

# Healthy Islands Fund – A Summary

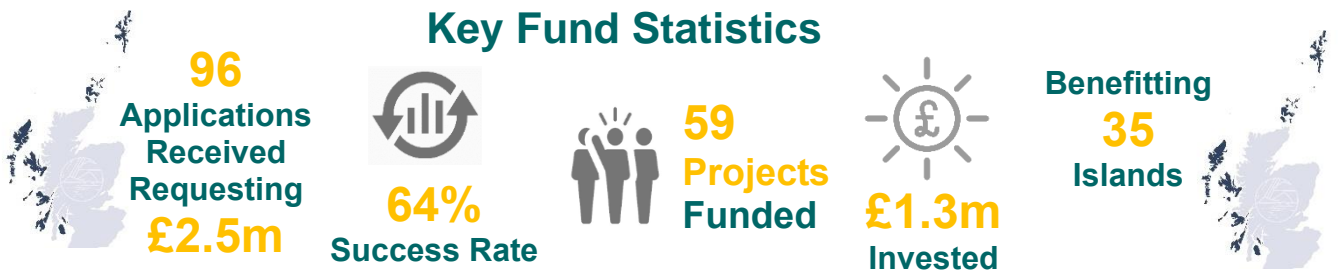
£1.3 million investment from the Scottish Government to improve and promote health, social care, and wellbeing for those living in Scottish island communities.



THE ISLANDS  
SCOTLAND ACT 2018  
ACHD  
NAN EILEAN  
ALBA 2018

Launched August 2021 - Applications submitted September 2021 - Spend deadline end March 2022.

## Key Fund Statistics



*“The whole community benefits from these bikes”*  
Ability Shetland

*“Other Orkney schools are coming to learn and replicate our experience”*  
North Ronaldsay Trust

## Funded Activities



### Infrastructure and Capital Projects

Building refurbishments, paths, gateways, walkways, shelters, viewpoints, community hub improvements



### Resources & Equipment

Electric bikes, adaptive transport, sports equipment, poly tunnels, bike storage, electronic timing system, bike charging point, and games.



### Access to Wellbeing Opportunities

Counselling, mentoring, community food delivery, friendship, community walks, creative activities, board games night, and local events.



### Access to Sport and leisure activities

Kayaking, badminton, volleyball, sea swimming, indoor football, craft drop-in sessions, sewing and glass work, weaving, yoga; and a pop-up tea dance

*“We see a positive transformation in people’s lives”* Western Isles Assoc for Mental Health



Scottish Government  
Riaghaltas na h-Alba  
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INSPIRING SCOTLAND

## Fund Focus

Evidence was collected against the Fund's three aims:

**Aim 1** Multiple opportunities have been created for people to be active

**Aim 2** Mental Health care has been supported at a grassroots level

**Aim 3** The natural environment has been used to support islanders wellbeing



The Healthy Islands Fund projects contributed to all but two of the National Islands Plan's Strategic Objectives. Those most strongly supported were:

- To improve and promote Health, Social Care and Wellbeing
- To improve and promote Sustainable Economic Development
- To promote and improve Education for all throughout life

## Key Learning and Insight

### Fund Criteria & Process

If single year funding maximise the delivery period

Make allowances for community-led organisations' capacity

Unrestricted revenue funding is critical to resilience

Capital funding increases community capacity

### Learning & Reflection

Health and wellbeing projects deliver multiple outcomes

Communities need and want to connect, collaborate and share what works

Health and Wellbeing is a catalyst for change in mental, physical and social wellbeing

Capacity building support is in demand as is revenue funding

### Strategic Insight

Island organisations are vital to sustainable island life

Organisations are vulnerable due to limited revenue funding and over reliance on volunteers

Demand for funding varied significantly across the 6 local authorities with islands

Nurture volunteerism – their role in rural settings is critical to delivering services

### Looking Ahead

Recognition of the importance of being outdoors for wellbeing & increased connection with local heritage, language and creativity

Grantees felt positive that project impact would continue or be built upon over time

### Key Challenges

Funding – meeting the cost of future demand and securing sustainable income and funding is a pressing concern

People - recruiting and retaining staff and volunteers

### Do Differently?

Have more time to plan, apply for and deliver project

Do more research and planning in advance

