

Angus Council Communities Team

YOUTH WORK REPORT 2018



Foreword

"I want to ensure that all our young people feel, and believe, that they are valued and listened to. We could not do this effectively without the continued work of Scotland's amazing youth work sector."

Lesley Evans, Permanent Secretary, Scottish Government

The Year of Young People 2018 (YOYP) is something we should all be proud of as a country. The impact of youth work as the driving force behind YOYP has been in evidence throughout this year as acknowledged by the Permanent Secretary in her foreword to our LiNK Magazine "The Power of Participation."

To cement the legacy of YOYP2018 and ensure that our young people *"grow up loved, safe and respected so that they realise their full potential"*, it is vital that youth work services continue to be equipped and enabled to play a full role in supporting young people to thrive and succeed in all areas of their life.

Independent research demonstrates that youth work in Scotland has an Social Return On Investment of at least £656m and that value is being increasingly recognised across all key policy areas:

Youth work has a role to play in the enhancing mental health and wellbeing and particularly mental health:

"Mental health and wellbeing need to be central to our public health priorities.....Youth work provides many opportunities to advance these ambitions...Youth work can provide the place for that self-development, setting young people on a healthier and happier future trajectory"

Catherine Calderwood, Chief Medical Officer

Youth work is contributing to educational achievement and attainment for all young people:

"Youth work is a key player in educational reform and in helping Scotland to close the attainment gap between the most and least deprived. Youth work, youth advocacy and community learning and development, address the wider needs of young people and are part of our efforts to ensure every young person is able to fulfil their potential"

John Swinney MSP, Depute First Minister

Youth Work is building the soft skills and attributes that employers are looking for:

"I firmly believe that youth work has a very important and unique approach that provides opportunities in an informal setting for young people to develop skills that employers are calling out for: confidence, leadership and negotiation skills, learning to solve problems and, to work well with others."

Jamie Hepburn MSP, Minister for Employability and Training

There are many other specific policy areas where youth work's worth is being recognised such as:

- promoting equalities and tackling hate crime;
- advancing internet safety and cyber resilience;
- community empowerment and participatory budgeting;
- realising, recognising and promoting children's rights;
- promoting prevention, safer communities and resilience;

Youth work's contribution to these policy areas at a local and national level is recognised in the Interim Evaluation Report of the National Youth Work Strategy, and should be seen within the broader regulatory context of community learning and development.

Youth work has always taken a holistic and universal approach to work with young people, and recent research has shown the benefit in this universal provision in providing young people with the confidence, self-worth, friendships and life skills that ultimately lead to young people thriving.

Recently the youth work sector in Scotland across voluntary and statutory providers has begun to define the key outcomes that young people can expect to receive. Whatever the prevailing political or policy context may be, youth work commits to deliver these outcomes with young people:

Outcome 1: Young people are confident, resilient and optimistic for the future

Outcome 2: Young people manage personal, social and formal relationships

Outcome 3: Young people create, describe and apply their learning and skills

Outcome 4: Young people participate safely and effectively in groups

Outcome 5: Young people consider risk, make reasoned decisions and take control

Outcome 6: Young people express their voice and demonstrate social commitment

Outcome 7: Young people broaden their perspectives through new experiences and thinking

YOYP2018 has demonstrated that Scotland's youth work sector is improving the life chances of thousands of young people. In the context of YOYP, the First Minister's commitment to incorporate the principles of the UNCRC into Scots Law, and the Scottish Government's commitment to deliver a new National Youth Work Strategy, I am encouraged that 2019 will be a significant year for youth work.

Tim Frew,

Chief Executive

YouthLink Scotland

The National Agency for Youth Work



Introduction

The purpose of this report is to give an overview of the youth work being delivered through our Angus Council Communities team, showcasing the diversity and breadth of work which took place during Year of Young People 2018 and the positive impact it has on our young people in Angus.

2018 was designated as the Year of Young People (YoYP) a year aimed at inspiring Scotland through its young people, celebrating their achievements, valuing their contribution to communities and creating new opportunities for them to shine locally, nationally and on the international stage. The Year of Young People was co-ordinated and led by the Scottish Government. The year had 6 key themes

- **Participation**
- **Education**
- **Health and Wellbeing**
- **Equality and Discrimination**
- **Enterprise and Regeneration**
- **Culture**



Co-design was at the heart of Year of Young People where young people were engaged from the offset at a national level, helping to direct and create a YOYP that was meaningful to them.

Co design reflects the value base of Community Learning & Development, where youth and community workers work with individuals and communities to design learning and opportunities that are relevant for people. In Angus, youth workers continued to involve young people during YoYP at all levels of the service, designing ongoing learning programmes as well as working with young people on two key projects for Year of Young People: Participatory budgeting for youth 'Power of Youth' and a new Youth Engagement Strategy for Angus.

Young people were central to driving both of these projects forward and as a result both had meaningful outcomes for those involved. As we move forward, the Communities team youth work staff will continue to work with young people and partners to ensure that the work started this year continues beyond 2018 and has a lasting impact and legacy for young people.

As well as these two exciting initiatives, youth workers this year have continued to deliver our core youth work which include a mix of school based, community based youth work and other youth engagement activities (see appendix1 for full Angus Youth Work Offer). This report will give you a flavour of this work and the difference it makes to the lives of young people in Angus.

**YOUTH
WORK
CHANGES
LIVES**

"I am more confident now because of the group and because of this I have been able to do more stuff that I would have normally been anxious about"

Carnoustie Media Group participant

What is the purpose of youth work?



The essence of youth work is to enable the transition from childhood to independent adult life. In other words youth work helps young people learn about themselves, others and society, through informal educational activities which combine enjoyment, challenge and learning.
(National Occupational Standards for Youth Work)

Youth work is usually described as focussing on young people aged 11-25 and can take place in a variety of settings both in school, community and through open and street work provision. Although the settings and the programmes can be quite varied, using different approaches and methods, the values and principles across all settings remain the same.

What are the values, principles and processes that inform youth work?

Youth work has three essential and definitive features as set out in *Statement on the Nature and Purpose of Youth Work, YouthLink Scotland*

Young people choose to participate

The young person takes part voluntarily. She/he chooses to be involved, not least because they want to relax, meet friends and have fun. The young person decides whether to engage or to walk away.

Youth work must build from where young people are

Youth Work operates on young people's own personal and recreational territory - within both their geographic and interest communities. The young person's life experience is respected and forms the basis for shaping the agenda in negotiation with peers and youth workers.

Youth Work recognises the young person and the youth worker as partners in a learning process

The young person is recognised as an active partner who can, and should, have opportunities and resources to shape their lives. The relationship and dialogue between the young person and youth worker is central to the learning process.

“ I am getting the chance to try new things out with my comfort zone”

Revels of Angus participant

Youth Work in Angus

Youth work within Angus Council is delivered through the Communities team in each locality. Youth workers work alongside adult learning and community development staff which helps towards positive progression of young people into adult learning services and also supports them to engage more widely in community based initiatives. Through YoYP this has been evident through young people being involved in events such as the Dundee and Angus College Fayre, local litter picks and supporting the opening of the Forfar Gala Week.

Open youth provision is delivered by a range of third sector partners. The Communities team offer capacity building support through small grants funding, training and organisation support to our third sector partners.

Localities

In each locality, there is a Communities officer who has the responsibility to deliver school based, community based, drop-in and local youth engagement youth work for young people aged 11-25 years. Work is planned and designed with young people and other partners where appropriate.

Work with other partners is planned through a range of forums and networks such as local Children and Learning networks and locality partnerships, the aim of which is to bring resources and specialisms together to enhance the learning and opportunity for young people in localities. These partnerships have also allowed better targeting of young people, which was reflected in the most recent HMI inspection of CLD.

Angus wide Youth Work

There is half time Community Officer Post covering Angus wide initiatives including

- * Scottish Youth Parliament and broader youth engagement work
- * Fire Academy
- * Young Scot – Rewards, Young Scot Media Group and local platform
- * Equalities work including the Angus Revels LGBT group
- * Health and wellbeing initiatives
- * Angus wide involvement of young people in community planning

In addition to this work, there were a number of exciting developments this year as part of 'Year of Young People 2018'

Development of an Angus Youth Engagement Strategy

Development and test of a Participatory Budgeting process 'Power of Youth'

A Youth exchange between Angus and Italy

National Year of Young People residential

"The things I have learned at the group, I have been able to teach people at home"

Arbroath High Alternative Curriculum boys group

Angus Council Communities Team



50

Number of total youth work projects delivered in Angus in 2018



624

Number of young people registered in school based and community based youth groups



660

Number of young people who attended drop-in provision



10,527

Number of hits on local section of Angus Young Scot pages in last 12 months



1418

Number of Young Scot reward users in Angus



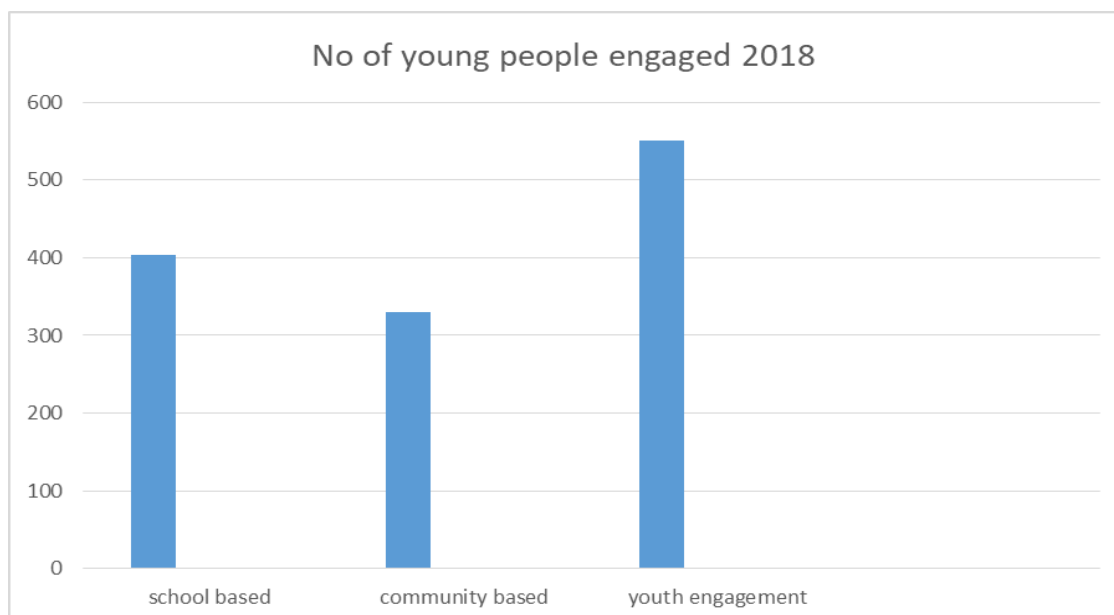
1127

Number of young people who voted in the 'Power of Youth' Participatory Budgeting



212

Number of young people who gained a DofE Award



* please note, annual reporting figures are normally run April to March each year. For the purposes of this report figures have been taken from January to December 2018 to reflect Year of Young People activity for the Communities Service.

Inclusion in Project

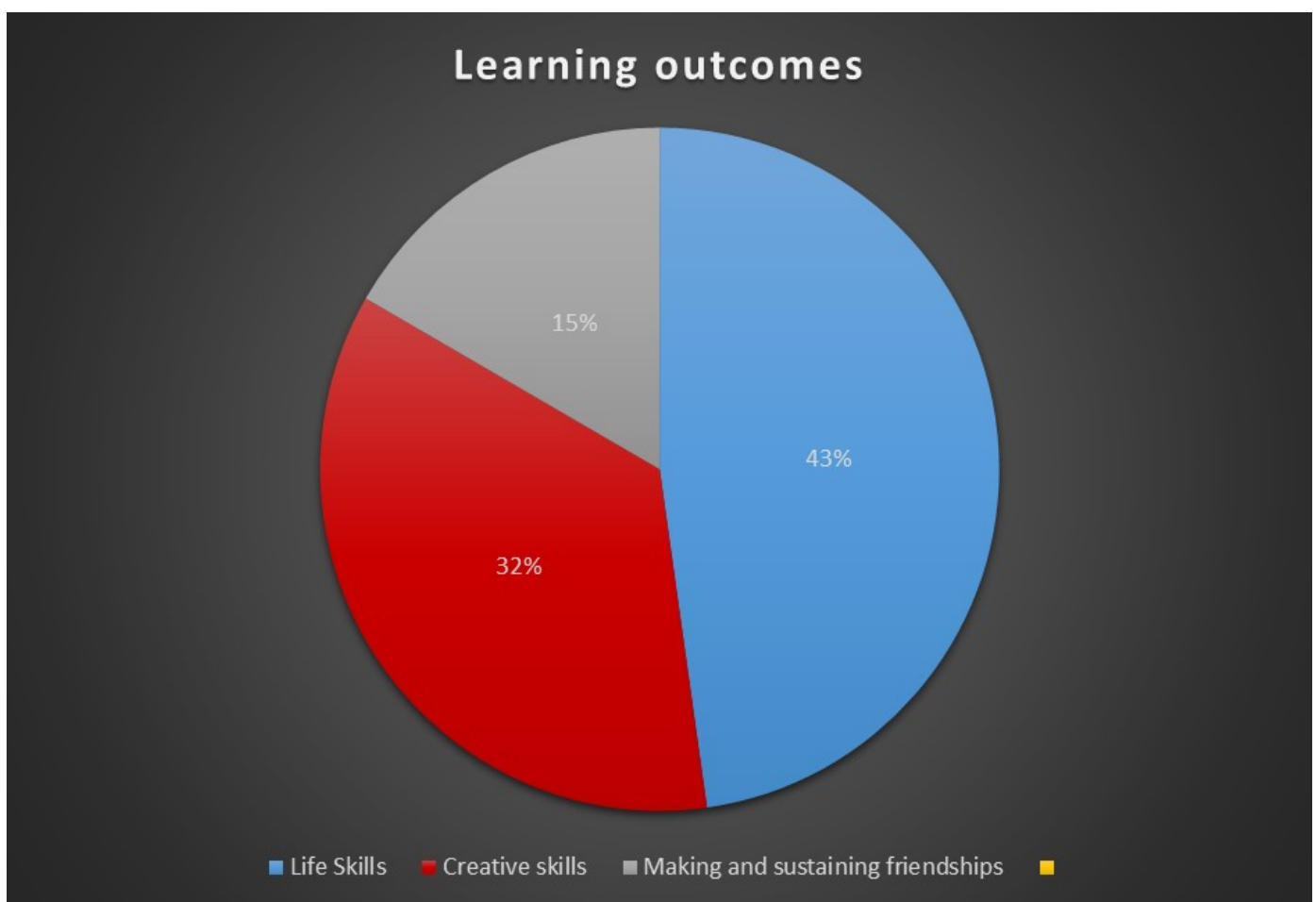
Surveys were given to all young people attending school and community based youth provision. This data is taken from the 153 young people who returned the survey.

92% of young people feel fully involved in the group

75% of young people are involved in the planning or leading or activities

89% of young people feel staff were supportive

What do you feel you have learned from taking part?



"I have learned not to hold things in and to talk to my mum more"

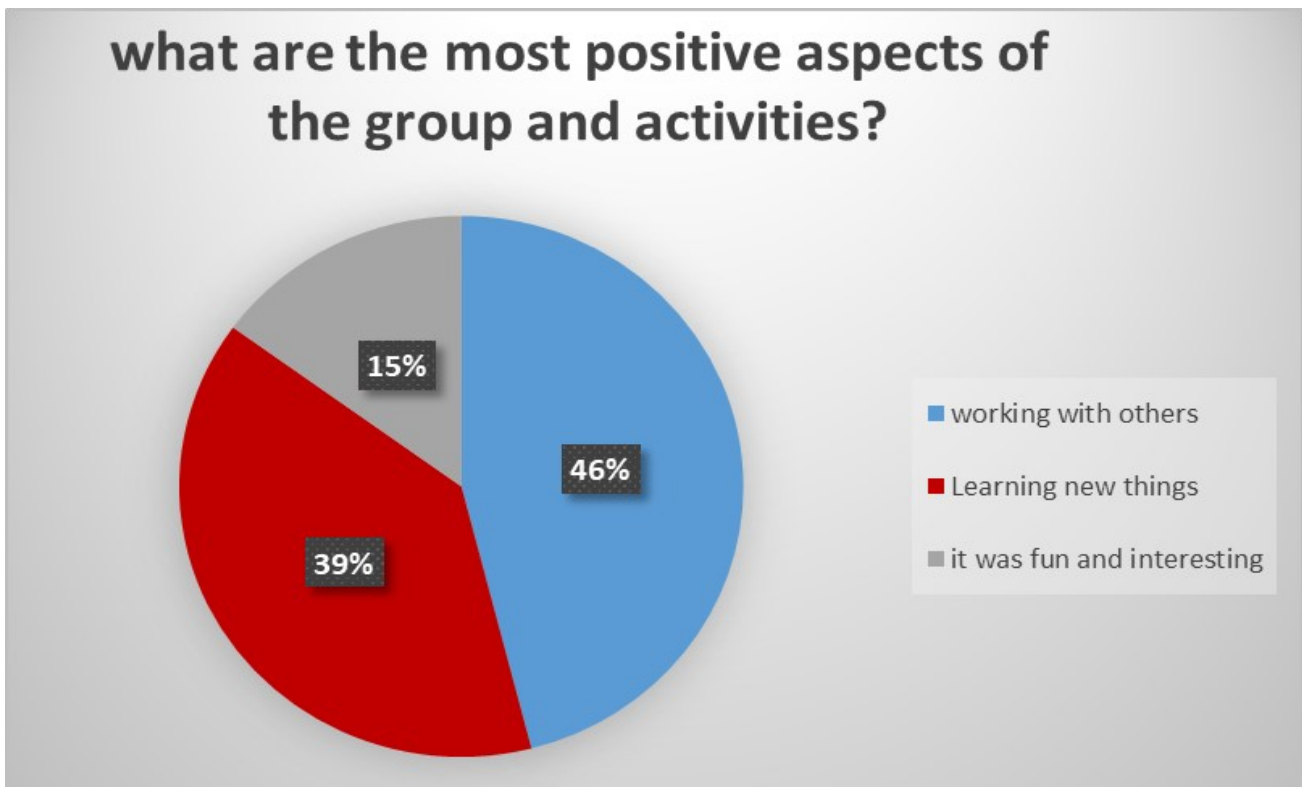
Forfar youth group participant

Wider impact



“I feel more confident so feel better about coming to school”

Montrose Youth Work participant



“I have met new people and we actually speak. Not just on phones”

Forfar step up group participant

Young Person's stories

(all names have been changed to protect the identity of young people)



Carrie's Story

Carrie became involved in youth work in P7 when she attended the Step Up transition group. She has since continued coming along to the group and has now progressed to a 'mentor' role. She takes the lead role in the project and helps train younger members of the group.

From being a participant in a youth group where she was meeting new people, to being a mentor in a group she has had the opportunity to work on developing a number of skills and we have seen her grow and develop over the last couple of years. Carrie has over the years, spoken about finding it difficult to 'fit in' at school and described some bullying incidents, saying this knocked her confidence and she found it difficult to trust people. Since coming to the group she has had the opportunity to build and maintain new relationships out with her normal school peer group and she has significantly grown in confidence. She has then taken this further by building relationships in new work settings with young people and various agencies through the Angus wide projects this year.

Through her 'mentor' role within the youth group Carrie has learned how to ensure all young people are included in group tasks. Carrie has used these skills and qualities out with the group in different settings that we have witnessed. During a local holiday programme she noticed a young person who was on their own a lot of the time and she spent time talking with her and including her in wider conversations. She again did this during a YOYP residential where she identified a young person who was struggling and not included fully in to the group, she went out of her way to speak with the young person and included her in everything that was happening with the group. This helped the other young person feel at ease with a group she did not know and helped integrate her into the group and make good friends with the rest of the group.

Through her engagement in the local and Angus wide youth work, Carrie has gained an SQA Youth Achievement award and is gaining hours for her Saltire Award.



“ I have become more social, I have learnt more styles of writing and expressing my opinions in different ways”

Young person

Young Scot media group

John's Story

John was referred to our youth group due to having severe anxiety issues which was affecting his personal relationships. John was also not attending school and found it incredibly difficult to talk about this. Staff worked with John to find out what kind of activities he would enjoy and supported him to attend groups that he would find interesting and get engaged in.

John agreed to attend 2 local groups. Staff worked at his pace, taking time not to overwhelm or over crowd him. Staff slowly developed a dialogue with John, and he was encouraged to develop his ideas in the group. Over the course of the year John has significantly grown in confidence, developing relationships with other young people and taking the lead with different project ideas. John has also developed publicity for the youth group which has helped to promote to other young people.

John has since returned to school and is engaging well, with school and parents saying they are seeing a real positive difference in him. John has now been able to open up more about his anxieties and has shared this also with peers, which has provided some peer support for them at times.

"I have learned about mental health issues and how to address them"

Montrose Awards group participant



Abbey's story

Abbey was referred to us by the school. She had been self-harming and did not come along to any other groups. We reached out to her and she was very quiet and reserved at first and would not talk about her issues and did not come along to the group for a while after this.

Eventually she did come along and disclosed that she was struggling with some relationships in her family and with peers. She disclosed that she was attending CAMHS who eventually gave her the diagnosis of Autistic Spectrum Disorder. Youth work staff supported her through this difficult time, giving her space to talk through some of her worries. We also worked with the school and her family to ensure that a full care plan was in place for her.

Abbey eventually came along to our evening groups and still does and is now working towards a Saltire award as she is volunteering for us. This is still on-going. She seems to have stopped self-harming too.

She now feels included and optimistic for the future. She is managing relationships with her family and peers better as she didn't have many friends before attending the group. She tells us home life is better. She is broadening her horizons as she is working towards an award and through her volunteering she is taking more responsibility and works safely and effectively in her group. This also allows her to make reasoned decisions and to take control. We give her the responsibility of managing the register for the group. She is very helpful and mature about this and it is broadening her perspectives through this new experience.

"I have become more tolerant of people who are different to me"

#Destination group participant

Harris's story

Harris's first experience of youth work was when he started coming along to our drop-in for 1st Year pupils. This group was set-up to help new pupils in their transition from primary to secondary school, giving them a safe space to go to at lunchtimes and enabling them to discuss any issues or worries they had.

Initially Harris was very quiet but he had come along with a couple of friends from his primary school and they soon started to mix with the other young people. He really enjoyed being in this group and through taking part in the group, Harris said that he gained some confidence from making new friends and he was happy that he could "just be himself and not feel like he was being judged like what usually happens".

At the end of his 1st year, Harris indicated that he would be happy to still attend the group as a volunteer to help the new 1st year pupils. It was at this point that the opportunity for Harris to join another group came up. This group was targeted at young people who were socially and financially disadvantaged and involved planning and running fundraising activities to cover costs of activities and a residential for the group. This group was made up of young people from across Angus and this enabled Harris to meet new people and expand his circle of friends.

Harris attended all the group meetings and took part in all the fundraising activities. Harris experienced being in new areas and he was probably the person who socialised the most with the young people out with his area. Appearing very relaxed and confident – a far cry from the young person that came along to our group 3 years previously. During the residential he was involved in a variety of activities that were new to him – kayaking, yoga, circus skills, etc. When we dropped him home at the end of the residential, he shook the worker's hand and thanked them for the week. He said he'd had a great time and got so much out of it.

Since this work, Harris has got involved in some of the Year of Young People activities. He is working to complete Dynamic Youth and Youth Pass awards at the moment. Harris is happy to talk about his youth work experiences and the differences it has made to him. He hasn't had a good relationship with some people in his family and in the past year has had the added responsibility of caring for a parent who has been ill. He has told us that the groups are the part of the week that he looks forward to and that they have encouraged him to get involved in other youth groups. He is now confident, sociable and able to integrate quickly with new people.

During the evaluation of this work Harris felt he had come far. He spoke about how his involvement with youth work has improved his confidence and social skills and given him opportunities he never thought he would have. He says through meeting and working with so many different people he feels more comfortable with who he is. From the youth work survey, he said that his "confidence has come up a lot" and he "used to do very little, now I do everything I can".

" Because of the group I have more confidence now and I got my first job"

Revels of Angus Participant

Youth Work Project case studies

Revels of Angus (LGBT group)

The purpose of the LGBT group is to provide support to young people to identify common interests and issues that affect them and investigate these. It gives young people a safe space within which to explore their identity as individuals and a group and work toward gaining a sense of inclusion and acceptance. The project is delivered in partnership with Angus Council Communities Team and Dundee and Angus College.

To date the group, with support from youth work staff has focused on raising awareness of LGBT issues in their community and of the support available to young people. The group continue to explore their identity both as individuals and a social group. The group has helped to create connections between smaller school groups across Angus to encourage young people to work together toward common goals and gain a sense of inclusion and acceptance.

Planning is young person led and activities are tailored to meet the varying needs of the young people in the group. Young people are supported to overcome the barriers they face to attend and engage, with staff often working with young people outwith group times to encourage their attendance.

Learning outcomes

Evaluations carried out over the last two years show young people feel more confident and well supported by each other and staff as a result of attending the group. Young people report feeling more comfortable to be themselves and feeling like they belong to a community.

The partnership approach has helped to support vulnerable group members to explore their options and successfully progress to further learning such as College courses and employment.

Young people have been supported to explore issues that affect them and make connections to sources of support such as Terrance Higgins Trust, and NHS Young Person's Health Workers. This has allowed young people to widen their network of support. Young people have gained funding to visit other groups in the local area and attend National events such as Pride in Kirkcaldy. This will encourage them to further their sense of connection to the wider LGBT community.

Young people gained funding to undertake a short programme around building their relationship as a group. This culminated in a one night residential. For some young people this was their first experience of being away from home and completely independent of their parents and usual support network – especially given there was no mobile signal! Young people report this experience was a positive one. It helped build their confidence to be away from home and engage with other group members and build a trusting relationship with them and staff.

Wider impact

Young people have raised awareness of LGBT issues and the support available to the community by holding an Open Evening where feedback showed those attending enjoyed the event and found it really interesting and informative. These evenings have had a direct impact on the number of young people attending the group and in turn gaining support from staff.

In terms of wider impact two young people who were disengaged from school progressed on to college. Another young person has gained further employment. One volunteer has been supported to secure accommodation independent of their parents. One volunteer was supported to apply for and secure a place at University.

#Destination

The group began in 2015 aimed at young people from low income households or those who are socially isolated. Young people were identified as having limited options to experience life outside of Arbroath and Angus.

Young people worked together to undertake local fundraising and plan joint trips funded by what they had raised such as a group residential and a programme of activities in Summer 2016. With support from staff young people successfully identified a project partner and Erasmus funding was gained with the Youth Exchange taking place Summer 2018.

Young people and families were supported by staff to ensure group members would be able to participate to their fullest ability. Staff addressed practical barriers such as lack of finances for equipment and clothing by providing these items for young people – either in kind as a loan or using some money fundraised to buy these. Staff provided transport for young people to overcome the barrier of a lack of access to transport.

Learning outcomes

Broaden the participant's sense of the world beyond their own communities, build their confidence in taking part in new experiences and experiencing different culture.

Young people report taking part in the exchange has positively impacted on their perception of themselves, their abilities and their confidence to travel and take part in new experiences. This was achieved by taking part in the exchange itself. Young people report the support of staff was key in enabling them to take part.

Promote equity and inclusion

Young people from disadvantaged backgrounds were given the opportunity to take part in a transnational activity. Funding gained allowed all young people to take part and provide them with the necessary items needed including toiletries and passports.

Enhance the skills and confidence of young people

Young people enhanced their employability skills, career prospects, developed their sense of identity, learned about how young people from other culture's tackle risky situations, increased their sense of self empowerment and self esteem, improved their foreign language competence ,built their intercultural awareness and increased their motivation to take part in future learning.

Wider impact

As a result of the project we have seen a positive impact on the young people's own mental health and overall wellbeing. Young people also report there having been a positive impact on relationships with others, family life and school.

All of the young people have progressed on to other learning opportunities since returning including

- * Volunteering at local youth clubs
- * Involvement in national YoYP activities
- * Presentations at school and in community about their experience
- * Involvement in youth engagement activities including assessment panels for Participatory budgeting
- * Enrolled at D&A college

1-2 History Crew

In 2017 the Communities Team was approached by Historic Environment Scotland with an opportunity to develop a project with young people and youth work staff, focusing on Arbroath. Youth work staff along with input from Historic Scotland and Scotland's Urban Past used Arbroath Abbey as a spring board to engage young people with local heritage and explore the history of the places which matter to them. The young people developed a history trail around the Abbey, which gives a flavour of the history of not just the Abbey but for wider Arbroath.

This project was promoted through the school to target those young people who would benefit the most with having a positive activity on a Friday afternoon. All sessions were run free of charge and where possible snacks and food were provided.

Young people also got involved in some peer to peer learning where members shared their project findings with the children of Hayshead Primary School. The young people from Hayshead tested out their 'trail' and gave the group feedback on how they found it and if any changes were needed.

Learning outcomes

Improved skills in planning and developing ideas

Young people were supported and were encouraged to explore and try out different ideas, this helped to build their confidence in the activity and in their own ability. Through this young people were able to use critical thinking and question their own ideas as well as those in their peer group.

Increased confidence in own abilities

Young people gained confidence in having their peers from Hayshead PS try out their trail and give positive feedback. All the young people described a sense of personal achievement.

Increased knowledge of local history and heritage

The group learned a lot about local history and the importance of the Abbey in the town, what it was used for and also about the strong fishing industry in the town which enhanced the skills and knowledge of the group.

Developed resilience

Through feedback from staff, peers and the young people from Hayshead, the group were given the opportunity to build resilience in how they cope with constructive criticism on their ideas and how they cope with people seeing them dressed up in large pictures displayed at a building site.

Further developed skills in working with others

Young people worked together, negotiated the plans for the project and had to assign roles for each member. This challenged the group to consider other's point of view as well as being able to express their own ideas. Young people also described not having strong friendship groups at school, but feel they have made new friends as a result of their involvement,

Wider impact

The project was nominated for a Scottish Heritage Angel Award recently which they won and as a result was put forward to the national awards in November 2018. Attending the awards was a new experience for most of the group and for some was their first experience in Glasgow. After winning the award the young people gained more confidence in their project and their own ability which they still talk about now at home, in groups and at school.

From speaking to staff at the Abbey they informed us that the trail was being used by visitors and it has been requested by the public even on days it is not normally running.

The History trail has a lasting legacy in Arbroath and is a valuable contribution to the run up of the Arbroath 2020 celebrations.

Shared Reading group Forfar Academy

School staff approached the Forfar Communities team youth work staff to discuss the idea of running a shared reading project as they were keen to address the poor figures in boys reading in secondary schools. The project would be run as a peer education/peer mentoring project for S2 boys to delivery to primary one pupils.

Young people were selected through school input, PCS staff and school resource worker.

Young people were invited to a session where they were told more about the project and took part in games and activities where staff observed to see if young people would be suitable. Young people then decided if they wanted to op in to the project.

We started the group by bringing the S2 boys together taking part in group activities and see them all working together as group and build relationships. Staff then introduced young people to Dynamic Youth achievement awards. As a group we went through activities with support from the librarian. This included the young people reading to one and other, understand using expressions and our voice, building up to reading aloud which all boys managed to do.

The group then went on to delivering sessions in two local primary schools and a playgroup.

Learning outcomes for the young people taking part?

The feedback from the group was very positive and we only had one young person decide to leave the group and 12 young people worked hard to complete dynamic youth achievement award.

The primary school and playgroups also gave amazing feedback to the boys directly which gave them a huge boost. It was shared through schools social media and was liked by many.

Our evaluations showed that young people

- * Increased their confidence and built self-esteem for some members of the group.
- * Increased attendance and effort in school for some members of the group.
- * The S2 boys inspired the infant pupils that they are reading too, showing a positive male role model.
- * Youth work staff and school resource work developed positive relationships with young people and encouraged them to access opportunities and encourage them to make positive choices.
- * Young people have completed a dynamic youth achievement award to evidence the work they took part in.

Wider impact

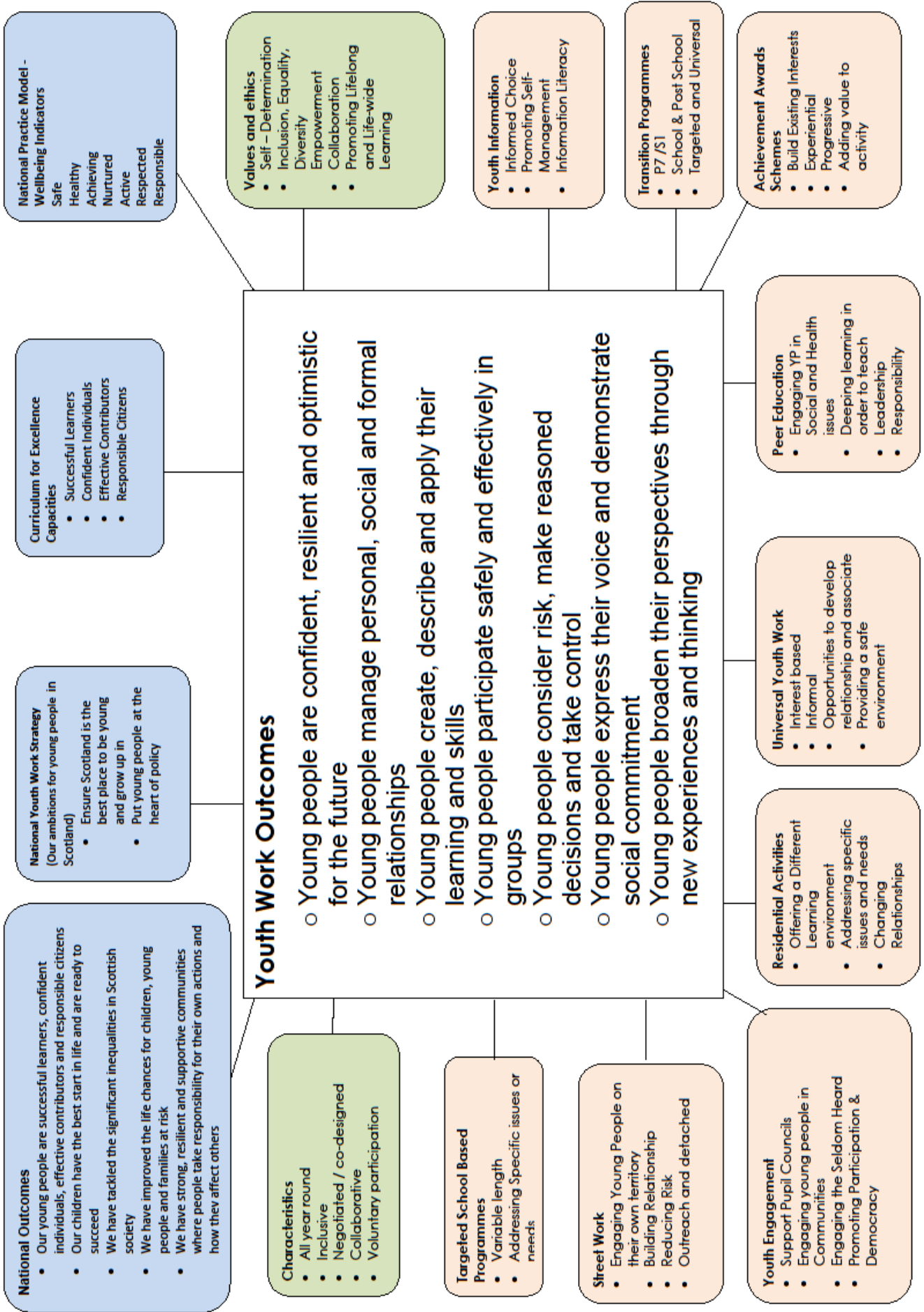
We have feedback from school staff that some members of the group are engaging positively in S3 and making good choices. We have had increased attendance for two young people that the school had concerns with. One young person has now been taken off a behaviour management timetable.

School felt the group was a huge success and it has been requested that we run another group to give more boys the opportunity.

Staff have continued to support four of the young people through a wider achievement group.

“ I have learned there are people who believe in me”

Montrose Youth Work project participant



We would like to thank all the young people and youth work staff who provided information through the surveys for our Youth Work Report 2018.

If you would like any further information about the projects featured in this report or other Communities Team Youth Work Projects, please contact

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