

Highland Whole Family Wellbeing Programme Overview and Analysis Report

OUR VISION

Every family that needs support gets the right family support, at the right time, to fulfil children's rights to be raised safely in their own families, for as long as it is needed



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Introduction

This report provides an overview of the Whole Family Wellbeing Programme (WFWP) in Highland and outlines the funding framework for the distribution of the WFWP Fund, together with a thematic overview of the funds released to date.

The WFWP is a change and innovation programme driven by several wide-ranging National policies and strategies. The Programme reports to the Highland Integrated Children's Services Planning Board and upwards to the Highland Community Planning Partnership Board.

Through the [Highland Integrated Children's Services Plan](#) the Partnership has a vision to support children and young people to have the best possible start in life, enjoy being young, ensuring they are loved, confident and resilient and can achieve their full potential.

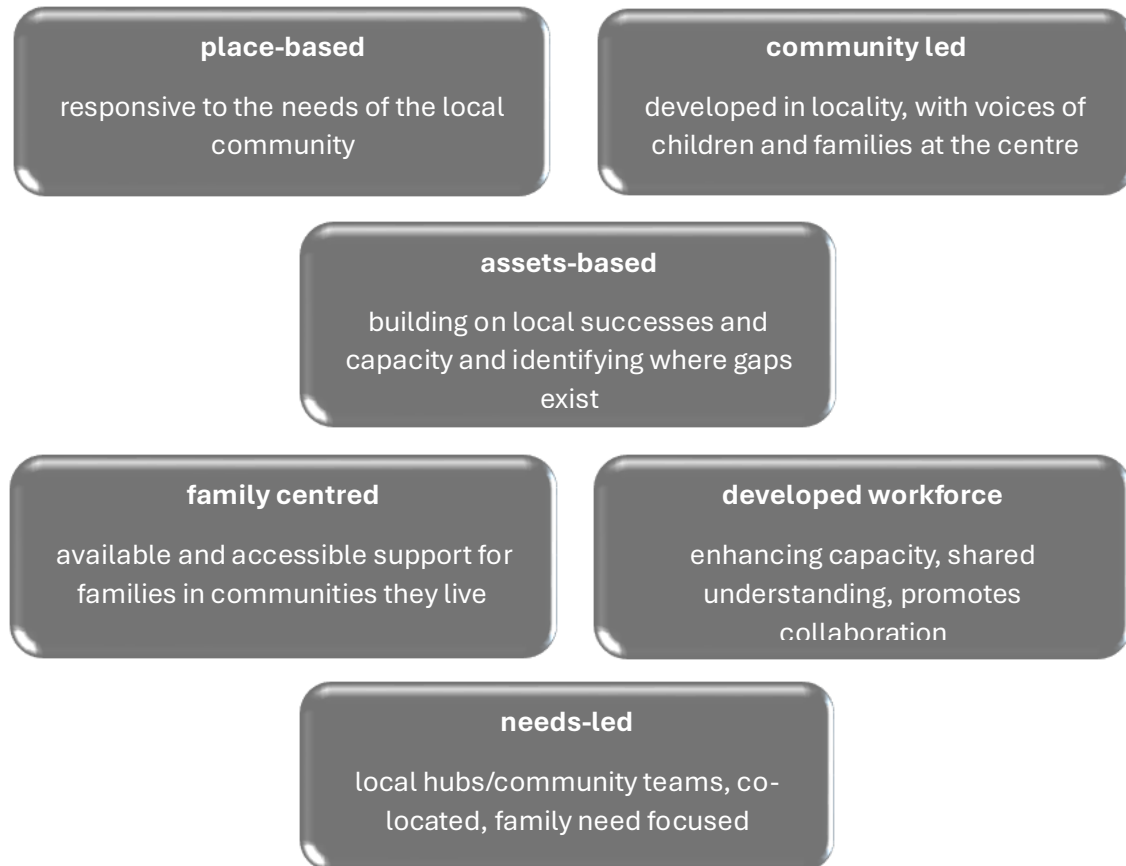
The aim of the Programme is to enable holistic, community-led initiatives that improve the wellbeing outcomes for children and families across Highland. Testing concepts through [Quality Improvement Methodology](#) to enable transformation change in line with the [Scottish Government's Route-map and National Principles of Holistic Whole Family Support](#).

The Programme is supported by the [Highland Whole Family Wellbeing Programme Self-Assessment Toolkit](#), which promotes reflective practice and continuous improvement across the four Pillars and ten Principles of Holistic Whole Family Support, outlined in the Routemap.

A funding framework ensures that funding is accessible, equitable, and targeted to areas of greatest need, with a strong emphasis on collaboration, inclusion, and sustainability. It supports the development of joined-up services that place families at the centre, promote resilience, and reduce poverty-related inequalities.

The [WFWP Funding Strategy](#) defines the approach, application/allocation process and governance of the Whole Family Wellbeing fund, to services who are providing Holistic Whole Family Wellbeing Support across Highland. Through a locality focussed evidence-based and needs-led approach, the Programme will deliver innovative change, in line with the model agreed by the Integrated Children's Services Planning Board and the Highland Community Planning Partnership Board.

Model Approach



In line with this model, WFWP will support improvement activity, across Highlands' nine Community Partnership localities, designed around the four Pillars and National Principles of Holistic Whole Family Support.



Strategic Alignment

The Whole Family Wellbeing Programme supports the rights of children and families in line with GIRFEC, UNCRC, and The Promise and is embedded within the following broader national and local policy landscape:

- [Integrated Children's Services Plan 2023-2026 \(new plan due for 2026-2029\)](#)
- [Highland Promise Plan 2025 - 2028](#)
- [Highland Outcome Improvement Plan](#)
- [Scottish Government's Route-map and National Principles of Holistic Whole Family Support](#)
- [The Promise 24-30](#)
- [Best Start Bright Futures – Tackling Child Poverty Delivery Plan 2022 – 2026](#)
- [National Trauma Training Framework](#)
- [Families Affected by Drug and Alcohol Use in Scotland – A Framework for Holistic Whole Family Approaches and Family Inclusive Practice](#)
- [UNCRC](#)
- [GIRFEC](#)

Programme Pillars and Principles of Holistic Whole Family Support

[Scottish Government's Routemap and National Principles of Holistic Whole Family Support](#)

The four pillars of the Whole Family Wellbeing Programme underpinned by the Principles of Holistic Whole Family Support, provide the structure upon which change will be achieved, these are detailed here:

Children and Families at the Centre	Support that has children and families at the centre, with their voices and choices central to what services should and can look like, with meaningful participation at every level of decision making
Availability and Access	Support is available and accessible to all, without stigma or discrimination with equality central in all aspects, families know what is out there and how to access it, with a shift in emphasis towards early prevention and intervention
Whole System Approach / Joined Up Support	Support is joined up with single points of contact and is relationship and community based, avoiding multiple practitioners and services, and families navigating a complex space without finding the right support
Leadership Workforce and Culture	Leadership is key to developing a culture of collaboration and innovation with a skilled supported workforce working seamlessly across sectors to support families



Principles of Holistic Whole Family Support

Non-stigmatising: Support should be promoted and provided free from stigma and judgement. Services should be as normalised as accessing universal services.

Whole Family: Support should be rooted in GIRFEC and wrapped around the whole family. This requires relevant join up with adult services.

Needs based: Support should be tailored to fit around each individual family, not be driven by rigid services or structures. It should cover the spectrum of support from universal services, more tailored support for wellbeing, and intensive support (to prevent or in response to statutory interventions). Creative approaches to support should be encouraged.

Assets and community based: Support should be empowering, building on existing strengths within the family and wider community. Families should be able to 'reach in' not be 'referred to'. Support must be explicitly connected to locations that work for local families and the community, such as schools, health centres, village halls and sports centres.

Timely and Sustainable: Flexible, responsive, and proportionate support should be available to families as soon as they need it, and for as long as it is required, adapting to changing needs.

Promoted: Families should have easy, well understood routes of access to support. They should feel empowered to do so and have choice about the support they access to ensure it meets their needs.

Take account of families' voice: At a strategic and individual level, children and families should be meaningfully involved in the design, delivery, evaluation, and continuous improvement of services. Support should be based on trusted relationships between families and professionals working together with mutual respect to ensure targeted and developmental support.

Collaborative and Seamless: Support should be multi-agency and joined up across services, so families do not experience multiple referrals or inconsistent support.

Skilled and Supported Workforce: Support should be informed by an understanding of attachment, trauma, inequality, and poverty. Staff should be supported to take on additional responsibilities and trusted to be innovative in responding to the needs of families.

Underpinned by Children's Rights: Children's rights should be the funnel through which every decision and support service is viewed.

Locality Approach

The Programme takes a locality approach to delivery. Under the management of a Programme Manager, Locality Co-Ordinators work across the nine Community Partnership areas, within local partnerships to promote and support improvements in the delivery of Whole Family Wellbeing across Highland.

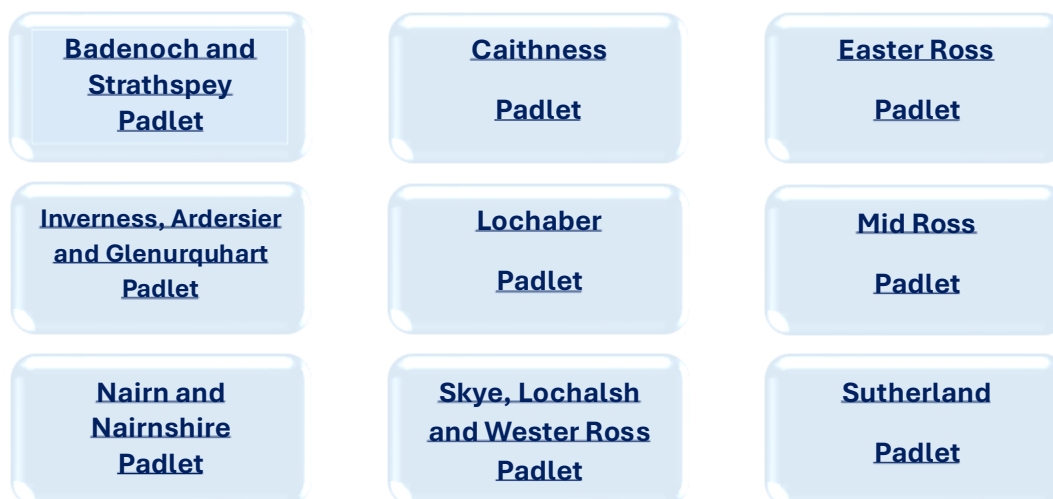
Through locality partnerships, it works towards holistic, early prevention focussed family support that addresses needs and tackles inequalities.

It is vital that partners from locality areas who have experience, knowledge and understanding of the services accessed by children and families, along with the challenges they face, contribute to the work of the Programme. Ensuring that any work undertaken, funded, or supported is being driven by the needs identified in each locality.

The Whole Family Wellbeing Local Partnership Network Groups have been established across the nine Community Partnership localities, led by the Whole Family Wellbeing Locality Co-Ordinators these groups undertake the following remit:

- To support the Programme to gather evidence of need per locality area
- To act as a Community of Practice for the locality in matters affecting Whole Family Wellbeing and Holistic Whole Family Support
- To share information and where applicable resources to support the Programme per locality area
- To contribute to the direction of activity, whether through Programme funding or through partnership working to maximise benefits to children, young people and families who need to access services in the locality area
- To ensure a partnership approach is taken with all partners respectful of other agencies and the part they play in supporting children, young people, and families per locality
- To ensure that all activity undertaken or directed as a Whole Family Wellbeing Local Partnership Network Group is aligned with the Pillars of the Whole Family Wellbeing Programme and the Principles of Holistic Whole Family Support

Each Local Partnership Network Group has a Padlet which enables the sharing and updating of information and communication across the group:





The Nine Community Partnership Localities
(links to HCPP website for each Community Partnership area)

[Badenoch and
Strathspey](#)

[Caithness](#)

[Easter Ross](#)

[Inverness](#)

[Lochaber](#)

[Mid Ross](#)

[Nairn and
Nairnshire](#)

[Skye, Lochalsh
and Wester Ross](#)

[Sutherland](#)

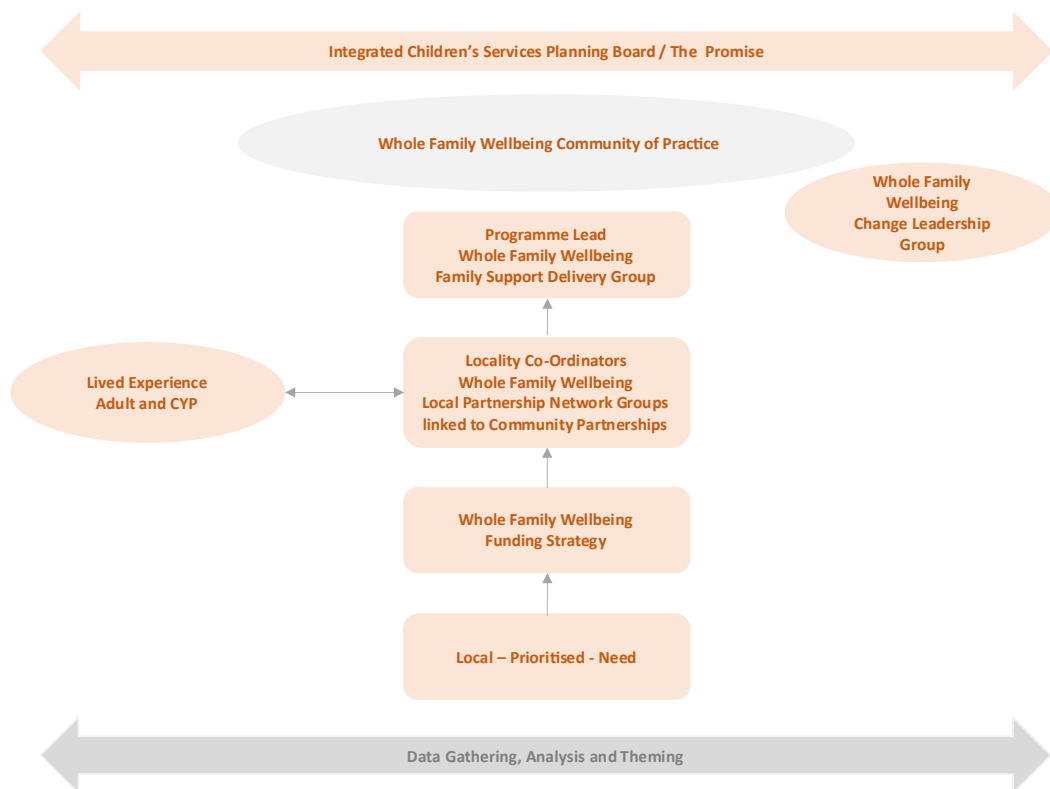
Funding Governance

The below diagram outlines the funding governance of the WFWP. It shows the link between locality partnerships, The Promise Board with an overarching Whole Family Wellbeing Community of Practice Group all reporting upwards to the Integrated Children's Services Planning Board.

Recognising the importance for Whole Family Wellbeing and The Promise to join seamlessly together. The Whole Family Wellbeing Community of Practice will be promoted through the WFWP.

The structure provides for families to also be included at both locality and strategic levels, aligning the approach to Pillar 1 - *Children and Families at the Centre*.

The Whole Family Wellbeing Change Leadership Group provides strategic oversight of priorities and themes for change undertaken by the WFWP and multi-sector strategic leadership to develop transformational change to ensure alignment to Pillar 3 – *Whole System Approach/Joined-up Support*.



Funding Framework Overview

Element 1 – Small Grants Fund (Community-Led, Third Sector Organisations only)

- **Purpose:** To support local, community-based activities that address family wellbeing needs based on locality-specific priorities.
- **Target Families:** Prioritises the six family types identified in the [*Best Start, Bright Futures Tackling Child Poverty Delivery Plan \(2022–2026\)*](#):
 - 🚧 Families where the mother is under 25
 - 🚧 Lone parent families
 - 🚧 Families including children or adults with disabilities
 - 🚧 Larger families
 - 🚧 Minority ethnic families
 - 🚧 Families with a child under 1
- **Funding Details**
 - 🚧 Total Budget: £400,000
 - 🚧 Grant Size: Up to £10,000
 - 🚧 Total Grants to date: 56
 - 🚧 Budget Exceeded: £516,809.80 (as at date of report)
- **Application Process – NOW CLOSED**
 - 🚧 Initially opened 2nd September 2024 for one month, thereafter, held on a rolling basis up to Financial Year 2025/2026
 - 🚧 Locality Co-ordinators support applicants and connect them to WFWP Locality Partnership Network Groups
 - 🚧 Encourages WFWP Self-Assessment Toolkit completion
- **Key Features**
 - 🚧 Open to grassroots, micro level Third Sector Organisations
 - 🚧 Encourages community-based activities accessible to families
 - 🚧 Encourages collaboration and match funding
 - 🚧 Aims to avoid duplication and siloed working

Element 2 – Collaborative Partnership Fund (WFWP Local Partnership Network Group)

- **Purpose:** To support longer-term, collaborative tests of concept that address identified locality needs through Community Partnerships and WFWP Local Partnership Network Groups.
- **Funding Details**
 - ✚ Total Budget: £900,000
 - ✚ Fund Size: Up to £50,000 (flexible)
 - ✚ Allocation: Two funds per Community Partnership locality
 - ✚ Duration: Up to 24 months
 - ✚ Total Tests of Concept to date: 4
 - ✚ Remaining Balance: £622,599.00 (as at date of report)
- **Application Requirements**
 - ✚ Demonstrate co-production, partnership working, innovative, identified need
 - ✚ Encourages hybrid models involving Statutory and Third Sector Organisations
 - ✚ Must include exit strategies to evidence sustainability beyond the WFWP funded period
- **Monitoring & Evaluation**
 - ✚ Projects will be developed and monitored using Quality Improvement
 - ✚ Outcomes will be subject to contract and evaluated periodically
 - ✚ Requires WFWP Self-Assessment Toolkit completion
 - ✚ Potential for successful initiatives to be considered for strategic alignment of future commissioned services in Highland

Element 2 – Collaborative Partnership Fund (Whole System Applications)

- **Purpose:** To support longer-term, collaborative tests of concept that address identified needs, gaps in service identified through whole system approach in line with *Pillar 3 – Whole System Approach/Joined-Up Support*.
- **Funding Details**
 - 🚧 Total Budget: Not defined
 - 🚧 Duration: Up to 24 months
 - 🚧 Total Tests of Concept to date: 19
 - 🚧 Total Cost to date: £3,410,819.54 (as at date of report)
- **Application Requirements**
 - 🚧 Demonstrate co-production, partnership working, innovative, identified need
 - 🚧 Encourages hybrid models involving Statutory and Third Sector Organisations
 - 🚧 Must include exit strategies to evidence sustainability beyond the WFWP funded period
- **Monitoring & Evaluation**
 - 🚧 Projects will be developed and monitored using Quality Improvement
 - 🚧 Outcomes will be subject to contract and evaluated periodically
 - 🚧 Requires WFWP Self-Assessment Toolkit completion
 - 🚧 Potential for successful initiatives to be considered for strategic integration of future commissioned services in Highland

Element 3 – Transformational Commissioning Fund (Strategic Integration)

The Element 3 Transformational Commissioning Fund is a strategic initiative informed by locality needs and priorities identified by Highland’s strategic leaders as part of the Integrated Children’s Services Planning Board, delivered by the WFWP. The fund aims to support system-wide changes through targeted commissioning and joint commissioning opportunities from tests of concept under the WFWP Element 2 Collaborative Partnership funds. (see Family Links Early Help Service – Page 38)

- **Purpose:** To integrate learning from Element 2 Collaborative Partnership Fund tests of concepts into long-term strategic planning
- **Function:** Acts as a test bed for innovation, aligned to the Integrated Children’s Services Planning Board Plan 2026 – 2029 and The Highland Promise 2025-2028
- **Goal:** To ensure that successful models of Holistic Whole Family Support, based on evidence of need, are embedded in future service design, delivery and commissioning of services

Key objectives include:

- ✚ Embedding Holistic Whole Family Support principles across Highland’s systems and structures
- ✚ Building capacity for transformational change in family support services
- ✚ Ensuring alignment with Element 2: Collaborative Partnership Fund, particularly in scaling and hybrid models of practice

Priority Themes:

- ✚ Innovative family support approaches distinct from current models
- ✚ Enhanced community-based access to services
- ✚ Increased awareness and uptake of available support at a locality level
- ✚ Expansion of proven services to new localities

Desired Outcomes:

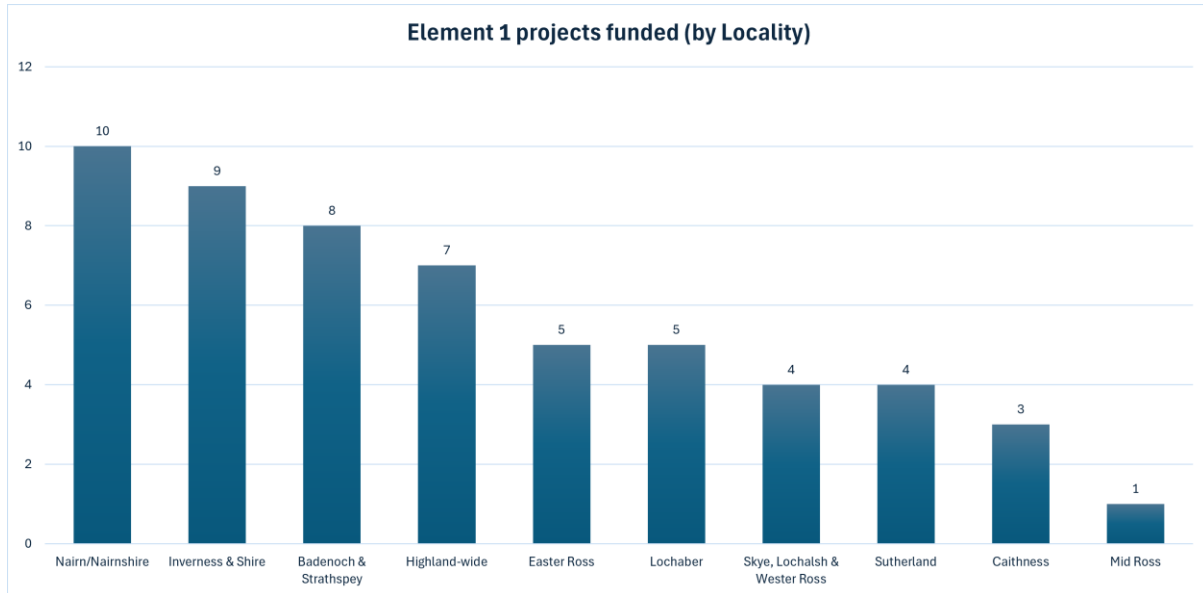
- ✚ System-wide adoption of holistic support principles
- ✚ Removal of access barriers at the locality level
- ✚ Active family participation in service design
- ✚ Strengthened collaboration across partnerships, including Adult Services
- ✚ Integration of Third Sector partners in service delivery
- ✚ Evidence of aligned, proportionate support matching local need
- ✚ Growth in integrated support capacity and holistic workforce development
- ✚ Empowerment for innovation

This approach defines Highland’s transformational change journey, linking the WFWP to broader partnership improvements. It supports strategic investment in early prevention and fosters collaborative, sometimes non-transactional actions that influence cultural change and shift activity towards early prevention.

Element 1 Locality Data Breakdown

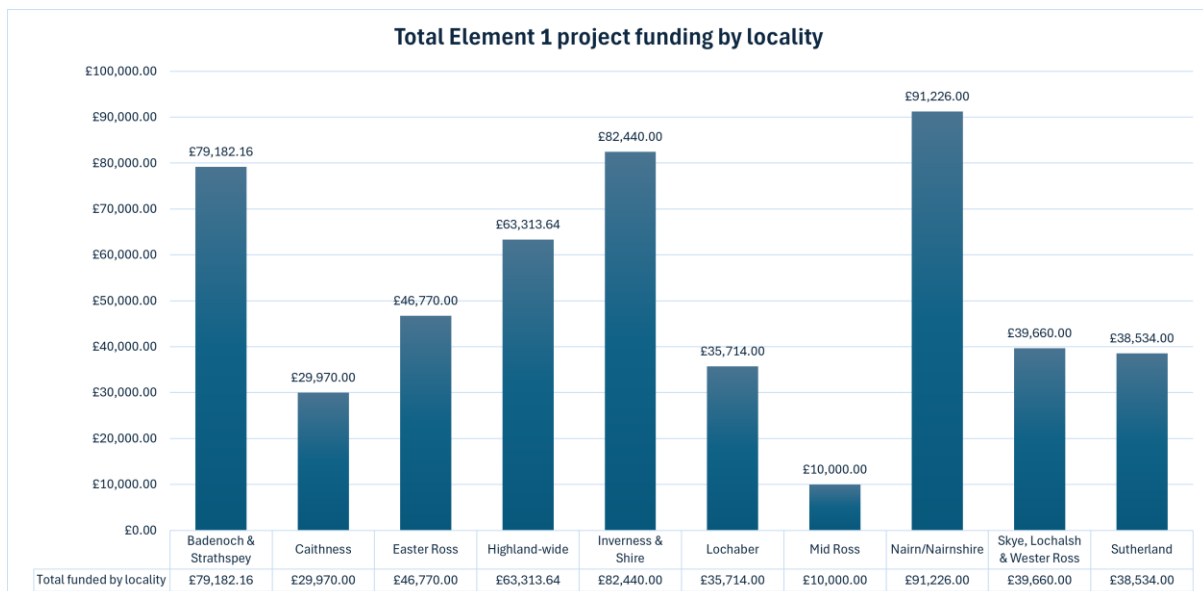
The below funding coverage data shows the spread of the 56 projects under Element 1 funding to date.*

Total Project Activity Spread Across Localities:



The below funding distribution data shows the allocation of funds for the 56 projects funded under Element 1, across the nine Community Partnership localities.*

Total Fund Activity Spread Across Localities:



*Please note the Highland-wide category includes projects that cover two or more localities.

Element 1 Overview of Projects

In this section, a synopsis of each of the projects funded to date under Element 1 is provided. Information pertaining to the Community Partnership Area(s) covered by the project is also shown.

Able2Adventure – Young People’s Social Adventure Group Project **CP Area: Badenoch and Strathspey**

This project is to expand current delivery of the young people’s adventure group with a second group that is focused on sensory adventure activities. Meeting fortnightly, the group is open to young disabled people aged 14-25 in the Highlands, with the main area of delivery being Strathspey. The purpose of the group is to support young people with the transition from education into independent living focusing on building confidence, problem solving, creating social networks, making friends and having fun. Creating pathways to enable people to return as they move through different phases of life. Also offering a number of sessions to young people aged between 10-14 living in Strathspey, designed with the young person to help them develop confidence and build on their skills to have a positive educational experience.

Ardersier Parent and Youth Club **CP Area: Ardersier, Inverness**

This project, which is run by an unincorporated community group, based in Ardersier, serves residents of all ages, with a focus on young people and their families. Last summer, a youth club was launched which now attracts 15–20 young people each week for sessions held on Friday or Saturday evenings in the village church hall. Activities include games nights, sports, and community engagement events, all aimed at fostering connections and creating a welcoming space for intergenerational bonds. To support families during the long summer holidays, a summer club was held primarily for primary-aged children. This provides parents with respite while offering children fun, affordable activities. Recognising that many families cannot afford holidays or time off work, activities ensure local children have memorable experiences. Family-friendly events such as tennis, cinema nights, and craft sessions are also held. “Parents Night” sessions have also now been introduced, giving parents a chance to relax, connect, and enjoy activities themselves. The project aim is to sustain and expand these initiatives, offering more events, trips, and volunteer incentives. Activities embody Whole Family Wellbeing by strengthening community ties and supporting families where they live.

Bluespace Highland Project
CP Area: Nairn/Nairnshire

This youth-led initiative empowers young people through the creation of a public art installation inspired by blue spaces in nature and their impact on wellbeing. By transforming an unused area into a permanent educational and engagement hub, the project promotes awareness of the mental health benefits of blue space activities. Supported by Bluespace Highland, it includes beach art, paddleboarding, and kayaking, integrating the NHS Five Steps to Wellbeing to build resilience, mindfulness, and peer support. The project also fosters understanding of social prescribing and encourages young people to reconnect with nature, develop new skills, and find joy beyond the digital world.

Brent Centre Highlands Psychoanalytic, Systemic Parent, Family Therapy Project
CP Area: Inverness

This project will utilise psychoanalytic/systemic parent/family consultations to meet the needs of more young people. It will also offer group work to families of neurodivergent teens, supporting the needs of parents / carers to understand the diagnosis of autism, navigate school and employment, learn how to deal with social anxiety in family life, the impact on siblings, navigate restrictions and rigidity and enjoy the young people's strengths. Families will feel less isolated and have the offer of connecting with other families to share their lived knowledge and experience.

Broadford and Strath Community Company Broadford School Garden Project
CP Area: Skye, Lochalsh and Wester Ross

Horticultural therapy project supporting the whole family to access cherished community space. The project aims to see improved mental wellbeing and increased self-esteem through building social connections and access to green space and activity.

Cairngorms Pride – Family Focussed Events – Highland Wildlife Park Project
CP Area: Badenoch & Strathspey

Community-led year-round LGBTQ+ advocacy organisation, Cairngorms Pride CIC is working to support queerness in people and in the planet. In partnership with the Royal Zoological Society of Scotland, this new Diversity in Nature project seeks to create a two-part youth workshop to be delivered in 2 schools, run 3 whole-family-focused events at Highland Wildlife Park and to co-create a free to access digital resource which will live on the RZSS website linked to Cairngorms Pride for 24+ months at least. Central project themes will focus on queer ecology and queer equality – celebrating diversity in the natural world and in human societies.

Caithness Klics: Older Young Carers Transition Project
CP Area: Caithness

Caithness KLICS is dedicated to supporting young carers up to the age of 18 in Caithness. Listening to their young carers, they've identified a need for additional support for older carers aged 16-21 as they navigate transitions potentially into other community services. In collaboration with Listening Ear, they plan to launch a weekly group offering peer support, social inclusion, guidance, and a safe space. Co-designed with current and former young carers, this one-year pilot aims to ensure no young carer feels unsupported during this critical stage of life.

Cawdor Community Centre Association – Cawdor Relax Hub
CP Area: Nairn/Nairnshire

This project will deliver weekly Relax Kids sessions throughout the 2025/26 school year for children in two age groups (P2–P5 and P6–S2). Each 45-minute session, led by a trained coach, uses mindfulness, movement, breathwork, storytelling, and relaxation techniques tailored to the children's developmental stages. Sessions also include free healthy snacks, creative activities, and supervised downtime, providing additional social support and a calming end to the school week for families. Delivered at no cost in partnership with the Cawdor Community Centre Association, the programme aims to build resilience, support emotional regulation, and strengthen family wellbeing, especially for families in this rural, dispersed community.

Cawdor Community Centre Association – Cawdor Connected Parenting Project
CP Area: Nairn/Nairnshire

Deliver the next phase of the Cawdor's Way to Wellbeing Programme, this project will build on the success of the Parental Wellbeing Pilot delivered with Cawdor Primary School in 2024. The project aims to strengthen parental wellbeing, confidence and family resilience through a structured, trauma-informed programme. The initiative will be delivered in three stages. Foundation Workshops will provide practical guidance on self-care, emotional regulation, healthy boundaries, communication and understanding children's behaviour. Deepening Workshops will offer small-group coaching sessions where parents can reflect on experiences, address challenges and build supportive peer connections. Finally, Community Drop-In Workshops will be open to all families and focus on topics such as digital wellbeing, children's mental health, resilience, grief and life transitions. All sessions will be free and delivered in person at Cawdor Community Centre, with afternoon and evening options to maximise accessibility. Through its inclusive, strengths-based approach, the programme will create a safe and supportive environment where parents can develop skills, improve wellbeing and strengthen community connections.

CCAST Highland Housing Support Tain Project
CP Area: East Ross

This project will provide a much-needed housing support service in Tain town for families considered to be at risk of poverty. The key aims are to provide Housing Support to enable clients to retain their tenancies and live independently; addiction recovery support programmes such as SMART, Decider plus 1-1 support; employability support; food bank locally; community larder; warm Space / Fuel Poverty; parent and toddler group; Hannah House – vulnerable women’s supported accommodation.

Create Lochalsh Scribble and Giggle/Families Creating Together Project
CP Area: Skye, Lochalsh and Wester Ross

A two-part project for families and young people with additional support needs. Part 1 - Scribble and Giggle for young people and Part 2 - Creative sessions for the young people and their carer(s). They aim to achieve increased self-confidence and self-worth and create a final public exhibition/event. Participants will do this through learning new artistic skills with isolation reduced and people more socially included.

Cromarty Youth Café Project
CP Area: Mid Ross

Cromarty Youth Café is transforming a room into The Snug—a safe, creative space for young people and families. It will host one-to-one support, small group art sessions, and family activities. With help from local artists and inspired by 20 years of community memories, young people will lead the design through art, music, and storytelling. The Snug will offer comfort, creativity, and connection at the heart of the community.

Enjoy-able Art
CP Area: Badenoch and Strathspey

This project aims to provide art sessions to children and their families. It will cater for children and families with all needs to support and build confidence and improved wellbeing through art. These sessions will be participant led and can adapt as the need changes, bringing people together.

Ewen’s Room Creative Therapies for Wellbeing Project
CP Area: Lochaber

The aim of this project is for parents and carers to feel calmer and more in control of their emotions. The project will work towards reducing conflicts within families through self and co-regulation skills, empowering families to cope with challenges when working with services, increasing the ability for families to engage with services, for example, social work and schools.

Fox & Friends Highland Family Hub Project
CP Area: East Ross

This project seeks to ensure that support and activities are readily accessible to every family in the Easter Ross area, by creating a community space which offers more opportunities for people, giving them the tools they need to build stronger more resilient community. Once open, the Hub we will bring people together in their community, to upskill, build friendships and seek support if they need it. The community space will help reduce social isolation and loneliness and positively impact on the health and wellbeing for all.

Grantown YMCA Community Centre Youth Programme with Increased Accessibility Project
CP Area: Badenoch and Strathspey

Expansion of current youth programme and soft play sessions to improve accessibility. Weekly youth activities and soft play sessions will be developed, serving as a safe space for young mums, lone parents, and diverse families by introducing a free breakfast to address food insecurity for those who also rely on the food bank. The project will support school refusers by increasing outreach efforts to include more community projects. It will also ensure that facilities are more fully accessible and inclusive by acquiring an evacuation chair and defibrillator and providing appropriate training for staff on its use.

Greenhive Zero Waste Fabrics Store Project
CP Area: Nairn/Nairnshire

Green Hive leads volunteer-driven initiatives to protect and enhance Nairn and Nairnshire's natural and public spaces, while building community, skills, and wellbeing. Since acquiring Seaman's Hall in 2022, Green Hive has transformed it into a vibrant community hub, home to projects like the Zero Waste Fabric Store. This initiative offers sewing sessions for all ages, fostering intergenerational learning, creativity, and social connection. Aligned with the Whole Family Wellbeing approach, the project promotes inclusion, skill-building, and access to support in a welcoming, non-judgemental space, helping families thrive while contributing to a more sustainable and connected community.

Highland Action for Little Ones Bright Futures Project
CP Area: Inverness and East Ross

Expansion of current Bright Futures project, which provides accessible and flexible support to young mothers aged 25 and under in Inverness via a combination of drop-in sessions and workshops aimed at addressing the specific needs of this demographic. This expansion will see the development of a second group in Inverness and the creation of additional groups in East Ross.

Highland Mindfulness Group
CP Area: Nairn/Nairnshire

Unite and Be Mindful is a community wellbeing initiative led by the Highland Mindfulness Group (HMG), aiming to provide free mindfulness training and activities to families. The project will collaborate with local community groups and establish new mindfulness practice groups to improve mental health and wellbeing. HMG, is supported by a team of 11 trained facilitators, and has a strong track record of delivering accessible mindfulness sessions to public sector professionals, schools, carers, and community organisations. The project will offer a variety of tailored sessions, including Mindfulness-Based Stress Reduction (MBSR) courses, taster sessions, and creative activities like art and movement classes. Special outreach will target families facing barriers such as rural isolation, poverty, mental health challenges, and school anxiety. Sessions will often take place in natural outdoor settings to enhance grounding and presence.

Highland Therapeutic Animals Project
CP Area: Ardersier (Inverness)

This project is designed to support emotional connection, regulation and wellbeing. It will serve families across the Highlands and local schools, with a particular focus on children and young people facing emotional challenges. Through therapeutic interaction with animals in a rural, nature-based setting, the project offers a safe, informal alternative to traditional mental health services. Sessions will take place at our Ardersier site and include equine-assisted and animal-assisted wellbeing activities. Families will engage in ground-based interaction with horses, ponies, donkeys, alpacas, goats, hens, and guinea pigs, with no riding involved. Activities range from grooming and sensory walks to reflective practices and child-led exploration, complemented by informal wind-down time over tea and coffee. This approach is trauma-informed, inclusive, and accessible for families experiencing stress, neurodiversity, social isolation, or intergenerational trauma. Our aims are to strengthen family bonds, improve emotional regulation, and create positive shared experiences in a non-judgemental environment. By promoting resilience and connection through nature, we offer preventative care and wraparound support aligned with Whole Family Wellbeing.

Hilton Family Support Expansion of Provision of Holistic Whole Family Support Project
CP Area: Inverness

To meet current demand, the service will employ an additional family worker who will support families to access groups which aim to encourage positive parenting, strengthen parent confidence and the relationship between parent/carer and child. The service also aims to reduce isolation and parental anxiety and depression.

Home Ed Teen Group Project

CP Area: CP areas: Inverness, Mid-Ross, Badenoch and Strathspey, Nairn/Nairnshire, East Ross

This project is to facilitate support for a youth-led, self-directed and parent-supported group of home-educated teenagers who are feeling isolated - some living with traumas following negative experiences in and out of school - but all wanting to connect more fully with their peers and experience what life as a teenager could be. The group aims to do this by supporting the development of the teens' own ideas for collaborative projects as well as offering opportunities for them as a group to learn from local, skilled craftspeople and gain insights into possible avenues of skills development for themselves.

Home Start Caithness Ad-Hoc Childcare Project

CP Area: Caithness

Home Start Caithness is seeking to establish a new childcare service offering slots of up to 2 hours providing tailored support for families. This service, based around their extensive understanding of the needs of young families in Caithness, is designed to help parents and carers attend crucial appointments, support meetings, or training sessions, ensuring they have reliable care when needed. Practitioners will also be able to refer families to this flexible and accessible resource, offering peace of mind during busy or challenging times.

Inspiring Young Voices Youth-Led Participation Project

CP Area: Inverness and Caithness

This project will develop and pilot a youth-led participation approach, working alongside young people with additional support needs and disabilities to develop their learning and understanding of inequality, stigma, discrimination and youth-led participation. The learning process will be informal and participative. From this, the young people will be supported to identify the barriers and enablers they face and use this to develop youth-led participation projects to bring about transformational change. The project will take place in partnership settings in Inverness and Caithness.

IRL Education – Transition and Support Programme

CP Area: Badenoch and Strathspey

Taking a trauma informed approach, offering targeted transition support for disadvantaged young people aged 14 to 20 in B&S and their families, designed to improve outcomes in education employability and community engagement. Core topics include personal development, mental and emotional wellbeing, digital and financial understanding.

Inverness Foodstuffs – Chill and Fill Project

CP Area: Inverness

Chill & Fill within the Hilton Community Diner and Hub, is led by Inverness Foodstuff in partnership with Calman Trust, High Life Highland, the Youth Development Officer at Inverness Royal Academy (IRA). Based at Hilton Community Centre, the wider project delivers two-course community lunches every Wednesday and Friday alongside access to holistic support services. The Chill & Fill Friday programme will run from 1 April to 19 December 2026 (excluding school holidays), providing 26 free sessions for IRA pupils living in the Hilton area.

As IRA closes at 12:15 on Fridays with no school lunches available, Chill & Fill offers a safe, welcoming alternative during a period associated with concerns about anti-social behaviour. Over 800 nutritious meals will be provided, supporting 20–40 young people each month, alongside youth-informed activities. Meals will be prepared collaboratively by Inverness Foodstuff and Calman Trust trainees, supporting skills development and employability. Chill & Fill addresses food insecurity, wellbeing, social isolation and confidence-building, while offering dignified access to food and positive activities for young people and families in Hilton.

Inverness Orienteering Club

CP Area: Inverness

This project aims to increase family participation in orienteering across the Inverness area by improving access, awareness and opportunities to learn basic skills. Orienteering is a fun, inclusive and low-cost outdoor sport that supports physical fitness, mental wellbeing, confidence and family cohesion. It offers courses suitable for all ages and abilities and is designed to be family friendly, with carers able to accompany children while allowing them to develop independence. Inverness Orienteering Club (INVOC) is a well-established, family-orientated club delivering a regular programme of events and coaching in and around Inverness. Sessions are supported by experienced, licensed coaches who encourage learners to progress at their own pace. INVOC already runs a successful annual Schools Orienteering Series, engaging up to 130 pupils from around 12 primary and 5 secondary schools, providing an important introduction to the sport for both children and parents. Despite its benefits, orienteering remains relatively unknown. Key barriers include a lack of mapped local areas, limited trained staff to deliver beginner sessions, and few opportunities for parents and carers to learn about the sport. This project will address these barriers by mapping more school grounds, training school staff and parent volunteers, and delivering inclusive family taster sessions promoted through schools. Where needed, professional coaches will provide additional support, ensuring all families can participate with confidence.

Kinlochleven Community Trust – Family Hub Project

CP Area: Lochaber

This project will develop a family hub providing a safe place to address needs and gaps in services. This will be space available where parents and CYP can meet up in a safe environment to foster relationship, fight isolation - particularly for lone parents, join activities, workshops, and training tailored to various abilities and audiences, access information in one place. All within a non-stigmatising environment to empower families with awareness, decision making and action, meet enablers and support agencies to break barriers such as transport, lack of childcare, access a computer, support towards employability and upskilling, which often prevents access to services in Fort William.

Kinlochlovin Creative Therapies for Wellbeing Project
CP Area: Lochaber

The aim of this project is for parents and carers to feel calmer and more in control of their emotions. The project will work towards reducing conflicts within families through self and co-regulation skills, empowering families to cope with challenges when working with services, increasing the ability for families to engage with services, for example, social work and schools.

Kyleakin Connections Project

CP Area: Skye, Lochalsh and Wester Ross

This project aims to extend the work of the organisation to a wider target group through completing installation of a sensory room, promoting the current facility in the Kyle and Lochalsh community to maximise its use to benefit all, running a pilot project to gather evidence on families' needs and wishes in the community and Providing a base/drop-in facility to meet the needs and wishes in collaboration with individuals, partners and stakeholders. The developments aim to increase the provision of support that meets individual needs which will increase wellbeing, mental health, quality of life, and relationships whilst enhancing collaborative working to ensure accessibility to locally based support/guidance.

Lairg and District Community Initiative – Lairg Paddleboarding Project
CP Area: Sutherland

This project aims to boost family health and wellbeing in Lairg by expanding access to water-based leisure activities on Little Loch Shin. Based on the results of the Lairg Place Plan consultation and building on the success of previous paddleboarding sessions, Lairg and District Community Initiatives (LDCI) is partnering with Sutherland Adventure Company to create a local base for regular sessions, especially for young people. With new equipment and a dedicated storage facility, the project will offer after-school and weekend 'teen clubs' and beginner sessions, helping young people and families stay active, connect socially, and enjoy the mental and physical benefits of outdoor activity in their own community.

Lairg and District Learning Centre The Maker's Space Project
CP Area: Sutherland

The Maker's Space will provide a range of hands-on activities, like family cooking, creative arts, pottery, woodworking and crafting sessions. Participants can explore new ideas or bring their own projects to work on with support and tutor guidance. This new project will focus on intergenerational participation, encouraging skill-building and family connections. The project aims to bring generations together, allowing families to cook, craft, and build - while fostering stronger relationships and a sense of belonging. Families will be central in both participating and guiding the direction of the project.

Lochview Rural Training Family Pioneers Project
CP Area: Sutherland

The Family Pioneers Project will focus on different elements, and will include support for parents, children and young people, and families. All three elements will support individuals and families to develop new skills, build self-confidence, peer and family relationships. Adult workshops will be run to develop self-confidence and an understanding of the cost-of-living crisis, and how to address this through rural skills. LVRT will signpost and refer to support websites and organisations. Children and Young People activities will focus on developing self-confidence, peer relationships, self-care, team building, numeracy and literacy.

Lyth Arts Centre: Whole Family Wellbeing for Early Years and Young Families Project**CP Area: Caithness**

Lyth Arts Centre are developing a vibrant new social prescribing project which is designed to nurture whole family wellbeing by addressing social isolation, loneliness, and mental health through creativity. Local families will be offered a range of engaging activities led by trained creative facilitators and supported by mental health practitioners, support workers, and partner organisations. Some of the activities currently being planned include Junior Jammers Early Years Wellbeing Music, Babywearing Dance Classes, a Buggy Choir, and outdoor art clubs. The project will culminate in a Shareable Toolkit, inspiring others to explore creativity as a path to family wellbeing.

Mallaig High Duke of Edinburgh Expedition Project**CP Area: Lochaber**

Expanding outdoor education provision to ensure that all young people in Mallaig High School can access the full benefits of the Duke of Edinburgh (DofE) Award. A core element of this project is training a member of staff to achieve the Hill and Moorland Leader qualification, enabling us to safely and independently lead DofE expeditions. Enabling the planning and deliver of regular expeditions, significantly reducing costs for families and removing financial barriers to participation. As a rural school, pupils often face limited access to enrichment opportunities and this project will ensure equitable access to transformative outdoor experiences, building confidence, resilience and independence, and enabling young people to fully engage in the DofE award regardless of background or circumstance.

Mikeysline Nairn Bee the Change Project

CP Area: Highland-wide

In partnership with Highlife Highland, this project will empower young people in Nairn to become *Bee The Change Champions*, leading community-wide initiatives that challenge mental health stigma and promote wellbeing. Rooted in ideas developed by local young people, the project will enhance leadership and communication skills while fostering intergenerational inclusion through creative and wellness-focused activities. These include a wellbeing festival, a community choir, public art, sports events, and a wellness art club. The initiative also highlights Mikeysline's local mental health support services and promotes community connection through events such as the *Bee the Change for Bobby* walk. Aligned with the Whole Family Wellbeing approach, the project strengthens community resilience, reduces isolation, and builds a culture of shared purpose and support.

Moniack Mhor - Creativity and Care Outdoor Family Contact Time Project

CP Area: Highland-wide

This project will provide an alternative to family 'contact time' in an indoor social care setting. Families and their workers will spend quality time together in an outdoor natural setting (Abriachan Forest) and they will have access to creative activities run by the Abriachan Forest Trust. Families will be encouraged and supported to try new things together - whether it's adventure outdoors or crafts, visual arts and reading indoors. A key aim will be to create experiences together which can be recalled, remembered and, if wanted, captured in visual art form.

Moniack Mhor - Creativity and Care Quiet Sundays Safe Space Project

CP Area: Highland-wide

This project will provide a safe space one Sunday per month for young people with anxiety who are not attending school and to develop creativity-designed programmes which the young people will take forward themselves. The young people will develop confidence in sharing their creativity, socialising in small groups and using this to go forward to school or alternatives to mainstream schooling.

Moniack Mhor - Creativity and Care Rural Care Experienced Tasters Project

CP Area: Highland-wide

This project aims to reach and connect with the rural care experienced community - including kinship families - to offer creative experiences which could lead to further involvement creative activities locally in the longer term and encourage the establishment of lasting and beneficial connections between care experienced families and their local community. 'Tasters on Tour' creative sessions in six rural locations in Highland will be the first part of this process and will kick start these lasting and beneficial connections for participants.

Moniack Mhor - Creativity and Care Transitions to Secondary School Project

CP Area: Inverness

This project will support and empower vulnerable young people in Inverness High School ASG before moving onto secondary school and with teens who are presenting differently at secondary than they did at primary. The young people identified will come together in a safe space to support each other and receive tutor and peer-led support for their mental health, confidence and ability. Creativity will be a key focus, and the project will aim to create a template for support which can be used in other areas.

Nairn Hydrotherapy Trust – 3 B's Group Project

CP Area: Nairn/Nairnshire

Pre-birth and the earliest years of a child's life represent a crucial window for achieving lasting improvements in physical, emotional, and developmental outcomes. Evidence shows that the quality of attachment between parents and children during this period significantly influences long-term wellbeing. Aqua natal Exercise builds on research demonstrating that most women are willing to adopt positive lifestyle changes for the benefit of their developing baby. Locally, service users have consistently identified an ongoing demand for Aqua natal Exercise, supported by an observational study, routine audit data, and direct feedback from women. The project's vision is to support women to experience a healthy, confident, and fulfilling pregnancy and transition into parenthood, with equal emphasis on physical and psychological wellbeing. Currently, financial barriers limit access to these benefits. This project proposes removing cost entirely for both antenatal and postnatal women, ensuring equitable access regardless of income and aligning with Pillars 1, 2, and 3 of the Wellbeing Family Partnership. Expected benefits include reduced minor pregnancy ailments, improved maternal confidence, enhanced mother-infant bonding, increased stamina for labour, and the establishment of long-term healthy exercise habits. These outcomes may contribute to reductions in obesity and gestational diabetes. The initiative supports government priorities and national frameworks, including GIRFEC, Best Start, and maternity services, while addressing health inequalities through community-based prevention and empowerment.

Natural Connections Nairn – Nature 4 Health Project

CP Area: Nairn/Nairnshire

Natural Connections Nairn is a community project dedicated to improving wellbeing through meaningful engagement with nature. The initiative aims to reduce stress, build resilience, and foster positive coping skills by encouraging participants, children, families, and adults, to connect with themselves, each other, and the natural world. Led by experienced guides, the programme offers a wide range of outdoor activities, including fire skills, foraging, campfire cooking, nature identification, team-building games, crafts, navigation, and mindfulness in nature. Sessions are designed to be inclusive and adaptable, ensuring accessibility for all ages and abilities, including those with physical or cognitive needs. Activities are scheduled at various times and locations, with easy access routes, so families can choose what works best for them. Central to the project is a commitment to listening to families and shaping activities around their needs, creating a welcoming and supportive environment. The approach is holistic, signposting participants to local resources and fostering a sense of community and belonging. Impact is measured through surveys and testimonials, tracking both immediate and long-term benefits. Ultimately, Natural Connections Nairn seeks to inspire lasting connections with nature, supporting healthier, happier lives for families and the wider community.

Rokzkool Academy Youth Leadership Development Team Project

CP Area: Travel distance to Rokzkool Academy Inverness

This exciting project empowers the Youth Leadership Team to shape the service in a safe, inclusive, and supportive environment, helping other young people build skills and friendships, with a focus on supporting the six family types most at risk. The team will play a key role in decision-making, backed by insights from market research and online surveys. Plans include creative fundraising through merchandise sales and setting up a small food bank/care cupboard to support local families, foster community engagement, and attract more people to the studio.

Seaboard Memorial Hall – Engaging Community Spirit Project

CP Area: Easter Ross

Mothers and Toddlers Group: 6-Week Community Spirit Programme is a practical, community-focused initiative designed to strengthen family wellbeing while building skills, confidence, and social connections across generations. The programme supports mothers, toddlers, fathers, and young people through two linked learning streams delivered over six weeks at the Seaboard Centre. The first strand supports parents of young children by providing practical workshops on budgeting, preparing healthy and affordable meals, and reducing household energy costs. Qualified childminders care for toddlers during sessions, allowing parents to engage fully. Each session concludes with shared community participation, where local residents join information stalls hosted by organisations such as NHS Highland, Highland Council Welfare Team, Citizens Advice Bureau, and Connecting Carers. A shared lunch creates space for informal discussion, relationship-building, and peer support.

The second strand delivers a six-week Life Skills in Catering and Hospitality course for young people aged 12–16. Through hands-on activities and group projects, participants develop confidence, cooking, budgeting, teamwork, and event-management skills, supported by local catering businesses and youth workers. Together, the programme promotes inclusion, early intervention, and community empowerment. By connecting families, young people, and support services in a welcoming, practical setting, it strengthens resilience, builds life skills, and helps households thrive socially and economically.

Smithton Primary School Parent Council Cost of the School Day Project **CP Area: Inverness**

This project seeks to expand on Smithton Primary School's track record of delivering whole family support in different formats over the past few years by utilising the community room to deliver activities for families based on the cost of the school day. The Parent Council is working with the Child Poverty Action Group to develop this project and will use its toolkit to consult with families, children and staff to identify areas for improvement and further tailor what the school can do to support families.

SNAP Self-Funding Families Support Project

CP Area: Highland-wide

This project will focus on supporting families who currently self-fund their places at SNAP while awaiting outcomes of SDS (Self-Directed Support) reviews. Engagement with families highlighted a critical gap in financial support for these families, who faced a potential loss of access to beneficial activities at SNAP catering for their specific needs. This funding will contribute to ensuring that these families can continue to attend all sessions hosted by SNAP, which are crucial for fostering social connections and support networks.

SuScotland – Growing Together Project

CP Area: Badenoch and Strathspey

This outdoor based intervention is for young people in B&S who are struggling to engage in school. The sessions, designed by participants and their families, create a safe space where confidence can grow and develop emotional awareness with the opportunity to re-engage with learning. The programme reduces stigma and builds wraparound support for families with the schools enabling early intervention and improved relationships with educational settings and their peers.

Sutherland Adventure Company – Sutherland Boys on Board Project

CP Area: Sutherland

Sutherland Boys on Boards is a new initiative bringing fully and partially funded paddleboarding sessions to boys, men, and families across Sutherland in 2026. Inspired by the success of the Sutherland Girls on Boards programme, this project will deliver 36 sessions for primary-aged boys, teens, and adults at four local lochs, including dedicated parent/child and intergenerational family activities. Led by qualified male instructors, the sessions aim to boost confidence, wellbeing, and family connection through outdoor adventure and skill-building.

Tain and North Highland YMCA Family Hub Project
CP Area: East Ross

This project will pilot a Family Hub including an early mentoring programme for Tain. This is based upon identified needs following discussions with agencies, head teachers and families within the area. The Family Hub will be open on a Friday and build on existing family support provided along with linking in with other agencies e.g. Child Smile. We already provide a young carers support programme and two monthly discos on a Friday evening. An additional component will be the creation of the early years mentoring programme, which has been identified after discussions with local primary head teachers.

The Mama Tribe Fort William Expansion of Support for Mothers Project
CP Area: Lochaber

The aims and activities of this project will be to provide: a continued safe space for mums in Lochaber to go and talk about motherhood; provide group postnatal trauma counselling sessions; training such as paediatric first aid courses for mums to help with postnatal anxiety; yoga and movement sessions for mums; self-pampering evenings for mums to take some me time which they don't often get to promote their own wellbeing; more opportunities and support as they adapt to their new identity as a mother; to create partnerships with the health visitors and midwives to spread the word about what we do, so it is readily available and accessible to more mums.

The National Autistic Society Project
CP Area: Nairn/Nairnshire and Badenoch and Strathspey

This multi-part project aims to support autistic individuals and their families through tailored, inclusive activities that address unmet needs across age groups. It includes a monthly in-person group for autistic adults (16+), bridging the gap in support as children transition into adulthood. A growing family group, already well-established, offers peer connection for children, teens, and their parents, with plans to expand into two separate groups due to increasing demand. Recognising the chronic stress faced by parents, especially mothers, the project introduces health and wellness sessions featuring mindfulness, massage, and expert talks on topics like menopause and healthcare access for autistic adults. These sessions aim to improve long-term mental and physical wellbeing. Supported day trips for families and a dedicated young men's group will help participants access enriching experiences like visiting Landmark or Strathspey Railway, activities often avoided due to sensory challenges and safety concerns. Finally, a customised sensory-safe gazebo will be deployed at public events, offering ear defenders and quiet space to help neurodivergent families feel welcome and included. Together, these initiatives will reduce stress, improve coping, and build confidence across all age groups, helping autistic individuals and their families thrive in everyday life and move toward greater independence and inclusion.

The Place Youth Club Drop-in Project

CP Area: East Ross

Providing and continually developing youth services within the town of Alness across two very different venues with an emphasis on encouraging and supporting engagement between young people from different ethnicities; young people's confidence by taking part in challenging activities; supporting young people to access diverse sources of support; creating positive relationships between staff and young people.

Viewfield Garden Collective Family Friendly Workshops Project

CP Area: Skye, Lochalsh and Wester Ross

Expansion of family friendly workshops, group sessions, community events and outreach and follow-up support. The aim is to offer the same support and educational services for health and wellbeing including outdoor activities, healthy produce and diet, and life skills to families as is currently offered to individuals.

Wheels in Nairnshire – Reaching Further into the Community Project

CP Area: Nairn and Nairnshire

The expansion of Nairnshire's existing community transport service through the recruitment of a paid driver with the specific aim of encouraging more families to be aware of and use the service with the following outcomes - More families (from the 6 priority types defined by the Whole Family Wellbeing Programme) will access Wheels in Nairnshire services and, as a result they will be better connected to community activity and opportunities for connection and will have better engagement with health and support services.

Where the Wild Things Are - Wildlings – After School Forest Sessions Project

PC Area: Badenoch and Strathspey

This project aims to establish low-cost forest school sessions after school, through good relationships with their local schools, they currently deliver sessions for pupils supported by Scottish Attainment Fund. The project will develop to provide after school sessions and stay and play sessions for families, which are inclusive and accessible.

Wild In Mind – Wild Minds Project

CP Area: Badenoch and Strathspey

Providing a wilderness therapeutic programme for families and children who attend Grantown Grammar. Taking a trauma informed approach improving self-esteem and improved emotional intelligence evidenced by impact report.

Element 1 - Thematic Analysis of Project Reach

Project	Families with Mother under 25	Lone Parent Families	Families including child/adult with disability Incl. ASN	Larger Families	Minority Ethnic Families	Families with a Child Under 1	Poverty	CEYP	Holistic Family Support	Health and Wellbeing (Inc Mental Health)	Education	Transitions	Parental Supports	CYP Participation	Alcohol and Drugs	Intergenerational	LGBTQ+
Able2Adventure - Young Peoples Social Adventure Group Project			●							●	●	●					
Ardersier Parent and Youth Club Project	●	●	●	●	●	●	●		●	●			●	●		●	
Bluespace Highland Project	●	●	●	●	●		●		●	●				●			
Brent Centre Highlands Psychoanalytic, Systemic Parent, Family Therapy Project	●	●	●	●	●	●				●			●				
Broadford and Strath Community Company Broadford School Garden Project	●	●	●	●		●	●			●						●	
Caithness Klics: Older Young Carers Transition Project			●							●	●	●					
Cairngorms Pride: Family Focussed Events - Highland Wildlife Park	●	●	●	●	●	●				●							●
Cawdor Community Centre Associaton - Cawdor Relax Hub	●	●	●	●	●					●			●				
Cawdor Community Centre Association - Cawdor Connected Parenting Project	●	●	●	●	●		●			●	●		●			●	
CCAST Highland Housing Support Tain Project	●	●	●	●	●	●	●		●	●			●		●		
Create Lochalsh Scribble and Giggle/Families Creating Together Project			●				●			●			●				

Element 1 - Thematic Analysis of Project Reach – continued

Project	Families with Mother under 25	Lone Parent Families	Families including child/adult with disability Incl. ASN	Larger Families	Minority Ethnic Families	Families with a Child Under 1	Poverty	CEYP	Holistic Family Support	Health and Wellbeing (Inc Mental Health)	Education	Transitions	Parental Supports	CYP Participation	Alcohol and Drugs	Intergenerational	LGBTQ+
Cromarty Youth Café Project		●	●	●	●		●		●	●		●	●			●	
Enjoy-Able Art	●	●	●	●	●	●				●		●	●				
Ewen's Room Creative Therapies for Wellbeing Project	●	●	●	●	●	●	●			●			●				
Fox & Friends Highland Family Hub Project	●	●	●	●	●	●	●		●	●						●	
Grantown YMCA Community Centre Youth Programme with Increased Accessibility Project	●	●	●	●		●	●		●	●	●						
Greenhive Zero Waste Fabrics Store Project	●	●	●	●	●	●	●			●						●	
Highland Action for Little Ones Bright Futures Project	●	●					●		●	●			●				
Highland Minfulness Group	●	●	●	●	●	●	●	●		●	●		●				
Highland Therapeutic Animals - Family Ties and Tales Project	●	●	●	●	●	●	●			●			●			●	
Hilton Family Support Expansion of Provision of Holistic Whole Family Support Project	●	●		●	●	●			●	●			●				
Home Ed Teen Group Project			●	●						●	●	●		●			

Element 1 - Thematic Analysis of Project Reach - continued

Project	Families with Mother under 25	Lone Parent Families	Families including child/adult with disability incl ASN	Larger Families	Minority Ethnic Families	Families with a Child Under 1	Poverty	CEYP	Holistic Family Support	Health and Wellbeing (inc Mental Health)	Education	Transitions	Parental Supports	CYP Participation	Alcohol and Drugs	Intergenerational	LGBTQ+
Home Start Caithness Ad-Hoc Childcare Project	●	●	●	●	●	●	●	●					●				
Inspiring Young Voices Youth-Led Participation Project	●	●	●	●	●	●								●			
IRL Education	●	●	●	●	●		●			●	●	●				●	
Inverness Foodstuffs Chill and Fill Project	●	●	●	●	●	●	●	●	●	●	●					●	
Inverness Orienteering Club	●	●	●	●	●					●	●		●			●	
Kinlochleven Community Trust - Family Hub Project	●	●	●	●	●	●	●		●	●			●			●	
Kinlochlovin Creative Therapies for Wellbeing Project	●	●	●	●	●	●	●		●	●			●				
Kyleakin Connections Project	●	●	●	●	●	●	●		●	●			●				
Lairg and District Community Initiative - Lairg Paddleboarding Project	●	●	●	●	●					●							
Lairg and District Learning Centre The Maker's Space Project	●	●	●	●	●		●		●	●			●			●	
Lochview Rural Training Family Pioneers Project	●	●	●	●			●			●						●	

Element 1 - Thematic Analysis of Project Reach – continued

Project	Families with Mother under 25	Lone Parent Families	Families including child/adult with disability Incl. ASN	Larger Families	Minority Ethnic Families	Families with a Child Under 1	Poverty	CEYP	Holistic Family Support	Health and Wellbeing (Inc Mental Health)	Education	Transitions	Parental Supports	CYP Participation	Alcohol and Drugs	Intergenerational	LGBTQ+
Lyth Arts Centre: Whole Family Wellbeing for Early Years and Young Families Project	●	●	●	●	●	●	●			●							
Mallaig High Duke of Edinburgh Expedition Project		●	●	●		●	●			●	●			●			
Mikeysline Nairn Bee the Change Project	●	●	●	●	●	●	●			●	●			●		●	
Moniack Mhor - Creativity and Care Outdoor Family Contact Time Project	●	●	●	●	●	●	●	●		●			●			●	
Moniack Mhor - Creativity and Care Quiet Sundays Safe Space Project		●	●	●	●					●	●	●					
Moniack Mhor - Creativity and Care Rural Care Experienced Tasters Project	●	●	●	●	●	●	●	●		●				●			
Moniack Mhor - Creativity and Care Transitions to Secondary School Project	●	●	●	●	●	●	●			●		●		●			
Nairn Hydrotherapy Trust - 3 B's Project	●	●	●	●	●	●				●		●	●				
Natural Connections Nairn - Nature 4 Health Project	●	●	●	●	●	●				●						●	
Rokzkool Academy Youth Leadership Development Team Project	●	●	●	●	●		●			●							

Element 1 - Thematic Analysis of Project Reach – continued

Project	Families with Mother under 25	Lone Parent Families	Families including child/adult with disability incl. ASN	Larger Families	Minority Ethnic Families	Families with a Child Under 1	Poverty	CEYP	Holistic Family Support	Health and Wellbeing (Inc Mental Health)	Education	Transitions	Parental Supports	CYP Participation	Alcohol and Drugs	Intergenerational	LGBTQ+
Seaboard Memorial Hall - Engaging Community Spirit Project	●	●	●	●	●	●	●		●	●			●			●	
Smithton Primary School Parent Council Cost of the School Day Project	●	●	●	●	●	●	●		●	●			●		●		
SNAP Self-Funding Families Support Project	●	●	●	●	●	●	●		●	●			●				
SuScotland - Growing Together Project	●	●	●	●	●	●				●	●		●				
Sutherland Adventure Company - Sutherland Boys on Board Project	●	●	●	●	●	●				●							
Tain and North Highland YMCA Family Hub Project	●	●	●	●	●	●	●		●	●		●					
The Mama Tribe Fort William Expansion of Support for Mothers Project	●	●	●	●	●	●	●		●	●			●				
The National Autistic Society Project	●	●	●	●	●	●				●			●				
The Place Youth Club Drop-in Expansion Project	●	●	●	●	●	●	●		●			●				●	
Viewfield Garden Collective Family Friendly Workshops Project		●	●	●	●		●		●	●			●				
Wheels in Nairnshire - Reaching Further into the Community Project		●	●							●						●	

Element 1 - Thematic Analysis of Project Reach – continued

Project	Families with Mother under 25	Lone Parent Families	Families including child/adult with disability Incl. ASN	Larger Families	Minority Ethnic Families	Families with a Child Under 1	Poverty	CEYP	Holistic Family Support	Health and Wellbeing (Inc Mental Health)	Education	Transitions	Parental Supports	CYP Participation	Alcohol and Drugs	Intergenerational	LGBTQ+
WhereThe Wild Things Are - Wildlings - After School Forest Sessions Project	●	●	●	●	●	●	●			●			●	●			
Wild in Mind - Wild Minds Project		●	●	●	●				●	●	●						

Element 1 - Thematic Analysis of Project Reach – Totals

Project Total	Families with Mother under 25	Lone Parent Families	Families including child/adult with disability Incl. ASN	Larger Families	Minority Ethnic Families	Families with a Child Under 1	Poverty	CEYP	Holistic Family Support	Health and Wellbeing (Inc Mental Health)	Education	Transitions	Parental Supports	CYP Participation	Alcohol and Drugs	Intergenerational	LGBTQ+
56	47	54	56	52	55	40	38	4	23	54	14	11	32	9	2	21	1

Element 1 - Thematic Analysis of Outcomes and Impacts

[The Highland Whole Family Wellbeing Programme Thematic Analysis of Element 1 Outcomes and Impact Report](#) provides an overview of the outcomes under Element 1. It draws together intended outcomes and quantitative return data from across the projects funded from the Highland Whole Family Wellbeing Programme's Element 1 Small Grant Funding.

The analysis shows that the Element 1 fund has delivered strong, consistent, and meaningful impact at scale, particularly in:

- Tangible improvements in mental health and emotional wellbeing
- Significant increases in confidence, resilience and life chances
- Reduced isolation and strengthened family and community networks
- Enhanced early intervention pathways and access to support
- Strong evidence of inclusive, whole-family approaches
- Positive progression into education, employment and volunteering
- Development of sustainable community assets and partnerships

Collectively, the outcome activity demonstrates a preventative, strengths-based approach that reduces demand on crisis services.

Element 2 Overview of Projects

In this section, a synopsis of each of the current Element 2 Collaborative Partnership Fund approaches is provided. This includes those developed as Element 2 Collaborative Partnership Fund tests of concept through the WFWP Local Partnership Network Groups and Element 2 Collaborative Partnership Fund tests of concept through the wider whole system approach.

Element 2 – Collaborative Partnership Fund Projects (Whole System Applications)

Family Links Early Help Service

The Family Links Early Help Service represents a major component of Highland's wider ambition to develop a coherent, holistic, whole-family support model across the region. Established initially as Family Links 1.0, the service has now generated significant learning about how third-sector-delivered, relationship-based support can address complex family needs and improve outcomes for children and young people. Building on this foundation, Family Links 2.0 sets out an expanded and more rigorous testing phase, designed to operate under new conditions and across new localities, audiences, and competencies. This next phase has been endorsed by the Integrated Children's Services Board (ICSB), which has agreed to allocate funds from the Whole Family Wellbeing Programme (WFWP) budget for 2026/27 to enable this work to progress.

Progress and Learning from Family Links 1.0

Family Links 1.0 comprises two key strands **Family Links 1.1** and **Family Links 1.2** each designed to test the model in different contexts and with different groups of families.

Family Links 1.1: Inverness High School ASG

Running from October 2024 to March 2026, Family Links 1.1 has been the primary test of concept, delivered within the Inverness High School Associated Schools Group (ASG). The service was designed to support families experiencing issues with school attendance and engagement, delivered through A partnership of third-sector partners. Key features include:

- A holistic, whole-family support model aligned with the national Pillars and Principles of Whole Family Support.
- Intensive relationship-based work to understand and address the root causes affecting families.
- Direct and immediate support for parenting and emotional wellbeing.
- Linking families to wider sources of support across the statutory and third-sector landscape.

Evidence from the Year One report demonstrates clear positive impacts on attendance, engagement, and wider wellbeing indicators. Learning also shows that as Family Links becomes more established in a locality, engagement and impact continue to strengthen, a factor that supports continued delivery in IHS ASG during Family Links 2.0.

Family Links 1.2: Drummond School

Beginning January 2026, Family Links 1.2 extends the model into a special school context, focusing on families of children and young people with additional support needs (ASN). This includes a geographically wider set of families and distinct needs compared to the IHS ASG setting. Testing in this context will deepen understanding of how Family Links can adapt to diverse circumstances and more complex presentations.

What 1.0 Has Revealed

Family Links 1.0 has validated:

- The central importance of trusted relationships in enabling early, preventative support.
- The strength of a third-sector-led model in engaging families who may be reluctant to interact with formal services.
- The value of holistic support, where families receive help with multiple, interconnected challenges.

It has also identified areas for improvement, particularly:

- Support for neurodivergent children and young people who experience difficulties in school environments.
- The need for better coordination of support across statutory and non-statutory partners.
- The importance of clearer service identity and consistent worker competencies.

These findings drive the design of the forthcoming Family Links 2.0 testing phase.

Further information on the Year 1 Evaluation of Family Links 1.0 is available in the [Whole Family Wellbeing Programme Family Links 1.0 – Evaluation and Impact Report](#).

Purpose and Scope of Family Links 2.0

Family Links 2.0 aims to generate the additional learning required for a phased 2–3-year scale-up of the model across Highland. It will run from April 2026 to approximately October 2027, involving expanded delivery and new testing conditions. The service will continue to uphold the core principles of Family Links, holistic, relationship-based support delivered by skilled third-sector practitioners in partnership with statutory teams but will broaden its reach and test new areas of competency.

The Integrated Children’s Services Board’s decision (December 2025) to direct funding from the Whole Family Wellbeing Programme budget for 2026/27 enables this crucial phase of development.

Key Components of the 2.0 Testing Phase

Testing in Additional Localities

Recognising the diverse needs across Highland communities, Family Links 2.0 will test delivery in three new localities, selected using WFWP locality data and Statutory Service data. Alongside continued testing in the Inverness High School ASG and Drummond School, this creates four test sites to understand how local dynamics influence delivery.

This expanded geographical reach will:

- Test transferability of the model across different community contexts.
- Strengthen understanding of local system dynamics.
- Build evidence for pan-Highland scaling from 2027 onward.

Inclusion of New Areas of Competency

Based on gaps identified in 1.0, Family Links 2.0 will incorporate two new thematic areas:

Supporting neurodivergent children and young people through ND-positive environments, helping to shape supportive home, school, and community environments, and contributing to the development of a Neuro-affirming Highland.

Facilitation of coordinated solution-focused multi-agency support through a whole system approach, bringing partners together to improve joined-up working around families.

These competencies respond directly to families' needs and to the systemic challenges revealed through 1.0.

Testing with New 'Audiences' of Families

Family Links 2.0 will expand referral pathways beyond the current focus on attendance and ASN to include:

- Kinship families
- Families with children awaiting, undergoing, or following neurodevelopmental assessment

This reflects growing awareness within statutory services, particularly Kinship Support Teams and Neurodevelopmental Pathways, of the need for holistic early help.

Delivery Approach and System Strengthening

Family Links 2.0 will maintain the core elements that have proven effective:

- Third-sector partnership delivery (Thriving Families, Home-Start East Highland, CALA)
- Collaborative working with schools, social work, health, and police
- A blend of one-to-one work, informal group support, and parent-focused interventions

To support expansion, the next phase will introduce:

- Additional Family Links Workers and Team Leads across localities
- A structured training framework for all staff
- A strengthened service identity with greater visibility for families and partners
- Improved digital infrastructure
- Development of the Fast On-Line Referral Tracking (FORT) system to streamline referral pathways
- Active alignment of pan-Highland early help, targeted and intensive family support system through a whole system approach

This work contributes directly to the broader ambition of creating a cohesive, preventative, multi-layered system of family support across Highland.

Looking Ahead: Building the Foundations for Scale and Spread

By testing the service across new localities, with new competencies and new family groups, Family Links 2.0 will provide the evidence, operational clarity, and system readiness required to inform a phased pan-Highland rollout from 2027 onwards. The testing period will help determine:

- Staffing and delivery models
- Workforce competencies
- Locality-specific adaptations
- System interfaces and join-up mechanisms
- Resource needs for long-term sustainability

The commitment from the Integrated Children's Services Board to fund this work marks a significant step toward achieving a consistent, effective model of whole-family support that responds flexibly to the needs of Highland's diverse communities.



KINDS OF SUPPORT
WE CAN OFFER

- WORKING WITH YOU TO CREATE A SUPPORT PLAN AND PUT IT INTO ACTION
- SIGNPOSTING AND REFERRING YOU TO USEFUL SERVICES
- ACCOMPANYING YOU TO MEETINGS, APPOINTMENTS, ETC.
- SUPPORTING YOU TO HAVE YOUR VIEWS HEARD
- TAKING TIME TO GET TO KNOW YOU AND SUPPORTING YOU IN A WAY THAT IS RIGHT FOR YOU

WHAT WE DO
HOLISTIC FAMILY SUPPORT

We work closely with families to identify and address their specific needs around well-being and school engagement. Through our partnerships with schools and community organisations, we aim to build meaningful connections to enhance the wellbeing of the family and promote children and young people's learning and development.

ABOUT US

We are an alliance of three community organisations with decades of experience supporting families in Highland - the Care and Learning Alliance (CALA), Home-Start East Highland and Thriving Families. This project is funded and supported by the Highland Whole Family Wellbeing Programme to work alongside families in a holistic way.

MEET THE TEAM
Family Links Workers

If you or your child / young person attends one of the schools below, please reach out to the Family Links Worker in your area:

- Lisa-Marie**
Dunrobin Primary
Inverness High School
Lisa-Marie@home-start-easthighland.org.uk
07823 916168
- Isabelle**
Central Primary
St. Joseph's RC Primary
Inverness High School
Isabelle@cala.org.uk
07743 916170
- Roni**
Markinch Primary
Bilberry School Primary
Inverness High School
roni.leming@thrivingfamilies.org.uk
07643 554648

How We Work

If you have worries about your child's engagement with school/education (e.g. attendance, routines, well-being), then we are here to help!

- FAMILY- AND PERSON CENTRED**
Making sure your needs are at the heart of what we do
- EMPOWERING YOU**
Building your confidence to take positive action
- HELPING YOU BE HEARD**
Supporting you to share your needs and find solutions
- LINKING SERVICES**
Helping you access the support that is available to you

Get in touch

We're here for your family, so feel free to reach out anytime - no strings attached!

If you have any questions about the project or the support available to you, please contact the Family Links Worker in your area. You can find further information on the Meet the Team page.

WHAT HAPPENS AFTER YOU GET IN TOUCH

- Meet your Family Links Worker for a first meeting
- Spend time getting to know each other and work together to identify your family strengths and challenges
- Make a plan to support your family in ways that you choose
- With our help, take action and access person- and family-centred support that works for you
- Achieve positive outcomes for your family wellbeing to enhance children and young people's learning and development

Family Links
WORKING IN THE INVERNESS HIGH SCHOOL CATCHMENT AREA

Helping children & young people connect positively with school and supporting family wellbeing

Positive school engagement can bring many benefits for children, young people and families. We understand that life can bring various challenges for families which can impact on children and young people's engagement with school and learning. We are here to help with positive solutions to promote children and young people's learning and development by enhancing family well-being and supporting positive engagement with school.

Highland Community Planning Partnership
na Gàidhealtachd
Thriving Families
HOME START
East Highland

Your Place, Your Point – Participatory Budgeting in Merkinch and South Kessock

CP Area: Merkinch and South Kessock, Inverness

WFWP, in collaboration with Highland Third Sector Interface, Youth Highland, Scottish Community Development Centre, and Police Scotland, delivered a participatory budgeting initiative titled Your Place, Your Point. This activity sought to empower residents of Merkinch and South Kessock to directly influence how funding is allocated to improve community wellbeing and safety.

The project prioritised youth participation and led to an action plan created through youth participation which was supported by Youth Highland, which aimed to strengthen local democracy by involving communities in decision-making processes.

Action Plan:

Problem	Solution
There are dangerous people in our communities who make young people feel unsafe	We want more trusted people in our communities who help to keep young people safe
There are no safe spaces and nothing to do - Boredom	Create safe spaces and more things to do - More choices
The community is run down, there is a lack of services, the park and streets are dirty and there is broken glass and litter	Create safe spaces, community needs to look nicer, playparks need to be safe for children
Adults don't listen to us	Young people need to know their rights, Youth led projects, Youth empowerment, Trust young people, Community empowerment / trust local people
Don't like school, no choices	More to do, lots of activities and learning opportunities, play, nature, arts, music, awards, pathways, jobs and futures
Antisocial behaviour, drugs, alcohol, crime, risk taking and Poverty	Access to specialist services locally, rules (Police presence), prevention work for young people to not follow same behaviours, HOPE for the future
<i>'If we get it right for children the problems will stop'</i>	

A total of eight projects received funding, through the voting process which are detailed below:

Aban Outdoor Ltd – Merkinch Primary School Pathways to Outdoor Activities Project
Merkinch Football Academy
Merkinch Primary School Positive Community Relationship Hub
New Start Highland Team Cuisine (Cooking Classes)
The Clay Studio – Youth Club Project, Youth Café Project, After School Project
TLC Inverness Community Engagement Project

An evaluation led by the Scottish Community Development Centre (SCDC) will explore key learning areas, including:

1. Effective participatory budgeting in the context of policing and wellbeing.
2. The role of public sector bodies as enablers rather than leaders.
3. The impact of participatory approaches on public confidence in policing.

Your Place, Your Point represents a shift towards more inclusive, collaborative, and locally driven approaches to public service delivery.



Seasons for Growth

CP Area: Highland-wide

Seasons for Growth is a small group change, loss and bereavement programme that is delivered across Highland, mostly within school settings.

It is a universal small group, psychoeducational intervention which supports children and young people (and their families) who are experiencing significant change or loss, which ideally would be available to all families across Highland.

Where there is capacity and the programme has become embedded, children and young people self-refer to the group due to hearing about it via assemblies, from staff in their school or their peers recommending it to them.

A variety of staff from a range of professions have attended two-day training to deliver the CYP Programme and some who have furthered that training and attended a one-day Parent Programme Training, allowing them to deliver small group programmes to Parents too.

There are 237 trained CYP companions, of which 29 have gone on to train in the Parent Programme. These staff are predominantly Highland Council employees, based in schools and across Health & Social Care.

There are a further 20 staff trained in Third Sector Organisations such as Young Carers and the Ministry of Defence.

To develop this further, plans exist to enable support for staff from partner agencies to undertake the CYP Programme training and deliver a group so that they can become accredited in the CYP programme which in turn would allow them to train to deliver the Parent Programme, creating additional capacity in the system.

Change, Loss, Bereavement

CP Area: Highland-wide

In relation to supporting families experiencing change, loss and bereavement (CLB), the CLB improvement group will deliver two things:

1. Facilitate the sharing of a set of core texts relating to CLB within each of the 61 community and school libraries and 8 mobile Libraries across Highland. This would include story books and activity books relating to loss and change that would support families to normalise conversations about losses at home.
2. Improve access to the Seasons for Growth Parent Programme. This programme is an evidence based, psychosocial programme which supports parents to support their child either through separation and divorce or through the bereavement of a loved one.

The Psychological Service can provide staff training free of charge, but those delivering the programme must ensure that parents are provided with the Parent Programme journals to support them in taking part in the group.

Support will be given to Third Sector Organisations to access the C&YP training so that they can also receive training in the Parent Programme, which would enable further reach, in the long-term, with the parent sessions being provided by community-based organisations outside of schools.

The Seasons for Growth Programme has built in evaluative processes so feedback will be sought from Parents who take part in the programme to find out what has helped them or to explore areas for improvement.

Thriving Families - The Pines Website Redevelopment **CP Area: Highland-wide**

Development of a new Pines Website by Thriving Families and includes the management of the site over the next four years.

The proposal seeks to undertake a full review of content to ensure that it is up-to-date and relevant. This will include rebranding the site as a neurodevelopmental support information hub.

Kooth Digital Health Limited **CP Area: Highland-wide**

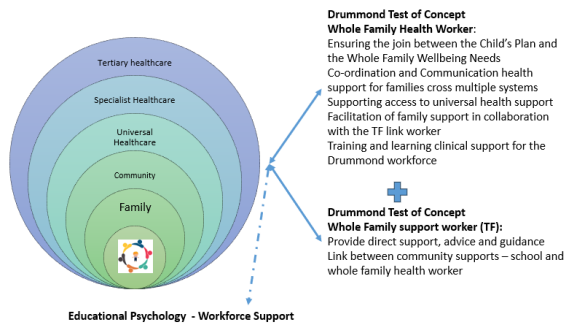
Kooth provides an anonymous on-line therapeutic platform with content, activities and peer support which is pre-moderated to ensure safety and professional support through asynchronous messaging and live chat functionality.



Drummond School Family Links Project **CP Area: Inverness**

This test of concept recognises the specific and additional disadvantage to health and wellbeing for the whole family when a child of school years is affected by disability.

Building on the Family Links Project within the Inverness High School ASG the test aims to address identified gaps and the disconnect between multiple health, education and social care systems which create additional pressure on the families of Drummond School, ensuring the needs of the child are met within the context of the holistic needs the whole family.



There will be an Education, Health and Third Sector collaborative approach to Whole Family Link Worker support and Health support. Thriving Families will work in partnership with Health and Social Care to deliver this test of concept.

The Drummond School test of concept will see a Whole Family Support Link Worker and Whole Family Health Link Worker, working with families, the school and the community to specifically support the gaps and pressure which have been identified through consultation with parents.

Contextual Safeguarding Project **CP Area: Highland-wide**

The Contextual Safeguarding Project is a partnership between Action for Children, Barnardos, The Anchor Project, Police Scotland and Highland Child Protection Committee.

The multi-agency team will be co-located in Rail House, Inverness alongside existing Action for Children and Anchor spaces.

This will enable improved collaborative working and a 'four rooms' approach for families in a single setting (this will be replicated in buildings across Highland which have been created using Bairns' Hoose standards).

The project will be supported by an Exploitation Steering Group to continue to develop contextual safeguarding approaches for children and young people at risk of community harm.

The project has been developed using the Scottish Approach to Service Design methodology using the voices of practitioners and young people, as well as self-evaluation and wider quality assurance work. It was also developed in response to the Inspection of Children's Services for children at risk of harm in 2022 where responses to community harm were highlighted as an area for improvement.

The funding for this project will come from three funders: Highland Alcohol and Drugs Partnership, Bairns' Hoose through the Highland Child Protection Committee and Whole Family Wellbeing Programme funding. The above funded awarded amount only relates to the amount awarded from the WFWP fund. This collaboration around funding demonstrates the key elements required to address Exploitation through a Holistic Contextual Safeguarding approach.

The project aims to bring together and scale up existing programmes to support young people affected by community harm and in particular, those at risk of Exploitation. Community harm can include risks relating to exploitation, youth justice, drugs and alcohol, harmful sexual behaviour and regular missing episodes. To date, the project has established that many young people accessing the services have multiple vulnerabilities within the community, often being on the edge of justice services, whilst being victims of Exploitation.

Whilst specialist services can provide intensive and direct support to the young person, support for families (and the wider community) to help reduce the risks and vulnerabilities is required to avoid an escalation of harm, and prevent young people being removed from their family and/or Highland for their own safety.

At present, Side-Step and RISE are offered as two distinct services along with support from Youth Action, HOST and ISS. This project aims to create an overarching Contextual Safeguarding Framework with a joined-up service to enable seamless support for young people and their families. This meets the Bairns' Hoose standards of having a 'four rooms' approach in one space – families should not have to seek out support, the support should be brought to them in a comfortable and safe setting.

Thriving Families

CP Area: Highland-wide

Providing expansion of Thriving Families Family Support Services, which will make a significant contribution to improving outcomes for children, young people and their families across Highland, where additional support needs is a factor.

This will be achieved by increasing the holistic, flexible, tailored, one-to-one support available to families and their wider circles of support by expanding the capacity of Thriving Families to deliver this support.

In contributing to the reduction of inequalities for children and young people with additional support needs and their families and preventing crisis and family breakdown, the increased support will contribute to Highland's commitment to keeping The Promise.

This service will see an increase in the number of Holistic Whole Family Support Workers directly delivering support to families across Highland.

Autism and Neurodiversity North Scotland (A-ND)

CP Area: Mid-Ross

For the implementation of a leading neurodiverse specific facility in Dingwall, from which newly recruited and trained A-ND staff will deliver specialised neurodiverse specific Outreach Support Services and a Day Care of Children's Services, which includes a playscheme and afterschool club for neurodiverse children and young people.

This service will address the growing demand for holistic, non-stigmatising support, specifically within the Highlands, addressing growing referrals from families for support. Services will also include working with families within their homes to support them to address other needs compounding on their wellbeing.

NHS Highland Infant Feeding Support Worker/NNU/Maternity Project
CP Area: Highland-wide

Recognising that neonates are within our most vulnerable population of children, that they are often very forgotten in universal service provision and the environment. Coupled with the worry associated with both NNU and Children's Ward admissions having a long lasting and profound effect on families due to the nature of these clinical environments.

This project aims to provide Holistic Whole Family Support in both the NNU and Children's Ward. This will include, providing specialist breastfeeding input to every family who needs that support, at the right time, to fulfil the child's right to optimal nutrition, in turn giving the most associated short and long-term health benefits. This provides a means of communication and feeding planning to Maternity, Health Visiting and Family Nurse colleagues aiming to reduce conflicting advice offered to parents and reducing an early cessation of breastfeeding.

NHS Highland Infant Feeding Support Worker and Care and Learning Alliance (CALA) Project
CP Area: Highland-wide

This project aims to spread the learning of the Infant Feeding Support Workers based in our SIMD 1 areas, who provide timely, expert support to families who are breast or mixed feeding. Providing this locally to each family in their own home, ensuring families have a local route to access support in a timely fashion.

Expert breastfeeding support can ensure that each baby has access to optimal nutrition with Mothers, increasing the health benefits for both them and their baby.

Working in partnership with Midwifery, Health Visitors and Family Nurses, the service supports parents from the antenatal period for as long as they need, working closely with all health professionals and Third Sector Organisations who may be involved in care.

CALA will work collaboratively with the Infant Feeding Support Workers (IFSW) and will provide Infant Feeding Groups, working to promote healthy infant feeding practices through the medium of relaxed early play orientated sessions for families with skilled practitioners, not only role modelling nurturing playful interactions but also providing valuable resources and guidance around various aspects of child development.

This partnership focuses on delivering tailored advice and community-based support to ensure that parents have the knowledge and tools needed to promote optimal infant nutrition and care, fostering the wellbeing of both parents and children.

Home Start Caithness
CP Area: Caithness

Home-Start Caithness have been commissioned to provide holistic, family-centred supports across Caithness and Sutherland. Enabling accessibility for families with children 0-5 to receive early support to reduce unmet need and tackle inequalities. The service will support the Programme in the co-ordination and delivery of supports for families within the locality.

Home Start East Highland

CP Area: (currently) Invergordon, Inverness, Nairn/Nairnshire, Skye and Lochalsh

Home-Start East Highland have been commissioned to provide holistic, family-centred supports across multiple localities. Enabling accessibility for families with children 0-5 to receive early support to reduce unmet need and tackle inequalities. The service will support the Programme in the co-ordination and delivery of supports for families within the localities.

The Highland Council and Home-Start East Highland - PEEP Development Worker

CP Area – Highland-wide

This Project provides a collaborative initiative between Highland Council and Home-Start East Highland to expand and strengthen the delivery of the Peep Learning Together Programme (LTP) and associated Peep programmes across the Highland region.

The project aims to build capacity within the Third Sector, enabling services traditionally delivered by the Council to be supported and co-delivered by community partners.

Following significant investment from the Scottish Government's Whole Family Wellbeing Fund (WFWF) in August 2024, the number of trained Peep practitioners has increased substantially. However, the region is currently supported by only one Peep Coordinator, which limits the ability to provide adequate mentoring, quality assurance, and partnership development.

To address this, the proposal seeks to establish a Peep Development Worker role to:

- Support the existing Highland Council Peep Coordinator.
- Enhance service delivery and resource management.
- Provide practitioner support across sectors.
- Foster multi-agency collaboration, including Education, Health and Social Care and Third Sector partners.
- Ensure flexible, community-responsive support for families.

The Peep programmes, particularly the Learning Together Programme, are evidence-based and focus on improving early child development through strengthened home learning environments.

They support parents as first educators and align with other initiatives such as Solihull, Parents Under Pressure (PUP), all contributing to Highland's early years family support approach.

The proposal directly supports the aims of the Whole Family Wellbeing Programme by promoting:

- Innovative service delivery
- Cross-sector collaboration
- Early intervention and prevention
- Improved outcomes for children and families, especially those facing disadvantage

Planet Youth

CP Area – Highland-wide

Planet Youth is an internationally recognised, evidence-based model for primary prevention of adolescent substance use, developed and successfully implemented in Iceland over the past two decades. While its core focus is on reducing and delaying alcohol, tobacco, and drug use among young people, the model also delivers broader benefits for health, wellbeing, families, and communities.

The Highland region, particularly Caithness, has experienced a concerning number of drug-related deaths among young people, prompting families and communities to seek meaningful, preventative solutions. Planet Youth offers a whole-community approach, empowering local stakeholders to take ownership of issues affecting their youth and to collaboratively develop strategies that increase protective factors and reduce risks.

Highland shares several cultural, geographical, and social similarities with Iceland, making the Icelandic Prevention Model a promising fit. The approach centres on engaging parents, carers, schools, and community organisations to create environments that support healthy development and delay substance use. It is data-driven, using local survey results to inform targeted action plans tailored to each community's needs.

Substance use in Highland remains a significant public health concern. An estimated 23% of residents exceed weekly alcohol guidelines, and 12% drink at hazardous levels. Between 2019 and 2023, 10.5% of drug-related deaths in Highland were among 15–24-year-olds—nearly double the national average. Deprivation is a key factor, with those in the most deprived areas significantly more likely to die from alcohol- or drug-related causes.

Despite the scale of the issue, focused prevention efforts in Highland are limited. Planet Youth aligns with national Public Health priorities and meets the criteria for effective prevention, offering a cost-saving alternative to reactive statutory services. Research highlights the importance of dedicated staff to build and sustain local coalitions and coordinate prevention activities.

The Whole Family Wellbeing Programme funding will support up to 0.2 WTE Third Sector Co-Ordinator posts per school community across 13 participating schools in 2025/26 and 2026/27.

The Third-Sector Co-Ordinators will:

- Lead or co-lead Planet Youth Community Action Groups.
- Review and interpret local data to inform community-specific action plans.
- Engage key stakeholders including parents, youth workers, councillors, and professionals.
- Coordinate and progress action plans focused on increasing protective factors.
- Work closely with the existing Planet Youth team, receiving training and support.

Planet Youth Highland represents a transformative shift toward proactive, community-led prevention. By investing in local capacity and empowering communities to act on their own data, the project aims to reduce substance-related harm and improve outcomes for young people across the region.

Infant Food Insecurity Pathway Pilot

CP Area: Highland-wide

The Scottish Government launched a toolkit to support parents who were in crisis and could not afford to purchase infant formula in September 2024. All HSCP's are expected to have a pathway in place to support Infant Food Insecurity, and this pilot will support Highland Council's test of concept to support families in financial crisis.

Pathways for local authorities are expected to be developed and integrated into the wider child poverty and income maximisation processes and structures. This pathway is not an advertisement for all families to access free infant formula milk but is a way families in financial crisis can obtain formula while being referred to welfare support services.

There is limited data to show the extent of the problem in Scotland but families should be supported with dignity, respect and choice. With this in mind a cash first approach is advised and in an emergency formula of choice can be purchased for the family.

This is not about providing infant formula to all babies who are formula fed. It is about providing a route for parents with an infant under 12 months in urgent need a safe, reliable route to accessing formula milk and support for safe and responsive feeding.

This work aligns to the Scottish Government: [Infant food insecurity - responding and preventing: guide - gov.scot](https://www.gov.scot/publications/infant-food-insecurity-guidance/pages/infant-food-insecurity-guidance.aspx)

The Highland Infant Food Insecurity Pathway pilot directly supports the Scottish Government's Whole Family Wellbeing approach by addressing urgent needs of families with infants under one year old, particularly in crisis situations. The pilot aligns with the four pillars as follows:

Holistic Support

The pilot provides wraparound support, including access to infant formula milk during out-of-hours emergencies, ensuring no infant goes unfed due to crisis. It also connects families to wider services such as fuel poverty and welfare support via partners like Ali Energy and the Highland Council Welfare Team.

Early Intervention and Prevention

By responding immediately to food insecurity disclosures, the pilot prevents escalation of crisis situations. HALO, the Third Sector delivery partner, ensures families receive timely help before issues worsen.

Joined-Up Local Delivery

The pilot is a multi-agency partnership, integrating third sector and statutory services to create a coordinated pathway. This ensures families are not passed between services but receive unified support.

Flexible and Responsive Support

Unlike current provision, the pilot offers weekend and out-of-hours access, reflecting a responsive model that adapts to real-life family needs and crises.

Victim Support Scotland, Male and Transgender Domestic Abuse

CP Area: Highland-wide

Victim Support Scotland (VSS) will provide an inclusive domestic abuse support service designed to meet the needs of male and trans victim-survivors and their families, who are currently underserved within Highland's support landscape. Existing specialist domestic abuse services provide support for women and children, but do not extend to male or trans survivors, leaving a significant gap in provision. This project seeks to ensure that all victim-survivors in Highland can access safe, appropriate, trauma-informed support.

The service will deliver specialist one-to-one practical, emotional, and advocacy support, grounded in a whole-family approach. Families will be able to access support through self-referral or referral from partners such as Police Scotland, Highland Council, third-sector organisations, and community services.

Once referred, individuals and families will receive a comprehensive needs assessment and an individualised support plan. Support will be flexible and responsive. Survivors will have access to VSS's 7-day helpline, ensuring continuous emotional support.

The service will provide assistance with safety planning, emotional recovery, child contact arrangements, and navigating the justice system, where appropriate. VSS will also offer practical guidance and connect survivors with wider services including mental health support, children and young people's services, housing, and community-based wellbeing organisations.

A developing peer support model will offer safe, lived-experience-led support options, helping reduce isolation and strengthen recovery. Working collaboratively with statutory, third-sector, and community partners, this service will create a more inclusive, joined-up system of domestic abuse support across Highland.

Has Answers for Families App

CP Area: Initially Inverness High School ASG

HasAnswers for Families is a digital advice and information app designed to support families by providing timely, personalised and accessible guidance tailored to their specific circumstances. The app is being trialled as part of the Whole Family Wellbeing Programme's Family Links Service, with initial testing taking place within the Inverness High School Associated School Group (ASG), before potential wider rollout across Highland linked to the further tests of Family Links.

The app's primary purpose is to help families manage home life, understand their child(ren)'s needs and navigate support options confidently, without needing to search multiple systems or repeatedly explain their situation. By offering bespoke information and clear routes to help, HasAnswers supports early intervention, reduces stress and empowers families to take informed action when issues arise.

HasAnswers for Families uses a whole-family, personalised model. Families can register key information such as location, parental age and caring role, children's ages, care status, additional support needs and school attendance. This enables the app to provide guidance that is relevant at three levels: the individual parent or carer, the family unit, and individual children or young people.

Content will cover a wide range of wellbeing-related themes shaped directly by family consultation. While draft content has been developed to support initial engagement, the app will operate on an iterative, co-design basis, with families actively involved in reviewing, refining and identifying new content. This ensures the app remains responsive to emerging needs and grounded in lived experience.

Although technical integration with case management systems is not required at pilot stage, the app will provide direct access to assistance. Requests for support will be routed to the Whole Family Wellbeing Programme and co-ordinated through existing Family Links partners, including HomeStart East Highland, Thriving Families and CALA, ensuring families can move easily from information to support.

Content governance and maintenance will be managed by Calman Trust, with periodic reviews of questions and emerging issues. The app's functionality allows updates to be made within minutes, ensuring information remains current and relevant.

Overall, HasAnswers for Families provides a scalable digital infrastructure that strengthens the Family Links Service and wider community supports in Highland, enhances consistency of support, and contributes to Whole Family Wellbeing Programme's ambition of making help easier to find, easier to understand and easier to access for families when they need it most.

Element 2 – Collaborative Partnership Fund Projects (WFWP Local Partnership Network Group)

Lochbroom and Ullapool Stepping Stones Project CP Area: Lochbroom and Ullapool (Wester Ross)

This pilot project aims to trial community-led pathways into nature-based health & wellbeing activities to:

- Improve families' health & wellbeing
- Reduce social isolation
- Provide effective identification of those in need of advice and support and faster intervention to enable them to avoid crisis, build skills, knowledge and understanding of whole family wellbeing across those supporting families into nature-based activities.

The Stepping Stones model is a community-led approach to positive physical and mental wellbeing, determined by suitable local activities (Stepping Stones) which sit within a shared pool of knowledge. People are encouraged to participate in local activities or self-led activities in nature close to home, through community enablers.

The project will capitalise on the available resources and networks by coordinating existing initiatives, as well as providing services where gaps are identified. By empowering the wider community through campaigns, training, networking and information sharing the project aims to respond rapidly to family's needs and avoid crisis.

The project supports existing healthcare led prescription pathways through the GP Community Link Worker by providing community-led approaches focusing on early intervention. It will act at population level through community groups, champions and peers and by being interwoven through a whole systems approach across other Lochbroom and Ullapool Community projects.

The geographical scope of the project will be the Ullapool and Lochbroom District area encompassing the catchment of the Ullapool Secondary School. For the purpose of this project the term ‘families’ will be used in a holistic sense from cradle to grave, recognising opportunities for intergenerational initiatives and that the health & wellbeing of wider family members impacts on the welfare of children and young people.

The project will primarily be focused on activities that connect families to the outdoors and nature, either group-led or self-guided; or activities that can encourage a transition towards nature connection.

It will work with schools in relation to extracurricular activities such as active schools and Duke of Edinburgh Awards schemes etc but not curriculum teaching.

SLCVO Community Outreach Hub Project

CP Area: Skye and Lochalsh

The Skye & Lochalsh Community Outreach Hub is a two-year initiative (April 2026–March 2028) designed to deliver essential services to remote and rural communities in a flexible, accessible way.

Led by Skye and Lochalsh Council for Voluntary Organisations (SLCVO), the project will deliver support to individuals and families in a new and innovative way. Rather than operating from a fixed location, the hub will travel to different communities, creating a monthly mobile access point for health, wellbeing, welfare, and social care.

Hosted in welcoming community spaces, the hubs will offer drop-in and appointment-based support. Sessions will include a range of engaging activities such as play opportunities for children, taster experiences and informal social spaces to encourage connection. The hubs will also provide spaces for refreshments and chat, particularly important in sustaining social connections.

Services are structured into three levels, adult mental health and wellbeing, whole family wellbeing, and welfare and poverty advice, with the goal of launching all tiers simultaneously.

The range of services available will include mental health and peer support, assistance for long term health conditions and neurodivergent individuals, early years and family wellbeing services, unpaid carers support and guidance on welfare, housing, and employment.

The initiative will strengthen collaboration between third sector and public services, coordinated by a part-time officer who will work closely with partners and participants to tailor support to each community.

Community Outcomes

- Improved access to, and awareness, of local, regional and national services.
- Strengthened prevention and early intervention support pathways.
- Increased opportunities to connect with others and build relationships.

Adult Mental Health and Wellbeing Outcomes

- Improved range of locally accessible mental health and wellbeing support.
- Reduced mental health inequalities through improved support for priority groups.
- Better equipped communities to support people's mental health and wellbeing.

Family Wellbeing Outcomes

- Improved access to early years, family, and whole-family support services.
- Enhanced child development through structured play and early intervention activities.
- Strengthened family wellbeing and resilience through community learning and sharing experiences.

Welfare and Poverty Outcomes

- Improved access to financial education, debt support, and unclaimed benefit uptake.
- Increased engagement with welfare, financial, and employability support services.
- Greater public awareness of debt risks and improved ability to manage financial challenges.

Third Sector Outcomes

- Strengthened collaboration between third-sector and public-sector partners.
- Increased community engagement and co-production in service design.
- Improved third-sector capacity and workforce sustainability.

Working in Partnership

This initiative has been developed by the Skye and Lochalsh Health, Wellbeing, Welfare and Social Care (HWWS) Collaboration, established in 2024 as part of SLCVO's Empower Skye and Lochalsh Programme. The HWWS Collaboration provides a strategic framework for partnership working across third-sector and public organisations, supporting the delivery of the Skye & Lochalsh Caring Communities Plan. It operates through:

- A steering group that offers governance and strategic oversight. It monitors progress, ensures accountability, and fosters collaboration across third-sector organisations.
- The Community Wellbeing and Support Forum an open network of local groups, public sector partners, and individuals. It facilitates engagement, encourages idea generation, and helps identify emerging needs while amplifying rural voices in service planning.

- Skye and Lochalsh Council for Voluntary Organisations (SLCVO) who manage the delivery programme, coordinates operational activity, and provides shared resources to support the implementation of priority actions.

Nairn Family Greenway **CP Area: Nairn/Nairnshire**

The Nairn Family Greenway is a collaborative, year-long programme (May 2026–May 2027) that brings together six Nairn-based organisations to support, engage and empower local families through a coordinated series of events, activities and special initiatives. Delivered along an existing, accessible footpath and cycle route linking Riverside, Fishertown, the harbour, the Links, the beach and Viewfield, the Greenway will be promoted as a safe, inclusive and welcoming community corridor that avoids the busy A96 while connecting people to services, nature, culture, sport and one another.

The programme adopts a place-based, preventative and relational approach to whole family wellbeing. Activities will be delivered at multiple points along the Greenway, maximising access to public spaces and familiar community venues while encouraging active travel and social connection. The offer will combine joint, high-profile collaborative events (including a launch on International Day of Families 2026) with partner-led activities delivered under a shared Nairn Family Greenway identity.

The programme directly responds to priorities identified in the Nairn Community Action Team (N-CAT) survey, particularly social isolation, lack of accessible information, limited intergenerational opportunities, and the need for inclusive support for families experiencing additional needs. Alongside leisure, learning and wellbeing activities, partners will consistently signpost families to wider support relating to money, housing, employability, childcare and food security.

Evaluation and learning will be embedded throughout the year. Advisory panels of children, young people, parents, grandparents and carers will provide regular feedback, test assumptions and inform adjustments, ensuring that delivery remains responsive and genuinely family-led.

The core delivery partnership comprises:

- Blue Space Highland – volunteer-led wellbeing activities focused on Nairn beach and marine environments
- Green Hive (Nairn River Enterprise) – environmental action, volunteering, employability and befriending, based in Fishertown
- Nairn County Football Club (partnership in negotiation) – inclusive sport and youth engagement centred at Riverside
- Nairn Museum – heritage, learning and intergenerational cultural activities at Viewfield
- National Autistic Society (Moray, Nairn & Strathspey Branch) – specialist support for neurodiverse children and families
- Nature 4 Health – outdoor, nature-based activity along the River Nairn

All partners already operate along the Greenway route and work with families. Collaboration will reduce duplication, strengthen referral pathways and extend each organisation's reach into communities experiencing higher levels of deprivation, unemployment and isolation.

By May 2027, the programme aims to demonstrate measurable improvements in access, participation and inclusion, including:

- Improved access to positive play and leisure opportunities for S1–S3 children
- Increased physical activity among P5–S6 children
- Enhanced peer relationships and feelings of safety and belonging among children and young people
- Strengthened voice and influence of children, with clear evidence that adults listened and responded

More broadly, the Greenway will help reduce social isolation, improve confidence in using local spaces and services, and foster a stronger sense of collective ownership and responsibility for Nairn's public realm.

The Nairn Family Greenway aligns strongly with the Four Pillars of the Whole Family Wellbeing Programme:

- Families at the centre – Children, young people and families shape design, delivery and evaluation through advisory panels and ongoing feedback.
- A whole-system, preventative approach – Partners collaborate across sectors, linking leisure, culture, sport, health, environment and advice services.
- Flexible, relational and place-based support – Activities meet families where they are, in familiar and accessible local spaces, reducing stigma and barriers.
- Values-led, rights-based practice – Delivery aligns with GIRFEC and *The Promise*, embedding dignity, inclusion and voice.

The project also reflects the Principles of Holistic Family Support, notably early intervention, strength-based practice, inclusivity, accessibility, relationship-building, collaboration, and continuous learning. Specialist expertise (e.g. autism support), intergenerational activities, and befriending initiatives ensure support is adaptive rather than one-size-fits-all.

Learning from the pilot year will be captured in a final report with recommendations for sustaining and scaling the Greenway beyond Whole Family Wellbeing Fund support. By strengthening partnerships, community confidence and shared ownership of local spaces, the Nairn Family Greenway will leave a lasting contribution to whole family wellbeing in Nairnshire.

Natural Connections – Roots and Shoots Highland CIC
CP Area: Badenoch and Strathspey

Natural Connections is a proposed whole-family wellbeing initiative led by Roots and Shoots Highland CIC in partnership with a range of third-sector, education, health and community organisations across Badenoch and Strathspey. The project aims to provide an innovative, nature-based approach to supporting families experiencing poverty, social isolation, mental health challenges, and additional support needs.

Based primarily within the gardens of the Highland Wildlife Park, the project will create a safe, welcoming outdoor environment where families can relax, learn, connect and access support together. The programme responds to evidence gathered from local partnership networks, community engagement activities and youth consultations, which identified rising concerns around mental health, social isolation, financial pressures, emotional and behavioural difficulties in children, and a lack of inclusive community wellbeing spaces. The project also addresses barriers that prevent families from engaging with traditional services, including cost, transport, confidence and stigma.

Natural Connections will operate as an invitation-based programme targeting families with low incomes, families of children with additional support needs, and families with young children. Sessions will run fortnightly on Sundays across four blocks of six sessions during the 2026–2027 school year, with families able to attend flexibly through an “Open Kindergarten” model that allows them to arrive and leave when it suits their circumstances. Transport support, including public transport reimbursements, fuel payments and community transport services, will be available to ensure accessibility.

A typical session will incorporate forest school-style activities, gardening, practical outdoor learning, shared meals and opportunities for social connection. Families will be encouraged to engage at their own pace within a low-pressure environment designed around trauma-informed and strengths-based principles. Activities will be shaped by participant feedback, enabling families to influence programme content and access specialist support where required, including expertise in neurodiversity, mental health, life skills and nature-based wellbeing.

The project aligns strongly with the four pillars of the Whole Family Wellbeing Programme. It places children and families at the centre of service design, improves access to early intervention and preventative support, promotes collaborative working across agencies and community organisations, and supports workforce development through trauma-informed and inclusive practice. Through partnerships with organisations such as the Highland Wildlife Park, Voluntary Action Badenoch and Strathspey, NHS Highland, Family Links developments and local community groups, Natural Connections aims to create a seamless network of support and strengthen pathways into wider services.

Natural Connections also seeks to demonstrate the effectiveness of nature-based, whole-family support models. By July 2027, it aims to engage up to 32 families and achieve measurable improvements in wellbeing, family relationships, social connectedness and engagement with additional services. Progress will be assessed through attendance monitoring, participant feedback, observational records and informal wellbeing evaluations. Findings will be used to build a case for ongoing funding, integration with emerging Family Links and Family Hub developments, and the potential replication of the model elsewhere in Highland communities.

Element 2 Thematic Analysis

Project	Poverty	ASN/Disability	Families with Mother under 25	Families with a Child Under 1	Hybrid Model	Exploitation	CEYP	Holistic Family Support	Health and Wellbeing (Inc Mental Health)	Education	Change, Loss, Bereavement	Parental Supports	CYP Participation	Alcohol and Drugs	Domestic Abuse
Autism and Neurodiversity North Scotland	●	●						●	●			●			
Change Loss Bereavement									●	●	●	●			
Contextual Safeguarding Project	●				●	●	●	●	●			●		●	
Drummond School Family Links Project	●	●			●			●	●	●		●			
Family Links Early Help Service	●	●	●	●	●			●	●	●		●		●	
Kooth Digital Health Ltd		●							●	●					
Lochbroom and Ullapool Stepping Stones Project	●	●	●	●	●			●	●	●		●		●	
NHSH Infant Feeding Support Worker and CALA Project	●		●	●	●			●	●			●			
NHSH Infant Feeding Support Worker/NNU/Maternity Project	●		●	●	●			●	●			●			
Seasons for Growth					●				●	●		●			
Thriving Families - The Pines Website		●						●	●	●		●			

Element 2 Thematic Analysis – Continued

Thriving Families Family Support	●	●	●	●				●	●			●			
Home-Start Caithness	●	●	●	●	●			●	●	●		●		●	
Home-Start East Highland	●	●	●	●	●			●	●	●		●		●	
Your Place Your Point Participatory Budget Project	●							●	●			●		●	
PEEP Development Worker Project			●	●	●			●	●			●		●	
Planet Youth	●		●	●	●			●	●	●		●		●	
Infant Food Insecurity Pathway Pilot	●		●	●	●			●	●			●			
Victim Support Scotland Male and Transgender Domestic Abuse Service								●	●			●			●
SLCVO Community Outreach Hub Project	●	●	●	●				●	●			●		●	●
Nairn Family Greenway	●	●	●	●				●	●			●			
HasAnswers for Families App	●	●	●	●				●	●			●		●	●
Natural Connections - Roots and Shoots Highland CIC	●	●	●	●				●	●			●			
Total 23 Projects	26	14	14	14	10	1	1	20	20	10	1	22	0	10	3