

YOUTHWORK

DUMFRIES & GALLOWAY

QUALITY AND STANDARDS REPORT

1st April 2018-31st March 2019

  YouthWorkDG

#YouthWorkChangeslives

Dumfries
& Galloway



FOREWORD



Councillor Adam Wilson

Dumfries & Galloway Council –
Young Peoples Champion

It gives me great pleasure to introduce the 2018/19 Youth Work Service's Quality and Standards Report. This report will provide key insights into some of the work the service has undertaken during this period and will explore the crucial impacts that youth work has made on the lives of individuals and communities over the last year.

2018 was a monumental year for Dumfries and Galloway, as the region developed and delivered on an incredibly ambitious plan for the Scottish Governments Themed Year of Young People, putting our region on a national stage and celebrating the personalities, talents and achievements of our young people. As part of this we held 9 Signature Events including Youth Beatz, the LGBT National Youth Gathering, and our first annual DG Youth Awards. We also had a series of grassroots opportunities, targeting our region's most rural communities.

Building upon the success of Year of Young People in Dumfries and Galloway, the service committed to carrying forward 4 key strands of a legacy for the year, that will see our region continue to benefit from the yearlong project. Youth Beatz will continue to be a free two day event for 40,000 young people from across Scotland; the findings of 10,000 Voices will be carried forward and used to inform a new 5 year Strategic Plan for the Young People's Service; the newly elected Youth Council will advocate on behalf of young people in their Ward areas and across the region; and the DG Youth Awards will give us an annual opportunity to celebrate and value our young people's talents and achievements.

Alongside our Year of Young People, a range of frontline youth work services continued to be delivered including community based youth work activities, school holiday programmes, one to one support sessions, issue based group work, international projects, youth work in schools, accreditation, youth democracy, young leaders, and work with young families, to name but a few. Over the last year, the service has also enhanced the provision on offer to young people with additional support needs, mental health and care experienced young people by creating new opportunities and experiences for them across the region.

Overall, it has been a very exciting and busy year for Youth Work Services as we continue to grow and develop our services alongside young people and partners while listening to and responding to the needs of local communities. We are exceptionally thankful to all of our partners who work collaboratively with the service to enhance the opportunities and experiences we are able to give to young people in Dumfries and Galloway.

I hope as you read through this report you will see the fundamental role youth work plays in our communities and continue to show your ongoing support as we move into another year.

11,263

YOUNG PEOPLE REPORTED AN IMPROVEMENT IN THEIR CONFIDENCE AS A RESULT OF BEING INVOLVED IN YOUTH WORK



1,899

YOUNG PEOPLE ACHIEVED NATIONALLY ACCREDITED AWARDS

1,878

YOUNG PEOPLE IN OUR REGION ARE PARTICIPATING IN YOUTH DEMOCRACY



876

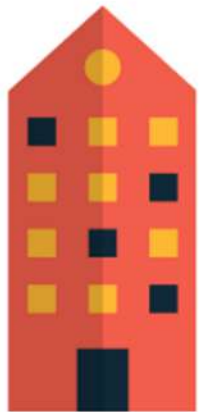
YOUNG PEOPLE HAVE ENGAGED WITH OUR SERVICE ONLINE



OUR MSYP'S ENGAGED WITH

955

YOUNG PEOPLE ACROSS OUR REGION



53

COMMUNITY BASED PROJECTS BEING DELIVERED WITHIN A SCHOOL

AND

76

PROJECTS RUN USING SCHOOLS AS A COMMUNITY ASSET



91%

OF YOUNG PEOPLE SAID THEIR YOUTH WORK SERVICE HAS HELPED THEM PREPARE FOR THE FUTURE

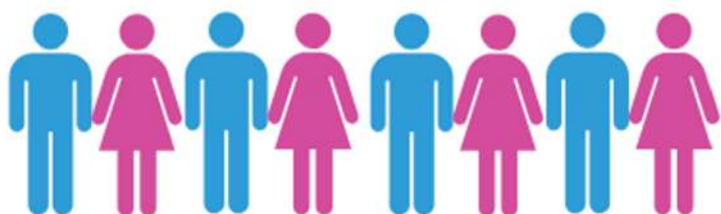


3%

INCREASE IN YOUNG PEOPLE PARTICIPATING IN DUKE OF EDINBURGH'S AWARD

42,976

TOTAL NUMBER OF YOUNG PEOPLES
ATTENDANCE AT YOUTH WORK
SERVICES



5,734

OF THESE YOUNG PEOPLE
ATTENDED TARGETED SERVICES

24,022

ATTENDED YOUTH WORK EVENTS

13,220

YOUNG PEOPLE ATTENDED UNIVERSAL
YOUTH WORK PROVISION



WE CURRENTLY HAVE

439

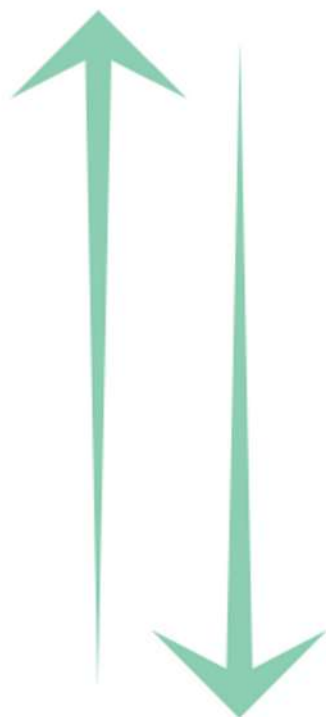
ACTIVE VOLUNTEERS
SUPPORTING YOUTH WORK
DELIVERY

2561

COMMUNITY BASED YOUTH
WORK OPPORTUNITIES BEING
DELIVERED , WITH

753

OF THESE BEING TARGETED
SERVICES



WE HAVE WORKED IN
PARTNERSHIP WITH

16

THIRD SECTOR GROUPS



CASTLE DOUGLAS DROP IN

The Castle Douglas Drop In started in early 2018 and takes place every Friday evening at Carlingwark Outdoor Education Centre.

The group is aimed at young people aged 12-25 years old, and uses an informal education approach in order to develop the social and emotional well-being of those who attend. This group provides stimulating and meaningful learning opportunities where the young people can express themselves freely and feel included in developing their own learning plans and group programmes.

In terms of activities, programme delivery includes: sports, arts & crafts, issue based workshops, music, film, photography, use of skate park facilities, trips, teambuilding activities and cooking. In terms of the future of the group, the young people will be supported through appropriate accreditation programmes that recognise their progress towards their personal development goals.

The Drop In sits within the wider Stewartry Youth Work provision aimed at 12-25 year olds covering Dalbeattie, Kirkcudbright and Castle Douglas. Numbers attending have gradually risen and the group regularly attracts over 20 young people, including those at risk of being involved in anti-social behaviour.

**“I love the fact that you can talk to youth workers about anything without being judged and that it is confidential”
– young person who attends Castle Douglas Drop In.**



"ECHOES"

Young people from The Oasis Youth Centre alongside drama students from Moffat Academy were given the opportunity to participate in creative workshops working alongside two professional visual art and drama tutors from the Glasgow Based charity, Impact Arts.

This partnership project was externally funded by Heritage Scotland and involved young people travelling to Caerlaverock Castle to learn about the rich history of the historic landmark and putting their new found knowledge into a performance piece. Impact Arts worked alongside young people to deliver workshops on performance techniques, character and script development, and costume design.

Based on this visit, "The Echoes" performance was created to showcase the young peoples skills in visual and performance art. The group performed their colourful, captivating and informative production to a large audience of Elected Members, teachers, family, friends, and members of the community.

The "Echoes" is a great example of partnership working and would not have been possible without the support of Heritage Scotland. We are looking to deliver similar projects in the future based on this success and impact of this programme.



NITHSDALE CHALLENGE

Nithsdale Challenge is a 12-week programme for young people aged 15-19 who have left education, or who are 'at risk' of disengaging. The programme aims to support young people to improve their skills and qualifications for employment. The Nithsdale Challenge is focussed on young people having the opportunity to gain formal accreditation for their learning whilst taking part in activities that support the development of their skills for life, such as confidence, team working and leadership.

The programme is delivered weekly by two Youth Workers alongside partner organisations who support the project by delivering specialist inputs. Our partners for this programme included NHS Dumfries & Galloway and Police Scotland. Throughout the 12-week programme, the young people achieved their Bronze Youth Achievement Award, Bronze Duke of Edinburgh's Award and First Aid Certification. Additionally, the group participated in training programmes focussed on knife crime (No Knives, Better Lives), sexual health, drug and alcohol use and misuse, and mental health. The outcomes of the group were to increase young people's opportunities for employment, training or further education whilst also looking to improve their personal confidence and self-esteem. Through our evaluations, we know that all participants feel more ready and better equipped to enter the world of work.

In the last year, 32 young people have taken part in the Nithsdale Challenge programme with all of them reporting an increase in their personal confidence levels. 91% young people have reported that they went on to employment, training or further education within 3 months of taking part in the course.



JUNIOR NITHSDALE CHALLENGE

The Junior Nithsdale Challenge ran for 12 weeks with a large group of S1 students from North West Community Campus (NWCC). The aim of the Junior Challenge is to work alongside young people to develop their skills for life as well as providing an opportunity for young people to engage in informal learning out-with the school day.

The programme included the delivery of several issue-based workshops on topics such as self-esteem, knife crime, firework safety, and healthy relationships. Additional to this, the Emergency

emergency service visits, basic life skills such as first aid and cooking and trips to community projects where young people volunteered. The programme is planned and delivered by 3 Youth Work staff within the Youth Work Service. The group was also picked up from school then dropped off at home for free and each week they got a free hot meal for their dinner before they went home.

We were supported by the school to get young people to attend as they allowed us to do an assembly and promote it to S1. The community police gave the young people a tour of the local station and then the police came and delivered an interactive session with young people about fire work safety. The group also went to the Fire Station where young people got the chance to go around the station as well as meeting several front line staff.



DETACHED YOUTH WORK PROJECT

The Detached Youth Work Project aims to work with young people who are out on the streets at night, who are often not involved in education, employment, training or organised activities. This group of young people can easily slip 'through the net' and are often not aware of opportunities within their community due to their limited contact with agencies.

This project was developed in response to requests from several partner agencies who were reporting concerns regarding anti-social behaviour within the town centre. Our Mobile Youth Centre, My-Pod, acts as a base for the detached project and we have successfully running this provision every Thursday evening and one Saturday per month over the last year or so. We have built up positive relationships with over 50 young people in Kirkcudbright who socialise in and around the Harbour. Each week work we work alongside young people to identify their values, needs and aspirations and use this information to deliver relevant and informative inputs. To date, there have been a number of inputs surrounding issues such as personal safety, healthy relationships and sexual health, alcohol and drug use and misuse.

“We really enjoy talking to youth workers when we are out, you feel like your opinion is important and we are able to come up with our own ideas for activities”



DUKE OF EDINBURGH'S AWARD CENTRE

The Duke of Edinburgh's Award (DofE) aims “to inspire, guide and support young people in their self-development and recognise their achievements” The DofE is the world's leading achievement award for young people.

The Dumfries Open DofE Centre operates in the Oasis Youth Centre every Tuesday evening and provides universal opportunities for young people aged 14 (or in S3) – 25 years of age from across Dumfries and surrounding towns and villages. The Open Centre has a Co-ordinator and volunteer leaders who all work to assist the young people through the various sections of their Award.

The DofE Award is broken into 4 key sections that require young people to complete over a set period of time, this includes: Volunteering, Skills, Physical, Expedition. The Open Centre provides support to young people to identify relevant activities, organisations or spaces to complete their Voluneer, Skill and Physical sections whilst also being a space to learn skills relevant to expedition such as first aid, cooking, kit maintenance and route mapping.



YOUNG MAKERS

The purpose of the Young Makers group was to create art structures and installations for Youth Beatz and The Toon 2018.

From October 2018 to June 2019 we worked with a group of young makers to design and create different visual displays for the festival. Young people also led in the construction and assembly of the structures they had made on site before the festival began. Over the 7+ months of the group, they successfully designed and created an arch way, hundreds of props and several large set pieces for the Toon, all of which ensured that the festival was a vibrant and creative experience for festival go-ers. To test their design skills, the Young makers were also tasked with decorating a float for the parade in the Guid Nychburris celebrations, as well as leading the transformation of the toilets in the Oasis Youth Centre. This included planning, sketching and painting inspirational quotes to brighten the space as well as including the contact information for organisations that support young people who are in crisis or who have experienced a trauma such as Rape Crisis, Samaritans and LGBT Youth Scotland.

Young Makers were supported by Youth Workers and Adult Volunteers, and the group ran every Wednesday from 7pm - 9pm in the Oasis Youth Centre.

This programme supported young people to gain practical skills in an informal environment. The group also provided a safe space for young people to build new friendships and increase their confidence.



SPOTLIGHT ON...

YOUTH BEATZ FESTIVAL

The annual Youth Beatz Festival is a Youth Music and Information event hosted in Dumfries and is the largest free youth music festival in Scotland. Youth Beatz now spans an incredible 11 year history. Growing from a small one-day community event first held in Dock Park, Dumfries in 2009 with a small stage and a few gala tents, to a national event held at Park Farm, attracting 40,000 festival go-ers over the course of a full weekend, and bringing young people from across Scotland to our region.

The Festival itself incorporates 3 main elements within its delivery model:

Youth Beatz Main Event

A two day festival offering a range of activities and experiences, culminating in live musical performances each evening from high calibre established acts such as Sigala, Rudimental and The Vamps. The festival also provides young people from Dumfries and Galloway with the opportunity to perform on it's main stage, with supporting and showcasing local talent at the heart of the festival.

The Toon

A hard hitting interactive production that uses drama to address key issues facing young people in Scotland today. Featured topics include Sectarianism, knife crime, drug abuse, alcohol, sexual health and domestic violence.

Youth Beatz Fringe

7 days of community led events operating across Dumfries and Galloway the week before the Youth Beatz Main Event. Activities include ice discos, young parents days, fun swim sessions and roller discos.



SPOTLIGHT ON...

YOUTH BEATZ FESTIVAL

2018 was the biggest year in Youth Beatz history; it moved to a new venue, was held over two days instead of one and was for the first time opened up to young people from across Scotland due to its inclusion on the Scottish Government's "Signature Event" programme in order to celebrate the National Year of Young People 2018.

The festival saw a record number of attendees, with tickets going faster than in any other previous years. Youth Beatz 2018 also saw a record number of volunteers, with 180 volunteers in total, giving an incredibly 9,900 volunteer hours (equalling to a £119,215 in-kind contribution).

There were several volunteer groups that helped young people to design, develop and deliver certain aspects of the festival, and the number of these groups was more than it had ever been before. They included: the Oasis Events Team, the Junior Events Team, Bar Evolution, The Toon, the Year of Young People Project Team, JMB Creatives, DGArts Live Young Promoters Group, and the Duke of Edinburgh's Award.

New for Youth Beatz 2018, was the highly anticipated addition of 2 new stages: Upload and D&G's Got Talent. Upload featured young performers from across Scotland who applied for one of the limited slots on the stage. Young people from the Oasis Events Team and the Junior Events Team were involved in the panel for selection.

The D&G's Got Talent stage followed a similar suit, but only featured young performers from across our region, it featured cheer leading squads, dance groups, young musicians and much more. Going forward, the Youth Beatz Festival has been named as one of the region's key legacy strands for 2018's Year of Young People, where it will remain as a two day event and will continue to attract young people from across Scotland to come to our fantastic region, and most importantly it will continue to be free, eliminating barriers of access to Scotland's largest free youth music festival.



CASE STUDY – STEVEN KEENAN



At the age of 14 years old, Steven joined the Cairnsmore Duke of Edinburgh Award Group. Prior to this, he hadn't accessed any other youth work provision. Steven wanted to develop his leadership and communication skills and started helping out at our youth café (activity based drop in for S1-S3) to fulfil the volunteer section of his bronze award.

To start with he was very quiet and lacked in confidence, but through time and encouragement from youth work staff, he started to develop positive relationships with the young people and staff team and began to come out of his shell, helping others and taking the lead on activities. The bronze DoE award requires a young person to volunteer for a minimum of 3 months, but after this time, Steven asked if he could continue to come to the group as a youth leader as he was enjoying his role so much.

From this point Steven flourished. He went on to set up a fundraising group that now host monthly events to raise cash youth projects, became Chair of the Wigtown Youth Forum, signed up to be a Year of Young People Champion and is now part of the regional Global Education Project. Steven has grown in confidence so much since we first met him and is much more ambitious and aspirational about his future. Last year Steven was awarded New Young Volunteer of the Year for Wigtownshire in the Third Sector Dumfries & Galloway awards. The range of projects that Steven has been involved in with Youth Work Services have provided him with opportunities and experiences to develop his skills as a young leader

Steven said "Through all of the projects I have been involved in I have had the chance to meet new people, travel to different places and learn lots of new skills. I have over 300 hours volunteering and have took part in a range of youth awards. Youth Work has definitely helped to become a more confident person and let me see what out there for young people.

COMMUNITY VOLUNTEERS

The Community Volunteers programme takes place in Kirkcudbright Academy and is a voluntary elective for young people in the Senior Phase who have an interest in volunteering in their community.

The overall aim of the project is to create valuable and meaningful volunteering experiences which build on young people's confidence, knowledge and skills for learning, life and work. It also involves working with local organisations and partners to create volunteering opportunities. The course is delivered by a Youth Worker over 2 periods per week over the course of the academic year and the programme includes; team building and group work, confidence building, preparation for a volunteering experience and then volunteering in the community. Throughout the year, young people have completed written and vocational coursework for the SQA Volunteering Skills Award.

'Preparing to Volunteer', 'Volunteering Experience' and 'Investigative Project' were the three phases of the Award achieved by young people. A total of 26 sessions were delivered with a core group of 12 young people who have committed over 100+ hours of volunteering in their community to date.

Due to the success of this project, it has been agreed that this initiative will be repeated throughout the new academic year beginning August 2019 with a new co-hort of senior phase students.



LGBT GROUP

The Lockerbie LGBT group was set up to provide a safe environment for young people who identify as LGBT or are allies of the LGBT community.

This group originally began with one youth worker and six young people meeting weekly after school at Lockerbie Academy. The group decided that they wanted to create a drama production that explored issues surrounding identity and in time the group started to grow in numbers.

Over the course of several months the group wrote, designed and directed their own hard-hitting performance that aimed to raise awareness of young peoples struggles with identity and expression.

The aim is to offer the young people a range of activities and life skills which will be useful to them as they progress through school and transition on to Further or Higher Education, employment or training.

The wide variety of outcomes from the group are; to gain skills and experiences that will help them attain positive destinations, to give young people the confidence to transition to other groups in their locality, to raise awareness of the issues and stigma that young people have to live with and for young people to develop their own self-confidence, self-worth and esteem.

"I love that people can just be themselves when they come to group and don't need to worry about what people will say about them or to them." - young person from Lockerbie LGBT Group



SPOTLIGHT ON...

CHAMPIONS BOARD

PROJECT

The Champions Board Project is a targeted provision for young people aged 12-25 who have been in or left care. For the last 2 years, this project has been managed and delivered by Young Peoples Services and thanks to external funding from The Life Changes Trust, there are 3 key elements to the project:

Targeted Youth Work Provisions

These are groups that run weekly or fortnightly that bring together young people to learn skills relevant to their lives and interests. This has included the delivery of cooking, gaming and art programmes in Sanquhar, Closeburn, Dumfries, Annan, Gretna, Lockerbie, Castle Douglas, Kirkcudbright, Dalbeattie, Newton Stewart and Stranraer. One-to-ones are also available for young people who require additional support before engaging with groups.

Listen2Us Group

Listen2Us is a youth advocacy group for young people who want to create change within the care system. This group meets every 6 weeks and their priority is ensuring the views and experiences of young people are listened to and acted upon by decision makers. Listen2Us also deliver training and awareness raising sessions so that professionals, carers and the wider community are educated on issues affecting young people.

Champions Board Meetings

These meetings are an opportunity to bring young people and decision makers (Chief Executive, Senior Officers, Elected Members) from across a range of agencies and departments that have a Corporate Parenting responsibility including; Social Work, Youth Work, Education, NHS & Barnardo's. These meetings adopt a collaborative approach to decision making surrounding the services that are available, support that is provided and parenting approaches utilised by Corporate Parents that affect care experienced young people.



SPOTLIGHT ON...

CHAMPIONS BOARD

PROJECT

113 young people participated in the Listen2Us Consultation that sought the views of young people on a range of issues such as rights, involvement and participation, relationships, sibling contact and support available to name a few.

89 young people applied for the Individual Grants Scheme with over 65 young people being awarded money to participate in an experience or purchase clothing or equipment that would improve their well-being.

42 young people attended the #WeCare event that brought people together from across D&G to learn skills, build relationships and participate in the discussion surrounding the Independent Care Review commissioned by the Scottish Government.

18 young people have regularly engaged with the Listen2Us group and subsequently the Champions Board meetings and more broadly there are in excess of 40 young people engaging with our 1-2-1 and targeted youth work services on a regular basis.



CASE STUDY – EMILY DICKSON



Emily has been involved in Youth Work Services for a number of years in drop ins and as a young leader. She is a young carer role for her younger siblings, many of whom have complex additional support needs and disabilities. Emily originally began engaging at drop in services in Upper Nithsdale before taking part in an international youth exchange in 2014. Since then, she has become a peer mentor through the Toon and a Champion through Year of Young People.

Emily has always been a very compassionate and empathetic person and has been a strong advocate for young people with disabilities and LGBT identities, however she has struggled with her self-confidence and often feels intimidated to make 'a fuss' and 'call folk out'. After several months of encouragement, she registered an interest in standing for election to be an MSYP and Youth Councillor in late 2018. In April 2019 she was elected to be one of the Members of the Scottish Youth Parliament for the region.

In April Emily said: "I would never have been able to do the elections a few years ago, I don't really get why folk voted for me but I'm going to really try and make sure everyone is taken seriously...I didn't think kinda thing was for me cause I don't know anything about politics and canny talk about things proper...but I'm going to just go for it..". In July after her first Sitting, Emily said "it's so different to how I thought it'd be, I don't need to know everything to be able to help folk make changes...I found it hard to be round so many new people but I think it'll be easier next time. I surprised myself this weekend".

Emily's personal development is linked directly with the national youth work outcome for young people to 'express their voice and demonstrate social commitment'. Already in the last 5 months since being elected, Emily has become more sure of herself and is growing in confidence, this has been demonstrated through training and meetings where she is beginning to challenge people and become more vocal about the issues she is passionate about.

INSPIRING STEM WOMEN

Inspiring STEM Women is a group engaging young females in the STEM fields (science, technology, engineering and mathematics) and looking at researching inspirational women who are or have worked within these fields whilst building the self-esteem and confidence of the young people attending the group.

The group meet every Wednesday evening at the Youth Enquiry Service where they have carried out a range of activities including setting up a Raspberry Pi computer system, creating a smokers lung to allow a visual of the effects of smoking, maths challenges, building a toy car out of recyclable materials and investigating a staged, basic crime scene. The group is supported by two Youth Workers but have had several guests along to support and lead the group. The group is making a difference to the young women involved as it is giving them confidence and celebrating interesting and intelligent females. With the media putting such a large focus on how women look and showcasing very little about their academic achievements, it is important to encourage young girls that academics are important and to support them with their self-esteem and confidence and to ensure they become optimistic about their future.

The young women that attend the group have shown a keen interest in the STEM fields through trying out new experiments, activities and workshops. It is important to nurture this interest to help it grow so that more females can go on to work within STEM fields in a world that is now driven by technological advancement. The young people that attend the group interact well with each other and staff and ensure that everyone is included in activities. The group follow instructions during experiments to ensure that they are carried out safely and correctly.



HERITAGE HEROES

The project was set up in October 2018 in partnership with the Youth Work Service, the Douglas Ewart High School and Cree Valley Community Council in order to involve young people in the activities that were taking place in Newton Stewart to mark the WW1 Centenary.

The project was approved by Archaeology Scotland as a valid heritage project meaning young people's participation could be accredited through their Youth Awards scheme – Heritage Heroes.

The project had two elements: The first strand of the project was targeted at S2 pupils at the school and facilitated by school staff. The young people researched the impact of WW1 locally and their findings was curated into an exhibition consisting of visual displays, film and drama that later became part of the community pop up museum. For the second part of the project, youth work staff and young people co-produced an interactive performance 'There But Not There'. This involved young people dressed in WW1 soldier and nurse uniforms making 'appearances' around the community representing the spirits of young people in our community who sacrificed their lives for our country. This took place over a week-long programme culminating in a local remembrance service on 11th November that included a 6am Battles O'er service and at 7pm torch lit service with a Bugler.

This part of the project was open to young people aged 15 – 21 years, to give an authentic portrayal of the age range of the young people called to war.



CASE STUDY - KIERAN

JUNIOR NITSHDALE

CHALLENGE



Kieran was 12 years old, has attended Junior Nithsdale Challenge from North West Community Campus for a 12-week programme engaging them in learning new life skills in January 2019.

Kieran when he first came along to the programme, he was very shy and quiet however as the weeks went by he became more confident in himself and found himself being able to talk to his peers a lot more which he found difficult at the start. Kieran was very open about not seeing many places or trying new things but taking part in this project he was able to see new places and he really enjoyed having that opportunity.

Seeing Kieran as a person from the beginning to now is great as he is a lot more confident and knows he now has ability to achieve new things. From knowing that he struggled with reading and writing it was a great achievement to then see him stand up in front of his family and friends and speak about what he's achieved taking part. Junior Nithsdale Challenge is delivered by 3 youth workers from the youth work services. The aim for the group is to work with young people in P7 & S1 at North West Community Campus to build and develop life skills.

Some of the outcomes Kieran achieved after being part of the group are:

- Kieran has become more confident and resilient
- He has built up people skills
- Is now able to challenge others views and opinions constructively
- Has a more positive view on life and himself
- He has been able to talk in front of an audience about what he has learnt and achieved through Nithsdale challenge
- He is successfully gain his Dynamic Youth Award even when he struggled at times with the writing part

GIRLS GROUP

The Girl's Group in Castle Douglas, was set up as an issue-based group, supported by two Youth Work staff, to explore a range of issues relevant to the young people involved, in a safe, open and inclusive environment. The young people worked together as a group to agree which issues the programme would cover, from relationships and sexual health, to drugs and alcohol, periods and mental health.

The group meet on a Friday early evening and as well as taking part in issue-based sessions, they completed the YOYP Bucket List app, Gold award, as well as completing a Dynamic Youth Award. The issue-based group started in September 2018 and ran every week until end March 2019 with a total of 25 sessions delivered. The total footfall was 148 young people in total.

The main benefit to the young people, over the course of the programme, was the increase in their confidence, and the relationships they built as a group. Ongoing feedback from the young people on the issues we covered was that the way the activities and sessions were delivered was really important and, as one young person said, "much better than how it was done in school."

One of the other benefits to the group, and one of the major highlights for the young people, was attending the D&G Youth Awards where they were presented with their certificates for completing the Gold YOYP Bucket List.



GIRLS GROUP

The Girls Group in Annan, meets every Thursday night, and the project is for young girls aged S1 & S2. The girls take part in a variety of issue-based sessions as well as taking part in a variety of other activities and cooking sessions. There are approximately 17 young girls attending each week.

The Girls Group was set up as girls identified they would like a group just for females so that they could work on issue-based sessions such as body image, online safety and health & well-being in a safe confidential environment. The target audience is Girls aged 12 & 13 (S1 & S2) and working with these girls over a 12-week block. Two Youth Workers support this group on a weekly basis.

The girls took part in a “True to Me” Project. True to Me Project was delivered over 5 weeks with 2-hour sessions and explores issues that girls may feel strongly about although may not encounter them in their daily lives, they may not have talked about them in this way before. True to Me was about exploring some of the reasons girls worry about their bodies and appearance, understand where the worries come from and take action to change them.

The girls looked at the Appearance Ideal, an ideal is an idea of something that's perfect but normally only exists in the imagination, the Appearance Ideal is the perfect way to look, even if it doesn't exist naturally. After each session the girls took time to reflect on what they had learned from each of the sessions and discussed a set of questions which were posed for each activity. The girls enjoyed a little celebration event at the end of the project, and each received a certificate for participation as well as a 10-hour Dynamic Youth Award.



SAFER YOUNG DRIVERS

Safer Young Drivers was a programme delivered in Langholm offering four one and a half hour sessions and a free 2 hour first aid course. On successful completion of the programme, participants were entitled to one free driving theory test & 2 free driving lessons.

The course involved young people taking part in a series of workshops covering topics which included hazard perception, road safety awareness, tyre checks and general knowledge for theory tests on iPads.

Safer young drivers in Langholm was a partnership project between Youth Work Dumfries and Galloway, Langholm Initiative and Xcel Project.

The project promoted safer driving and positively influenced young peoples attitudes towards driving and road safety.

At the end of the project, young people:

- Were able to identify ways of improving their own personal safety
- Had a better understanding of the consequences of risk taking behaviour while driving – including use of mobile devices, alcohol & drugs, speed, appropriate use of restraints, other road users, car modifications & defects and distractions such as loud music, racing etc
- Considered the impact of anti-social driving on the local community and the people living there

“You don’t think about the effect you have on folk in houses when you are out in the car, but I can see now how the noise could make folk mad”

“I will definitely think differently about my own driving and I didn’t know that the person sitting next to you when you are learning can’t use a mobile”



CASE STUDY – OLIVER ABRINES



Oliver has accessed the DofE Open Centre 3 years ago to start his Bronze Duke of Edinburgh's Award. He and his parents felt that the school group was not necessarily the right fit for him completing his award. Oliver needs a bit more support with remembering information that is given to him – which is a challenge for the expedition section.

For his Bronze Award, Oliver volunteered as a leader with the Beavers, used rowing to improve his fitness levels, and worked on his cookery skills. These activities were completed to a good standard and he showed a great improvement through these activities. His expedition was carried out with young people who went to the same school as him – and he was the only one to complete the full award out of that group. Oliver was keen to continue through the DofE levels and started his Silver Award. He's successfully completed activities, volunteering with Let's Get Sporty, improving his fitness through gym work, and learning to drive.

Oliver joined other young people who he didn't previously know for his silver expedition. This was a real challenge for him as the rest of the group were already strong friends. However, Oliver did a great job on his expedition and persevered through a number of challenges – including the blisters he got on his feet. He learned so much as part of the process and was able to describe what he got out of the expeditions. Oliver wasn't too keen on going on to do his Gold award as he thought it may be just too hard. However, he's now looking to sign up to Gold and hopes to complete his expeditions in 2020. Oliver said "I was a bit tired on the first day but got more tired as the days went on.

Putting up the tent was tricky, and it wasn't easy getting the water to boil for my dinner because of the wind.

"It was great when I finished! I felt really good for finishing my expedition although I was exhausted! I think I was wearing too many layers though and was overheating a bit. It's something I need to work on for next time." "Overall, I enjoyed my expedition and think I might do Gold."

CASE STUDY – KOGAN



Kogan is 13yrs old, he first accessed The Oasis Youth Centre, when he attended Junior Youth Group on a Tuesday After School. When he first started accessing over 8 months ago, he was quite shy and lacked confidence, through building relationships with youth work staff, he did make staff aware that he had been bullied in the past.

Kogan continued to access the Junior Youth Group Youth Work Staff made Kogan aware of the 'Echoes' partnership project with Impact Arts and he was interested to get involved and participate within the 8-week project alongside two youth work staff and two artist's from Impact Arts, the students and Drama Teacher from Moffat Academy. Through participating within 'Echoes' with other young people who he does not usually socialise with out with the Youth Centre, this was beneficial for Kogan developing new friendships.

He hadn't been involved in a creative/visual art project before, it was nice to see him happy and enjoying learning new skills, designing and making his characters costume. Kogan had never been to Caerlaverock Castle before, during our visit is where he got the idea for his character 'The King'. Through working alongside the youth work staff and artists from Impact Arts, Kogan was showing a real passion for performing. At the end of the project the group from

The Oasis Youth Centre and Moffat Academy it was great to see him on the stage performing in character and speaking in front of the audience of invited guests, family and friends. Kogan said: "This project has been great fun!, I really enjoyed visiting the castle, getting to come up with my own character and make a costume, I never thought that I would be able to perform on the stage, in front of my family and the other people there...but I done it, I am really proud, I did. Thanks to youth work staff and Impact Art tutors too."

YEAR OF YOUNG PEOPLE CHAMPIONS

The Year of Young People Champion's project was set up as a direct request from young people who wanted to play a more active role in the delivery of the region's Year of Young People activities and events, but didn't want to or, feel confident enough to, take part in formal meetings etc.

The project was designed by the Year of Young People Project Team, who through a regional recruitment for young volunteers, enlisted over 30 young people. The champions took part in a training residential that focused on leadership, communication and personal skills & qualities. As a group, they developed their own action plan of projects they would like to see delivered as part of the year and signed up to supporting some of the main Signature Events.

Throughout the year, the champions delivered the Fun Size Tour (a programme of pop-up events across the region) and helped to deliver our main events such as Youth Beatz, the National LGBT Youth Gathering and holiday programmes. Towards the end of 2018, the Champions co-produced the Moving Forward Together event that brought youth work practitioners together for a daylong conference with a twist –it was completely organised and delivered by young people!

The young people participated in the project during the school day, evenings and weekends over October and November 2018, and 144 young people were awarded Heritage Hero certificates in a celebration event held at the end of the project. 21 young people received Saltire volunteer awards for their support in the co-production of the overall project.



PEER PROJECT

The Peer Project is a provision specifically for young people with additional support needs and disabilities. A group was started in Stranraer some years ago because there was an identified need for youth work provision for this target group, this has since grown and we now deliver the peer project in Newton Stewart and Dalbeattie on a weekly basis.

The group aims to combat social exclusion which often disproportionately affects young people with ASN & Disabilities who live in rural isolated communities.

In the last year, the groups have taken part in two joint trips; one to Galloway Activity Centre where the young people tried adventure activities which were a new experience for them; another trip brought the groups together for a water safety workshop in Port William.

Similar to our universal provisions, the Peer Project aims to provide young people with a safe and welcoming environment for them to make new friends, participate in activities, and seek support for issues relevant to their lives.



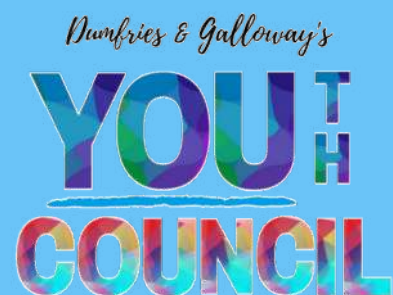
DUMFRIES & GALLOWAY YOUTH COUNCIL

Dumfries & Galloway's Regional Youth Council consists of 35 young people who have been democratically elected on April 1st. Each of the 12 ward areas is represented by 2 Ward Youth Councillors with additional representation for young people who have minority identities with 1 Nominated Youth Councillor being elected to represent; Young Parents, Young Carers, Care Experienced Youth, LGBT Youth, Ethnic Minority Young People, Young People with Additional Support Needs & Disabilities and Gypsy / Traveller Youth.

Youth Councillors are responsible for ensuring the views of young people are heard at a local decision-making level, this includes engaging with Elected Members and the wider Local Authority, Community Councils, and Public Bodies including Police Scotland and NHS Dumfries & Galloway. Additionally, the Youth Council includes our regions 4 Members of the Scottish Youth Parliament (MSYPs) who are responsible for ensuring the views of young people are represented at the Scottish Youth Parliament, UK Youth Parliament, UK Parliament and Scottish Parliament. The Youth Council has been a work in progress since 2016 when it was identified through the Services for Young People Review that our Council's current approach for meaningfully engaging young people in decision making was not fit for purpose.

Using a co-production model, Dumfries & Galloway's Youth Participation & Engagement Strategy was created and tested across the region with young people aged 12-25, before being approved in March 2018. The elections period ran from September 2018 – March 2019, concluding with a 2-week elections period in which over 3'000 young people voted for their local, national and nominated representatives. Since the Youth Council have been elected, they have taken part in a series of training sessions to equip them for their roles as youth advocates and leaders. The aspiration and purpose of the Youth Council is to ensure that young people become an integral part of decision-making processes across Dumfries & Galloway. DGYC formal meetings will commence in August 2019 and occur monthly thereafter. The group have expanded on the issues identified within 10'000 Voices and have developed a year-long action plan to address inequalities and inequities surrounding young people, youth inclusion and provisions in the region. Mental Health, Bullying, Crime & the Law, and Diet & Body Image will be the initial issues explored by the Youth Council. Additionally, they will host an annual full council young person themed meeting with Elected Members and take a lead role in the planning and delivery of the annual Youth Activism conference for young people in leadership and volunteer roles throughout the region. 35 young people are directly elected to the Youth Council and over the course of the project they will work towards achieving their personal development goals.

Young people will be supported to take part in relevant training and undertake accreditation to formally recognise their participation. Additional to the young people directly involved, the Youth Council has the potential to positively impact and be of benefit to a much wider population of young people as decision makers attitudes, actions and the broader culture of involving young people will see improvements in how services are planned, delivered and evaluated.



OASIS YOUTH CENTRE

20TH ANNIVERSARY

The Oasis Youth Centre is one of Dumfries's greatest assets. The Oasis Management Committee; created this plan to reflect on the significant impact that Oasis Youth Centre has had on generations of young people within our community.

The events and projects hope to not only bring past and present young people together, but to revive previous events to increase up take and participation within. Oasis has had such a massive impact on thousands of young people. In 2019 we want you to help us celebrate all it has given and will continue to support, develop and encourage young people. The Oasis Youth Management Committee have produced a programme of events from March 2019-April 2020.

Launch Night of Oasis 20th Anniversary Project: On Monday 11th March, The Oasis Youth Centre 20th Anniversary launch took place. It was a really great event, with lots of past, present young people, volunteers, youth work staff, past colleagues, partners and local councillors, it was really nice to see so many people showing their support. The Oasis Management Committee unveiled the Programme of events and projects for the year ahead. Local Councillors and Young People past and present had the opportunity to speak and reflect on the impact of having a Dumfries Town Centre based Youth Centre.

Band Nights: Historically Band Nights have been a big part of The Oasis Youth Centre and we have been bringing these back. In April we organised a LGBT Disco, where 59 young people attended this night was organised in partnership with LGBT Youth Scotland, it was great to see lots of new faces within the youth centre. On Saturday 4th May, Oasis 20th years presents "I am a Raver!", this was a fantastic success with around 200 young people attending, from across Dumfries and Galloway, the Oasis Youth Centre Management Committee volunteers organised the tuck-shop at the event. The committee have two more band nights arranged for later on in the year, in partnership with Oasis Events Team.

External Funding: The Oasis Youth Management Committee were successful in gaining Cashback for Creativity Open Fund and received £8167. A new project called Mad for Music project, the different groups of young people would get the opportunity to record their songs which would then create The Oasis Youth Centre 20th Anniversary Birthday CD. We were successful in gaining £3,084, from Cashback for Communities to provide a brand-new Saturday Morning Breakfast Group within The Oasis Youth Centre; targeting 12-18 years old, which is free, fun, creating a safe environment, ensuring all the young people have a healthy breakfast and a good start to the day. The Lunch Club were successful in gaining £1,000 from the Dumfries & Galloway Council-Tackling Poverty funding, which will enable the young people who participate within this group to gain training and for the youth centre to continue to provide hot meals, made by young people for other young people.

Cash for Kids – it's a Knockout: Oasis Youth Management Committee and Youth Work staff and volunteers took part in the Cash For Kids fundraiser; 'It's a Knockout' to help support our local charities as well as offering a great platform for team building on Saturday 11th May 2019 and the team raised £227.50 in donations.

YEAR OF YOUNG PEOPLE 2018 DUMFRIES & GALLOWAY STYLE!

The Scottish Government's Year of Young People aimed to inspire Scotland through its young people, celebrating their achievements, valuing their contribution to communities and creating new opportunities for them to shine locally, nationally and globally!

6 KEY THEMES:

Culture; Health & Well-being; Enterprise & Regeneration; Equality & Discrimination; Education; Participation.

Young people from Dumfries & Galloway were part of the national youth collective who worked together to develop six key themes that they felt were important young people. All activity delivered through 2018 had a clear focus on meeting the themes and priorities for young people.

36 PARTNERS & ORGANISATIONS:

A strategic partnership, led by our Council's Youth Work Service, was set-up to co-produce, in collaboration with young people, a plan of how Dumfries and Galloway would deliver on Year of Young People. This included Council Services, Third Sector partners and most importantly - young people. Dumfries and Galloway Council contributed £98,000 of financial support to the project, along with funders Leader, Young Start, Cashback for Communities, Heritage Lottery fund, The Holywood Trust, Community Choices, Magnox and Awards for All totalling over £500,000.

1 PLAN, 1 VISION, 1 MISSION:

Our shared vision for the year was to "celebrate the personalities, talents and achievements of young people in Dumfries and Galloway and showcase the best of Dumfries and Galloway to young people across Scotland." A joint plan for the year was produced that featured hundreds of grassroots' events taking place in communities across Dumfries and Galloway. This included a Participatory Budgeting project where local community groups and young people were awarded a share of a £50k fund to deliver their own local events and a new 'app' was launched, enabling young people to create their own bucket list of activities to do in 2018, achieving bronze, silver, gold or platinum awards for their participation. Also throughout the year Peter Pan Moat Brae Trust delivered a 'Dreams for the Future' project, we saw the launch of the NHS's Cool2Talk helpline and special activities taking place during Wigtown Book Festival.



9 SIGNATURE EVENTS:

Our signature events programme for 2018 featured 9 main events that were delivered across the region in partnership with various national organisations. Thousands of young people from all over Scotland came to Dumfries and Galloway to participate, along with our local young people, in:

- Under 20 World Ice Hockey Championships – Dumfries
- D&G Year of Young People Launch Event – Annan
- #ROOTS – Lockerbie
- LGBT National Youth Gathering – Dumfries
- 66th Scottish Youth Parliament Sitting – Stranraer
- Youth Beatz 2019 – Dumfries
- Duke of Edinburgh's Youth Leadership Festival – Kirkcudbright
- Moving Forward Together – Newton Stewart
- Dumfries & Galloway Youth Awards & Closing Event – Dumfries

1000's of YOUNG PEOPLE:

Over the course of 2018, from our small community projects through to our national signature events over 50,000 young people took part in Dumfries and Galloway's Year of Young People. Here is what some of them had to say! "Being involved in the year of young people project team has been a life changing experience for me. I have grown so much in confidence and have had the opportunity to do things I never imagined possible. I will never forget 2018 as this has been the year that has helped me to define who I am." "Year of Young People has given me the chance to meet so many people who I now consider as friends. I have learned so much about myself, my capabilities and what I want to do with my life and that is all thanks to the experiences and opportunities that I have been given through YOYP"

10,642 VOICES - 5 YEAR LEGACY:

2018 may be over, but the legacy of Year of Young People will continue in Dumfries and Galloway. 10,642 young people living, working and studying in the region took part in a yearlong consultation, '10,000 Voices', to gather their views and priorities. This information will be used to inform a new 5-year strategic plan for Young People's Services and has been shared with partner organisations to provide professionals with an insight into the needs, views and priorities for the young people they are working with. Also, as part of the legacy for Year of Young People, a new Youth Council consisting of 35 young people has been established to take forward some of the key priorities identified in 10,000 voices, in partnership with local decision makers. The Dumfries and Galloway Youth Awards that were held for the first time in 2018 and continue every year and Youth Beatz will continue as a 2-day festival. 15,000 VOLUNTEER HOURS: Of course, none of the above would have been possible without the support of our young volunteers who committed a staggering 15,000 hours of volunteering to help plan and deliver an amazing year for Dumfries and Galloway.



Youth Work Services in Dumfries and Galloway

UNIVERSAL PROVISION BUT WITH TARGETED WORK AIMED AT THE MOST VULNERABLE YOUNG PEOPLE ACROSS OUR REGION

IN RESPONSE TO LOCALLY IDENTIFIED NEEDS AND PRIORITIES

Key Work Areas

- 1 Community Based Youth Work Opportunities
- 2 Youth Work in Schools
- 3 Youth Participation & Youth Democracy
- 4 Wider Achievement inc Duke of Edinburgh Award
- 5 Support to Third Sector Youth Work

The Nature and Purpose of Youth Work (National Youth Work Strategy 2014)

THE PURPOSE OF YOUTH WORK IS AS FOLLOWS:

- Build self-esteem and self confidence
- Develop the ability to manage personal and social relationships
- Create learning & 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

IT HAS THREE ESSENTIAL AND DEFINITIVE FEATURES:

- Young people choose to take part
- The work must build from where young people are
- Youth Work recognises the young person and youth worker as partners in the learning process



Manager Young People



Senior Youth Development Officer



Frontline Staff & Delivery



INNOVATION - PARTNERSHIPS - WORKFORCE & SECTOR DEVELOPMENT - PROFESSIONAL VALUES

FUNDING

From the financial period the 1st of April 2018-31st March 2019, the Youth Work Service received £426,000 in External Funding. This came from a variety of organisations: Cashback for Communities, Young People's Choices, Youth Link Scotland, Awards for All, Scottish Government, LEADER, Young Start, Magnox, Heritage Lottery Fund, The Robertson Trust and Creative Scotland.

In order to deliver such aspirational programmes of opportunity for our regions young people, our service relies on the generosity of external funders.



QUALITY AND STANDARDS REPORT

1st April 2018-31st March 2019

FOR MORE INFORMATION CONTACT:
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  YouthWorkDG
#YouthWorkChangesLives

YOUTHWORK

DUMFRIES & GALLOWAY

Dumfries
& Galloway

