



GLASGOW INNER EAST END SHIFT INITIATIVE 2020-2021 CCF:6736



16th April 2021

HOW WE STARTED:

We started in 2017 with the Haghill Shift Project which ran for a year in the backcourts of the tenements that make up Haghill. The success of Haghill Shift led MHA to extend the project (with CCF funding), to the Bluevale neighbourhood. Bluevale is adjacent to Haghill and has similar housing and demographics. A two-year project was launched in April 2018 with the aim of supporting the community to grow food, become proficient bike users and to understand the links between life choices and the climate emergency.

The GIEESI was a one year project to consolidate the Haghill and Bluevale projects; to break down imaginary boundaries between the two communities; and to ensure the long term sustainability of the projects with the support of MHA.



The aims: to bring 'in-house' key project posts; rationalise the planting across all areas of raised beds; & enhance the Bike Hub as a community resource.

Produce from Bluevale donated to the local food bank for those 'shielding'.

The project opened during the first lockdown of 2020. Bike facilities were exempt from closing and we saw a surge in interest in cycling. Booking went online and 2m distancing, masks & sanitiser enforced.



HEADLINE ACHIEVEMENTS

The raised-bed harvests throughout the year have produced a total weight greater than previous years.

Around 976 kilos of seasonal veg have been harvested for consumption by residents or distributed within the community.

MHA have agreed to continue the part-time gardening post which will ensure planting, maintenance and harvesting are co-ordinated across all parts of the project.

A Community Climate Asset Fund grant was awarded to create a Community Compost facility and to provide additional growing capacity within Alexandra Park, adjacent to the Hub.

The Bike Co-Ordinator post has been made full-time and permanent. The Bike Hub has embraced a new extended range of activities and is now called the Sports Hub. The Co-Ordinator oversees the bike loans, the bike mechanics and the learn-to-ride classes.

Around 35 new people joined up to hire a bike for sustained, regular cycling. A number of new bikes were purchased and these will be issued as part of the on-going Bike Hub activities.



'Carbon literacy' or understanding how to reduce our carbon footprint has informed all three Shift Projects. With no events, or training this year conversations have nevertheless continued around the raised beds, during the harvest and within the food distribution teams.

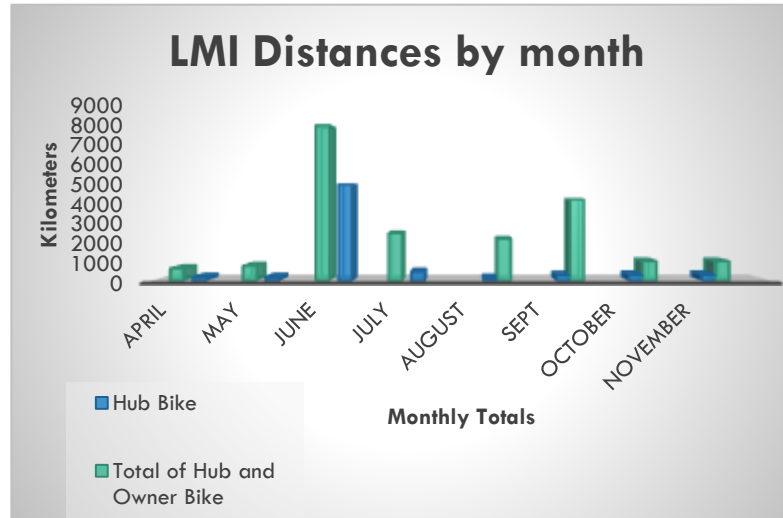
A positive outcome of the confinement has been people's willingness to embrace change. The project has seen a surge in interest in bike loans. We can also report a summer peak in applications for raised beds & information about growing and composting. An enthusiasm too for low food mile shopping baskets !

HEADLINE ACHIEVEMENTS (2)

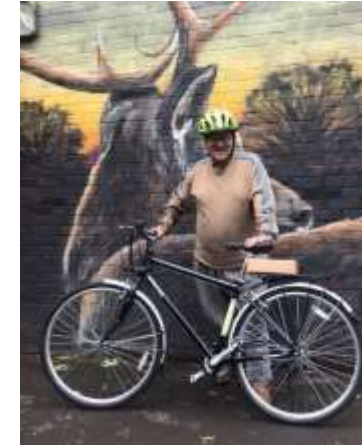
- One of the volunteers who gained bike mechanic certificated training through the project has also been given a job as the Hub's full-time Bike Mechanic.
- The Bike Hub joined the Cycle Repair Scheme run by Cycling Scotland and repaired over 100 bikes for free.
- Other successful collaborations include Alexandra Park Food Forest, Scottish Wildlife Trust, Friends of Alexandra Park, Achieve More Scotland, & The Woodland Trust.
- The very successful cooking classes went online during lockdown and will hopefully return to the Bluevale Hall once the Hall opens to the public again.
- Greater numbers of residents have become keen gardeners as a result of the pandemic and children are making more use of the back courts, bringing them into contact with the project. There are regular young helpers now keen on gardening.
- A walking group with 35 members has been set up to encourage improved fitness and behaviour change in favour of walking instead of taking the car, bus or taxi for short, local journeys. Heritage brochures and guided routes have been produced for Dennistoun and Alexandra Park.

People are shifting to bikes in greater numbers than ever before. However, outcome 2 was designed to assist people to cycle to work. As businesses shut, commuters stayed at home. The first quarter monitoring report recorded 10,470 kms which was three times what we had expected. People were clearly avoiding public transport and wanting to find safe means of getting about during the first lockdown. Our monitoring however, could not distinguish between the mileage being undertaken for pleasure and that deemed 'purposeful'. 35 new members joined during the year. The third quarter distances dropped significantly to 2300. A reflection of the winter weather, additional lockdowns and the shutting of the Bike Hub between December and March 2021.

**CARBON OUTCOMES
PARTIALLY
DELIVERED: TRAVEL**



8.8 TONNES OF CARBON WAS SAVED. 35 NEW MEMBERS JOINED AS CYCLISTS AND OVER 50 AS WALKERS



Outcome 2 was to achieve 11.6 tonnes of carbon through a modal shift to cycling for purposeful journeys. 100 new cycling commuters were to be recruited and 50 people supported to walk more.

CARBON OUTCOME EXCEEDED: FOOD & FOOD SUSTAINABILITY



What we said we would do:

- A carbon saving of 18.5 tonnes was to be achieved through a modal shift in eating habits to seasonal and locally produced food within the Bluevale and Haghill communities.
- 300 square metres of raised bed growing was to produce a harvest to be distributed amongst 100 people. A further 50 will participate in workshops and cooking classes and 50 more will attend and use seasonal food fairs and events.
- Overall 400 people will receive and benefit from information about lower carbon food choices

What we managed to do:

- We grew and distributed more vegetables than ever before. Nearly a1000 kg !!
- The growing area was enlarged to 360 square metres with another 22.5 m² to be installed at the Hub
- Food parcels and fresh veg were distributed with the help of Achieve More Scotland to low income households in the Inner East End.
- Around a 100 families were supported each week throughout lockdown.
- More people are composting their food waste. The numbers have risen to around 30 households.
- Shopping smartly in the local supermarkets to buy Scottish labelled produce has really caught on.

CARBON OUTCOME: PARTIALLY DELIVERED



Outcome 4: 13.5 tonnes of carbon savings were to be made through behaviour change that reduces household food waste by composting it. Reducing waste in the form of packaging and food miles was to be achieved through information campaigns targeting around 400 tenants.

Over the year around 9.3 tonnes of carbon was saved through the composting activities of around 30 families.

When cafes and restaurants re-open, the specially customised Cargo bike will be put to use collecting waste coffee grouts for the community compost facility.



A successful Community Climate Asset Fund application provided the grant to build a Community Compost Facility in a derelict corner of the Park behind the Hub. The facility includes four large bays with a roof structure and concrete base. The compound is secured by fencing and a lockable gate. The vision is to create a demonstration project of a 'closed loop' system, whereby nutrients and carbon will be kept largely recycled. The nearby Hub car park will be the site of some additional raised beds and along with the other approximately 80 raised beds, the compost produced in the facility will be used locally.



The plan is that card and paper waste from local offices and homes, coffee grout waste from local cafes and restaurants, some green waste from MHA and domestic food waste from the community will all be processed together at the site. It will also provide an educational resource for local schools, demonstrating the nutrient and carbon cycle in all its stages from the waste input to the sterilised compost output.



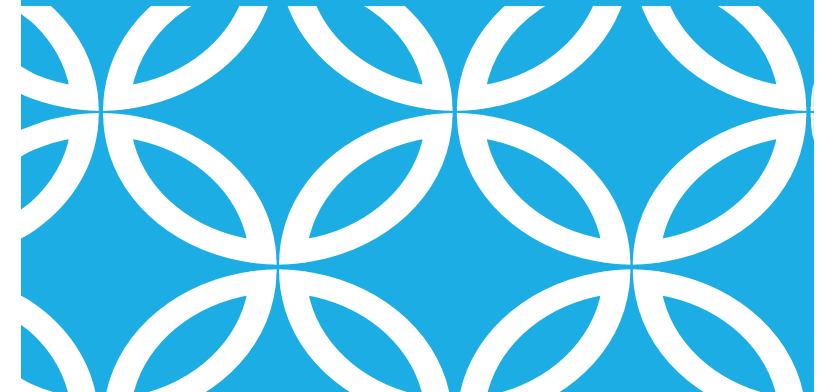
Although formal training and skills development sessions were unavailable this year, there was a lot of volunteer activity during lockdown. The distribution of weekly food parcels to low income families was made possible by the residents of Bluevale. These volunteers also provided help during the harvest and bagging of the surplus produce. Bike mechanic workshops were run in the courtyard during the months the Hub was open whilst cooking classes continued online.

COMMUNITY OUTCOME NOT MET: TRAINING & EMPLOYABILITY

Outcome 5 was to achieve additional training and employability outputs through workshops and the delivery of skills sessions.

We imagined that volunteering for events and assisting with marketing and publicity that supported the project would also provide a range of opportunities for individuals to develop work-related skills.

In the end, all training workshops and skills sessions were suspended.





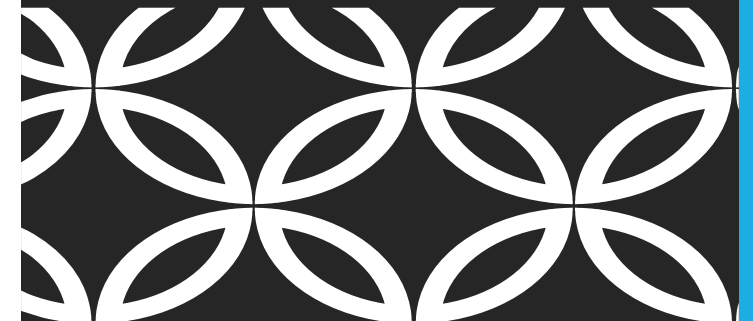
A community wifi project was piloted in the area to provide access to broadband for some of least connected communities in Scotland.



COMMUNITY ASSETS

Growth of low carbon assets include:

- 80 raised beds
- Storage containers x 3
- 2 x Polytunnel (4 x 10m)
- Fully equipped training kitchen
- Gardening equipment
- 100 Bikes
- Bike Mechanic Workshop
- Community Compost Facility
- Cycle safety equipment
- Cargo Bike
- Bike computers
- Picnic benches



LEARNING AND REFLECTION

• **Challenges**

- The challenge with regard to bike activities is to ensure all contact can be done in compliance with new COVID rules which are still in place.
- Finding ways of prioritising 'purposeful' journeys over leisure cycling if demand for bikes outstrip supply.
- Maintaining the momentum of the project such that it continues to provide volunteering opportunities for the wider community.
- Uncertainty around the likelihood of community events, training events, cycling proficiency classes etc. means planning a summer timetable very difficult.
- Rebuilding the committees and the community organisations run from the Bluevale Hall after a year of being closed.

• **Solutions**

- A full risk assessment has been adopted and measures include: 2m markings on the floor, availability of masks and handwash, the use of outside space for waiting, limiting numbers of people indoors, and pre-booking appointments instead of a drop-in service.
- There are opportunities to promote the bike loan scheme to essential workers and key workers should 'purposeful' cycling remain the objective.
- Beyond June when restrictions should be lifted, a launch of the Community Compost facility and new growing spaces adjacent to the Hub could re-engage volunteers and residents.
- Summer school holiday weeks should offer the full range of cycling activities to maximize take up and the likelihood of 'staycations'.

WIDER BENEFITS

Working with key delivery partners such as:

- The four local primary schools
- Friends of Alexandra Park
- Smarter Choices Smarter Places
- Cycling Scotland
- Dennistoun Online
- Alexandra Park Food Forest
- Bluevale Community Club
- Westcraigs Nursery
- MHA Breakfast Club
- MHA Community Café
- Scottish Wildlife Trust



GLASGOW INNER EAST END
SHIFT INITIATIVE



Climate Challenge Fund



Greener Scotland
Scottish Government

FINANCE AND ADMINISTRATION

The project ran efficiently and was administered professionally by being part of Milnbank Housing Association. Payment of salaries, invoices and petty cash was done by MHA's finance department. This was a great help to the project and ensured timely and accurate claims went to the Climate Challenge Fund.

The Training and Publicity budgets were the areas most affected by COVID as all the planned community and training events were cancelled. A small sum was reprofiled from the underspent Training allocation to cover a higher than expected demand for raised beds. Overall the project spent as anticipated on staff, bikes, horticultural equipment and resources.

The project team was made up of a Garden Co-ordinator, Bike Co-ordinator, Assistant Project Worker, and Project Officer. Going forward, MHA have created positions for four staff to continue the work of the project, two part-time gardeners, a Hub co-ordinator, and a bike mechanic.

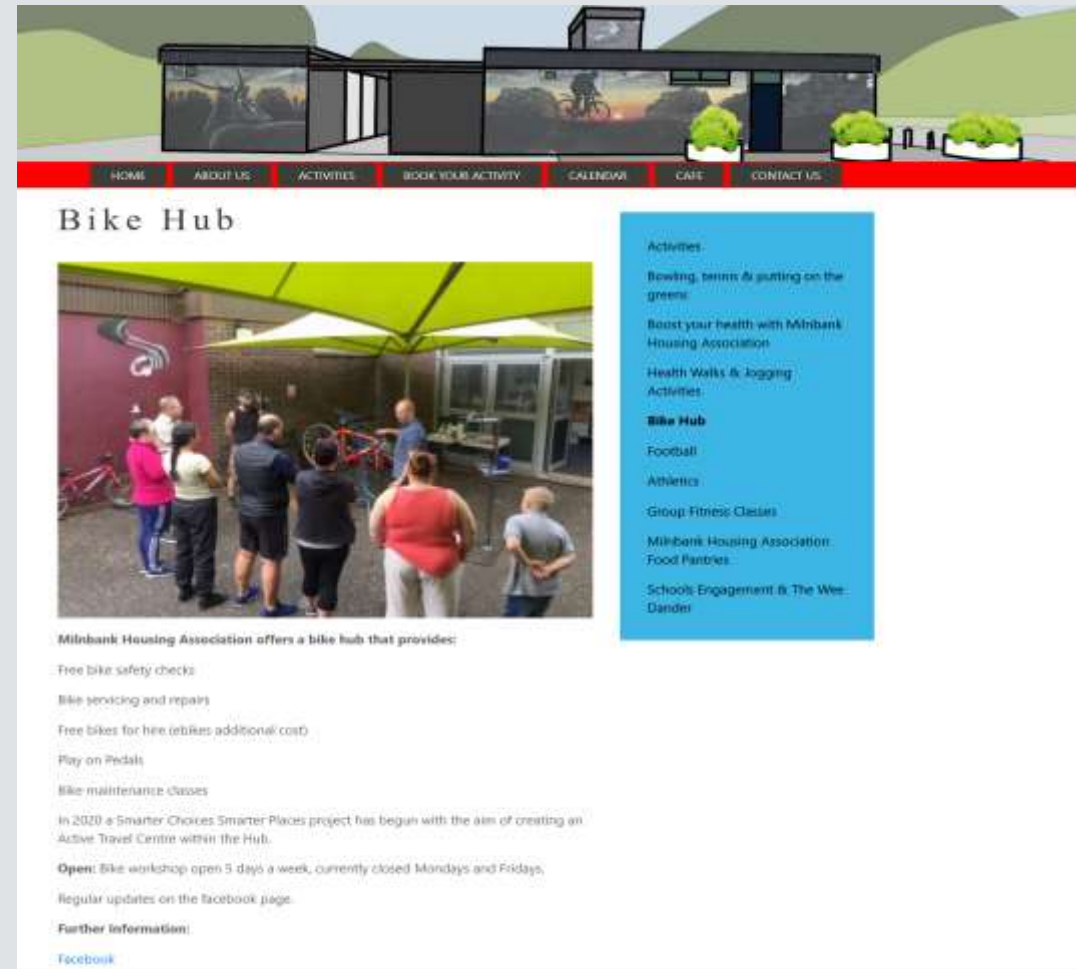
MHA, in its capacity as a community anchor organisation, was able to support the application to other funds for grants to extend the reach and sustainability of the GIEESI. A successful Smarter Choices Smarter Places grant was awarded to help set up an Active Travel Hub within Alexandra Park. A Cycling Scotland grant enabled the Bike Hub to participate in their Cycle Repair Scheme and service around 100 bikes for free. A grant from the Community Climate Asset Fund has financed the creation of a community compost facility in Alexandra Park along with an extended growing and cultivation facility within the carpark of the Hub.

As a result, the future looks secure.

SUPPORTING DOCUMENTS

- Case Studies
 - Jo Quinn
 - Young resident Taylor
- Brochures
 - Q1, Q2, & Q3
- Videos – Cooking Online
- Reports
 - Raised bed gardening quarterly reports Q1, Q2, Q3 and Q4
 - Health and Safety assessment
- Press Release
 - Cycle Repair Scheme
- Testimonies
 - Chick Young
 - Darren Ward
- Carbon Reporter
- Activities Grid

New Alexandra Park Hub Website
www.alexandraparksportshub.co.uk



The screenshot shows the website's navigation menu with links for HOME, ABOUT US, ACTIVITIES, BOOK YOUR ACTIVITY, CALENDAR, CAFE, and CONTACT US. The main content area is titled 'Bike Hub' and includes a photograph of people at a bike repair station. To the right of the photo is a blue sidebar listing various activities. Below the photo, there is a list of services provided by the Milnbank Housing Association's bike hub, including free safety checks, servicing, bike hire, and maintenance classes. A note mentions a 2020 project to create an Active Travel Centre. The page also lists the hub's opening hours and provides a link to the Facebook page for further information.

Activities:

- Bowling, tennis & putting on the greens
- Boost your health with Milnbank Housing Association
- Health Walks & jogging Activities
- Bike Hub**
- Football
- Athletics
- Group Fitness Classes
- Milnbank Housing Association Food Pantries
- Schools Engagement & The Wee Dander

Milnbank Housing Association offers a bike hub that provides:

- Free bike safety checks
- Bike servicing and repairs
- Free bikes for hire (rebikes additional cost)
- Play on Pedals
- Bike maintenance classes

In 2020 a Smarter Choices Smarter Places project has begun with the aim of creating an Active Travel Centre within the Hub.

Open: Bike workshop open 5 days a week, currently closed Mondays and Fridays.

Regular updates on the facebook page.

Further information:

[Facebook](#)

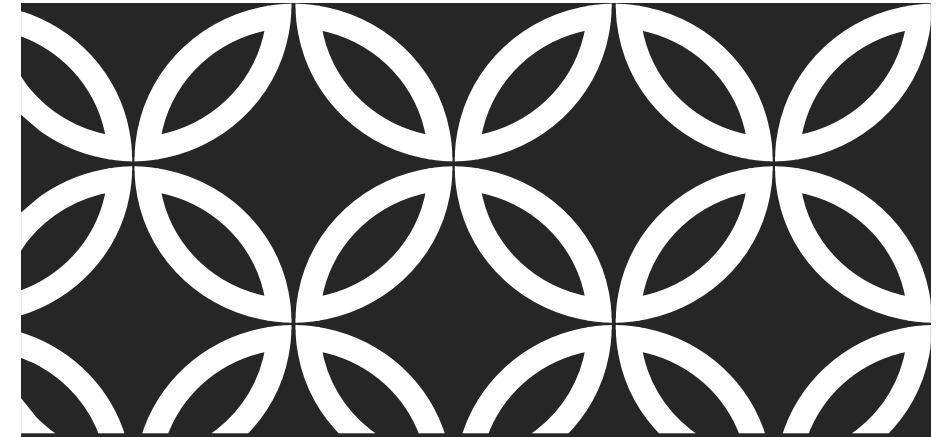
During a very difficult year, the GIEESI has achieved its main objective, to consolidate four years of CCF grants in a way that ensures a community legacy for the East End. New partnerships have built greater sustainability and by cooperating with existing networks and by sharing common goals with a range of organisations more people have been made carbon literate.

Community Compost activities overlap with the Alexandra Park Food Forest and local allotment organisations like the Dennistoun Diggers. The raised bed growing project has reached out to the Woodland Trust and the Scottish Wildlife Trust as well as the local food bank. Cooking classes continue by means of short videos, free to download.

The bike hub has attracted funding from Cycling Scotland, the Energy Savings Trust and Smarter Choices Smarter Places and this ensures it works within a number of cycling networks. The Hub's future has been secured with the appointment of a Co-Ordinator and a Bike Mechanic. The legacy: a very popular local meeting place providing resources and facilities to support people getting active and getting on a bike.

There is a confidence, despite the problems associated with COVID, that the project legacy has been secured into the future and that the behaviour change process will continue in parallel.

MILNBANK HOUSING ASSOCIATION LEGACY: A HUB, A COMMUNITY COMPOST FACILITY, 300 M² OF RAISED BEDS AND TWO POLYTUNNELS



COMMUNITY CLIMATE ASSET FUND PROJECT

The additional growing space and community compost facility will reduce greenhouse gas emissions in three ways:

1. By reducing the number of vegetables bought in supermarkets, which have high levels of carbon due to excessive food miles, packaging and intensive methods of production.
2. By increasing the vegetable content in the local diet, the total amount of meat consumed can be reduced.
3. By removing organic waste from the waste stream and composting it at a local facility.