

**Agenda Item 7a**  
**Highland Green Health Small Grant Fund Recipients 2023**  
**Highland Green Health Partnership**  
**26<sup>th</sup> May 2023**

## Background

It was previously agreed by the partnership that the remaining £18,000 development fund budget should be allocated to a final round of the Highland Green Health Small Grant Fund. The fund opened for applications in March and funds were distributed to projects by HTSI in April and May. Projects could apply for up to £1500. Cairngorms National Park Authority contributed an additional £5k from project underspend to support projects based in the Cairngorms National Park geographical area. Due to the limited number of applications from this area by the original deadline we extended the deadline for projects from this area until mid-May. In total 18 community organisations have been supported to deliver projects that contribute towards sustained green health activity in Highland. 15 projects will be completed by end Sept 2023; the additional 3 projects in Cairngorms will be completed by end Oct 2023. The projects that have been supported span seven of the nine NHS Highland health board areas.

Please find below a short summary of the groups and projects who have been awarded grants. Figure 1 shows the location and amount awarded to each project.

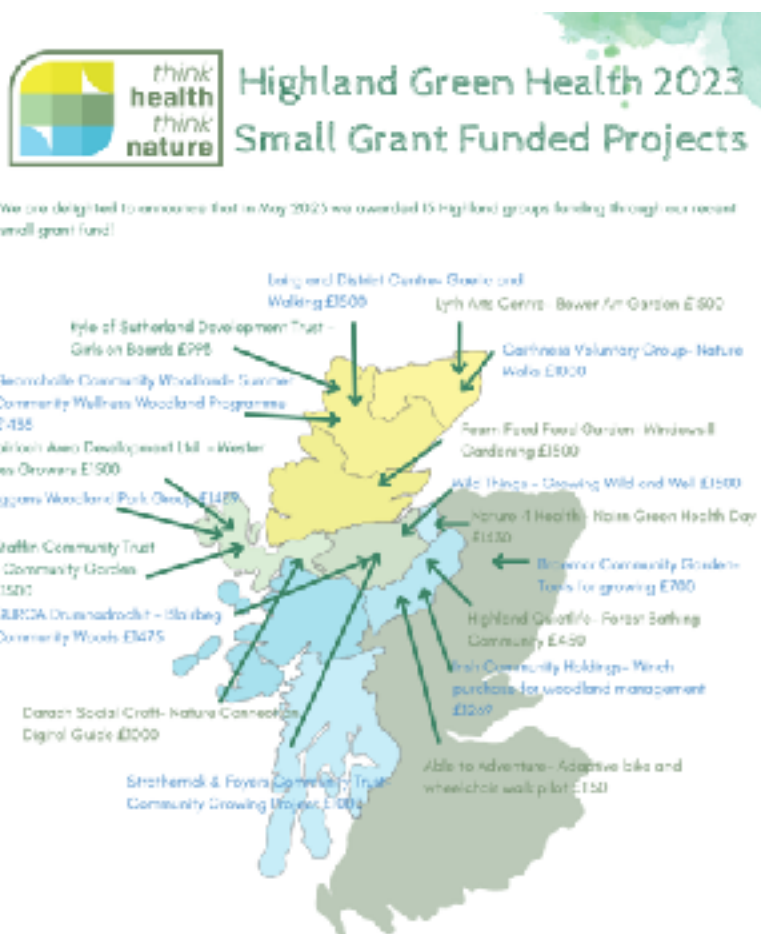


Figure 1. Highland Green Health Small Grant Fund 2023 map of recipients and amount awarded.

**Gairloch Area Development Ltd** – Skye, Lochalsh & Wester Ross- This project will set up a Wester Ross Growers and Seed Savers Group which will connect people across a network of remote, rural communities through collecting, regenerating, and sharing seeds, plants, and stories.

**Kyle of Sutherland Development Trust-** Sutherland – Funding will support paddle board instructor training for three local females. Trained instructors will build capacity for the Sutherland Girls on Boards project which aims to decrease social isolation, increase confidence and build mental and physical resilience through paddling and engaging with nature.

**Glen Urquhart Rural Community Association (GURCA)-** Inverness-shire- Fund supporting the purchase of outdoor equipment to enhance existing activities for local groups to meet and socialize outside, providing meaningful opportunities to come together in Blairbeg Community Woodlands.

**Gearrchoile Community Woodland-** Sutherland- The community wellness woodland programme will deliver 55 one hour sessions to increase green health and creative opportunities for local children and adults.

**Sluggans Woodland Park Group-** Skye, Lochalsh & Wester Ross- This project will raise the profile of the woodland park, develop the capacity of the board and build a volunteer network which will enable development and safeguarding of this important community greenspace.

**Caithness Voluntary Group-** Caithness- The organised nature walks to Dunnet Community Woods will enable the volunteer befriending team to support older adults and those with reduced mobility to access local natural spaces and help to reduce loneliness and social isolation through connecting with nature.

**Fearn Free Food Garden-** Easter Ross- The windowsill gardening project is aimed at people who are living with disability, socially isolated or experiencing poverty and will support participants to access outdoor growing space with the equipment, skills and knowledge to grow microgreens on their windowsills.

**Lairg and District Centre-** Sutherland – Coisich! A series of walking activities aimed at local adults and children focused on exploring Gaelic in the landscape, biodiversity, archaeology and listening to the sounds in the environment.

**Nature 4 Health-** Nairn – A day of nature connection for the local community focusing on local green spaces with all their health benefits, both physical and mental. Participants will be encouraged to forage for food, cook over an open fire, engage with local volunteer groups, connect to various local health supporting charities, craft and listen to tales of the wild& wonderful!

**Lyth Arts Centre-** Caithness – The Bower Art Garden will transform an area of unused scrubland to a community led greenspace encouraging socially engaged arts practices- the first space of its kind in the North of Scotland. This funding will enable the project to host performances, community meals and workshops in the new garden for the local community.

**Darach Social Croft-** Lochaber- A pilot project that will create a Highland wide digital interactive map of publicly accessible greenspaces with suggested nature-connection activities that people can take part in.

**Stratherrick & Foyers Community Trust-** Inverness-shire – Provision of raised beds and equipment for community food growing project, The Wildside Centre and Inverfarigaig community field.

**Insh Community Holdings-** Badenoch & Strathspey – Funding will be used to purchase a Capstan Winch to enable safe and effective management of community woodland by volunteers, to supply non-native firewood to in need residents. This bit of kit will allow greater accessibility for volunteers to the tasks associated with woodland management.

**Wild Things-** Inverness/Cairngorms- Supporting the Growing Wild and Well Programme which works with vulnerable teenagers, providing opportunities to engage in learning opportunities in the outdoors, delivering awards and accredited qualifications that count towards academic achievement.

**Staffin Community Trust–** Skye, Lochalsh & Wester Ross- This project will work to establish a community garden, consult with the community about plans and development and begin weekly gardening sessions for volunteers.

**Highland Quietlife–** Cairngorms- This project will create a monthly Forest Bathing group in Grantown-on-Spey and establish a community of nature connection in the Cairngorms.

**Braemar Community Garden–** Cairngorms- Tools and resources will enable the Braemar Community Garden to reduce health inequalities through the provision of food and learning skills of growing.

**Able to Adventure –** Cairngorms- This project will expand fitting/taster sessions to offer more people opportunities to trial adaptive bikes, including a subsidized hire and the “wheelchair walk” service.

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