



**Annual
Impact Report**



PKAVS
*Improving Wellbeing,
Empowering Communities*

2022 - 2023

Foreword

“
I have been so impressed with the way our employees and volunteers have met increasing demand, and gone the extra mile, to help so many at a time when we have all faced extraordinary challenges.
”

On behalf of PKAVS Board, it is my pleasure to introduce our Annual Impact Report for 2022 - 2023. With a renewed focus on improving the wellbeing of local people, ensuring that individuals flourish and their communities thrive, I hope you will agree that the wide-reaching and life-changing support that PKAVS provides to thousands of people throughout Perth & Kinross, every year, is as vital as ever.

It's been a challenging year for those we support, but I have been so impressed with the way our employees and volunteers have met increasing demand, and gone the extra mile, to help so many at a time when we have all faced extraordinary challenges.

I would particularly like to thank all of our funders, partners, and supporters who have gone above and beyond, allowing us to continue to deliver all of our vital services, and a host of other activities and support, particularly during a period of uncertainty where budgets are tight and we are living through a cost-of-living crisis.

Thank you for taking the time to read about our important work and thank you, once more, to all those that have helped us to make such a difference throughout Perth & Kinross.

Warm regards,

Archie MacLellan
PKAVS Chairperson



Introduction

“
Our approach will always be person centred with an understanding that we exist to improve the wellbeing of individuals while empowering communities.
”

It was my pleasure to recently join the PKAVS team and I have spent my first months appreciating the breadth and impact of the work the organisation carries out across Perth & Kinross, supporting so many people and their communities.

Over the past year, we have undertaken a review of our Strategic Plan and now have strong objectives in place that will help PKAVS to grow and develop its services, putting our beneficiaries at the centre of all that we do. This strategic direction is underpinned by four key values that will underpin all of our work, that we: show compassion, are in this together, speak from the heart, and make an impact.

Our approach will always be person centred with an understanding that we exist to improve the wellbeing of individuals while empowering communities. I am looking forward to helping to build the organisation and lead our teams with the vision of a Perth & Kinross where people flourish and their communities thrive.

Additionally, we have undertaken significant work to increasingly value our people, with employee wellbeing a priority, and are excited to continue to build on this in the year ahead.

We are all excited for the future and look forward to continuing, and building on, the fantastic work that all of our employees and volunteers carry out every day, putting those that we support first and foremost.

Kind regards,

Shaheena Din
PKAVS CEO



A Few Highlights

During 2022/23

The Walled Garden & Wisecraft raised £159,278 towards the Room for Recovery capital upgrades at the Walled Garden.

In February 2023

The Young Carers Team completed 159 one-to-one sessions.

During 2022/23

Our Third Sector Interface held 94 capacity building sessions with Third Sector Organisations.

During 2022/23

Our Shopmobility service had a total of 4,331 equipment hires.

In March 2023

We established Listening Groups, focused on Third Sector leaders, identifying sector priorities and forming our TSI strategy for 23/24.

The Walled Garden & Wisecraft has a no waiting list policy, a rare and unique approach, sustainable by moving clients onto positive destinations.

Our Adult Male Carers project entered its second year, seeing more than a 40% increase in male carer referrals and engagement in activities and social groups.

In February alone, Our Carers Telephone Support team made over 746 calls.


During 2022/23


The Walled Garden & Wisecraft worked with over 160 clients.

During 2022/23

93% of our Shopmobility users reported that the service enabled them to retain their independence.

April 2022

 The groundworks commenced at The Walled Garden to install our new pathways. This was thanks to a large sum of money we were awarded from the National Lottery Heritage Fund Scotland.

 The Third Sector Interface completed distributing almost £400,000 on behalf of the Scottish Government's Community Mental Health & Wellbeing Fund for Third Sector Organisations working throughout Perth & Kinross.

During 2022/23
The Walled Garden &
Wisecraft worked with
over 160 clients.



“
I have enjoyed the multidisciplinary and diverse approach the staff offers vulnerable service users. The work is not only organic in the environmental context but attuned to the needs of individuals. My personal experience of the culture at The Walled Garden and Wisecraft is one of openness and welcome.
”

May 2022



In May 2022, the Adult Carers Team received 73 new referrals. These carers were each given time to talk about their circumstances and map out what steps will be best for them going forward. Our Carers Service offers support with Young Carer Statements, Adult Carer Support Statements, referrals to other organisations, funding support, and much more.

“

I've accessed support through PKAVS for several years now and there are always lots of different opportunities such as the action day, groups, and outings. These are always a great way to socialise and make friends which I've benefitted from since being a young carer.

”



We held our annual 2022 plant sale at The Walled Garden which saw the sale of beautiful plants, sweet treats, and craftwork to raise funds for the work of the Walled Garden & Wisecraft.

The Multifaceted Impact of PKAVS Carers Centre

PKAVS Carers Service has been instrumental in providing a well-rounded support structure for unpaid carers in Perth & Kinross. The service addresses the distinct needs of Adult Carers, Young Adult Carers, and Young Carers, ensuring a tailored approach to support.

For Adult Carers, the service focusses on providing personalised Carer Support Plans, financial assistance, and a platform for peer support and interaction with others in similar circumstances. The challenges faced by adult carers are often multifaceted, requiring a blend of emotional, practical, and social support.

Young Adult Carers often find themselves at the crossroads of personal development and caregiving responsibilities. The service aims to strike a balance by offering educational support, personal guidance, and financial assistance to alleviate the challenges faced in their dual roles as a young person and unpaid carer.

Young Carers, on the other hand, require a nurturing environment to continue their education while managing caregiving responsibilities. Initiatives such as our tutoring programmes, social events, and emotional support have been pivotal in ensuring the holistic development of the young carers we support.

Collaborative efforts with local organisations, statutory bodies, and other support networks have broadened the spectrum of local support available to unpaid carers, creating a robust network that these often overlooked and underappreciated individuals can rely on.

Financial support continues to be an area of high demand, with diversified funding channels ensuring the continuity and enhancement of support services. The 'Aspirations Grant' for Young Adult Carers, for example, facilitated access to essential resources for education and employment.

The engagement and feedback from carers have been invaluable in refining our support, ensuring that we continue to address ongoing and emerging needs that unpaid carers of all ages might face.

PKAVS Carers Service continues to make a profound impact in nurturing a compassionate support network for unpaid carers. The structured support, collaborative efforts, and the unwavering commitment to addressing the distinct needs of carers across different age groups underscore the integral role of PKAVS Carers Service throughout Perth & Kinross.

June 2022



Our Walled Garden & Wisecraft team completed a 24 hour walking relay to help raise funds for our new staff office; part of our capital Room for Recovery project.

“

Thank you very much for all the research and suggestions, it is very much appreciated. We have a meeting tonight so it's great to have some suggestions to look at.

- A Third Sector Organisation

”



In June, to celebrate the end of Carers Week, we held a Young Carers Celebration Day at Perth College UHI. This was attended by over 200 young carers and their families who enjoyed activities including face painting, arts and crafts, Tai Chi, a photobooth, and entertainment from PKAVS Carers Choir.



During 2022/23
Our Shopmobility service
had a total of 4,331
equipment hires.

Case Study

“
By the end of the year, the operations of the
community group saw a massive improvement.
”

The Third Sector Interface Development Team were approached by a community group who had been providing creative arts sessions for people with mental health conditions. The group had previously been supported by an NHS team, but this support was being withdrawn. The community group faced a lack of funding and did not have governance controls or arrangements in place to advance their services. The number of volunteer trustees had dwindled to a single trustee who did not have the experience or expertise to take the group forward. This trustee felt that without support, the creative arts sessions would have to shut down and the group would disband, despite its benefit to the local community.

Over the course of the year, the Development Team worked with the community group and attracted two new trustees, including an individual who could oversee the group's finances. The team worked with these new trustees and helped them understand how to prepare their accounting statements, organise as a committee, and create and write a constitution that allowed the group to function as they saw fit.

After receiving this support and deciding on a governance structure, the community group received advice from the Development Team in creating a funding strategy. Additionally, the team offered feedback on how to submit and improve funding applications. The community group worked on a strategy to make their sessions more accessible, including proposing a name change and sharing their work on social media.

By the end of the year, the operations of the community group saw a massive improvement. They now had up-to-date accounts and documented minutes of their meetings. The trustees were motivated and enthusiastic, with a clear idea of what they wanted to achieve during the year ahead. Because of these changes, they had greater access to funding opportunities and were awaiting the outcome of a National Lottery funding bid.

July 2022



The Walled Garden was chosen to be part of Scotland's Year of Stories by hosting one of twenty sculptures on a sculpture trail around Perthshire, celebrating trailblazing women from the area.



Our Young Carers team took ten older young carers to London for five days to see the sights. They visited the main tourist attractions from the dungeons to the London Eye and even made it to the Westend to see a performance of the Lion King!



During 2022/23

Our Third Sector Interface held 94 capacity building sessions with Third Sector Organisations.



PKAVS Day services trip to Blair Drummond safari park was attended by 20 unpaid carers and 30 of the people they care for.

August 2022

I came along to the walled garden as ~~the~~ Move ahead introduced me to the charity. its a great chance for me to socialize with peers and gain confidence. The walled garden has helped me overcome parts of my anxiety disorder and helps me learn ways of coping and techniques to ground myself. The staff at the walled garden are amazing and so supportive of peoples individual needs I am thankful for my time at the walled garden as it has ~~helped me~~ taught me its okay to be myself.

During 2022/23

93% of our Shopmobility users reported that the service enabled them to retain their independence.

“
That's the happiest I have ever seen her coming back, thank you, she is definitely building a good rapport with you!
- Parent of a Young Carer
”



Our Walled Garden & Wisecraft held a stall at the Perth & Kinross Mental Health & Wellbeing Festival and facilitated two events for local people to take part in: 'Therapeutic Benefits of Gardening and Nature' and 'Speak Over Stigma; Personal Stories and Experiences'.

The Walled Garden & Wisecraft Nurturing Growth

At the heart of Perth and Kinross, the Walled Garden and Wisecraft services extend beyond mere rehabilitative frameworks. They create nurturing environments where individuals experiencing mental health difficulties can rediscover their potential through engagement with nature, hospitality, and creative ventures.

The Walled Garden embodies therapeutic horticulture, aiding mental wellbeing through engagement with nature. Various gardening activities tailored to individual needs promote physical health, social interactions, and a sense of accomplishment. At the Walled Garden, clients are also able to participate in a range of creative, artistic, and hospitality activities, promoting self improvement, increased confidence, and peer connections.

Wisecraft facilitates a diverse range of creative and practical activities, including arts and crafts, joinery, woodworking, and exercise, promoting self-expression and skill development in an inclusive setting. This encourages individuals to explore arts, crafts, and other activities, fostering a sense of community and purpose.

The impact of these services is multifaceted. Individuals report significant improvements in mental health, finding solace and a sense of belonging within these nurturing environments. Through acquiring new skills and honing existing ones, participants find avenues for personal growth and confidence building. Moreover, both services foster a strong sense of community, diminishing feelings of isolation and promoting inclusivity.

Looking ahead, the continuous evolution of the Walled Garden and Wisecraft is instrumental in bridging the gap between mental health rehabilitation and community integration. Through fostering strong community ties and promoting individual growth, these services significantly contribute towards a mentally healthier society, aligning seamlessly with PKAVS' overarching vision.

“

Individuals report significant improvements in mental health, finding solace and a sense of belonging within these nurturing environments.

”



September 2022



We Expanded the TSI development team to five, to cover themes of Capacity Building, Volunteering, Period Dignity, and Grass Roots Activism.



We participated in 2022's Recovery Walk which was held in Paisley. So many wonderful memories were made on the day; hearing people's stories of recovery; marching, dancing, and celebrating recovery as one.



“

I used to be housebound, now I am mobile again. Thank you for this wonderful lifeline.

- A Shopmobility User

”



In September, our Carers Telephone Support Team made over 746 calls, from a quick chat to see how our carers are doing to lengthy and emotional discussions about life, the Telephone Support Team lend a listening ear.

Case Study

“
Both Mum and school have noted a
much happier and confident Billy.
”

Billy (not his real name) is a Young Carer who recently moved into the Perth and Kinross area. Billy helps care for his sister, who has autism, providing emotional support to help prevent her becoming dysregulated and helps manage her behaviours. However, his caring role increases as his sister gets older and it has started to impact his wellbeing. This was noted by his school, who made a referral into our Young Carers Service for emotional support and to give him the opportunity to meet other young carers.

Billy's Young Carers Statement identified that his caring role impacted on his education as he was unable to do homework, he also identified that he does not get much time for himself and would like to have the opportunity to have a break and meet others in a similar situation.

Billy was referred into our Education Attainment Service (easYC) and has been attending our weekly tutor group. Mum advised he was very nervous about attending, however by the end of the first session, his confidence grew within the group and was he interacting well with the other children and tutors. In addition, Billy attended a games and pizza night which he really enjoyed and made friends with another young carer. This gave him the confidence to attend a day trip to Edinburgh Zoo, which allowed him a much needed break away with others his own age.

Though shy and reticent when first referred into our service, Billy has now built good friendships with other young carers in a similar position, which has been very validating and increased his confidence. So much so, that recently he accepted an invite to our two night residential, pushing himself out of his comfort zone, providing him a break from his caring role and further building on his resilience and wellbeing. Both Mum and school have noted a much happier and confident Billy.

October
2022



Wisecraft had an exciting visit from STV news to cover the 'Tales of The Walled Garden and Wisecraft' exhibition; a creative writing showcase created by clients across both locations.



In October, our Shopmobility Service hired out 231 mobility scooters to help local people access shops, services, and amenities in Perth City Centre.

“

I've worked alongside Wisecraft and the Walled Garden for a number of years now. I feel I'm aligned with their values of supporting mental health and wellbeing through creative, hospitality, and horticultural initiatives.

- Independent Practice Educator for Social Work Students

”



The TSI hosted a Third Sector Circle forum on the Cost of Living Crisis exploring short, mid, and long term impacts on TSO's of the Cost of Living Crisis, feeding in to the local strategic planning partnership.

November 2022



The Third Sector Interface developed a partnership with local rural enterprise charity, Growbiz, to better coordinate support around social enterprise in Perth & Kinross as well as establishing regular information sharing exchanges.



The Adult Male Carers project entered its second year, seeing more than a 40% increase in male carer referrals and engagement in activities and social groups. The valuable project's main goal is to eliminate social isolation and create and organise attractive activities for male carers to engage in. Running both weekly and monthly groups and activities, we are seeing significant improvements in the wellbeing of the male carers we support.

“

*For the first time in years, I have
my independence back!
- A Shopmobility User*

”

During 2022/23

The Walled Garden & Wisecraft raised £159,278 towards the Room for Recovery capital upgrades at the Walled Garden.



December 2022



We held two Christmas parties for our clients across The Walled Garden and Wisecraft, including a festive movie, some gentle stretching, a Christmas quiz and music, and yummy festive food.

“

Your response, to me, is refreshing. My own approach to planning has always been clear and visual, preventing essential information being lost in translation. This is exactly how I had hoped all my other contacts over time would have planned things.

- A Local Third Sector Organisation

”



We held our Young Carers Christmas Extravaganza attended by an amazing 267 people split between 103 young carers and 164 cared for parents or siblings. All who attended had a fantastic time with young carers and their family members enjoying time spent with others who share similar experiences.



January 2023



Joint working between the TSI's Development Officers provided emergency support to a local charity on structure, governance, and funding to develop a strategy preventing immediate closure.

“

I know I said it a million time earlier, but thank you for everything you've done for me this last year. It means a lot.
- A Young Adult Carer

”

The Walled Garden & Wisecraft has a no waiting list policy, a rare and unique approach, sustainable by moving clients onto positive destinations.



Our Carers Service received Funding to start up a new 'parent carers' project with a focus on helping parents who may not have seen themselves as carers when as they believed they were 'just being a parent'. Since January, the project now has over 170 members who are regulars for a Coffee and Chat or even a Cold Water Swim!

Case Study

“
With regular support and encouragement,
Lesley is now able to travel the ten mile trip
from Wisecraft on her own and walk home
from the bus stop.
”

Lesley (not her real name) has been supported by Wisecraft since 2015. She struggles with anxiety and depression and has multiple physical health conditions that impact her quality of life.

Due to an incident on a bus when she was in her early twenties, she had not been on public transport alone since then (almost 40 years ago). Until now, she needed support to attend her sessions as she did not feel able to come in on her own. The pandemic had heightened her social anxiety and she felt unable to go outside her home without a friend or family member accompanying her.

This has led to her feeling very socially isolated and fearful of people; more so than ever before. Lesley said, “I find buses really daunting – it makes me feel really nervous”, before working one-to-one with a member of the team, we supported her in accessing public transport to get to Wisecraft independently – the thought of this was overwhelming at first, but after some preparatory conversations and support, Lesley decided to embark upon graded exposure.

Initially, staff built a trusting relationship with Lesley and supported her from her home, to walk to the bus stop, get on the bus and walk to Wisecraft, and then home again. With regular support and encouragement, Lesley is now able to travel the ten mile trip from Wisecraft on her own and walk home from the bus stop. Lesley believed this would have been impossible to do previously, stating, “I couldn’t have imagined doing this on my own, I needed the help but I am proud of what I have achieved.”

February 2023



The Volunteer Managers Forum was reintroduced, bringing volunteer hosting Third Sector Organisations together and establishing volunteering priorities for moving forward.

In February 2023
The Young Carers
Team completed 159
one-to-one sessions.



“

Working at The Walled Garden and Wisecraft has been life changing, inspiring, and I still am pinching myself every day that I am so lucky to be involved in such a magical place.

”

March 2023



Wisecraft's Joinery Department took a commission from Blairgowrie & Rattray Development Trust to supply and fit in place six raised beds. The upgrades are looking wonderful positioned by the pond in Davie Park, Blairgowrie.



In March 2023

We established Listening Groups, focused on Third Sector leaders, identifying sector priorities and forming our TSI strategy for 23/24.

“

PKAVS Day Centre and its staff encompass everything I could have wished for my husband. As a carer, I never imagined respite time for me because I never thought I'd find a place like this where I can honestly say I walk away for two days a week with such peace and happiness in my heart - knowing my husband is happy, safe, valued, and respected as part of such a wonderful team.

”



Statement of Financial Activities For the Year Ended 31 March 2023

Income and Endowments from: (£)	Unrestricted Funds 2023	Restricted Funds 2023	Total 2023	Unrestricted Funds 2022	Restricted Funds 2022	Total 2022
Donations & Legacies	32,149	20,788	52,937	46,087	48,014	94,101
Charitable Activities	164,423	2,893,903	3,058,326	179,550	2,717,543	2,897,093
Other Trading Activities	4,658	23,730	28,388	2,160	15,292	17,452
Investments	3,154	-	3,154	2,182	-	2,182
Other Income	48,502	-	48,502	-	-	-
Total Income	252,886	2,938,421	3,191,307	229,979	2,780,849	3,010,828
Expenditure on: Raising Funds	5,198	-	5,198	193	245	438
Charitable Activities	385,627	2,862,246	3,247,873	330,904	2,670,753	3,001,657
Total Expenditure	390,825	2,862,246	3,253,071	331,097	2,670,998	3,002,095

Statement of Financial Activities For the Year Ended 31 March 2023

(£)	Unrestricted Funds 2023	Restricted Funds 2023	Total 2023	Unrestricted Funds 2022	Restricted Funds 2022	Total 2022
Net (Outgoing)/Incoming Resources Before Transfers	(137,939)	76,175	(61,764)	(101,118)	109,851	8,733
Gross Transfers Between Funds	8,714	(8,714)	-	50,000	(50,000)	-
Net (Expenditure)/Income for the Year/Net (outgoing)/incoming Resources	(129,225)	67,461	(61,764)	(51,118)	59,851	8,773
Other Recognised Gains and Losses - Actuarial (Loss)/Gain On Defined Benefit Pension Schemes	(96)	-	(96)	29,733	-	29,733
Net Movement in Funds	(129,321)	67,461	(61,860)	(21,385)	59,851	38,466
Fund Balances at 1 April 2022	734,893	107,771	842,754	756,368	47,920	804,288
Fund Balances at 31 March 2023	605,662	175,232	780,894	734,983	107,771	842,754



Perth & Kinross Association of Voluntary Service Ltd. (PKAVS) is a Registered Scottish Charity (SC005561) regulated by the Scottish Charity Regulator (OSCR) and a Scottish Company Limited by Guarantee (SC086065).

