



Registered Charity SC/003353

2018 Annual Report



Celebrating 21 years of youth and children's work in Forth Ward



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PYCP/97



@PiltonYouthProj

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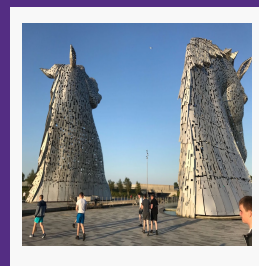
Chair's Report

This is the year that PY turns 21! [Happy Birthday] It's been a great year for PY. We've been able to do more things for more young people than ever; to build more skills and, above all to enjoy themselves! That's the most important thing. It's given young people the chance to enjoy being young. This is down to the enthusiasm and hard work of all our staff. It's down to the support we've had from children and families here in Pilton. It's down to the respect in which PY is held by all the agencies and individuals who fund us. Let's take this opportunity to remember everyone who helped keep PY at the centre of Pilton's community; children and young people, parents, the staff team and all our partners and funders.

We'll very likely have had the chance to look at the Summer /Autumn Newsletter. It's one of the most colourful and optimistic things I've read in years. The news in it is all worth knowing; 500 children a week having activities during the summer weeks, 20 organised trips and outings, 1400 dinners, suppers and picnics, over 900 children attending clubs and trips. What mostly stands out though is what young people themselves say and that is that PY is a place where you can come to do interesting things, where you can get advice, where you can share problems, where you can explore ideas for your future and above all, where you can have fun.

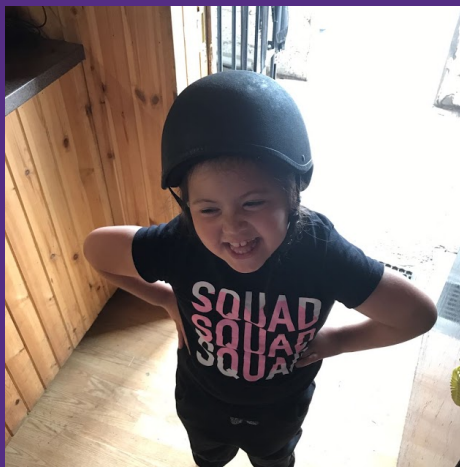
PY is committed to doing the same things in the future as it does now but more colourful with each passing year. We are also committed to adapting to the future. The challenges that young people face are changing and in many ways growing. We'll be there to help and support them for the next 21 years.

Roger Candy, Chair



Manager's Report

We have a lot to celebrate in our 21st year! Our programmes continue to grow and develop and more children and young people are engaging in our services than ever before. We have embraced the many challenges facing us over the last few years; a difficult funding climate, changes to our Board and a reduction in the capacity of our staff team. In the last year we have doubled our Board's capacity and attracted a dynamic, varied skillset. We have strengthened our relationships with existing partners and formed some exciting new ones. We have also secured a large amount of funding from trusts and foundations, diversifying our income and enabling us to expand and develop services. For example, the launch of our Play programme and recruitment of a Volunteer Development worker. Our building has also seen a range of developments, enhancing the experiences we offer to children and young people. Happy Birthday PY, here's to another 21!



Laura McLaren & Lesley Ross, Project Managers



Our Mission

“ PYCP is rooted in the local community and is committed to enabling each young person to realise their unique potential and to take a positive role in society. ”

We aim to:

Promote social inclusion through supporting a positive start in young people's lives, focusing on the promotion of personal growth and development

Create engaging, educational experiences that broaden horizons

Ensure that our services are responsive to ever changing needs and priorities

Pilton Youth and Children's Project is a registered charity formed in 1997, with roots going back to the early 1980's.

We are based in the North West Locality of Edinburgh.

We currently have over 500 children and young people registered with our services. We are a forward thinking community organisation that uses universal provision with additional targeted supports to enable and empower children and young people.

Strategic Themes

Our work is organised into

5

interconnecting Strategic Themes:

1

Play

2

Open Access Youth & Children's Work

3

Intensive Support

4

Employability

5

Alternatives to Crime



Play



Messy Play

PYCP was formed in 1997 through a merge between Pilton Adventure Play Association (PAPA) and Pilton Youth Programme (PYP). PAPA was created by local people looking for a safe space to play for children in the area. Although we already offered a range of activities for children, we decided to return to our roots and introduce a play based approach in our work with 5 to 8 year olds. Play Scotland recently launched the Play Charter to promote play as essential for healthy development: "Children learn so much from play; it teaches them social skills such as sharing, taking turns, self-discipline and tolerance of others, it assists in their emotional and intellectual development and mental health resilience which are which are core building blocks for their transition years" (Play Scotland, 2017).

Having secured funding from Cash for Kids and The Souter Trust, our team participated in training in Play Approaches and Inclusive Play with Play Midlothian and we developed a weekly play project based on loose parts, messy and sensory play. The contrast between the directed activities in their usual clubs and this new, unstructured play proved challenging at times, for both children and staff. However, over the course of the year children have engaged in play with greater confidence and initiative.

Messy play has been really successful and the children have experimented with play dough, sand, slime, gloop and bubbles. These were created using only items which can be bought on a budget or which people generally have within their homes already. We are currently working on a Messy Play Recipe book that children can take home. Outdoor play has also been popular, with free play using parachutes to build dens, sticks to build structures and creating new games using resources from their surroundings. Our plans for play in 2019 include the extension of the programme for age 8+, with opportunities for outdoor and adventure play.



Outdoor Play



My kids are always so excited to come to play at PY and I think it's great that they are bringing all these ideas home.

Parent



25

different children attended play throughout the year



65

play sessions were delivered



Imaginative Play



Open access Youth & Children's work

Throughout the year the project has a regular programme of open access activities for children and young people. In addition, specific school holiday programmes and weekend activities such as residentials are provided.

Open access provision allows children and young people to spend time with their friends and peers in a safe, supportive environment. Our staff are continuously developing and providing engaging and educational activities and opportunities, designed to develop skills, increase confidence and self esteem and act as a diversion from risk taking behaviour.

Our aims in open access provision are in line with the "Nature and Purpose of Youth Work" set out by Youthlink, Scotland's national agency for youth work:

- Build self-esteem and self-confidence.
- Develop the ability to manage personal and social relationships.
- Create learning and develop new skills.
- Encourage positive group atmospheres.
- Build the capacity of young people to consider risk, make reasoned decisions and take control.
- Develop a 'world view' which widens horizons and invites social commitment.

Summer at PY has been brilliant, I have tried loads of new things and it's been good to see my friends.

Young Person

Throughout the year the project has a regular programme of open access activities for children and young people



Girl's Group Horse riding

"PY Dinners"

We started to offer a nutritious cooked meal in school holidays three years ago, funded by Radio Forth's Cash for Kids grant funding. For some children and young people, this is something that they can't take for granted due to financial hardship in their household. It also ensures that support can be given with any issues in the absence of school. This year's "PY Dinners" were extremely popular.



1500 +

spaces were offered to children and young people in the summer programme



1400 +

dinners, suppers and picnics were provided in summer



PY Dinners



Horse riding at Lasswade

Open access Youth & Children's Work

P1-4 Junior Club provides a safe, welcoming space after school on a Friday for children aged 5 to 8. We offer fun activities such as big group games, sports, arts and crafts and cooking. We also do themed activities on topics such as healthy eating, teeth cleaning, keeping safe, making friends and so on. In 2017/18 we offered 42 sessions with an average of 26 children attending every week, a total of 1,162 service episodes.

P4 and 5 Football offers a fun way to develop football skills but also helps children with working in a team, communication and increases physical and emotional wellbeing. 18 different children participated over the year, with a total of 756 service episodes.

P5-7 Club is a very popular open access club, with a range of fun and informative activities. Our average attendance is 32 per session but it has been as high as 46. Our programme for the last year included issue based workshops, for example on immigration and internet safety.

Weekend Hubs: In the last year we continued our weekend work in partnership with Muirhouse Youth Development Group, providing a regular drop in space for young people on Friday and Saturday evenings. The aim was to divert young people from risk taking behaviour such as alcohol use, offer a supportive space to talk to youth workers and to develop new skills through fun activities. This was funded for part of the year by CashBack for Communities. This was a really popular programme and we saw regular attendance of 50+ young people per session.

Wednesday Drop In is a safe space for young people aged 12+ to meet with friends, engage in fun and educational activities and explore important issues - through discussion with youth workers or visits from outside agencies. Our average attendance was 45 but numbers were as high as 62 different young people per session. We saw a wide age range with young people from S1 to S6 attending. Activities included: arts and crafts, cooking, group games and sports such as football, dance and table tennis. Young people enjoyed discussions with peers and workers, exploring relationship issues, school life, issues within peer groups, sexual health and their future career plans.

A c:card drop in, in partnership with NHS Lothian, was provided every week before the start of the Wednesday group. This provided free condoms and sexual health and relationship advice.

S1+ Girl's Group is a long running group with 31 registered members offering a range of activities such as arts and crafts, pamper sessions, cooking, games, film evenings and dance. We also ran an issue based project over 4 weeks, responding to needs of group members. This focused on issues such as self esteem, confidence, friendships, relationships, sexual health and physical health and wellbeing. The young women value the group and the opportunity to explore important themes in a smaller setting.



300 +
children & young
people attended
open access
provision



1200 +
activities were
offered throughout
the year



Hopscotch Holiday



Beach Trip

Spotlight on:

CATHERINE DODDS, age 35

When did you start coming to PYCP?

I first started coming to PY when it was called Adventure Playground, a building at the back of where PY is now called "The Venchie" and before that in a hut near where the old Forthview Primary School used to be. Then we moved to the building that PY is in now. I must have been at primary school when I first started coming.

What activities did you get involved in?

I remember playing pool, football and table tennis. We had different groups and I have happy memories of going to the Girl's Group. I went on a lot of trips out swimming and I almost went camping. I decided last minute I was too scared but I remember my rucksack with all my clothes went on the trip without me - that was really funny at the time.

What impact has PY had on your life?

When I was 19 I started my family, my daughter started coming to PY with me on Friday's to the Parent's Group. As soon as she was 5 she started coming to the clubs. She's 15 now and still comes to the clubs; she really likes the Girl's Group and Hubs. My son was born in 2007 and he also attends the groups. He started playing football in PY from age of 5 and now he plays in a team. I think if it hadn't been for PY he may not have got so involved in sport. My youngest son will be 5 soon and he is already asking when he can come to the PY like his sister and brother! Two years ago I came for an interview for a job as a cleaner and I got offered the job. I love my job, I often have a smile to myself when I look at the photos in the lounge showing pictures of me and my friends when we were just kids and teenagers, it gives me nice memories.

What do you think PYCP means for the community?

PY always support the families in Pilton and they make sure every child, even the toddlers and babies get presents at Christmas. Parents feel they can come and see PY if they need help with anything, like filling out forms, photocopying or use of a computer. If PY wasn't here there would be nowhere for local people to turn. It's a lifeline. I think lots of children would get into mischief if PY wasn't here.

What 21st Birthday message would you like to give to PYCP?

Thanks for all the support you give everybody. Kids are always happy when clubs are on, the staff are lovely and I hope you are still here in another 21 years!



Spotlight on:

CARYN LUMSDEN, age 29

When did you start coming to PYCP? And for how long?

I started coming when I was in primary 1 (age 5) to PAPA. I came through all the clubs and groups until I started volunteering when I was 15 with PY. So it's been 24 years on and off at PAPA/ PYCP!

What activities did you get involved in?

I remembering playing football when I was really young, going to the zoo, going on camps, arts and craft activities, soft play, getting involved in the Girls Consortium events, local Quest scavenger hunts, family day trips, beach BBQ's

What Impact has PY had on your life?

PY has given me lots of confidence and self-esteem. When I started as a volunteer I wasn't that confident and didn't believe in myself but that has changed over the years. I am now leading sessions as a sessional worker and love coming to PY. Being a young person then becoming a volunteer has improved my life. At school I used to misbehave and get into trouble, but PY gave me a focus to change and look for something better

What do you think PYCP means for the community?

It's an important place for all children and young people. The older young people are always asking when PY is on. For young people it's a safe place to be with their friends and to have a hot meal, and have fun. It's good to have PY open rather than children and young people maybe getting into trouble in the community. PY works with lots of the young people who are causing anti-social behaviour and diverts them and offers alternatives programmes and opportunities for them to make better choices. I am not sure what the young people would do if PY wasn't around.

What 21st Birthday message would you like to give to PYCP?

It's great you have been open for 21 years it has made a huge difference in the community, I hope it continues for another 21 years, thanks!



Intensive Support

Sometimes young people need more support and can benefit from regular, protected time with a worker to talk through worries and identify and work towards steps for positive change. Our 1:1 support service has been running since 1997 and continues to be in demand. We take referrals from schools, social work, other youth agencies, families and young people themselves. We work in various creative ways, but the main philosophy is to listen and support the young person in a non-judgemental way.

This can cover a wide range of issues, such as low confidence, social isolation, loss and bereavement, substance misuse, peer relationships, being a young carer, self-harm, suicidal thoughts, school and behavioural issues, dealing with emotions, issues around physical health, LGBT issues, transitions e.g. leaving/moving schools, going to college, finding work.

We measure the progress of every young person using a specially designed self assessment tool, based on the Scottish Government's Wellbeing indicators of: Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible, Included.

As always we worked within a multi-agency approach, participating in Child/Young Person Planning Meetings, LAAC Reviews and Children's Hearings as part of our work in supporting the young people and their families.

The 'Roots & Branches' group has provided young people with an opportunity to develop confidence and positive friendships in a supportive, nurturing setting. This group has been a huge success and we have seen remarkable positive changes in young people, in terms of their confidence and ability to develop healthy relationships with others.

This year we have managed to extend the R&B provision to a younger age group and we now have a 'Mini Roots & Branches' group, specifically for Primary aged children. This new group has been a big success, with participants understanding what the philosophy of the group is, namely, an inclusive, nurturing group which acknowledges the importance of diversity, and everyone being valued and treated with respect. We have seen new friendships emerge and group members being a valuable source of support to each other, whether it be because they are being bullied at school, or because they are having family problems.

Similar to our 1:1 Support Service, we hope that we are engaging with children and young people at an early enough stage so that we can reduce their social isolation, increase their self confidence and resilience to prevent detrimental effects to their long term health and wellbeing.

Transition Support - Early Links Project
Having recognised that one of the most significant times of a young person's life is the transition from primary to secondary school, we set up the "Early Links" project in 2016 (ages 8 to 12), to work across our open access programme, providing additional support in these activities for young people who require it, as well as supporting new young people into the open access programme. The "Early Links" Worker was also to provide lower level 1:1 support, for example to young people who were socially isolated and in need of some additional individual support around confidence and self-esteem.

We also provided a group based transition support programme to 11 primary 7 pupils at Forthview Primary School, where all children reported that they felt more prepared and confident about going to secondary school.



390 +

1:1 sessions were offered to 43 young people



60 +

Roots & Branches/ Mini R & B sessions were delivered



Transition Group



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FACENorth

Focussing on Alternatives to Crime Edinburgh North delivers a varied and needs led work based programme to identified groups of young people at risk of crime, anti-social behaviour, social exclusion and alienation and who are unable to commit to programmes. The young men are supported to develop skills for work and life and overcome additional barriers so that they can reach their full potential. They are also encouraged to engage in a range of activities and opportunities which will increase their confidence and self esteem, as well as broaden their horizons and experiences. All of the above in turn helps steer young people away from continued unsafe and offending behaviour. The team also participate in research and aim to use their experiences to influence youth justice policy and practice, for example their work with Police Scotland and the Scottish Government regarding "Stop and Search".



82

different young people received support



100%

reduction in criminal charges for ages 14 - 16



45%

reduction in charges for ages 16+



67

Sustained progressions to employment, training and education

I want to thank you Katie and James cos I wouldn't have made a move to get in to college if it wasn't for you.

Text received from young person who got an unconditional place at College after not attending high school since S1

Our Programme in 2017/18

Midnight and Beyond : We have done a variety of sessions over the past year. Some of the places we have visited between 10pm and 3am are; Harlaw, Aberlady, Blackness, Pentlands, Dalmeny, Fife, Cove Harbour, Beecraigs and Cammo woods. This has been key in diverting negative behaviour.

Scheme of Work Employability Programme: Projects have included; Community clean up's, gardening, updating the mountain bike track @ Gypsy Brae (ongoing). Young people have also engaged in work experience, work tasters, creating/updating CV's, attended a range of training, and applied for college/ employment.

Qualifications: We taught 4 young people Maths and English due to non engagement in school which resulted in; 1 YP gaining National 3&4 Maths and English, 2 YP gaining National 3 Maths, 1 YP National 4 Maths, 1 YP National 3 English.

Weekly group sessions: we offered twice weekly activity based sessions in the evenings, as a diversion from negative behaviour and as a platform for offering support and exploring issues.

1:1 Support: all young people involved in the programme were offered individual, ad hoc support as and when required.

Additional trips and residentials: These were offered regularly, as both diversionary activities and as an incentive for positive behaviour. A particular highlight was when we took a group of young people to Camas on the Isle of Mull for a week to help the centre staff get ready to open for the season. This was called a 'Work Week' which involved the young people digging trenches, carrying a flat packed shed over the mile and a half trek over moorland and helping create foundations for the shed to be built on. The young people also helped with daily household chores.

Partnership working is central to the FACENorth project, with close working relationships with Police Scotland, youth justice, local housing associations, other youth organisations and so on. We also work with a range of funders to whom we are extremely grateful for their support (detailed below).



On top of Berwick Law



Mountain biking at Loch 'an Eilan

PT4Y Employability

Recognising that many young people in our community are very far away from the job market, we have developed an employability programme called PT4Y (Positive Transitions for Youth), which focuses on building skills and confidence at Stages 1 and 2 of the Employability Programme, ensuring that they have greater chance of sustaining a college course, training programme or job. It is an individually tailored key work based programme, with a weekly drop in and other group activities. Many of the young people we work with are socially isolated and this increases their social skills and team working. We also offer 1:1 support to any of these young people, or others that are in need of employability support.

We also do additional themed projects, for example the "FitBit Busy" programme which was awarded funding after being voted for by local young people and funded by Edinburgh Council. This focused on building confidence and fitness for 10 young people.

Key partners: City of Edinburgh's Life Long Learning, Skills Development Scotland, Community Job Scotland, North Edinburgh Arts, Princes Trust, Edinburgh Leisure, Fast Forward and Dynamic Earth.



35

PT4Y group
sessions were
delivered



22

young people
took part in PT4Y
group sessions



36

different young
people received
support



33

young people sustained
progressions to
employment, training and
further education

My journey through PT4Y is one I'll never forget. It gave me not only the platform to help me find a career but it also gave me the confidence to make the right decisions and help me make myself a better person. I owe a lot of what I have today to PT4Y and the workers who supported me through it.
Peter

Case study: After a difficult experience at high school with bullying Peter decided to leave as soon as he could. He was 16 and despite having achieved good qualifications, he had no direction and little support to enter into a positive destination. A few weeks of staying at home playing computer games in his room spiralled into a year. Peter became isolated and his mental health deteriorated. He lacked the confidence to leave his house and he lived off junk food. Peter was eventually referred to PT4Y and after a home visit came along to the Wednesday session.

Peter was particularly shy at the beginning and preferred to keep to himself. However, with lots of support and encouragement from staff his confidence increased and he started to take an interest in healthy eating and exercise. Since he was thriving in PT4Y he felt able to start work with through a Community Job Scotland contract at a local youth project. Within the year Peter lost two stone in weight, he made new friends and started to feel positive about his future. Once Peter's year long contract came to an end, he continued to work at the organisation as a sessional youth worker. He then applied to work as a Pupil Support Assistant for a local primary school and was successful in his interview.



PT4Y Foxlake trip

Highlights...



Our new "Cafe for Kids" and kitchen funded by Radio Forth's Cash for Kids



PYCP became Johnston Carmichael's "Charity of the Year"



Our "Fit Bit Busy" Employability Project



FACENorth Boys pass their Fire Safety Course



Thanks to First State Investments

Spray PYaint Project



Sainsbury's bank decorating our cafe for their community challenge



Our special cheque from The Morrison's Foundation



Music Project with Edinburgh University Students



Our refurbished sports hall funded by Youthlink's Cashback for Facilities

Partnerships

We have worked in partnership with a wide range of organisations in the last year which has enriched the services we offered and helped us reach more young people. This included local primary and secondary schools, other youth and children's work organisations, police, social work and youth justice, health services, housing associations and steering groups such as Lothian Association of Youth Clubs.

A significant development was the creation of North Edinburgh Youth Work Consortium. Following discussions over the past few years, 5 local youth work Agencies have agreed to pilot a more formal & focused approach to working together. The new Consortium is made up of FetLor Youth Club, Granton Youth Centre, Muirhouse Youth Development Group, Pilton Youth and Children's Project and Spartans Community Football Academy.

This has been supported strategically by The Robertson Trust and The City of Edinburgh Council. The aims of the Consortium are to increase the impact of our services, share resources, strengthen the possibility of attracting funding to the locality and to develop a workforce of trained youth workers.

Partnership working helps us extend our reach, learn new skills, enhance our practice and above all maximise positive outcomes for children and young people.

Project Manager



Our Staff Team, Learning and development

Our core team have many years' experience in work with children and young people, with qualifications in Community Education, Outdoor Education, Social Work and Psychology. Most of our core team members have 10-20 year's experience in the field!

However, we are also committed to developing new talent and a number of young people who attended our provision now work as sessional staff. We are dedicated to creating progression routes for young people, whether it be within our services or in the wider community.

Staff are involved in continuous professional development, attending regular training including certificated and licensed programmes. Courses that individual staff have undertaken have included SQF9 Award in Leadership, Mental Health First Aid and Mentors in Violence. We also believe that "whole team" training and development is important and themes this year have included Service Planning, Safeguarding and Child Protection, Roles and Responsibilities, Evaluation, Play and First Aid.



Financial Report:

Incoming Resources:

Project Grants:	£458,885
Other Income:	£11,769
Investment Income:	£46

Total: £470,600

Resources Expended:

Governance costs:	£20,835
Charitable costs: (before pension scheme past service gains)	£348,758

Total: £369,593

Funders:

City of Edinburgh Council

CashBack for Communities

Big Lottery Young Start

Radio Forth Cash for Kids

The Robertson Trust

The Morrison's Foundation

First State Investments

Trusthouse Charitable Foundation

RS MacDonald Charitable Trust

Sir Tom Farmer Foundation

The William Wates Memorial Trust

Muirhouse Housing Association

Edinburgh Guarantee

CEC Holiday Activity Fund

Charles Hayward Foundation

Ponton House Trust

Dr Guthrie's Association

Castle Rock Edinvar Housing Association

Leonardo

West Granton Housing Association

Johnston Carmichael Chartered Accountants

Hopscotch Children's Charity

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Special thanks to: Hibernian Football Club, Inspiring Scotland, Marcella Boyle

Staff Team



Lesley Ross - Project Manager

Laura McLaren - Project Manager

Debbie McMillan - Business Manager

Adele Irvine - Youth Development Worker

Katie Grover - Alternatives to Crime Worker

James Riordan - Alternatives to Crime Worker

Jo Drew - Intensive Support Lead Worker

Brian Greateorex - Intensive Support Worker

Kim Moran & Luciana Castorini - Intensive Support Workers

Vikki Armstrong & Jen O'Neill - Employability Workers

Harry Munro - Early Links Worker

John Meechan - Admin / Youth Worker

Catherine Dodds - Cleaner

Caryn Lumsden - Sessional Worker

Cat Burns - Sessional Worker

Elisha Japp - Sessional Worker

Chloe Thomson - Sessional Worker

Catherine McMillan - Sessional Worker

Danni Spencer - Sessional Worker

Dale Hughson - Sessional Worker

David McMillan - Sessional Worker

Fiona McGillivray - Sessional Worker

Michael Aird - Sessional Worker

Michael McMillan - Sessional Worker

Stacy McKenzie - Sessional Worker

Scott Matthews - Sessional Worker

Shaunie Hamilton - Sessional Worker

Janie Prime - Volunteer

Jason Gray - Volunteer

Maria Stirling - Volunteer

Stefan Szymoszowskyj - Volunteer



Thanks to our Staff Team and volunteers

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