

From: (Redacted)
Sent: Tuesday, April 4, 2023 3:41 PM
To: (Redacted)
Subject: RE: Sessional Staff

Hi (Redacted)

Thank you for coming back to me.

I am content to change the cost line from sessional staff to an activity assistant based on the details provided. It makes sense to be able to provide more activities to a wider range of people for the same cost. I presume you will consult the community to explore what they would like to be delivered and we can amend your outcomes etc once this is decided.

Best Regards

(Redacted)

www.scotland.gov.uk/regenerationstrategy
<https://beta.gov.scot/policies/community-empowerment/empowering-communities-fund/>
<https://beta.gov.scot/policies/regeneration/social-inclusion-and-poverty-reduction/>

From: (Redacted)
Sent: 04 April 2023 12:04
To: (Redacted)
Subject: RE: Sessional Staff

Hi (Redacted)

I hope you had a good holiday. There is nothing worse than returning to work and opening up your inbox after a holiday!

We would have to advertise the post of part-time Activity Assistant and due to that I can't be absolutely specific on the activities that will be delivered. It will very much depend on the qualifications and experience of potential applicants. We are looking to provide a wider range and an increased amount of weekly group physical activity sessions than we currently provide. Inclusivity is a consideration in that we could also, perhaps, have activity specific to particular groups such as the elderly, those with limited mobility or balance issues and children.

The current sessional staff budget allows for four activities per week...three one hour long sessions and one two hour long session. So, a total of 5 hours activity a week. The Project Assistant would be employed for 15 hours a week and although she won't be delivering activity for 15 hours, I would anticipate that 10 of the hours would be utilised for delivering activity.

This can only have a positive impact on our outcomes. We originally stated that 2,000 people will attend an active exercise programme but through employment of an Activity Assistant we would anticipate that this number may be higher. More people will engage with the programme due to greater variety and inclusivity meaning more people will become healthier, more confident and better engaged with their peer group, leading to a reduction in health co-morbidities associated with a lack of exercise and social isolation.



I hope this answers your questions (redacted) but if not, please do not hesitate to contact me.

Thank you

(Redacted)

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W: www.kosdt.com

F: www.facebook.com/KyleofSutherlandDT/

T: www.twitter.com/KOSutherland

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Promoting Good Mental Wellbeing in Sutherland: www.sutherlandwellbeing.com



Scottish Government
Riaghaltas na h-Alba
gov.scot

Beinn Tharsuinn
Community
Windfarm Limited

From: (Redacted)

Sent: Monday, April 3, 2023 1:46 PM

To: (Redacted)

Subject: RE: Sessional Staff

Hi (Redacted)

I am good thanks. Just back from holiday today and working through my emails!

In principle I am content with your proposal your request to change the funding to cover a part time activity assistant rather the original sessional staff approach. What classes etc would you be considering and how would this affect your activities and outcomes?

I look forward to hearing from you.

(Redacted)