

Pilton Youth & Children's Project



2019/20 Annual Report



PYCP97



@PILTONYOUTHPROJ

Registered Charity SC/003353

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Chair's & Project Manager's Report

Chair's Report

2019 was another good year for PYCP. We have worked with many young people to build new skills and to enjoy being young. PYCP is a place to do interesting things, to get advice and share problems, where you can get ideas for your future and, above all, where you can enjoy yourself. Play, open access group activities, school holiday programmes, one to one intensive support and alternatives to crime are just some of what PYCP does. Throughout everything that we do, we build confidence and self-esteem, through professional and peer support and through the work of volunteers.

We live in challenging times. I write this in lockdown. The future of all sorts of community activity may not be straightforward when this is over. What new demands will we face? How should we adapt? What new things will we need to do?

PYCP is well prepared, both in the experience of our staff and in the variety of our offer to the community. We are looking forward to what lies ahead!

Roger Candy, Chairperson



Project Manager's Report

We would like to take the opportunity first of all to thank the team at PYCP for their commitment, hard work and resilience in providing services to so many children, young people and their families. Their dedication is truly amazing!! The relationships they have built with families, the community and our funders have made us the organisation we are today. We would also like to thank all our children, young people and families – we are privileged to know you and be part of your lives. As we look back on how we have worked together in the last year, we now look forward to seeing what you achieve in the year ahead. We are also very grateful to be part of the local community - its spirit shines through even in the darkest of days and PYCP will continue to strive to be a valued part of that.

We will be reviewing all of our services in the coming year and revisiting our Strategic Plan, ensuring that we have clear aims and objectives and are equipped for any challenges that may lie ahead. We have nurtured relationships with existing partners this year and we look forward to building new ones; learning from each other and creating quality programmes together. Thank you to everyone who has been part of our "PY Family" this year – young people, families, our staff and volunteers, students, partners, funders and also a huge thank you to our Board for all their support and encouragement.

Lesley Ross and Laura McLaren, Project Managers



Our Mission

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.

“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

Our work is organised into 5 interconnecting Strategic Themes:

1
Play



3
Intensive
Support



5
Alternatives
to
Crime



2
Open Access
Youth &
Children's
Work



4
Employability



Play

Adventure Play

Opening up a world of adventure

2019 brought an exciting new development in our Play provision; our “PYCP Adventurers” Project. This is funded by Children in Need for 3 years and uses outdoor and adventurous play to help children aged 8 to 12 develop a safer approach to risk, as well as developing team work skills, confidence and resilience. Two groups of 10 young people at a time meet every week. Our Adventure Play Worker Aga has lots of experience in developing play projects and has become a great addition to our team.

Here are some of the activities children got involved in last year:

Safe Use of Tools

- **Gardening**
using various tools to prepare the plot in order to plant some bulbs
- **Carving Pumpkins for Halloween**
- **Making Bird Feeders**
young people used various tools e.g. knives, scissors, apple corers.
- **Making Giant Bird Nests**
using the tools and ropes

Fire Safety Awareness

- Fire safety with the local fire station
- Using portable BBQs for cooking popcorn and toasting marshmallows on them
- Using flint and steel sets to make fires
- Making a bonfire and toasting marshmallows

Other Adventures

- **Foraging**
picking wild blackberries and making juice
- **Climbing trees**
- **Playing games in the dark using torches**
- **Trip to the Lauriston Castle**
skimming stones, scavenger hunts and using torches in the dark
- **Trip to the Gypsy Brae**
making a bonfire, cooking smores and climbing the trees

“In Tunisia, we don’t carve the pumpkins. I want to do it. It looks like fun”



“Life would be boring without the challenges. It is good to try new things and have a go. Even if it doesn’t work out, you have friends to help you”



“I wish I could come to PY more often than once a week. It is safe here”

“I am always hyper but I am ok here”



“I liked working in a team when building the nest”

“PY Play” – for Primary 1 to 4

Building confidence through play

Continuing our indoor play programme this year, we have also offered younger children lots of opportunities for learning and growing in confidence through play. Play is an important part of our history, with roots going back to Pilton Adventure Play Association in the 1980s. We believe that play is vital for children’s emotional development and mental health. That’s why we offer a safe space for them to be with friends and use a range of materials and resources in messy, loose parts, sensory and imaginative play zones.

We try to go outdoors when weather permits. Activities children have enjoyed so far are bird feeding and watching, bug and beasties hunts, treasure hunts, fun with bubbles and outdoor games. We are hoping to secure funding this year to offer more opportunities for this younger age group in outdoor play. Watch this space for news about “PY Explorers”!



OVER

THATS OVER

56

CHILDREN ATTENDED
THROUGHOUT THE YEAR

60+

PLAY SESSIONS

3,000

SPACES A YEAR



Open access youth and children’s clubs

A safe environment to build connections

Throughout the year we offered a weekly programme of free, open access activities for children and young people. School holiday programmes, including daily lunches, trips and residentials were also a key feature of our activity programme. Our open access provision allows children and young people to spend time with their friends and peers in a safe, supportive environment. It also enables us to engage young people in new experiences that their families may struggle to afford, such as residentials. Our staff are continuously developing and providing engaging educational activities and opportunities, designed to develop skills, increase confidence and self esteem and act as a diversion from risk taking behaviour.



THAT’S OVER

350+

CHILDREN ATTENDED
THROUGHOUT THE YEAR

15,750

SPACES A YEAR

Open Access Youth and Children's Work

We also provided programmes in school holidays, including activities in our centre, trips to interesting places and to do exciting things like go-karting, climbing and visiting adventure parks. Providing a nutritious meal every day in school holidays for any local young people aged 5 to 18 was again key to our holiday services, recognising that some families can struggle without free school meals. We also built on additional activities to lunches and suppers, giving young people a safe place to meet with friends and have fun.

Funky Fridays – for Primary 1 to 4 *Fun for all*

An average of 30 different children enjoyed taking part in this club every week, with activities including arts and crafts, using our soft play room, sports and games in our sports hall and outdoor play. The children particularly enjoyed outdoor projects, from making bird feeders and planting bulbs and seeds to treasure hunts. Health promotion is an important focus in the club, with children being offered a variety of fruit and vegetable snacks every week. We also ran themed sessions, such as 'Looking after our teeth', where every child was given teeth cleaning charts, stickers, brushes, toothpaste and mouth wash to take home.



Girls Group - S1+ *Empowering young women*

24 young women took part in the group, and together with them we developed a programme of activities and issue-based sessions. The group enjoyed activities such as arts and crafts and cooking. The issues they wanted to explore included sexual health and relationships and drug & alcohol awareness and harm reduction. We also worked in partnership with SHE Scotland, who delivered a 6-week programme on themes such as confidence building, self esteem and peer support. The group also completed a first aid course with the British Red Cross.



The group took part in two residential over the year; at Pilton Retreat in Ratho where they enjoyed rock climbing, archery and a beauty therapist offered acrylic and shellac nail sessions. They also visited Woodfield House in Bathgate for a weekend, doing activities such as gorge walking and trampolining. A highlight was using the indoor pool and a hot tub!

● **Primary 5 to 7 Group**

Creativity unleashed

Between 45 and 55 young people attended each session and enjoyed activities such as cooking, arts and crafts and mixed sports. We offered some exciting projects, including making cement sculptures with a local artist and a 10-week drama project with students from Queen Margaret University where the young people developed a performance on “Being Unique”. A group of 10 young people who attend the club took part in a week-long trip to Ardvullin House through Hopscotch Holidays, which was a fantastic experience.

● **Wednesday Drop In - S1+**

A space to be yourself

We have had as many as 80 young people attend this at a time – a sign of how popular this weekly group is! A wide age range of 12 to 18 came along to take part in activities such as football, using our inflatable obstacle course, arts and crafts, cooking and dance workshops. We’ve seen first hand how young people really value having a safe space to meet with friends and having workers on hand to support them with any difficulties. We’re also able to refer them for more support through other PYCP or external services. We offer a c:card contraceptive and health advice service in every drop in.

Ten young people from Wednesday Drop In took part in the Youth Work Games, a residential experience led by our close partner Muirhouse Youth Development Group, where young people came together from other youth agencies across North West Edinburgh. A group of young men who attend Wednesday Drop In also took part in a residential at Pilton Retreat where they participated in rock climbing and cycling.



● **Weekend Hubs**

A supportive space to hang out

We continued with this popular partnership based programme, where youth workers from other local agencies worked with our team to offer a weekly hub on Friday and Saturday evenings for young people aged 12-18. The aims were to offer a safe and supportive space to talk to youth workers, develop new skills through fun activities and divert young people from harmful activities such as alcohol use. This was a great opportunity to share our skills with other agencies and we look forward to more partnership projects with our friends in North Edinburgh Youth Work Consortium.

An average of 90 young people attended hubs every weekend, all year round.



Here for good.



Intensive Support

Our 1:1 support service has been running since 1997 and continues to be in demand, working closely with local schools and other agencies to identify and support young people who would benefit from regular time with a worker to talk through worries, explore possible solutions and have a positive role model and trusted adult in their lives. We understand the impact that multiple disadvantage can have on a young person and their family and we support them on a wide range of issues. We receive most of our referrals from schools, but young people can also refer themselves. We participate in wider, multi-agency networks to help ensure that young people and families have all the support they need.

In 2019, we supported 44 young people, and achieved many positive outcomes.

A positive influence in young people's lives

"1:1 sessions gave me an increased attitude to life"

"1:1 support makes life better!"

"It's a focused way of finding what I need, what's missing"

"I can feel that I am different now, happier"

Bridging the gap for schools

"We here at Forthview School absolutely value the 1:1 support work that PYCP provides. This service is crucial to the young people's development as it contributes to building their confidence, self esteem and provides nurture support. We value 1:1 especially as we are a trauma informed school and believe that it takes just ONE positive relationship to make a significant impact that could change a child's life for the better. 1:1 support has provided community links and bridged the gap between schools and outside services. This has enabled partnership projects to be successful as well as allowed for the GIRFEC model to really take place."

Deputy Head teacher, Forthview Primary School

“For years, PYCP’s 1:1 service allows some of our most vulnerable students a safe and nurturing environment to be themselves without fear of judgment, disappointment or upset. The opportunity for the pupil to create a relationship with an additional trusted adult is invaluable and works wonders for their confidence, resilience and self-esteem. They feel supported and know that their 1:1 worker understands them and how they feel and will work with them on strategies to help them cope better with all of the difficulties life can throw at them. Many of our young people are highly anxious but look forward to, and often rely heavily upon, their sessions with their worker to help them feel at ease. I could make countless referrals to the 1:1 service and still find more young people who could benefit from their vital input.”

Guidance teacher, Craigroyston High School

We also offered a weekly group support programme after school for young people aged 12+ called “Roots and Branches”, where they had support from workers, helped each other by sharing worries and benefited hugely from friendship with others. We hope to develop this further in 2020, focusing on peer support.



420+

1:1 SESSIONS WERE OFFERED



40+

ROOTS & BRANCHES GROUP SUPPORT
SESSIONS WERE OFFERED



44

YOUNG PEOPLE BENEFITED FROM 1:1
SESSIONS



26

YOUNG PEOPLE TOOK PART IN A ROOTS &
BRANCHES GROUP

Alternatives to Crime

FACENorth (Focusing on Alternatives to Crime Edinburgh North)

FACENorth (Focusing 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 and social exclusion. 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. All of this 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 the Scottish Government regarding “Scottish Sentencing Draft Guidelines” and with the University of the West of Scotland regarding “Young People and Social Control”.

Activities:

Midnight and Beyond

We offered a variety of sessions over the past year. Some of the places we visited between 10pm and 3am were; Harlaw, Aberlady, Blackness, Pentlands, Dalmeny, Fife, Cove Harbour, Beecraigs, Yellowcraigs, and Cammo woods. This was key in diverting negative behaviour.

Scheme of Work Employability Programme

Projects included: Community clean up's, gardening, updating the mountain bike track @ Gypsy Brae (ongoing). Young people also engaged in work experience, work tasters, created/updated CV's, attended a range of training, practised for CSCS green card and sit tests, and applied for college/ employment.



1:1 Support

Individual support is offered where needed to help young people overcome any issues, to apply for jobs or training, support them to attend meetings and help to move towards goals.

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 Aviemore for 4 days to engage in a range of outdoor activities and group work sessions based around making more positive choices. This created the opportunity for respite and time for reflection which has

since supported them towards a more positive destination, including returning to education and gaining employment. Because of this trip, we have the opportunity to return to Aviemore in 2020 to help the youth hostel review their refurbishment and give opinions

Partnership working is central to the FACENorth project, with close working relationships with Police Scotland, youth justice, solicitors, 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 .

From the success of this work and the trusting relationships formed, we have been able to employ a trainee Alternative to Crime Worker through Community Job Scotland. They were one of the first young people we engaged with in 2014 and he has worked hard to desist from offending and become a positive role model for other young people. This has been key to other young people becoming motivated to gaining further education or employment instead of engaging in crime and anti-social behaviour. We have 2 young people that we are working with that we feel are peer mentor capable that we would like to provide similar opportunities for in the near future.



91

DIFFERENT YOUNG PEOPLE RECEIVED
SUPPORT



43

SUSTAINED PROGRESSIONS TO EMPLOYMENT,
TRAINING AND EDUCATION



15

SUPPORTED FAMILIES TO MAINTAIN
TENANCIES



11

YOUNG PEOPLE NOW HAVE CBT TRAINING
AND LICENSED MOTORBIKES / CARS

We now have a new group of 23 young people who will now gain support and access services/ programmes in 2020.

Aviemore Youth Hostel—November

PY FACENorth received funding from SYHA through the Hostelling Scotland Explorer Fund to take a group of young men on a residential for 4 days to Aviemore. We stayed in Aviemore Youth Hostel and focussed the trip on increasing confidence, team building, desisting from anti-social behaviour and crime and also goal setting for when they return. As well as

team building and communication games, we took part in mountain biking at Laggan Wolftrax Mountain Biking Trail Centre, Quad Biking in the Alvie Estate and fire building on Loch Morlich. Since this trip the group have all moved into positive destinations including college, apprenticeships and stage 2/3 courses. With these types of opportunities we can support young people further and increase their experiences, motivation and self-reflection.



Volunteering

Since recruiting our Volunteer Development Worker, Debs Hahn, in October 2018 we have worked on developing a more integrated approach to volunteering as well as expanding and diversifying our volunteer team. Debs has developed resources to support volunteers through their induction and initial training, which have been successfully used for 24 volunteers over the year. We currently have a working team of nine volunteers supporting our work in open access clubs and groups, as well as in some closed groups. Two groups have eliminated the need for sessional staff and are now run by a lead worker supported by a team of more experienced volunteers. Feedback from staff, volunteers and young people in these groups has been overwhelmingly positive, with staff feeling well supported and volunteers appreciating the opportunity to build more in depth relationships with young people.



"Hopefully we can find things to be cheerful about. PYCP is one of them for me." - Volunteer, Adventurers Club



Diversity is a key value. Our current team of volunteers range in age from 19 to 70+ and come from a variety of backgrounds. We also support two volunteers with a learning disability. We have found that volunteers get involved for a variety of reasons, from those at the start of their careers looking to gain more experience, through people looking to do something different and work with new groups of people in their spare time, to retired people looking to give something back to the community. Some volunteers have stayed with us for a shorter time, this has been mostly because they were seeking, and have found paid work in a related sector. We are pleased to have supported volunteers to do this.

"Volunteering at PY is a genuine highlight of my week. The young people we are working with are great! It's great to have an opportunity to get some hands on experience outside my course too." - Volunteer, Roots and Branches

"I feel I've gained a lot of confidence over the time I've been at PY. I wouldn't have thought at the beginning I'd be running the hall game, so I was really pleased when the lead worker asked me to." - Volunteer, Funky Fridays

We have supported 2 successful placement students from University of Edinburgh Community Education department, and have also developed a new relationship with the Psychology department. We are currently working on developing a team of young volunteers to support the delivery of the teen boutique.

1054

hours of volunteer time given

24

volunteers have been part of the project

90%

would recommend volunteering experience to a friend

Highlights

Aberdeen Asset Management and Cash for Kids funded our brilliant new mini bus! This has enabled us to go on lots of exciting adventures.

We launched our donation scheme for supporters to become a PY Pal and making a one off donation or giving monthly

60 families attend our open day in the summer. At the last count there were over 200 people in the project

Club numbers have risen by 22%; We now have over 540 young people registered and up to 70 attending at any time! That's a lot of fruit and toast eaten!



Numbers climbing with new families arriving in the community: BAME children and young people have increased from 8 to 18% in the last 24 months

The Winkle Brown Memorial Fund gave 2 of our young people the experience of a lifetime and went up for a spin over to the east coast of Scotland in a 4 seater plane



Thanks to First State Investments we now have an Enchanted Forest in our dance studio. Despite the lack of experience in art and design First State produced a daytime and night-time scene on 2 walls of our dance studio

Record breaking numbers of residentials over the year: Trips to Yorkshire, The Potteries in Stoke, Youth Work Games at Loch Tay, camping in Aviemore, Hopscotch holidays near Fort William

2500 PY Dinners and suppers served over the 6 week Summer holiday. With no school dinners during the holidays we provided a safe place for children and young people to come and have a hot cooked meal at midday or supper time

The National Galleries of Scotland and Our Dynamic Earth provided free activities in the school holidays. The Edinburgh Science Festival even came out to see us and did some mind blowing experiments in the project!

Financial Report

Incoming Resources:

Project Grants	£398,222
Donations	£15,325
Investment Income	£390

Total £413,937

Resources Expended:

Governance Costs	£4,752
Charitable Costs	£404,699

Total £409,451

Funders

The City of Edinburgh Council
Big Lottery Fund
Radio Forth Cash for Kids
The Gannochy Trust
Robertson Trust
First Foundation
Tampon Tax Community Fund
William Wates Memorial Trust
The Jigsaw Foundation
Muirhouse Housing Association
West Granton Housing Cooperative
The Ryvoan Trust
Garfield Weston Foundation
St James Place Charitable Foundation
Robert Barr Charitable Trust
Johnston Carmichael
Cruden Foundation Ltd
Souter Charitable Trust

Sir Tom Farmer Foundation
Royal College of Physicians
Dr Guthrie's Association
Jubilo Choir
Asda Small Grants and Green Coins
Aberdeen Asset Management
Tesco Express
Cycling UK
Aberlour Child Care Trust
Virgin Money
The Kiltwalk
Oakland School
Cargilfield School
PA Consulting
DIS Abroad Denmark
Holy Cross Church
Supporters of Amazon Smile



Printed By:

SERVICE GRAPHICS 

Staff

Lesley Ross - *Project Manager Youth Work, Employability and Volunteering*

Laura McLaren - *Project Manager Children's Work and Intensive Support*

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 Greatorex - *Intensive Support Worker*

Luciano Castorina - *Intensive Support Worker*

Zoe Powell - *Intensive Support Worker*

Jill Hume - *Intensive Support Development Worker*

Jen O'Neill - *Employability Worker*

Harry Munro - *Early Links Worker*

Catherine Dodds - *Cleaner*

Students

Lena Schneider - Erasmus Student and Volunteer

Beth Cochrane - Community Education Student and Volunteer

Sessional Workers

John Meechan

Caryn Lumsden

Elisha Japp

Chloe Thomson

Danni Spencer

David McMillan

Fiona McGillivray

Dale Hughson

Isla McLeod

Stacey McKenzie

Jason Gray

Michael Aird

Volunteers

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