

# True Colours Trust Project

## End of Project Report



**Delivery Period:** October 2024 – October 2025  
**Lead Organisation:** Nourish Support Centre  
**Project Lead:** Karen Studley, Managing Director

## 1. Project Summary

The True Colours Project was designed to deliver inclusive, emotionally safe, and creatively engaging experiences for children, families, and young people across Fife. Through 10 themed events, we reached over 1000 participants, offering accessible, trauma-informed activities that promoted wellbeing, confidence, and community connection.

Every event included a quiet space or sensory area, allowing individuals to decompress and take time out when needed—ensuring emotional safety and accessibility remained central throughout.

As the project progressed, we saw a marked increase in attendance, culminating in our Halloween Party 2025, which welcomed over 200 attendees, the highest turnout of the year.

The project also enabled Nourish to explore collaborative working with a range of partners, including:

- Fife Coast & Countryside Trust (Beach Litter pick)
- Play on Wheels (Pirates & Princesses Day)
- Local supermarkets and businesses, including Raith Rovers, who generously supported, encouraged, and worked alongside us to deliver this vibrant programme.

## 2. Key Achievements

Event	Date	Children	Adults	Families	Total Attendees
WellsGreen Halloween	30 Oct 2024	18	60	-	78
Christmas Time	Dec 2024		-	20+	60
Youth Group	2024–2025	15	12	-	270
Teddy Bears Picnic	10 Jul 2025	15	39	11	54
Circus Family Day	21 Jul 2025	11	28	9	39
Pirates & Princess Day	4 Aug 2025	18	14	11	32
Beach Litter pick	14 Aug 2025	7	21	-	28
Under the Sea Event	21 Aug 2025	20	34	-	54
Great Nourish Bake Off	30 Aug 2025	-	-	-	120
Halloween Party	25 Oct 2025	50	220	-	270

**Total Estimated Attendance:** 1000+

**Average Family Engagement per Event:** 9–20 families

**Evaluation Participation:** average 95%

### 3. Outcomes & Impact

#### Inclusive Access

- Events were held during evenings and weekends to accommodate working carers.
- Sensory-friendly environments and quiet spaces supported children and adults with additional needs.
- Choice-led play and flexible formats ensured emotional safety and autonomy.

#### Family Feedback

*“Having an evening event meant I could actually take part. It meant a lot to us.”*

*“The grotto was stunning but gentle. My sensory-seeking child loved touching the textures.”*

*“It’s the one evening my child always looks forward to, they feel relaxed, accepted, & excited.”*

#### Community Building

- Events like the Beach Litter pick and Bake Off fostered shared purpose and pride.
- The Teddy Bears Picnic included a sponsored walk, raising funds for future activities.
- Youth Group sessions offered consistent, low-barrier support for young people.

#### Collaborative Partnerships

- **Fife Coast & Countryside Trust** supported environmental education and coastal care.
- **Play on Wheels** co-delivered inclusive play experiences.
- **Raith Rovers**, local supermarkets, and retailers provided in-kind support, prizes, and resources, making events accessible and celebratory.

### 4. Sustainability & Learning

#### What Worked Well

- Sensory-aware design and quiet spaces increased participation and comfort.
- Visual and child-led evaluation tools captured authentic feedback.
- Themed events (e.g. Pirates & Princesses, Circus Day) boosted engagement and creativity.

#### Areas for Growth

- Expand sensory-friendly formats to other seasonal events.
- Deepen youth voice in planning and delivery of Youth Group activities.
- Formalise volunteer recognition and wellbeing support.

### 5. Legacy & Next Steps

The True Colours Project has laid the foundation for a sustainable, inclusive model of family engagement in Fife. Its success demonstrates Nourish’s ability to deliver high-impact, low-barrier events that centre emotional safety and lived experience.

**Next priorities include:**

- Scaling sensory-friendly formats across the calendar year.
- Strengthening partnerships with local businesses and environmental groups.
- Embedding inclusive evaluation tools into all future programming.

**6. Funders' Impact**

Your support enabled:

- Over 1000 people to access inclusive, joyful experiences.
- Families with additional needs to feel seen, supported, and celebrated.
- Volunteers and partners to contribute meaningfully to community wellbeing.

Thank you for helping us bring colour, connection, and confidence to families across Fife.

Included:

Budget breakdown

Event Reports/case studies

