

# The Edinburgh Community Climate Fund

**(1b) Project name:**  
**Heart of Newhaven**

## **(2) Tell us about your organisation / group (what do you do?) (150 words maximum)**

The Heart of Newhaven Community was constituted on 28th January 2019 with a Steering Group of 12 members. We registered as a SCIO on 4th February 2020

We are developing the former Victoria Primary School, Newhaven as an intergenerational community hub, 'The Heart'. We have three themes, identified by community consultation: culture and heritage, learning and enterprise and community well being with a common thread of intergenerational practice.

Community Wellbeing as one of our three themes is particularly relevant to the proposed teaching kitchen. Community consultation repeatedly shows considerable interest in health and wellbeing activities including advice and community awareness support and public health information, greenspace development, gardening and food preparation/community meals. Shared informal space was also recognised as a need in the area.

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## **(3a) Please select the fund criteria which your project relates to (Select all that apply)**

- Create opportunities for community leadership and learning on climate change
- Reduce greenhouse gas emissions within communities and contribute to the net-zero target for Edinburgh
- Generate sustainable projects for the benefit of local people to build resilience or adapt to climate change within communities
- Build relationships between neighbourhoods of different socio-economic and ethnic backgrounds to work together on just, equitable and accessible climate and resilience activities contributing to the cities net zero agenda, also ensuring that activities work towards reducing or removing barriers for disabled people in the transition to net zero.

## **(3b) Tell us about the project you would use the money for. (500 words maximum)**

Our proposal is to create a teaching kitchen for community use to improve the health and wellbeing of those most excluded or disadvantaged in society and as part of The Heart, work together to reduce our carbon footprint. It would include domestic equipment including an induction hob. Our aim is to demonstrate that eating healthily is affordable, we will look at ways of using less energy to cook and can be fun. We wish to provide suitable seating and tables for eating together as part of the experience

Edinburgh Needs Analysis highlighted issues of loneliness and isolation plus unmet need for older people's wellbeing groups, and Intergenerational work as there is a lack of engagement between older and younger people.

People consistently tell us that there is a huge gap in the provision of 'gateways' that enable and support confident and connected communities

We have contacted organisations working in these areas of need and explored partnership opportunities. The following groups and organisations want to work with us as they need such a facility for their users: Edinburgh Community Food, SCRAN, Mwamba, Ukrainian community, Homestart, Leith Pantry, plus the Meeting Place we are developing for those living with the early stages of dementia. All these groups tell us that learning cooking skills would benefit the physical and mental wellbeing of those they support combatting poor nutrition, loneliness and isolation. It would also be a very effective way of bringing generations together, increase the amount of local food grown and consumed in our community making change in cooking and eating, growing, food waste, and climate action

We are already creating a community garden on site which can be enjoyed by these and other groups and we want to grow herbs, salads and fruits that can be used in the teaching kitchen particularly as part of intergenerational activities. We believe that eating what is grown locally and within season has enormous impact on our health. Our community garden is organic as organically grown food, cultivated without pesticides and chemicals, means that the soil the food is grown in remains fertile and healthy, resulting in healthy, nutrient dense food. Healthy soils can contribute to removing carbon from our atmosphere, and can protect biodiversity.

We have discussed partnership working with Changeworks, Edible Estates and Edinburgh Botanic Gardens Edible Gardening strand and will be including sessions from all these organisations for groups using the kitchen to share and promote this approach. The teaching kitchen would be used at least initially 3 days a week but we envisage this increasing once we are able to evaluate and share outcomes

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## (4) Describe your project in no more than 30 words (this will be used for publicity)

A teaching kitchen for community use to improve the health and wellbeing of those most excluded or disadvantaged in society and as part of The Heart, work together to reduce our carbon footprint

## (5a) Who do you hope will benefit from this project?

Ukrainian community are looking for a venue with a kitchen where people could get together for company, support, make and share food

Mwamba, a charity supporting women of different ethnicities in particular of Hispanic and African heritage would like to use the space and facilities twice a month with women they support using food/cooking and eating as engagement

Older people attending weekly sessions delivered by Age Scotland from a programme that includes dementia awareness, energy, benefits, info and advice, training on fun active sessions for older people's groups, care and repair, Friendship Line, will also be offered the opportunity to attend specific cooking sessions

People with early stage dementia HoNC are developing a weekly Meeting Place (dementia cafe)

Leith Pantry want to deliver cooking skills to their users

SCRAN want to use the kitchen to deliver cooking skills to the young people they work

## (5c) Will the project have a positive impact on any of the following protected characteristics?

Disability

Marriage or civil partnership

Age

Pregnancy and maternity

Sexual orientation

Race

Religion or belief

Gender reassignment

**Deadline for applications: 12th February 2023**

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**(6) Where will the project be delivered?**

The Heart,  
4-6, Newhaven Main Street  
Edinburgh EH6 4

**(7) Project start date: 1/04/23  
Project end date: 31/03/23**

**(8) How many people do you hope  
will benefit from your project?  
At least 4,000**

**(9) Is anyone else working with you on the project?**

Yes

No

**If yes, please tell us about this:**

All those organisations listed in qu 5a are stakeholders in the project and want to work with us to use the proposed facility of a teaching kitchen within a warm and welcoming space

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**(10) Do you require permission from anyone or any additional insurance to carry out your project?**

Yes

No

**If yes, please tell us about this:**

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<b>(11) Please outline a breakdown of the cost of delivering this project (including VAT).</b>		<b>(12) Do you have additional funding or income from charges which will contribute to this project? If yes, please detail below</b>	
<b>Goods/Equipment/Time etc</b>	<b>£</b>	<b>Source</b>	<b>£</b>
Contribution towards the cost of the kitchen works	£5000	The balance of the total costs of kitchen works has been included in a bid to the Community Mental Health and Wellbeing Fund	£7,250
coordination and project management - 40 weeks x 3 hours per week x £21.64 = £2,596.80	£2,600		
Room Hire 40 weeks x 2 sessions per week x 3 hours per session x £12.50 per hour = £4,000	£4,000	The balance of the week (4 sessions) has been included in a bid the Community Mental Health and Wellbeing Fund	£6,000
Project materials - £3,400	£3,400		
Decoration	£1,750		
<b>Total Expenditure</b>	<b>£14,750</b>	<b>Total income</b>	<b>£13,250</b>

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