton, Ruchill and Wyndford in Glasgow. This three year project will benefit around 300 people and 25 volunteers.
Badenoch and Strathspey Community Transport Company	Highland	£112,500	This group will use the funding to continue to deliver its community transport service and social inclusion work over three years. The group operates across the Badenoch and Strathspey area of Highland and is developing its social prescribing approach, delivering befriending work and connecting people to social activities and other services in the area. The activities will involve 700 people and 180 volunteers.
Highland Hospice	Highland	£37,966	This group will use the funding to develop the range and volume of services offered to children and young people affected by bereavement across the Highlands. This will include increased outreach support, family assessment support, one to one support sessions being increased from three to six for each young person, and additional group sessions. The project will engage with 150 children and young people over the course of the three year project.

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Mayfield and Easthouses Development Trust	Midlothian	£125,000	This group will build on the success of their existing community space 'The Pavilion' by encouraging increased community involvement through a variety of green and social initiatives. In addition to local collaboration the group will share their learning with similar groups across Scotland. Over three years 1800 people will take part, supported by 120 volunteers.
Ayrshire Childrens Services CIC	North Ayrshire	£90,000	This group will deliver additional a range extra-curricular sessions for children with additional support needs aged between three and 18 years of age who live in North Ayrshire in response to the increased demand. The sessions will be delivered from their centre in Ardrossan and the activities will be tailored to meet each child's needs. The group currently has a Play Zone, a Sensory Zone, an Outdoor Zone, an IT Zone and a Training Kitchen and activities will be run by specially trained staff and volunteers .
Ayrshire Independent Living Network	North Ayrshire	£23,146	This group will use the funding to support peer mentors and a personal assistant mentor over 12 months. Approximately 120 people across North, South and East Ayrshire will receive peer support from people in their area who have lived experience to help build their confidence in identifying appropriate support networks in their area, leading to reduced isolation and improved well-being.
Befriend Motherwell SCIO	North Lanarkshire	£122,676	This project will support people aged over 65 years in Motherwell who feel isolated and lonely. It will do this by providing a range of support including one to one and group befriending, telephone support, events, and outings for 100 people and 45 volunteers. This is a continuation of their existing project and will help them to better cope with demand for their services and to develop more services to support older men in the area.
Voluntary Action Orkney	Orkney Islands	£57,107	This group will use the funding to continue their befriending activity for young people aged between eight and 18 years old across Orkney. Voluntary Action Orkney has been delivering this activity for over 11 years and will use this funding to continue for another two years. The project will support, empower and champion young people by encouraging them to take steps towards independence, to develop new skills and to grasp the opportunities before them.
Home-Start Perth	Perth & Kinross	£116,163	This group will use the funding to continue delivering support to families with children under five years of age across Perth & Kinross. Through weekly one to one support delivered by in-community volunteers the group will equip parents with the tools and confidence needed to take on the challenges of parenting. The group will also support parents with infant massage and breast feeding sessions. Over three years the project will work with 800 people and be supported by 350 volunteers.
Mindspace Limited	Perth & Kinross	£138,937	This group will deliver a Peer Support Service for people living with or experiencing mental health difficulties. Fully trained and qualified Peer Support Workers, with lived experience of mental health difficulties, will provide one to one support to individuals currently experiencing mental ill health. The project will empower individuals to manage their mental health and help to build confidence & resilience.

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Perth and Kinross ADHD Support Group	Perth & Kinross	£129,000	This group will use the funding to continue to support individuals and families with ADHD and other neurodevelopmental, social, emotional or behavioural disorders. The project will include crisis response work as well as prevention work to improve overall understanding and awareness of ADHD. Over three years 1500 will benefit from the project and activities will be supported by 10 volunteers.
Perthshire Women's Aid	Perth & Kinross	£245,370	This group will use the funding to develop and continue an existing project which provides one to one advice and support to women in rural communities across Perth & Kinross who have experienced domestic abuse. The project will help women in immediate crisis situations as well as providing longer term support and the project will benefit 400 women over two years, supported by 30 volunteers.
Parkinson's Disease Society of the United Kingdom	Perth and Kinross	£140,417	This group will use the funding to establish, within five local authorities, exercise classes and physical activities especially for people with Parkinson's disease. The three-year project will benefit 500 people, involving 100 volunteers and will take place in East Dunbartonshire; Highland; Orkney; Shetland; and Dundee.
Engage Renfrewshire	Renfrewshire	£73,848	This group will create a 'New Buddies' Integration Network to support the increasingly diverse population of Renfrewshire. The Integration Network, a collaboration between statutory organisations and the local voluntary sector, will act to support the integration of BME communities into Renfrewshire life and promote positive community relationships. Over the two-year funding period, 1000 people will benefit from the project.
RAMH	Renfrewshire	£75,059	This group will deliver a programme of activities led by trained peer volunteers which will be delivered from the Restore Centre. which has the facilities to offer a broad range of opportunities including upcycling, gardening or electrical repairs. The group-based activities ranging from upcycling to electrical repairs, will be co-produced with people, based on their interests.
The Manda Centre	South Lanarkshire	£131,243	This group will use funding to deliver a support programme for people severely affected by trauma, loss and personal crisis, including through murder and suicide. Some of the services on offer include practical and emotional support, advocacy, group work, counselling, holistic therapies and psychotherapy. Activities will be delivered over three years, supporting 800 people and 15 volunteers.
Border Women's Aid Ltd	The Scottish Borders	£90,226	This group will use the funding to expand support in the community from four-weeks of post-refuge support to a full year, it will also allow some support at weekends. The service provides practical and emotional support, safety planning and goal setting. The expanded service will include supporting women to make connections with groups and services in their new community. The project will benefit over 464 women over three years.
Interest Link Borders	The Scottish Borders	£110,000	This group will use the funding to continue to provide one to one befriending and group recreational and learning activities for young people aged between eight and 25 years living in the Scottish Borders who have with learning disabilities . The project will improve the confidence, self-esteem, communication and social skills or around 290 young people and will involve around 120 volunteers .

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Peebles Community Action Network	The Scottish Borders	£49,070	This group will use the funding to run a programme of gardening and cookery workshops promoting local food production, healthy eating, social inclusion and well-being. Activities will take place in the group's community garden and Peebles Community Centre, reaching 390 people over three years.
Survivors Unite	The Scottish Borders	£100,000	This group will use the funding to support adult survivors, both male and female, of childhood sexual abuse. The project will provide integrated therapeutic counselling and peer support which will include trauma informed emotional support, recreational activities and advocacy services. The project is targeted at adults who haven't previously disclosed their childhood abuse and is to benefit 200 people over the next three years.
Polbeth Community HUB SCIO	West Lothian	£80,000	This group will expand their community meals project, ensuring that for 50 weeks per year their local community have access to hot meals, either at community meals themselves or by providing ingredients or prepared meals from a community fridge. They will also increase activities at the HUB with an anti-poverty worker providing support to local people facing challenging times.
Cobhair Bharraigh SCIO	Western Isles	£67,500	This group will use this funding to continue their service supporting people on Barraigh and Vatersay who are vulnerable or who are isolated. The project will focus on those who are vulnerable or may experience isolation whether this is due to living alone, exclusion, fragility, long term ill health and mental, physical and sensory disability.