



PYCP

**SPRING/
SUMMER
2022**

Pilton Youth & Children's Project

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Registered Charity
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PYCP 97



www.pycp.co.uk



@piltonyouthproj



@piltonyouthchildren

Celebrating 25 years

25
years
anniversary



Can you believe it??

PYCP is 25 years old this year! We were formed in 1997 when two organisations; Pilton Youth Programme and Pilton Adventure Play Association merged to create the organisation we know today.

We are going to have a special birthday celebration in our summer programme with a photo exhibition and fun activities, so please keep an eye on our social media for details!

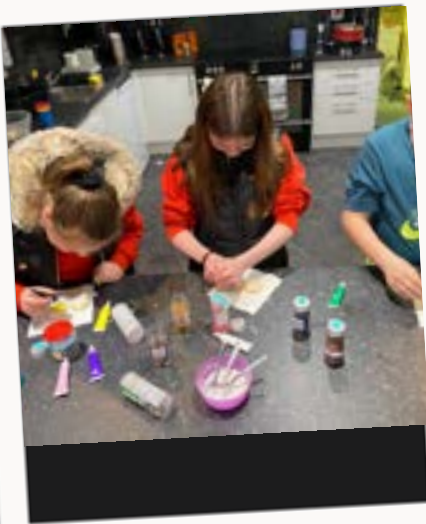
If anyone was involved in the early days of PYCP and would like to share some stories or photographs, please get in touch.

debbie@pycp.co.uk

P5 - P7 - we are back!

Our club for children in P5-7 is finally back and up and running. This group has always been one of our busiest groups in PY with over 40 children attending on a regular basis.

At the beginning of each term the children are consulted as to what they want the programme in their groups to look like and staff do their best to provide these activities (Unfortunately sky diving crops up lots but we do not have the funding or the stomach for this activity).



The group this term have created amazing pieces of art work such as sweetie trees and resin keyrings. This group like a wee treat so baking cakes is always a must but we do try and find a balance by having healthy cooking sessions too.

This year 12 of the children from the group will have the opportunity to go on a Hopscotch holiday with staff, an experience that our older members of the senior group look back on with fond memories.

Staff have missed all of the children throughout the difficult period of Covid but now they are back we are hoping that the group continues to grow and that the children continue to come along and enjoy the group and the activities they have chosen to keep them happy and busy kids.

Adele Irvine: Youth Development Worker



P5 - P7 club on Tuesday's 3.30 to 5.00 pm every week.

Adventurers Story



Over the last couple of months Adventurers have been focusing on increasing their fire awareness.

Fireman Alistair from the Community Action Team came to PY to have a chat with us about fire safety. Our Adventurer Aleks was a pro at demonstrating the stop drop roll technique.

Having a bonfire was definitely a hit with our young Adventurers. They learnt how to light, maintain and extinguish it in a safe way.

We got to cook a variety of food on the fire e.g. popcorn, sausages and of course the smores.

During the fire workshop, organised in cooperation with National Museum of Scotland we got to meet lovely outdoor educator Laura who taught us how to make bread and homemade butter. They were utterly delicious.

We could unleash our creativity by creating cute, little clay pots.

We are very grateful to the National Museum of Scotland for their involvement with our group, over the last year. Our trip to the National Museum Collection Centre in February was amazing. We got to see vintage vehicles, animal fossils and some archaeological treasures. Maria Commented: "Wow. the museum is great and it is on our doorsteps".

Aga Jankowska, Adventure Play Worker



Adventurers clubs now closed but hope to be back soon.

Over 12s clubs for all



S1+ Girls Group Tuesdays 6 – 7.30 pm

Wednesday Drop In for S1+ 6.30 – 8 pm

Friday Drop In for S1+ 6.30 – 8 pm



The senior groups in PY are back!! We have 3 evenings for our young people in PY per week, Girls Group, Wednesday drop-in and our Friday evening Hub.

This term our groups have been part of a research project with Dr Jenny Wood who is working with "A Place in Childhood". The main aim of the research was to offer the young people a chance to look around their local area and share their views on spaces they enjoy being in, what they would like to see more of and places they feel safe. This was a fantastic opportunity for our young people to voice their opinions and make positive changes to their local communities.



Our Girls Group took part in an exciting project called Craftivism which mixes arts and crafts with activism. These sessions were run jointly with PY staff and artists Hannah and Alice. The girls created fabulous pieces of art which are now proudly displayed on our café walls.

There are various activities on offer during the drop-ins; young people can participate in cooking, sports, arts and crafts, and issue based work or just come along and chill in a comfortable and safe space with their peers.

Our LGBT Charter journey....



Contact: Adrianna@pycp.co.uk to find out more about our journey

In February we took the first steps of our LGBT Charter journey!

The Charter is something we are working towards every day and we are hoping to achieve our Bronze Award by next spring. The goal of this is to make sure our whole organisation is as inclusive as possible for everyone involved in PY – young people, families, staff and the wider community!

A couple activities we have done so far have been our Girl's Group creating a safe space banner for the trans community, our S1+ Drop Ins creating some amazing LGBT+ Icon posters and posting about special awareness days on our social media platforms.

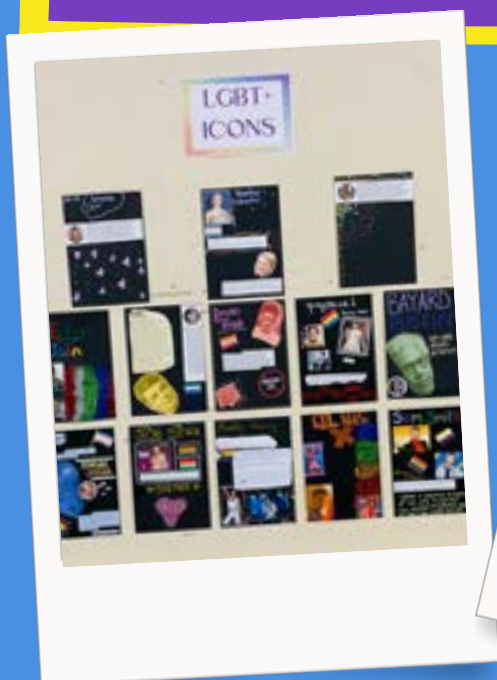
We've been having lots of chats in our clubs and groups about what other things we can be doing to support this community both inside and outside PY. We're also putting our heads together and planning a campaign for later in the year. Around 30 young people across our services have been involved so far.

We have also been investing in some resources, and our centre is now covered in posters and info. about how we support the LGBT+ community and our young people.

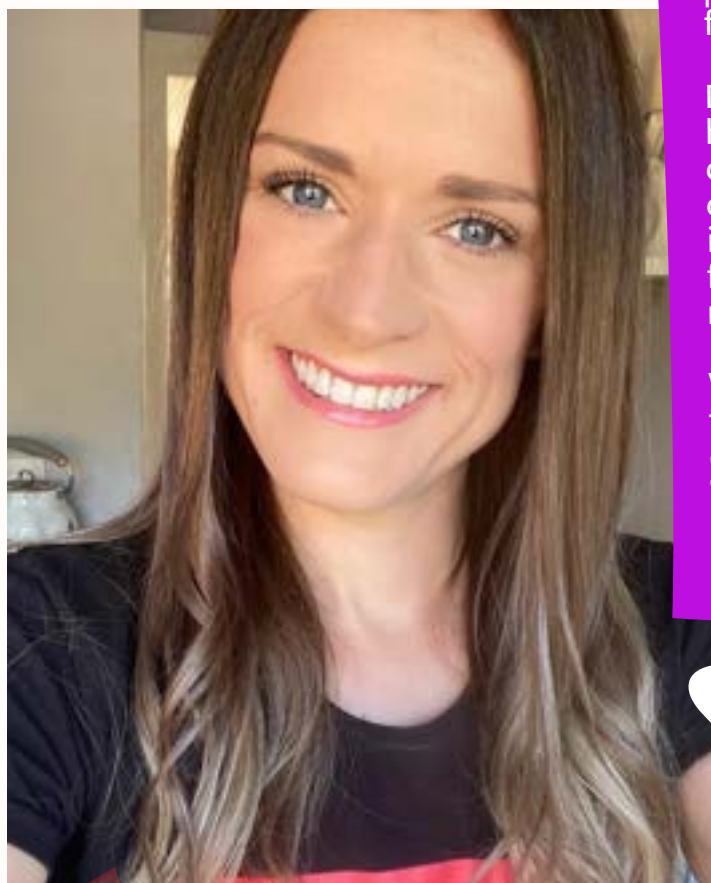
Our full staff team is taking part in some training with LGBT Youth Scotland as part of our Charter journey, with this we are hoping to up our knowledge so we can better help this community and make our space safe for all!

There's lots to do and we're really excited to see what amazing things we can come up with!

Adrianna Marcantonio: Youth Development Worker



Spotlight on our Intensive Support Work with Jill



Over the past few months I have been providing 1:1 support to 9 young people and family support to 7 families.

During 1:1 sessions with the young people we have been focusing on developing a number of personal skills such as positive communication, healthy ways to deal with intense emotions, strategies to deal with feelings of anxiety, building confidence & resilience.

We have been developing these skills through focused and fun activities and creative play. Young people have shared; “having a space to talk about how I feel makes me feel less angry and more confident”

Jill Hume: Intensive Support Worker

I have also been supporting families by running weekly parent groups that focused on the importance of self-care and providing 1:1 sessions with parents supporting them with whatever challenges may be affecting them such as financial pressures, support with school/agency meetings and providing links to suitable agencies that can provide further support.

Parents have shared; “having someone to talk to has made me feel less stressed and more confident as a parent, it has really improved my mood at home”

For the past few months I have also been developing on my own professional skills by attending a number of training courses such as; Trauma informed practice, Bookbug at Home literacy training and updating my child protection certificate.

Spotlight on Rachel

I am currently studying a degree in Community Education at the University of Dundee, and from January till early April I have been on a work placement with PYCP.

I continued my role as a 1:1 intensive support worker alongside working at the open access hub on a Wednesday evening.

As well as the evening groups I had the opportunity to work alongside Chloe for the 'Best Me' group and Harry for the outreach group in partnership with Port of Leith Housing Association.



The last three months have been really enjoyable and I have loved to meet so many children and young people in the North Edinburgh Community, it has also been great to build closer relationships with my colleagues after starting during the Covid restricted times of last year.

Although I am sad to be reducing my hours now after finishing my placement I am looking forward to continuing to work at the Wednesday Hub as a sessional worker and getting to know more people in the community.



Spotlight on Chloe



Over the last few months at PY I have been supporting young people in a variety of ways.

Currently I am providing 1:1 support for 6 young people aged between 10 and 16 both in school as part of the curriculum and out with school. Together we have been working on a range of skills such as building self-confidence, working on anxiety techniques and looking at appropriate behaviour in the community.

All while building positive relationships with local schools, Young people, parents and carers.

Alongside my 1:1 role I have been running a small focused group on a Monday afternoon for young people in Primary 3 & 4. This has involved some sessions of messy play, team building, working on communication and listening skills with lots more fun and engaging activities.

We had a specialist in to deliver a book bug session on managing emotions; all young people really enjoyed this and learnt a lot from the session. This group has been successful and helped young people understand emotions and build their confidence. "It was so cool I want to do it another day." – Young Person aged 7

Under 12s

PY have started up a new group in partnership with Port of Leith Housing Association at their new housing development at Granton Harbour.

We held an open afternoon back in February this year and since then we have been engaging with local young people that are new to the area finding out what they might like to see happen in the new development.

This project is helping young people make new friends and bring the community together. We have been using the community flat and the courtyard on a Wednesday afternoon we have had between 8 to 10 young people attend each week.

Harry Munro: Youth Worker

Our "Friday Explorers" are split into two groups; P1-2 then P3-4.

As well as our usual activities we are in the early stages of starting up our new community garden project at the back of PY.

We have been given four raised beds and the hope is to plant wild flowers, and fruit and vegetables. Young people have already been working hard weeding the raised beds.



Meet our newest member to the team

Kasia

"I am Kasia and I've been living in Scotland for almost 2 years now. I did some travelling over the last few years, living in Norway, Portugal and England, and finally, found my place in Edinburgh.

I like travelling and volunteering so much; I always wanted to be part of something big to help others. Personally, I am interested in mindfulness, meditation, psychology and I love doing yoga and boxing as well.

My friends know that I am addicted to peanut butter and carrot cake (as you can see)! I love spending time outside and doing different activities. If you don't know where to find me, the answer is always the same- somewhere in nature.

For PYCP I am going to be working with young people providing 1:1 support to improve mental health and wellbeing. I can't wait to get started!



Kasia's post is funded by

Community Mental Health Fund



Contact Laura to find out more about BWell Together : Laura@pycp.co.uk

What is BWell Together?

A local partnership across the North West Locality of Edinburgh who will work together to :

- Improve the mental health and wellbeing of children and young people.
- Improve the resilience of children and young people – increasing the capacity for children, young people, and their families to resolve difficulties and problems
- Increase the capacity of parents/carers in supporting the emotional needs of their children and young people.

Referrals:

This service is for children and young people who live in North West Edinburgh who are;

- Aged 5-24 (26 for care experienced young people) who live at home
- Are experiencing challenges around mental and emotional wellbeing or distress

We accept referrals from families, education, health professionals, social workers, other community projects and housing officers.



And finally..... PY Programme:

**MAY - JUNE
PROGRAMME**

MONDAY
3:30 - 4:30pm
Group Work
(Closed Group)

TUESDAY
3:30 - 5pm
P5-7 Club
6 - 7:30pm
S1+ Girls Group

WEDNESDAY
3:30 - 5pm
Roots & Branches
(Closed Group)
6:30 - 8PM
S1+ Drop In

FRIDAY
2 - 3pm P1-2 Fun Club
3:30 - 4:30pm P3-4 Fun Club
6:30 - 8PM
S1+ Drop In

 **PYCP**
Pilton Youth & Children's Project

IMPORTANT DATES

Clubs will finish up on
Friday 24th June

6 weeks Summer
Programme starts
4th July

Remember:

Children and Young
People can only attend
the project if we have
an up to date consent
and registration form.

Email info@pycp.co.uk

and request one to be
sent to you. Remember
to say how many
children you have as we
need one for each child.

THANK YOU!

To all our Funders, PY Pals and friends who
donate to PYCP.

We couldn't run all the clubs and groups
without your support.



Contact: Info@pycp.co.uk for
information on all our clubs and groups