

Our Cowdenbeath Area CLD Action Plan


Introduction

The Cowdenbeath Area is located in the Southwest of Fife, bordering the larger urban area of Dunfermline. Much of the area is characterised by low undulating arable landscape, sitting to the South East of the Ochil Hills. Cowdenbeath and the towns and villages that make up the Area, owe much to the historical links with coalmining and the extensive coalfields that characterised the area.

Locality Profile

Cowdenbeath is one of the less populated areas of Fife, with 41,491 people in 20,123 households. A smaller proportion of homes are owned (55%) in the area compared to Fife, with higher levels of social renting (34%) and lower levels of renting privately (7.4%). Our vision is to make a positive and lasting difference to the Cowdenbeath Area - an area where all citizens work together to achieve their aims; innovation and entrepreneurship are encouraged, people live in fuel-efficient and affordable housing, public transport is accessible and affordable, High Streets thrive, and people receive the care they need, when they need it.

Our Cowdenbeath Area CLD Action Plan

| Opportunities for All | | |  |
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| Local CLD Led Actions | Desired Outcomes | Plan for Fife Ambitions | |
| <ul style="list-style-type: none">Continue to develop Job Clubs and Welfare Sessions, held weekly in Cowdenbeath, Kelty, Ballingry, Lochgelly and Cardenden to provide advice and support to individuals and families. This will include targeted support to address fuel and food poverty, working in partnership with Cosy Kingdom and other relevant key servicesIncome Maximisation with individuals and households via a Benefits Calculator, identify if claimants have been allocated an "Earnings Allowance," presenting this as a very safe first step to maximise household income.Continue to support community pantries across the Cowdenbeath area and explore development of a Food Resilience Partnership Group to have an overarching view of food projects focusing on food resilience and sustainable models of community pantries. | <ul style="list-style-type: none">Fewer children in povertyIncreased household incomeLower rates of income deprivationMore households managing well financiallyFewer fuel poor householdsMore people with access to sustainable finance.Increased household food sustainability.Tackling health inequalities | Fife has lower levels of poverty in line with national targets | |

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| <ul style="list-style-type: none"> • Adult Learning Delivery Group will provide cooking courses to skill families in zero waste approaches, cooking on a budget, reducing shopping bills and increasing food security. • Re-establish the WRAPP Group in the Cowdenbeath Area which will provide a valuable forum for collaborative partnership working to support individuals and families address the cost-of-living crisis • NOLB/EASYP 16+ employability programme will continue to provide accredited courses in general life skills, including literacy, numeracy, and ICT along with personal development courses such as food hygiene and first aid • Continue to develop projects tackling mental well-being, social isolation, and loneliness in Kelty and Cardenden • CLD staff will offer weekly group sessions in Kelty, tackling social isolation, loneliness, and mental health stigma. Sessions will also be attended by WSA for benefit, and employability advice. | | |
| <ul style="list-style-type: none"> • Support Parents and Toddlers groups throughout the Cowdenbeath area that aim to promote social wellbeing by enabling opportunities for all through social inclusion, therefore removing barriers to social isolation and loneliness. • NOLB/EASYP 16+ employability programme will establish links with local employers, businesses and organisations and develop partnerships with FC, Fife college, WEA, SES and other partners where appropriate to enhance employment opportunities for young people. • The Youth Work in Schools Programmes such as The Young Leaders Programmes will continue to provide accredited courses in general life skills including First Aid, Power Boat Licence, Health and Wellbeing Programmes such as 7 habits and Resilience Work • Universal and project based YW (Youth Work) will be developed across the Cowdenbeath area including targeted youth work in schools and partnership working with outdoor education providers to increase equality of opportunity, participation and engagement, increased well-being and access to learning, work, and volunteering opportunities for young people • Holiday Programmes will continue to be developed across the area to increase equality of opportunity, participation, and engagement as well as increasing wellbeing. Opportunities for families with Cowdenbeath area to access play resources and equipment will also be provided and steps will be put in place to remove as many barriers to participation such as transport arrangements to and from venue as well as providing food for those who require it. • Staff will continue to take part in CPD opportunities for upskilling to enable an increased understanding of developing need within the area. | <ul style="list-style-type: none"> • Improved educational attainment in all groups • Increased equality of opportunity • Increased staff confidence in using interventions to close the attainment gap • More school leavers with qualifications • More school leavers entering a positive destination • More businesses engaged to maximise school leaver opportunities • Increased participation and engagement of children and young people • Increased access to learning, work and voluntary opportunities for parents of young children • More children reaching early developmental milestones • Increased wellbeing of children and young people • Increase in families able to access play opportunities | <p>Educational attainment continues to improve for all groups</p> |

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| <ul style="list-style-type: none"> • Relevant staff will undertake training in delivery of various, relevant programmes and accreditation to enhance their interventions on closing the attainment gap. • 15+yrs supported volunteering placements in partnership with Outdoor Education Fife and Lochore Meadows Park Management team will be developed. • Adult learning delivery group to develop courses to enhance personal development including Step In and access to ABE (Adult Basic Education) and courses focusing on health and mental well-being • Create a Cowdenbeath area Adult Learning Planning group Action Plan aligned to the new Adult Learning for Scotland strategy and linked to the HGIOCLD4 framework | <ul style="list-style-type: none"> • Removing barriers to social isolation and loneliness | |
| <ul style="list-style-type: none"> • Youth Work in Schools Programmes will continue to offer input on Mental Health support in partnership with NHS Fife Health Promotions Service, CAMHS and DAPL. Training and delivery of programmes such as dealing/managing eating disorders, coping/managing stress, substance misuse, being active and positive mental health and wellbeing will be part of these ongoing programmes. • Targeted youth work in schools will deliver and support interventions focussing on health and wellbeing whilst incorporating outdoor learning programmes. • Universal youth work will continue to include educational opportunities focusing on healthy eating, positive healthy lifestyles, substance abuse and smoking and mental well-being • Training and development opportunities for staff led by Health Promotion team to upskill and develop experience in health-related course development and delivery | <ul style="list-style-type: none"> • More integrated and community-based programmes of interventions (particularly for obesity, substance use and smoking) • More targeted support for carers • Improved air quality to meet prescribed standards to reduce preventable ill-health • Improved achievement of personal outcomes in health and social care services • More people can look after themselves to live in good health longer Increased number of people reporting positive experiences of using health and social care services • Improved mental health • Improved trauma awareness across services | <p>Fife has reduced levels of preventable ill health and premature mortality across all communities.</p> |
| Evidence of Change | | |
| <ul style="list-style-type: none"> • Strengthened multi-agency partnership to deliver health and wellbeing related courses and services • Increased local service provision • Increased local targeted opportunities for the most vulnerable • Increased learners accessing further education, volunteer opportunities and employment | | |

Thriving Places



Local CLD Actions

Desired Outcomes

Plan for Fife Ambitions

- Develop localised areas of work to provide opportunities which builds a sense of ownership, highlights the positives of the area, and provides young people with a sense of belonging so they will use their local areas responsibly.
- The People Leadership Group will continue to develop work with subgroups that will focus and target work to areas where antisocial and risky or harmful behaviour is prevalent.

- Reduced crime and anti-social behaviour
- Reduced levels of harm
- Reduced levels of violence and abuse against women and children

All our communities benefit from low levels of crime and anti-social behaviour

- Continue to develop and deliver an inclusive, holiday programme provision which runs in local community centres and provides high quality learning opportunities.
- Support adult learners to participate in projects promoting health and mental well-being such as local walk and talk groups and sessions held in community venues
- Support young people to take part in projects which provide opportunities to improve mental and physical health such as Total Adventure, Resilience, Attendance and Transition work, Issue based programmes, 7 Habits, local walk and talk groups and Restorative work.
- Ensure community centres are welcoming and inviting spaces where community members can pop in to ask for information and feel they have been supported on first contact

- Greater participation in physical activity by all age groups
- Increased footfall across all facilities
Increased concessionary attendances
Increased membership take-up for leisure schemes
- Increased participation in cultural life
- Increased participation in outdoor recreation
- Increased satisfaction with outdoor, cultural and leisure opportunities
- Increase in physical activity
- Increase in people accessing walking route in their communities
- Increase in people socialising and discussing mental health difficulties.

Every community has access to high quality outdoor, cultural and leisure opportunities

Evidence of Change

- Increased usage of centres, local outdoor spaces, including youth groups, schools, adult learners, community, and self-help groups.

Inclusive Growth and Jobs



Local CLD Led Actions

Desired Outcomes

Plan for Fife Ambitions

- CLD partners to build community wealth opportunities by using local businesses to deliver services such as catering, events, tutors, and instructors.
- Make better connections with local businesses across the Cowdenbeath area
- Promote supported work placements for adult learners and young people

- Increased economic activity
- Higher employment level
- Higher improvement rates than the rest of Scotland
- Increased national and international markets for Fife businesses
- Increased investment in the green economy
- Increased investment in the STEM (Science, Technology, Engineering and Maths) related businesses
- Increased apprenticeships
- Reducing health barriers to work
- Improved business connectivity (especially transport, digital and workforce mobility)

Economic activity and employment in Fife are improving faster than in the rest of Scotland

- Income Maximisation with individuals and households via a Benefits Calculator, identify if claimants have been allocated an "Earnings Allowance," presenting this as a very safe first step to maximise household income.
- Signpost/ make referrals to our appropriate Network Service members, accessing specific specialist employability support. Present/identify /advertise funded vocational training and learning opportunities: from ITA funded course to Vocational Skills Academies, Community Learning Opportunities when available.

- Reduced claimant rates in mid-Fife (Kirkcaldy, Levenmouth, Cowdenbeath and Glenrothes)
- Lower poverty in mid-Fife | More businesses in mid-Fife
- Improved skills level in mid-Fife Increased number of apprenticeships in mid-Fife

Economic activity and employment in mid-Fife are catching up with the rest of Fife and Scotland

Evidence of Change

Community Led Services



Local CLD Led Actions

Desired Outcomes

Plan for Fife Ambitions

- Pilot and Offer “The Money” course, a structured /resourced Budgeting Course, offered either as a 121, Group Sessions over 4-6 weeks or a DIY pack (Costing and Programme Proposal already presented and approved, pre pandemic – EK)
- Continue to work collaboratively with young people and key partners throughout the Cowdenbeath area and Fife to develop an increased multi layered programme of school and community-based learning opportunities. Programmes will be is designed to strengthen and create partnerships to engage or re-engage a wide range of learners at all stages who are potentially faced with several challenges and barriers to maximise their potential.
- Continue to review young people’s support in school and local community areas to offer a more joined up approach based on the needs of those we work with.
- Use of digital tools and social media to highlight and promote the services offered and where to access.

- People consider services are more joined up
- Reduced demand for crisis services
- Reduced levels of need evidenced by lower demand for social care services through preventative approaches across all sectors

Our public services are more joined up and acting ‘one step sooner’

- Support volunteers who are developing and running community led initiatives
- Support community pantries ensuring communities can take ownership
- Support delivery of neighbourhood plans the Cowdenbeath area
- CLD to continue to support and expand on PB opportunities across the area
- Support and encourage participation in local management committees, community councils, community and youth forums and emergency resilience groups etc
- Create community growing spaces with local community groups and other key services

- More people involved in local community planning and locality planning
- More people involved in land use planning
- Greater numbers of people involved in planning and delivering services
- More community-based models of social provision

Fife’s communities and individuals are more involved in local decision making and in helping to plan and deliver local services

Evidence of Change

- Increased membership on local committees