



**PENNYPIT**  
TRUST

# ANNUAL REPORT

**23/24**





**In memory of our dear friend  
and colleague  
Sean Crawford  
7 March 1987 – 30 June 2024  
'He made us all smile'**

Sean was a huge part of our team and we are all devastated with his passing. I believed in Sean the day I met him and he quickly embedded himself into the Pennypit way of life. He never quite believed the impact he made on others but we all know his passion and dedication to put others first. He was our local hero, he loved his job and he was so good at it, driving change and helping others to believe in themselves to change. His jokes, laughter and banter were endless and he made us all smile.

We continue to think of his family and friends.

His legacy lives on... we miss you Sean.



**'You can shed tears that he is gone, or you  
can smile because he has lived'**

# Chairperson Report

## Brian Weddell

This is my 3rd Chairperson Report and there is no doubt that the challenges faced by the Trust in the past 12 months are the hardest we have had since I became Chair. Whilst East Lothian Council continues to provide our core funding, the amount we receive has remained the same for 10 years, placing huge pressure on the Pennypit staff to seek funding from other sources. Our charity is no different to every charity and 3rd sector organization who are all competing for an ever - dwindling pot of charitable funding. However, I never cease to be amazed at the imagination and resolve of the Pennypit staff in getting funding for the vital work they are delivering in Prestonpans and the surrounding communities..

The Pennypit Trusts core aims are to *“Provide sports, nutrition and volunteer opportunities to Preston, Seton and Gosford”*. The sporting opportunities are provided by working with local schools, our sports hubs and supporting PL Rugby Club and Preston Athletic FC; our staff and volunteers provide nutrition through the school holiday clubs, the befriending services for our senior citizens, our local pantry and with Fundamental Foods and our volunteering opportunities have led to many young people going on the full time training and gaining long term employment. Also the Pennypit’s reach goes beyond the Preston, Seton & Gosford Ward and our staff and services extend to the Fa’side and Musselburgh Wards in East Lothian.

The Pennypit Community Development Trust was established in the early 1990’s by East Lothian Council and our staff, admirably led by our manager Angie Davie, has worked extremely hard over the years to cultivate and build relationships with council departments, local schools and 3rd sector partners. Those relationships are even more vital to help plug gaps in front-line service provision due to the budget cuts faced by the council. Despite all the challenges we face I know the staff and my colleagues on the board of trustees will continue to work together delivering a comprehensive range of services and support in the PSG Ward and beyond.



*Brian Weddell*

**Over 92% of service users felt cared for**

pennypit community development trust – annual report 2023/2024

# Managers Report

## Angela Davie

We have had a very productive year with lots of projects running, supporting our local community of Preston Gosford and Seton. This involves a lot of coordination from our staff and volunteers and I would like to thank them for all their hard work.

You will find a great amount of information on various activities such as the walking bus, Pennypit outdoor pursuits, family cooking, befriending and lots more. We ensure that all our communities, regardless of age, have access to programmes, tailored to their need. Funding and capacity has become increasingly more difficult, due to the cost of living crisis but as a charity we have to weather the storm and provide the funding we need to help reduce social, health and financial inequalities. This starts with working in partnership with East Lothian Council and receiving the One Partnership fund, which provides the foundation of the Pennypit Trust funding. This is mainly for the operational and management costs and is essential for the Trust charitable status and to attract additional funding, such as, VCEL, Cash4kids, the renaissance foundation and community lead to name but a few.

Our staff are extremely passionate about the community and connect with our service users by being non-judgemental, understanding and friendly. We want to provide access to opportunities by developing these programmes to engage and improve health and wellbeing and create relationships that prevent isolation and loneliness. This year saw the biggest amount of volunteers supporting our charity and I would like to thank them personally.

We could not operate without you. Thank you. I am proud to have been a part of this team for over 30 years and hope that we can continue to do this essential work for many years to come.

Please enjoy looking through our statistics, connections and wonderful pictures that shows our amazing work.

Thank you for your time

*Angela Davie*



Our Committee

Chairperson: Brian Weddell

Treasury: Keith Crombie

Secretary: Lesley Birrell

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***90% of service users said they  
felt a sense of community***

# Fundamental Foods Manager

## Community cooking programme

Ruth Davie

Community cooking groups were run in Prestonpans and Port Seton in 5-week blocks. **Main aim:** to increase confidence and skills to cook a healthy meal from scratch and raise awareness of doing so on a budget.

### Session Benefits:

- learning new skills - chopping and preparing vegetables and meats safely
- provide a safe social space to meet new people
- increasing confidence to cook a meal from scratch
- relying less so on convenience foods
- reducing sugar and salt intakes
- increasing fruit and vegetable intakes



### Community Spaces Utilised

- The Pennypit Centre,
- 4 cooking classes each for 5-weeks, 17 participants
- Port Seton Community Centre,
- 3 participants attending for a 5-week block.



We have run 5 community cooking groups with 20 people attending

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*87% of service users felt less anxious*

# Family Cooking

The family cooking groups were ran in Prestonpans which were in 5 week blocks.

## Aims:

- to increase family engagement with cooking, and teach the children valuable life cooking skills
- improve fussy eating by increasing children's interest and familiarity with food
- taste new healthy snacks

The classes began with a healthy snack and the children were offered a variety of foods they may not have tried before including mango, blueberries, pomegranate, figs, crackers and humous. The children were taught knife safety and learned simple food hygiene throughout the class - wearing aprons, washing hands and using separate chopping boards for meat and veg. The children were always so enthusiastic and proud to try their finished dishes and to take them home to share with the rest of their family.

**We have run 3 family cooking group, with 7 parents and 9 children.**



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*"The sessions were great fun and my children were much more willing to try new foods, as they were proud to have made it themselves"*

# East Lothian Friendly Food Network

This year ELFFN run its first food summit. This summit is about building understanding, relationships and ownership of a vision for a sustainable, equitable, fair, healthy and prosperous food system. We had attendance from a diverse range of services, the council and third sector partners. This allowed us to update and discuss the food charter, we also had children from Preston Tower Primary School who took part in discussions.



## FareShare Hub

Total weight given out from the hub in 2024 so far:



Total weight given out in 2024 so far: 8.683 tonnes

56 projects are on the mailing list



7-12 projects collect weekly from us



£10,000 from East Lothian Council for period products



£16,300 from Tyne and Esk for food and equipment

# Early Years Nutrition

## Fussy Eating sessions

Research suggests that over half of all children will be ‘fussy eaters’ at some point in their early years. This can impact their growth and development as well as their ability to learn and form social connections. To help parents tackle fussy eating, webinars were run online. 1:1 sessions were also carried out at The Pennypit Trust and through home visits.

The sessions were designed to:

- help parents cope with fussy eating and offer strategies to help
- encourage children to accept and enjoy a wider variety of foods
- create structure around meal times
- offer a guide to food refusal
- help parents create a nutritious and balanced meal offer recipes ideas and appropriate portion sizes



**We have had 8 home visits and 2 fussy eating workshops with 13 participants**

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**“Insightful and practical – this webinar turned mealtime battles into opportunities for connection and growth!”**



# Weaning

Monthly weaning sessions were held in Prestonpans and Tranent as well as 1:1 sessions with families who were unable to attend the groups. The sessions were designed to offer the most up-to-date weaning information and to support mothers to feel confident introducing their babies to solid foods.

## Information provided at the weaning classes

- traditional weaning advice
- baby led weaning advice
- essential nutrients
- recipe ideas
- handy equipment
- first foods
- portion sizes
- allergy information
- feeding safely
- milk intakes



## Community Spaces & Partnerships

To make the weaning sessions as accessible as possible, several community spaces were used and classes were run in partnership with other early-years organisations including:

- Fa'side Community Kitchen at ELCO Tranent
- Homestart Early Years, Sandersand Wynd Tranent
- Patchwork Play Prestonpans, Pennypit Centre
- Dad's Work - Online Webinar

**Over the past 12 months, 19 weaning sessions were run with 90 participants**

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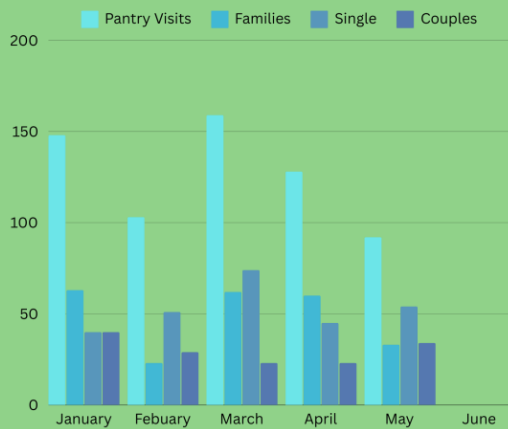
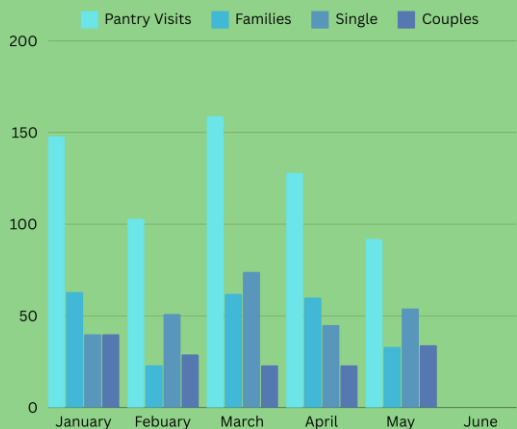
**“Super helpful and full of great tips – made weaning feel way less stressful!”**

# Community Pantry

The Pennypit Food Pantry, located within the Pennypit Community Kitchen, is dedicated to serving local residents facing food insecurity with a focus on dignity, choice, and hope. Unique in its approach, the pantry requires no referral, welcoming everyone in the community who might need a bit of extra help. Visitors have the freedom to come as often as needed, whether that being daily or occasional visits, our users get to choose from a diverse selection of top-quality food. This includes fresh fruits and vegetables, frozen and chilled items, batch cooked meals, meats, dairy products, and a variety of long-life tinned and packaged foods, as well as essential toiletries. The pantry is designed to resemble a shop, empowering individuals to select what they need, thereby fostering a sense of agency and dignity.

We were successful in 2024 to be awarded funding from, The National Lottery Cost of Living Fund to fund the pantry provision.

We have a team of dedicated and passionate staff and volunteers who manage the provision. We are committed to preventing waste and reducing hunger. Operating hours are Tuesday, Wednesday, and Thursday from 11 AM to 1 PM, Thursday Evening 5-7pm and Saturday mornings from 11 AM to 1PM, our Saturday service is served alongside a hot breakfast roll of your choice . We continue to observe increases in pantry usage, including a surge in older people. The pantry's average daily visits have increased 50% in the last year.



## Our Pantry Partner's:



“The pantry is a life line for us”

**Go4Fun** is a project which focuses on the health and wellbeing of young people in our local community. This project provides 25 young people aged 8 – 12, with a safe space where they can enjoy lunch and have the opportunity to participate in a variety of sports activities. Go4Fun is also central to the Trust's volunteering initiative, offering 5 volunteering slots per session, providing our volunteers with experience and time to work towards The Saltire and Duke of Edinburgh Award. The project runs every Friday 1pm-3pm during school term-time. We use our 5-a-side pitches and the community kitchen for our activities.



## POPS



The Pennypit Outdoor Pursuits group have already gained so many life skills from the activities and college connections. We started off with a 10 week skiing programme, set up by Edinburgh College and run in partnership with Midlothian ski centre. The Boys progressed very quickly and were at the top in a few weeks. By the end of week 5, they were on the jumps, demonstrating some real talent. This provided a great platform for students skiing independently and learning further instruction. This has provided a wonderful atmosphere for the whole year and soon the group were motor biking and learning how to cook on the BBQ. We received funding that provides a 10 week programme at BCMP in Haddington, including breakfast and lunch during the session, which is often needed due to the difficult challenges in each task. We finished off with health and fitness at Edinburgh College, to show them the other opportunities that lie ahead after school. We are delighted that 3 students applied to the intro to sport at Granton campus and successfully were accepted due to their hard work at POPS group 2023. Congrats!!!!

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**'I love volunteering at Go4Fun, after attending the club myself I wanted to help the Pennypit and the local community. It is great that I can help young people while new gaining skills**

# Sports Club

We run sports programmes during school holidays for nursery to P7 children at Preston Lodge High School. The sessions encourage active play during this time. They are well attended and all of children engage with activities, especially the Friday fruit hunt. The water fight on the last day of the summer is a firm favourite. We encourage children to bring a healthy snack and water to promote health and wellbeing. The clubs are also a great opportunity for college students and local young people to develop relevant skills and improve employability. This year we had over 50 young volunteers developing new skills. The sessions are tailored for each age group and gives the children an opportunity to learn sports including football, rugby, tennis, golf, yoga and gymnastics. Over 50 children attend each day, and 170 children registered for our summer club.



# Friday Project

We worked with 9 young people supporting them with their school work, and developing life skills. This community-based program promotes health and wellness among local young people. Through this structured group, we aimed to foster a healthier, more active lifestyle among the community's younger members and provide individual support



We are a member of the Prestonpans Community Sports hub and attend meetings regularly. We work in partnership to bring together local clubs. Working in partnership with the sports hub, we have welcomed a number of local sports clubs to our holiday provisions to deliver taster sessions to the children and young people, creating positive experiences with a variety of new and in-depth sports opportunities.



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**“My children have the best time and are exhausted by the end of the week!”**



# Community in Schools

## The Team:

Jonathan Sharples, Community in Schools Facilitator

Gillian McEwan, PTAC and Family Capacity Worker

Lisa Irvine, PTAC & Breakfast Club Worker

Euan Stratton, PTAC & Breakfast Club Worker

## PTPS Breakfast Club



We have established a breakfast club at Preston Tower Primary School (Preston Road) in collaboration with PTPS using PEF funding. Our primary goal is to offer children a wholesome and gentle start to their day. Each morning, we welcome P4 to P7 pupils, **with an average attendance of 20**. They enjoy a variety of healthy options, including toast, fruit, and cereal, along with the occasional smoothie for variety.

## PLAC – Preston Lodge Additional Curriculum

PLAC offers high school aged students the opportunity to enhance their education beyond the classroom and engage with our local community. We have assembled a team of dedicated volunteers, including former teachers and local community members, to support their learning through tutoring sessions. Students can access PLAC through guidance and inclusion zone referrals, which can be used for both short-term and long-term educational goals. Students may use it for National 5 exams or to enhance literacy and numeracy skills. The project aims to improve attainment, boost attendance, and reduce educational inequalities in the local community. **We worked with 15 young people over the year.**



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*“87% of service users felt listened to and valued”*

# Community in Schools

## Preston Tower Additional Curriculum (PTAC) 30 children



The Preston Tower Additional Curriculum (PTAC) provides children with opportunities to thrive and learn beyond the traditional classroom setting. Participants in this program often struggle with staying engaged in class and managing their emotions and behaviours. PTAC staff have already established relationships with the children, enabling open discussions about their challenges in school and collaboratively finding solutions. The PTAC curriculum encompasses a range of activities aligned with the Curriculum for Excellence (CfE), including STEAM, Health and Wellbeing, as well as Literacy and Numeracy. School management oversees PTAC to ensure it aligns with the CfE framework. Activities include swimming, cooking sessions, community walks, life skills training, science experiments, and much more. **We have supported over 30 children this year.**



P1 - veg invasion, fruit kebabs  
Oliver's vegetables,

P2 - hot cooking  
Start preparing hot meals  
and tasting

P3 - transition  
A transition to cooking  
and more tasting

P4-7 - cooking  
Knife skills, Eatwell guide  
and healthy eating

## School Cooking 800 children

We offer a cooking programme for all students from P1 to P7 at Preston Tower Primary School. These sessions feature a tasting experience with the fundamental foods team, followed by a first-hand cooking class where the children prepare a classic, delicious recipe. The kids enjoyed learning essential skills, including knife safety, the Eatwell Guide, and how to prepare healthy meals.

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**'We work really closely with The Pennypit in all manners across the school and our families, they are always helpful and always willing to do the best by our children and our families' Verity Barry, PTSP'**



# Community in Schools

**P7 Transition**

**120 children**



Throughout this year, we have collaborated with the Primary 7 students to facilitate a seamless transition to Preston Lodge High School. Our efforts have particularly focused on engaging those individuals who are typically harder to reach, fostering connections through lunch clubs and other initiatives at the Pennypit. Our transition activities for P7 students have included camps, cluster events, parties, and trips. This outreach has been essential in addressing the gap identified by the school, resulting in a reduction in school exclusions and an increase in participation among young people across the year group. **We have supported over 120 children this year through transition.**

**Family Capacity**

**18 children**

Our Family Capacity worker, Gillian, provided valuable support children and their families last year through various initiatives in collaboration with Preston Tower Primary School. Her efforts included assisting families with paperwork, organising child planning meetings, managing the walking bus, and offering help at home. Additionally, she collaborated with council services to address some of the challenges families encounter, such as social work, housing, and education. Gillian also linked families to other provisions offered by Pennypit, including lunch clubs, pantry services, and food bank referrals. **We have supported over 18 children and their families this year.**



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***“The walking bus is fun, Gillian is the best”***

# Holiday Lunch Clubs

## Jonathan Sharples

The Pennypit Trust operates lunch clubs during every holiday period, except for Christmas where we run our festive provision. We have witnessed a significant rise in hardship from the effects of the Cost-of-Living crisis, for example, food costs rising putting pressure and stretching incomes in the household. Our efforts involve collaborating with referrals from council services (Education & Social Work), local organisations and Pennypit provisions. We have successfully provided support to over 220 children and young people, assisting 70 families with pantry and uniform needs in PSG and Fa'side. Additionally, we have connected with numerous services in East Lothian, including the Library Service, Emergency Services, and others.

Lunch clubs were hosted at Preston Lodge High School in PSG and Sandersons Wynd in Fa'side. While attending these clubs, children and young people engage in sports, arts, and crafts, and enjoy hot meals and snacks. In support of our clubs, young volunteers from Preston Lodge High School have also contributed, creating opportunities for everyone involved.

We extend our thanks to East Lothian Council, FES, Walk with Scott Foundation, Community Councils, Connected Communities PSG and Fa'side, and Cash for Kids Edinburgh for their continued support and generous donations to our program this year.



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**“The Pennypit Trust is a service which we are extremely lucky to have and very much needed and utilised by many, It’s a pillar to the community of Prestonpans and further!”**



# Befriending Lisa Irvine

The Befriending Service is a noteworthy initiative that emerged during the COVID-19 pandemic, spearheaded by the Pennypit, to address the severe isolation experienced by elderly individuals in the community. This legacy project has evolved significantly, with the Trust continuing to enhance the services to not only mitigate the lingering adverse effects of the pandemic but also to combat the current cost-of-living crisis. The primary objective of the Befriending Service is to reduce social isolation and improve the overall wellbeing of its elderly service users. As a dedicated team and charity, we continually adapt our offerings to meet the ever-changing needs of the elderly community. In addition to Time for Tea and Lunch with the Bunch a Wednesday community hub was established in the Prestonpans Labour Club where senior citizens enjoy lunch and a good blether



## Time for Tea



Time for Tea has quickly become an essential component of our project, demonstrating remarkable engagement and garnering positive feedback from our service users. In addition to offering food, we incorporate exercise through chair aerobics, promoting physical well-being in a fun and accessible way. The initiative also extends volunteer and work experience opportunities, allowing individuals to assist staff in serving food and preparing the venue. This service has proven particularly valuable, as many participants experience social isolation over the weekend. By hosting the club on Mondays, we provide a much-needed opportunity for social interaction, enabling attendees to reconnect with friends and staff, thereby fostering a sense of community and support.

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*“Its always good to see someone on a  
Monday after a lonely weekend ”*

# Lunch with the Bunch

Lunch with the Bunch (LWTB) has proudly partnered with the Royal British Legion Prestonpans for over three years, providing a welcoming and supportive environment for our community members. Every Thursday from 12:00 to 13:30, we serve a nutritious two-course meal accompanied by delightful sweet treats. After enjoying the meal, participants can engage in lively games of bingo, fostering camaraderie and fun. In response to the ongoing cost-of-living crisis, we also provide essential groceries from our pantry to help address food insecurity among our service users. Thanks to the dedication of our volunteers who offer transport services, attendance has soared by 40% compared to the previous year. For many attendees, LWTB represents a vital lifeline, offering not only a hot meal but also a crucial point of social contact. Our initiative has become a cherished space where individuals can communicate, build confidence, and forge new connections within the community.



## Pennypit Delivery



Pennypit Deliveries is a heartwarming hot food delivery service operating every Friday, dedicated to serving the elderly and socially isolated within the PSG area. Our team of devoted staff and volunteers deliver nourishing meals to 45 elderly individuals and 15 socially isolated persons, ensuring they receive the sustenance and support they need. Beyond providing a hot meal, this initiative fosters meaningful connections, as the delivery often serves as the sole weekly social interaction for many recipients. These brief but impactful conversations offer companionship and emotional support, enhancing the well-being of our service users. As an integral part of our befriending project, Pennypit Deliveries continues to address the growing needs of our community. Our commitment to fostering a caring and connected community remains steadfast, making a tangible difference in the lives of those we serve.

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*7800 meals prepared for our community*

# Walking Football



Walking football takes place every Tuesday morning at the 5-a-side pitches at the Pennypit, where 15-20 men come together to take part in the game. After the session, participants enjoy soup and sandwiches at the Legion. This initiative provides a valuable opportunity for the community to engage in physical activity, which benefits both their physical and mental health. It also offers a safe, warm space where they can share a meal and socialise with others, fostering a sense of connection and well-being.

# Volunteering

Our volunteers play a vital role in supporting their community, which provides them with a strong sense of accomplishment, pride, and identity. Through their work, they develop key skills such as teamwork, communication, and relationship-building. Many volunteers have shared that their experience has helped them become more confident in public speaking, improved their ability to work within a team, and made them feel better prepared for employment. Additionally, volunteering has allowed them to forge new friendships and gain nationally recognised qualifications. Volunteers often report significant improvements in their mental health, including increased self-worth and confidence, as well as a greater sense of connection to their community. In many cases, volunteering has also helped to reduce social isolation. We offer a wide variety of volunteer opportunities through community projects in areas such as catering, sport, nutrition, marketing, and social media. Our community food provisions have been an excellent pathway for volunteers, providing them with valuable hands-on experience. With the added benefit of first aid and safeguarding training, many have gone on to secure employment with the Pennypit Trust, helping to expand local capacity. In this reporting period, we recruited 71 new volunteers, trained 38, and awarded 80 Saltire Awards.



*“It gives me respite & helps me to feel more positive”*

# Family Work by Natalie & Michelle

**Natalie Moir** and **Michelle McKinney** are the Family Support Team . We continue to work in the shadow of the ongoing cost-of-living crisis, we continue to see increasing hardship in our community, with referrals rising steadily. Families are under immense pressure, struggling to afford basic necessities like food and heating. This financial strain is taking a heavy toll on both their physical and mental well-being, and there is an urgent need for long-term, sustainable support to help them through this crisis. We are working closely with partners such as Social Security Scotland, East Lothian Council's Financial Inclusion Team, and Citizens Advice to help families access the benefits and grants they are entitled to, ensuring they can maximise their income. Around 38% of the families we support are in low-paid work, but often fall outside the eligibility criteria for government financial aid. This makes it even more critical for them to have a trusted resource for guidance and support. We are also focused on breaking down the barriers families face when accessing essential services like education, housing, and healthcare. By working collaboratively across sectors, we aim to make these services more accessible and responsive to the needs of those most in need. As we look to the future, we are committed to continuing our work in Prestonpans, Seton, and Gosford, providing tailored support to help families move beyond immediate crisis and work towards a more secure future.



*'Natalie and Michelle listen patiently and give me empathy, it changes my mood and gives me hope'*



Our **Helping Hand Facebook** service helps to reduce waste and support local people and families by providing a platform for people to advertise goods for free. Through this service we can offer white goods, furniture, carpets, beds and toys



*“They continue to support my family when others have turned their back on us”*



# Pennypit Festive Provision 2023

In partnership East Lothian Connected Communities Teams and East Lothian food bank

Our collaboration with East Lothian Connected Communities (PSG, Musselburgh and Fa'side) and their Area Partnerships support the local community over the Christmas period. This partnership approach connects all stakeholders, ensures there is little duplication of service and allows us to support the hardest to reach community members in PSG, Fa'side and Musselburgh.

We would like to extend our thanks again to the community champions who coordinated our volunteers. A total of 120 volunteers from the local area, along with 2 from RBS, contributed their time to prepare, collect, and deliver Jingle & New Year food bags, Cash for Kids Mission Christmas, and ALDI's Christmas Eve food surplus, as well as Christmas dinners.

A huge THANK YOU to everyone! Over 100 volunteers made the festive provisions a reality, and we are truly thankful for their support. We also want to extend our gratitude to 'Macmerry Men's Shed' for generously letting us use their hall. Furthermore, thank you to St. Martins Parish Church, Prestonpans Community Centre, Port Seton, and Longniddry for offering their spaces. We appreciate the staff at Prestonpans CC and Port Seton CC for their time and assistance.



Please support the Angel Tree Appeal in partnership with Longniddry & District Rotary club. Helping children in PSG have a happy Christmas

[www.angeltreeappeal.co.uk](http://www.angeltreeappeal.co.uk)

# In the Community, for the Community





## Preston Athletic FC

Pennypit Park, Rope Walk, Preston  
07224 091906  
PrestonAthletic1945@gmail.com  
www.prestonathleticfc.org.uk  
@PrestonAthletic



Preston Athletic FC remain proud and committed partners to the Pennypit Trust and thank the Trust for all their support which helps the club to retain our SFA Club Licence allowing us to play in the William Hill Scottish Cup each season plus retain our ambition to play in the Scottish Professional Football League in years to come through the new pyramid system. Our Senior side play in the East of Scotland League.

Founded in 1945, they were originally a junior club, only entering the senior ranks in 1994, when they joined the East of Scotland Football League. They first qualified for the competition proper in 2002-03.



## Preston Lodge RFC

Prestongrange Clubrooms  
Bankfoot House, Preston  
Stadium – Rope Walk, Preston  
07934 677488 plrfcbusiness@gmail.com  
linktr.ee/prestonlodgerfc  
@PrestonLodgeRFC



As the President of Preston Lodge RFC, I am honoured to share our rich heritage and unwavering commitment to our community through this prospectus for the Pennypit Trust. Founded in 1932 for former pupils (FPs) of Preston Lodge High School, we are proud to celebrate our 95th year in 2024. Our founders envisioned a club that not only promotes rugby but also fosters a sense of belonging among players and supporters alike, creating a lasting legacy that inspires us today..

Our club thrives on the dedication of our volunteers, who contribute their time and effort regardless of their rugby knowledge. Whether someone can give a little or a lot, we truly value and appreciate each and every one of our volunteers. After all, they say giving is good for the soul. We invite you to join us in our mission to enhance community spirit through rugby and to continue the legacy of inclusivity, respect, and support that defines Preston Lodge RFC. Together with the Pennypit Trust, we look forward to building a brighter future for our community. Gemma Johnstone, Club President.

**Pennypit Community Development Trust**  
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**A big thank you to all our main supporters**

