

YOUTHWORK

DUMFRIES & GALLOWAY

QUALITY AND STANDARDS REPORT

1st April 2019 – 31st March 2020



YouthWorkDG
#YouthWorkChangeslives

Dumfries
& Galloway



FOREWORD



Councillor Adam Wilson

Dumfries & Galloway Council –
Young Peoples Champion

It gives me great pleasure to introduce the Youth Work Service's 2019/20 Quality & Standards Report. The report will provide readers with a key insight into some of the work that the service has undertaken during this period, and will also explore the significant and crucial impacts that Youth Work has made on the lives of young people and communities over the past year.

2019 was an action-packed year as a follow-up to 2018's National Year of Young People, with the region committed to continuing to celebrate the talents, personalities and achievements of our young people through the Year of Young People Legacy Plan, the first year of many now being complete. 2019 seen for the first time all of the region's elected representatives come together, as Elected Members from Our Council held a Full Council meeting with Dumfries & Galloway's Youth Council. The day was a great opportunity to hear the views and opinions of young people and to scope out how Elected Members can work with Youth Councillors in their Ward area moving forward.

In July, the Youth Enquiry Service moved from its home on Buccleuch Street, to the top floor of the DGOne leisure complex. The space included in the new location was a great deal larger, allowing a significant expansion of services, and more room for young people to design the delivery space with creative freedom. The light and airy rooms provide the perfect setting for young people to go and attend groups, issue based workshops, and for 1-2-1 support.

For the duration of the year, I was thrilled to be involved in a piece of academic research focused on the impacts of Community Based Universal Youth Work in Dumfries & Galloway, the first local authority area in Scotland to undertake the study on a local level, as the research had previously only been done nationally. 100 young people from across our region were involved in the research, and were asked how they had changed as a result of attending universal Youth Work Services, the answers provided us with key insights as to how Youth Work has significantly changed the lives of young people, whether its confidence, learning new skills, or being supported to heading towards a positive destination in their lives. The Impacts of Community Based Youth Work in Dumfries & Galloway was conducted in partnership with University of Edinburgh, YouthLink Scotland and Northern Star Associates.

FOREWORD



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Alongside these larger pieces of work, we also to continue to place a focus on the frontline Youth Work Services that we deliver in our communities across Dumfries & Galloway, including: universal community-based Youth Work, school holiday programmes, one-to-one support sessions, issue based group work, international projects, Youth Work in schools, accreditation, youth democracy, young leaders programmes, working with families, and many more.

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

89% Young People reported an improvement in their confidence, skills, individual, family, community or working life following participation in youth work

719 in region participating in Youth Democracy

1970 Young people achieved nationally accredited awards

1644 engaged with our services online

19 Number of community-based projects delivered within a School in partnership with the school

224 Number of community based projects delivered in a school building

21% increase in young people completing a DofE Awards

9311 Young people Attending YW Services

45713 Young people Attending YW events

582 volunteers supporting YW services

16 third sector partnerships worked with

£251365.30 external funding secured

KIRKCONNEL YOUTH GROUP

Kirkconnel Youth Group is a relatively new drop-in provision which began less than a year ago during Youth Work's Summer Programme 2019. From the get-go, it has been hugely welcomed by young people, families and the wider local community receiving young people from all over Upper Nithsdale. The group continues to grow steadily in numbers and popularity, and meets weekly on a Friday evening in Kirkconnel Miners Club.

This provision offers young people a safe environment where they can develop both formal and social relationships, learn new skills, take part in activities and seek advice and information. Young people are in control of how much they choose to engage and participate within the session where there is always a wide range of activities available. These are designed to suit everyone accessing making sure that there is plenty to do. Activities have included cooking and baking, arts and crafts, games, team games and challenges as well as themed nights including Karaoke, Inflatables and Nerf Wars. Informal learning is also offered to keep young people knowledgeable and up to date in topics such as bullying, drugs and alcohol, health and wellbeing and mental health awareness.

The group have bonded well together. In the early stages of the group, there were several cliques of young people in pairs or small groups, they have become at ease with each other as a larger group and feel confident to express themselves. Often group discussions take place on a variety of topics which can provide a chance for young people to support each other and share experiences. This is also a way that youth workers become aware of situations where they can then intervene and offer guidance, 1-2-1 support or signpost to other agencies.



KIRKCONNEL YOUTH GROUP

Young people are encouraged by youth workers to come up with their own ideas and plans in the development of the programme. Through this encouragement and support a core group of young people have come together known as the Upper Nithsdale Forum. They have been successful in securing funding from a number of external funders. This is a fantastic example of how young people's personal development and contribution positively impacts on their peers and their wider community.

As with all youth work provision every effort is made to give young people opportunities, accreditation and positive experiences that may not be available to them otherwise. Trips are offered to young people to visit places out with the area as well as opportunities to meet other young people from elsewhere in Dumfries & Galloway.

The next steps are for the youth forum within the group to apply for more funding for young people within the area to put on innovative activities. We also are going to be starting a partnership project with the Police and Ward Workers which will be a detached programme to work with some of the young people engaging in risk taking behaviours and anti-social behaviour. The group will also be evaluated to look at what worked well, challenges and what hasn't work. Moving forward the group will continue to be shaped about what the young people want and need within their community with them designing the programme.

The best bit of Youth Group has been making friends and being able to go to places on trips with them. As a result of this group me social skills have improved greatly as well!"

"I enjoy coming to youth group because I have met a lot of people that I never really talked to or got along with but coming to youth group made me feel happy and feel involved in everything that we do"



THE HUB CLUB

The Hub Club is a group for young people aged 12 – 25 who have varying additional support needs living in Annandale & Eskdale. The group meets weekly, and young people are supported by Youth Work Service Staff, The Richmond Fellowship, Key Community Support and parents.

The group is a safe space where young people can engage and interact with others through activities, including Skills for Living and projects working with other partners, as well as having fun all whilst improving their soft skills.

The main outcomes of the Hub Club are:

- Young people will have an increase in transferable life skills & greater ability to undertake practical activities
- Young people will appreciate what volunteering entails and how this can help them.
- Young people are given the opportunity to meet new people within their community – young and old.
- Young people will have Increased self-confidence & making informed choices to live more independent lives
- There will be improved disability awareness amongst employers & community stakeholders, allowing them to feel more informed & promoting inclusivity moving forward.
- There will be Increased positive contribution to the community by young people.
- Young people will feel less isolated in their community



KAOS CAFE

Kaos Café is a small youth centre in Wigtown, which is open every Tuesday and Thursday night for young people aged 12-25 years from Wigtown and its surrounding villages. Kaos Café offers young people a series of fun, activity-based sessions, youth accreditation, issue-based workshops, and wider opportunities and experiences that will broaden young people's horizons, such as trips and participating in local community projects.

The group offers young people a safe space where they can meet their friends, access support from their local Youth Workers and gives them the opportunity to progress into leadership and peer mentor roles within the group, and wider Youth Work Services, these young people form the Youth Leader team of Kaos. They are responsible for the day to day planning and delivery of the group, supported by Youth Workers. Some of the young people who access Kaos Café are also members of the Wigtown Youth Forum, a fully constituted group set up to work on projects that will benefit young people in Mid Galloway, encourage young people to become more involved in their local communities, and to promote active citizenship amongst young people.

Between 11-19 young people access the drop in weekly, and a group of 9 from this same group are involved in the Youth Forum. The Youth Forum has an excellent track record of fundraising and securing external funding, in order to deliver a series of events and projects for young people in Wigtown and the surrounding community.

"I like coming to Kaos because the Youth Workers don't decide what we will do for the night, we get to decide and then they help us to make it happen."

"At Kaos, we get to decide what we do in the local community, we have started hosting stuff in the town, like our annual spooky walk. It's a really good opportunity for us as young people to be seen as doing something positive in Wigtown."



KIRKCUDBRIGHT ISSUE-BASED GROUP



This issue-based group was set up to address and tackle issues facing girls and young women aged 12-16, with a particular focus on confidence and self-esteem, body image, mental health and wellbeing.

Through regular contact with the young people via existing youth work provision, such as detached youth work and the lunchtime drop-in at Kirkcudbright Academy, it was recognised that there was a need for a girls only group; a safe, honest, inclusive and supportive space where they could talk about their own experiences, feelings, difficulties and hopes for the future, as well as exploring a range of issue-based topics to build on their knowledge and skills, and to help build resilience and confidence.

The group meet on a weekly basis, and although the main focus of the group is on mental health and self-esteem, the young people also take part in other activities such as arts and crafts, colour therapy and cooking/baking.

The next steps for the group are to complete a Dynamic Youth Award to accredit the work the young people have completed and the journey they have travelled so far. The young people are keen to continue with health and wellbeing, and will be supported to further explore feeling good, healthy mind, healthy food and nutrition and exploring the outdoors.

When asked what they have enjoyed about the group so far, Ella, aged 14 said; “being able to release my inner self and socialise with my friends.” Demi, aged 15 said “being able to talk about things that have happened and being able to trust the people in the group.”

VIP ME

VIP Me is Dumfries & Galloway's Year of Young People legacy project that started in 2019 and is set to run for three years across the region. The project mainly focuses on improving the self-esteem, confidence and personal development of young people across our region. Designed by the Year of Young People D&G Project Team as a response to the continuation of the momentous Year of Young People 2018, VIP Me would allow some of the region's most disengaged, de-motivated and self-conscious young people to take part in a 16-week programme that sought to upskill them.

The project looked at developing young people's softer skills, ones that are required for day to day engagement with their wider community and other people, but also had a focus on personal development by taking part in a wide range of opportunities such as workshops, volunteering, training events and work placements. In 2019, the project ran in Stranraer and Castle Douglas, and young people took part in a wide variety of learning opportunities such as:

- Money & Budgeting skills training from the Royal Bank of Scotland
- Digital Literacy & Skills workshop ran by O2 Stores.
- Body Language & Self-Confidence training
- Anti-Poverty workshops
- Educational excursions outwith Dumfries & Galloway
- Housing workshop by DGHP
- Volunteering Skills workshop
- Heart Start and First Aid training
- Healthy cooking courses



VIP ME

The project had a high level of interest rate, both from young people, professionals, and people who were willing to deliver a session with the group based on the areas of need.

Young people were asked for their feedback after taking part in the 16-week programme, they took part in this through formal & informal conversations, and devised mind-map style images with Youth Work staff if they found it difficult to vocalise their thoughts. The result of the feedback was hugely positive, with emphasis on the variety of different, and practical sessions that young people were given the opportunity to take part in. By the end of the programmes, several young people began attending universal Youth Work provision in their local area, and it has opened them up to more opportunities such as attending the regional #ROOTS youth activism conference.

Following on from the successful first round of delivery, VIP Me will continue to move across the region, and will next deliver in Nithsdale and Annandale & Eskdale, with the same model of provision and workshops in order to improve the lives of young people in our region.



SPOTLIGHT ON...

YOUTH BEATZ FESTIVAL

For 11 years, the annual Youth Beatz Festival has been a highlight of the Summer, not just for those from Dumfries & Galloway, but for the whole of Scotland as of 2018. Taking centre stage as Scotland's largest free youth music festival, Youth Beatz blends together music from local up and coming and chart-topping artists, alongside youth information.

In 2009, Youth Beatz started its journey as a small community event in Dock Park, Dumfries, only containing a few gala tents and a small stage. Fast forward to 2019, and Youth Beatz now attracts 40,000 visitors over the course of a weekend, from all over Scotland to Park Farm, Dumfries, and is often seen as the kick-off to Scotland's Summer!

There are three main elements detailed within the delivery of Youth Beatz Festival:

Youth Beatz Main Event: a two-day festival offering a range of activities and experiences, ending each evening in live musical performances from chart-topping artists such as: The Vamps, Sigala and Rudimental. Alongside nationally acclaimed music acts, young people from Dumfries & Galloway are also given the opportunity to perform on the Youth Beatz Main Stage, as supporting and showcasing local talent has always sat at the heart of the festival.

The Toon: The hard-hitting immersive drama production that aims to address the key issues facing young people in Scotland today. Topics that are featured within The Toon include knife crime, drug abuse, domestic violence, Sectarianism and many more.

Youth Beatz Fringe: 8 days of community led events that take place across Dumfries and Galloway in the week leading up to the Youth Beatz Main Event. Activities featured within the Fringe programme include family fun days, fun swim sessions, ice discos and young parent days.



SPOTLIGHT ON...

YOUTH BEATZ FESTIVAL

In 2019, the Youth Beatz Festival brought 39,228 attendees to Dumfries, even higher than the previous year in 2018 when the Festival was significantly enhanced and expanded for the first time. Volunteers numbered 202, giving an astounding 12,120 volunteer hours equalling an in-kind contribution of £145,924. As always, there were a number of volunteer groups that enabled young people to design, develop and deliver certain aspects of the festival: the Oasis Events Team, the Junior Events Team, the Events Management Team, The Toon, the Duke of Edinburgh's Award and the Oasis Management Committee. Of all of these groups, the total number of young people involved in co-design and delivery of the Festival was 182.

Youth Beatz 2019 seen a new initiative included within the Festival; the Foodbank Collection. As the Festival sits within Dumfries & Galloway Council's Event Programme, our Council is committed to tackling the cause and effects of poverty through it's Anti-Poverty Strategy. Young people from the various steering groups involved in Youth Beatz (as named above) identified that the demands on foodbanks across the region has significantly increased and asked if an initiative could run over the Festival weekend. All Youth Beatz 2019 ticket holders were invited to bring along one (or more if able to) foodstuff item that they could deposit in the Foodbank Drop Box which was placed at the entrance on the days of the Main Event. Foodbanks were involved from Dumfries, Stranraer and Annan, who due to the staggering amount of food, also donated items on to other community food banks and providers. 48,200 foodbank items were donated over the course of the event weekend, a fantastic amount that no doubt helped some of our region's most vulnerable people in their time of need.

Moving forward, Youth Beatz will continue in its delivery as a two-day weekend festival as it cements its place as a Year of Young People 2018 legacy project for Dumfries & Galloway, continuing to showcase Dumfries & Galloway to the rest of Scotland, and Youth Beatz will seek to keep fostering community spirit, pride, and activism right at its heart.



CASE STUDY – MEGAN



Megan first got involved with Youth Work service when she started attending a lunchtime drop-in in her school in 2018. Megan was a fairly quiet young person and struggled with her confidence, especially when it came to mixing in bigger groups. She had experienced a lot of bullying growing up, which has subsequently affected her self-esteem and self-confidence.

After several weeks and months through regular attendance at the drop-in, she quickly formed a trusting relationship with her youth worker, who supported and encouraged her to get involved in other youth work projects and activities in her local community.

Through promotion at the lunchtime drop-in, Megan got involved in a week-long Easter Programme which focussed on health & wellbeing, particularly self-esteem, friendships and feeling good through exercise. Megan participated in every session; she worked well with her peers and really enjoyed the programme. It was rewarding to see Megan grow in confidence and be more like herself. At the end of the programme, Megan gained a Dynamic Youth Award and as a result was invited to the local celebration of achievement event to receive her award. This was a proud moment for Megan, especially as her dad was able to attend.

More recently, Megan has helped to establish a local girl's group, where girls meet to talk about their experiences, feelings and difficulties in a safe, honest, inclusive and supportive environment whilst also exploring a range of issues relevant to them. As Megan is one of the oldest in the group, she now assumes the role of a young leader and helps with setting things up before and after the group, as well as supporting other young people who are attending.

“The main difference youth work has made to my life is that I am much more confident in myself. I have youth workers who listen to me, who are there for me and I trust them 100%. I am also more trusting of people and I'm better at building relationships with other girls. The girl's group has helped me to do this.”

Not only has Megan become a regular to Youth Work, she is more confident, outgoing and able to deal with difficult situations. She is keen to help others and to continue taking a leadership role at local groups. She has also developed the confidence to get involved in other local groups and organisations where she is furthering her skills and experience. Overall, Megan is an amazing young person and can bring a smile to anyone's face.

CASE STUDY – HUNTER



Hunter first started to access youth work provision back in August 2019, when they heard a new youth group was starting up in their area.

Hunter is a very creative and intelligent young person but has difficulty in meeting new people and placing trust in others. Even though they didn't know who would be attending the new group they have come along to every single session since the group opened.

In the beginning with the group having small numbers of young people attending it gave staff a chance to get to know Hunter more and find out that they have many amazing creative talents including art, writing and cosplay.

As the numbers have increased at the group, Hunter has struggled with their anxiety due to the large numbers of young people attending, but has started to make friends within their social circle which helps alleviate this anxiety once they meet up. Hunter also says that the group gives them a chance to speak to other young people, that had they not been accessing the group, they would never have had the chance to meet.

After only 6 months of attending youth provision, Hunter's body language has changed to being more open, they are able to give more eye contact to their peers and staff and their confidence has increased. Hunter is now accessing other youth work opportunities in different buildings, on their own and with their peers.

Hunter says "My life would be very different if I didn't have youth work, I have new friends and activities I can be a part of. I don't normally tell people my issues as I don't normally trust people but I felt I could trust youth workers and they gave me good advice and information about my issues and it has helped me."

COMMUNITY VOLUNTEERS

Now in its third year, the community volunteers programme is aimed at senior phase pupils at Kirkcudbright Academy who have an interest in volunteering in their community. The programme continues to offer a valuable and meaningful wider achievement experience which builds on young people's confidence, knowledge and skills for learning, life and work.

The programme delivers the SQA Award in Volunteering Skills, and sees participation in a volunteering placement for which the young people need to plan and prepare for and evaluate at the end.

The group of 14 young people meet weekly, with the first term focussing on team building, group work skills and Unit 1 of the SQA award; preparing to volunteer. Term 2 sees the young people participate in their volunteering placement, followed up by Unit 2, volunteering experience, in term 3. The final stages of the programme pulls everything together with the completion of Unit 3; investigative project.

“The community volunteers programme has been a really good experience. The team building activities have helped us work together as a group, and volunteering in the primary school helped me to realise I have lots of skills and abilities.” (Amy, aged 16)

“The programme has helped me with my confidence, working with others and building my communication and facilitation skills.” (Liam, aged 16)



CASE STUDY – RW

RW was first introduced to the Youth Work Service through Primary School Transition Sessions. She was very shy and found it difficult to communicate her thoughts and feeling.

Despite being diagnosed with autism, and dealing with challenging personal circumstances, she has flourished and never lets her situation define her as a person.

When she moved on to secondary school, she started attending a youth work lunchtime drop in and by participating in various events and activities gained the confidence she needed to become an active member of her local youth committee. She has since took part in various projects and has achieved Dynamic Youth Awards, a John Muir Award and her 200 hour Saltire Award.

She is an advocate for young people, recently being elected as a member of Dumfries and Galloway's Youth Council and an active member of the region's Listen2Us project, championing for change for care-experienced young people.

She volunteers regularly at our youth centre, supporting the delivery of our community-based youth work programmes and provides peer to peer support for our junior members.

RW acknowledges the support and guidance she has received from the youth work service along her journey, and recently wrote a poem to express her feelings:

“There's young people with a smile, and youth workers going that extra mile, everyone is drawing and laughing all around, and singers making their special sound, every year we learn and grow, while youth workers watch the sparkle glow, you make new friends and have a laugh, you help us through when times get tough”

Over the last few years she has been faced with and overcome countless personal barriers but continues to smile throughout, always putting others before herself. She is an inspiration to many. She has secured a place this year at Ayr College, and hopes to continue volunteering while studying.

SPOTLIGHT ON... CHAMPIONS BOARD PROJECT

The Champions Board Project



SPOTLIGHT ON... CHAMPIONS BOARD PROJECT

113 young people participated in the Listen2Us Consultation that sought the views of yo

CASE STUDY - LUKAS

LANCHBURY

Lukas attends the Hub Club group in Annan, and whilst there is very quiet and tends not to mix with others or take part in activities, albeit that this is linked to the type of disability he has.

Lukas enjoys sitting with the other support workers and chatting with them and will maybe take part in an odd game of Uno or dominoes. Recently, the Hub Club have taken part in a music workshop over a 6 week period in Partnership with Paragon music from Glasgow.



Paragon are an inclusive music company who inspire and empower young people with additional support needs and disabilities to create and perform their own music.

Lukas brought his own guitar the first week but would not join in, instead sitting and watching from a distance. In the following weeks, he sat in the group and tried a few different musical instruments, each member also got the opportunity to take part in conducting the rest of the group and this is where Lukas showed his true potential, he was very good at conducting the music and leading the young people and really enjoyed himself.

During the final performance in the last week to parents and support workers Lukas did fantastically in his role as conductor, even getting the audience to join in with proceedings.

When he was asked about the course, he said "I have loved these music sessions - can we get some of our own musical instruments so we can do this more often? I was good at getting the audience involved, they were laughing and enjoying themselves."

His mum also said "I'm in shock, where has that confidence come from? I'm so pleased I came along to watch as I wouldn't have believed this, Lukas standing in front of a group of people conducting his group members in a music performance, he has come on so much by taking part in this project."

HEALTH & WELLBEING PROGRAMME IN SCHOOLS

This is a 10-week programme delivered in partnership by Youth Work DG and the NHS' CoH-Sync Project. Over the course of the 10 weeks, S5 & 6 students from the Douglas Ewart High School and Stranraer Academy took part in a range of practical workshops exploring different aspects of mental and physical health and wellbeing, including smoking, alcohol, drugs, healthy diet, sexual health and stress.

The project was developed in response to Dumfries and Galloway's 10,000 Voices consultation, in order to provide young people with more information on issues they felt were important to them and aimed to strengthen their capacity to improve their own health & wellbeing.

The weekly sessions were co-facilitated by a youth worker and a health professional from the CoH-Sync team, using a variety of approaches such as group work, practical activities and presentations to deliver important health messages. Dynamic Youth Awards were used as a tool to enable young people to recognise and articulate their learning.

The project has a clear focus on early intervention and prevention, seeking to reduce the impact of risk taking behaviour. Young people were encouraged to set their own manageable targets and identify ways in which they could reduce risk, stay safe and improve their health.

“to start with I just thought it's the same old stuff we've heard a hunner times, but seeing some of the things like the fat block, the drugs and the contraception helped you understand it better”

“I learned a lot about how I can look after my body and my mind and where I can go for help”

“I learned a lot about how I can look after my body and my mind and where I can go for help”

STRANRAER PEER PROJECT

Stranraer Peer Project is a group for young people aged 12-25 years who have additional support needs and disabilities. The young people meet one evening per week during term time and take part in a variety of different activities during school holidays.

The group was set up to ensure equality of access for all young people and aims to help them develop holistically, working with them to facilitate their personal, social and educational development.

The programme is co-produced by young people, staff and volunteers and includes a range of activities such as cooking, arts & crafts, sports, music nights, project work, trips and visits. Accreditation is used to recognise and celebrate young people's achievements, such as the Saltire Award for Volunteering, Dynamic Youth and John Muir Awards.

Young people are encouraged to participate in issue based workshops to develop knowledge and understanding of prevalent youth issues and youth participation, enabling them to develop their voice, influence and place in society.

Peer Project aims to support young people to reach their full potential in a safe, fun and relaxed environment.

Over the next year, young people attending Peer Project will be working towards their Bronze Duke of Edinburgh Award. They will be participating in activities where they will learn new skills, increase levels of physical activity, explore options for volunteering and plan for an expedition.

“its good because you can just be yourself and not worry”

“I get to meet up with my friends and do different things, I learn quite a lot too”

CASE STUDY - CAMERON CARTER



Cameron is 17 years old and first started attending Youth Work provision when he attended during Summer 2019 the Kirkconnell Youth Group on a Friday night. Cameron in the first instance came with a couple of friends but has since mainly been coming on his own the youth group gives them a safe space in the evening to interact with their peers, take part in a wide range of activities and to get to build relationships with their local Youth Workers.

Cameron's participation in the Youth Group has only been for about 8 months but in this time he has come on remarkably. Though he is not a formal Young Leader he very much takes on this role with the younger members. He has a nature where he wants to help and educate people on his world knowledge and the young people look up to him and follow his lead. He isn't afraid to help with different tasks in the groups and has come on so well with his confidence, self-esteem and self-belief. His personal journey thus far has been amazing to watch.

Cameron is the Upper Nithsdale Youth Forum's Treasurer, and enjoys the role of attending meetings with funders, jointly working with other Forum members in order to develop funding applications, to provide opportunities and projects for young people in the local area to get involved in.

More recently he has also joining this year's Dumfries and Galloway LGBT Youth Gathering Steering Group, to plan and organise the gathering that brings together LGBT young people and their allies. It was a massive thing for him to come along to the first group in Dumfries as this was the first time he had done anything like that. Throughout it he offered ideas, spoke to other young people, go involved with activities and just generally felt very comfortable.

He reflected that if it wasn't for Youth work and the opportunities he has had, this is something he would never of done off his own back. Cameron has grown in confidence, demonstrated leadership qualities and inspired other young people.

SANQUHAR AFTER SCHOOL GROUP

Sanquhar Academy After School Group is a weekly session aimed at young people in S1-S3 and has been running successfully for 3 years. Through consultation with young people living in Upper Nithsdale, Sanquhar Academy was the chosen as the location for a new group, where a strong and positive relationship has been built between the school and the Youth Work Service. Transport home is offered in an aim to tackle any barriers to attendance.

The group takes place every Thursday and offers a range of activities, opportunities and accreditation. There has also been occasions that trips have been offered to the young people that have been well received. In the past year the group has been to M&D's, Blair Drummond Safari Park, and a pantomime in Glasgow. Although Upper Nithsdale has good transport links, due to the demographic of the area these opportunities are not always available to young people for varying reasons.

Week to week, there is a diverse programme available which is co-designed by the young people and Youth Workers. By giving the young people the opportunity to choose activities and design the programme it gives them an opportunity to be creative and share their interests with their peers. This has proven to boost young people's confidence and life skills. Staff are always on hand to support and encourage young people's development as well as provide a safe place for advice and information.



SANQUHAR AFTER SCHOOL GROUP

Sessions usually start with a snack and drink and then young people can choose from a range of activities including arts and crafts, physical challenges, quizzes and games. There are informal learning activities related to young people's wellbeing, topics for this have included mental health issues, healthy relationships, eating disorders and bullying to name a few. Dynamic Youth Awards are offered which young people can complete through the activities and attendance of the group. National youth work campaigns are also recognised throughout the programme including national youth work week and invest in youth work.

Staff and young people put a lot of effort into the delivery of this group which is evident in the relationships that continue to be developed.

Young people moving forward will create what their next programme looks like including new learning and development opportunities. Young people will start to take more a lead role on delivering the activities to their peers and taking the lead on peer to peer support with completing accreditation. We will also be doing an evaluation with young people of the previous year to look at what worked, what didn't and any challenged. The young people will also, as the new S1's will be coming into the school look at promoting the after-school group to those new young people in the school.

“Without After School me life would be boring; it changed my life forever”

“After school has let me make new friends with people, I didn't think I would”



THE ATTIC YOUTH GROUP

The Attic Youth Group was resurrected in August 2019 running from the North West Community Campus in Lochside, this group previously ran in Lincluden at the North West Resource Centre.

The Youth Group was brought back after responding to young people and local partners request for more activities for young people to do in North West Dumfries. The target audience is young people in S1 to S6 (12 – 18) but although running within a school setting it is open to any young person wishing to access. The majority of young people that attend come from North West Community Campus but we are also joined by young people who attend Wallace Hall Academy, Dumfries Academy, Dumfries High School and St Joseph's College.

Youth Workers and adult volunteers support the young people that attend and assist them within shaping a programme at the Attic that they would like to attend. Through consultations with young people about the programme we have also worked with LGBT Youth and Active Schools (Dumfries and Galloway Council).

Other programme activities have included team challenges, cooking, sports, music, karaoke, war hammer, quizzes, issue based workshops, movie nights and celebrated themed weeks including Youth Work Week, LGBT History Month/Purple Friday, International Women's Day etc.

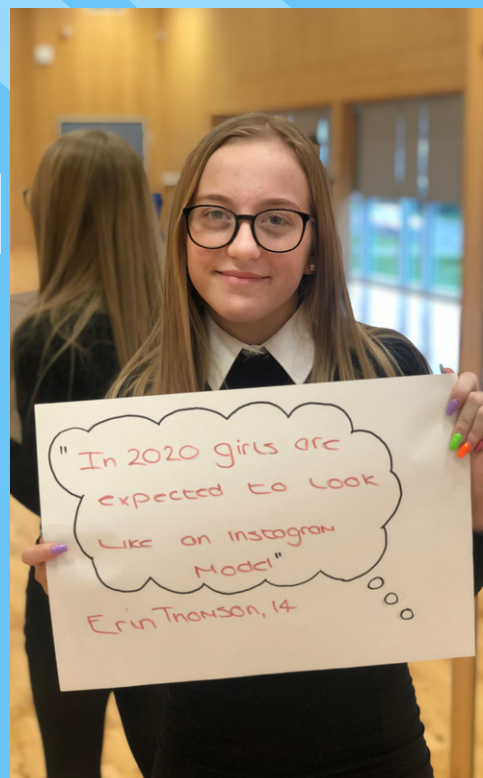
Since starting back in August 2019 the group started off with around 15 regular attendees and has sharply risen to the consistent 90's and 100 young people attending.

“The Attic has made me realise there's lots more out there for me, I now go to the Oasis Youth Centre and other groups”



CASE STUDY - ERIN THOMSON

Erin is 14 years old and first started attending Youth Work provision when she attended a social transition evening for Primary 7 pupils who were coming up to Secondary school. Once at high school, she started coming along to lunchtime drop ins held in the Youth Work Base within the school that were specifically for S1, and gave them a safe space at lunch time to interact with their peers, and to get to know their local Youth Workers.



After attending for a few weeks, Erin began to attend groups in her local area, such as Kaos Café (an evening group) and Youth Café (an after-school youth group) where she said she felt she had an opportunity to socialise with her friends outside of a school environment and that there was always someone there that she could talk to, whether it was another young person or even a Youth Worker.

As part of the Kaos Café group she attends, a significant number of its young people are also a part of the local Youth Forum, a fully constituted group who seek to provide opportunities and projects for young people in the local area to get involved in. The committee has in the last year received funding to run some exciting projects and for the ongoing costs of providing young people with key resources at the youth groups that they attend. Erin is the Forum's Treasurer, and enjoys the role of attending meetings with funders, and jointly working with other Forum members in order to develop funding applications.

Due to the diversity of Erin's participation within Youth Work, she has developed a keen interest in community activism and participation. She has said that Youth Work has allowed her to become a lot more involved within her local community, and has taken the lead on several projects involving intergenerational learning, or by leading on the same Primary 7 transition programme that she herself was once a part of. Erin has advanced her experiences by putting some theory behind her work, she has attended a Secret Saints Youth Activism Residential, and is an annual attendee of the regional #ROOTS conference for young activists.

Adding all of this together, the result is independence and empowerment. We have seen Erin grow in confidence, demonstrate leadership qualities and inspire other young people just to take part. She is a well-respected young person who is often perceived as a capable leader and peer mentor to all young people.

CASE STUDY – KELSEY YARD



Kelsey started accessing Youth Work services when she was 12 and has continued to access for her teenage years. She started off coming to general drop in within the Oasis Youth Centre with her peers and enjoys attending Youth Work organised events such as I am a Raver and Youth Beatz. Kelsey over the years has been on an incredible personal journey with the service. She sees the service as her safe space and has a great rapport with Youth Work staff. Her involvement in youth work services has given her a vast range of different experiences and opportunities.

Kelsey has come on leaps and bounds since she started accessing youth work service when she was 12 years old. She used to be one of the young people that was always getting into bother within different sessions. Kelsey was one that used to come in under the influence because Oasis was always her safe place and knew here, she would get some toast and juice and a friendly face to chat to.

Kelsey has turned into a wonderful young person who still faces their own challenges but the different and the change from that 12-year-old to now is what youth work is about as she sees youth work as her “family”. We were always there through the good and the bad when they had been failed but other people, they could always count on youth work. She knows that youth work is their safe space and always comes here whether it be a place they know they won’t be judged and a place they know were staff will go out their way to help and support them and keep them safe. More recently Kelsey got some temporary employment at a local supermarket and has just moved into independent living which is a huge step for her. Youth Workers have always been there to support and guide her at every step of the way.

Kelsey is a well-liked, respected and popular young person who has made many friendships through her attendance at Oasis too.”

YOUTH INFORMATION IN SCHOOLS PROJECT

The Youth Enquiry Service, has delivered a two year pilot project supporting the delivery of low level mental health support and early intervention across Dumfries and Galloway, within the 15 secondary schools across the region.

The work is targeted at closing the poverty related attainment gap.

The Scottish Government Framework to support the Scottish attainment challenge has identified 12 key areas the interventions should focus on:

- Early Intervention
- Social and Emotional Wellbeing
- Promoting Healthy Lifestyles
- Engaging Beyond the School
- Partnership Working
- Promoting a High-Quality Learning Experience

Each school was offered a programme that they could tailor to suit their needs and provided with several the following option:-

One to One Support - aiming to provide young people to learn strategies to cope with difficult feelings. These sessions would last 45 minutes each week over a period of 6 to 12 weeks depending on the Young Persons individual needs.

Group work/Issue Based Groups- designed to focus on Young People's overall health and well-being with a specific identified group. These sessions last for 12 weeks and 45 minutes per week.

Drop-in/C4U - provides a safe place for social and emotional well-being and promoting healthy lifestyles. It's an informal drop-in where the young people can talk to a Youth Worker, chill out, study or gain access to free condoms through the C4U scheme.

YOUTH INFORMATION IN SCHOOLS PROJECT – LADS GROUP

This lads group was introduced because a number of boys had been having a few issues in school regarding their behaviour towards each other, and others around them. They were a great bunch of lads who had a lot of unanswered questions about subjects that were now becoming more relevant in their life, mostly alcohol and sex.

They are a close group of friends who have known each other from primary school, who have all tried alcohol, and regularly drink at the weekends. At the group, the lads are encouraged to talk about the risks, the effects and ways to stay safe. • Many of the group discussions have been led by the young people who have shared experiences that are current or in the past.

Peer pressure from other people in the community has been a problem for some of the group, where older young people and adults are often out looking for young people that want alcohol so that they can charge them to get the alcohol.

Discussions looking at healthy and unhealthy relationships, risk taking, bullying and internet safety have been of big interest within the group and ways of identifying coping strategies and problem solving has taken place. Sex education has been a large chunk of this group, the lads had lots of unanswered questions, we have explored condoms and the lads are now confident on how to utilise this safely and correctly.

The young people enjoy being able to spend time talking openly about their week's feelings, worries/concerns. They have respected and enjoyed making the ground rules within the group and have stuck with it religiously. The teaching staff have been very supportive of the group.

All young people have shown and expressed that their self-esteem and confidence has improved. They all engage well with the planned activities and especially enjoyed the role play session.

An outstanding moment was when a member of the group was off school because he was on a family holiday. He was so determined not to miss the group that he facetimes the whole session. He also told his family to leave the hotel room because it was private.

CASE STUDY – J

The aim of the group was to focus on empowering young women and building self-esteem and confidence. Covering various topics and activities relating to young women such as friendships, health relationships, bullying and risk management.

J was referred to the group by her pastoral care teacher who felt that she lacked self-esteem and confidence and struggled with friendships. She is one of 9 girls who attend the group, and was the only S2 pupil in the group.

In the beginning J would sit back from the group and displayed shy and awkward body language. By week 3, J had become more confident and joined in with all the discussions and shared personal experiences within the group.

J attended every group session and often asked YW for one to one time where she received advice and support in identifying coping strategies. She showed a positive attitude toward the group and support to YPs.

As a result, J has shown increased confidence and self-esteem within the group, in school and at home. This was highlighted in a Child Plan Meeting by parent, social work and teaching staff. It was also witnessed by YW and YPs within the group.

J forged new friendships within the group, and in school. She was accepted as a valued member of the group among the other YPs and became more involved in group activities such as role play. She put into practice all the coping strategies that she identified with the YW and shared with the YW some of the positive results.

J had often talked about being part of a drama group, and after the group had finished, J came back to see the YW and told her that she was accepted into the schools drama group and got the part as one of the main characters.

J has said that she has really enjoyed being able to see the YW on a one to one and felt able to **"talk to Billie about anything"**.

"It has helped being able to talk to Billie"

"I have made more friends that I like...."

"my confidence has definitely improved"

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 a

GIRLS GROUP

A group for S1 and S2 girls runs every Thursday evening in the Community Hub Ednam Street and offers a variety of activities including issue based workshops relevant to their lives.

The girls took part in a 5-week True to Me Project, for which they received accreditation. The project allowed the girls to explore issues that they felt strongly about, although they may not encounter them in their daily lives, and that they may not have been comfortable or confident to discuss 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.

The girls took part in activities which helped them to practice how to spot and challenge the Appearance Ideal in everyday lives. The girls were given activities to help them develop the skills and confidence to avoid talking about or reinforcing the Appearance Ideal in conversations and to practice quick comebacks to challenge comments that supported the Ideal. The girls also explored how media can perpetuate the Appearance Ideal and reflect on how media could change to support more positive body-confident messages. The final session gave the girls a chance to think ahead and see if they have the tools and ideas they needed to challenge the Appearance Ideal once True to Me had ended.

After each session the girls took time to reflect on what they had learned from each session and discussed a set of questions which were posed for each activity. The girls enjoyed a celebration event at the end of the project, and each received a Dynamic Youth Award certificate for participation.

“ I am now much more confident in challenging people who are nasty to other people”
– Jannat aged 12

“I feel much more confident in myself and I'm not worried anymore what people think of me” – Annie aged 12

“I'm happy with how I look and I don't care what anyone thinks of me but I now have learned different activities that can help me challenge other young people when they are being horrible to my friends or family.” – Anna aged 12.



DALBEATTIE DROP-IN

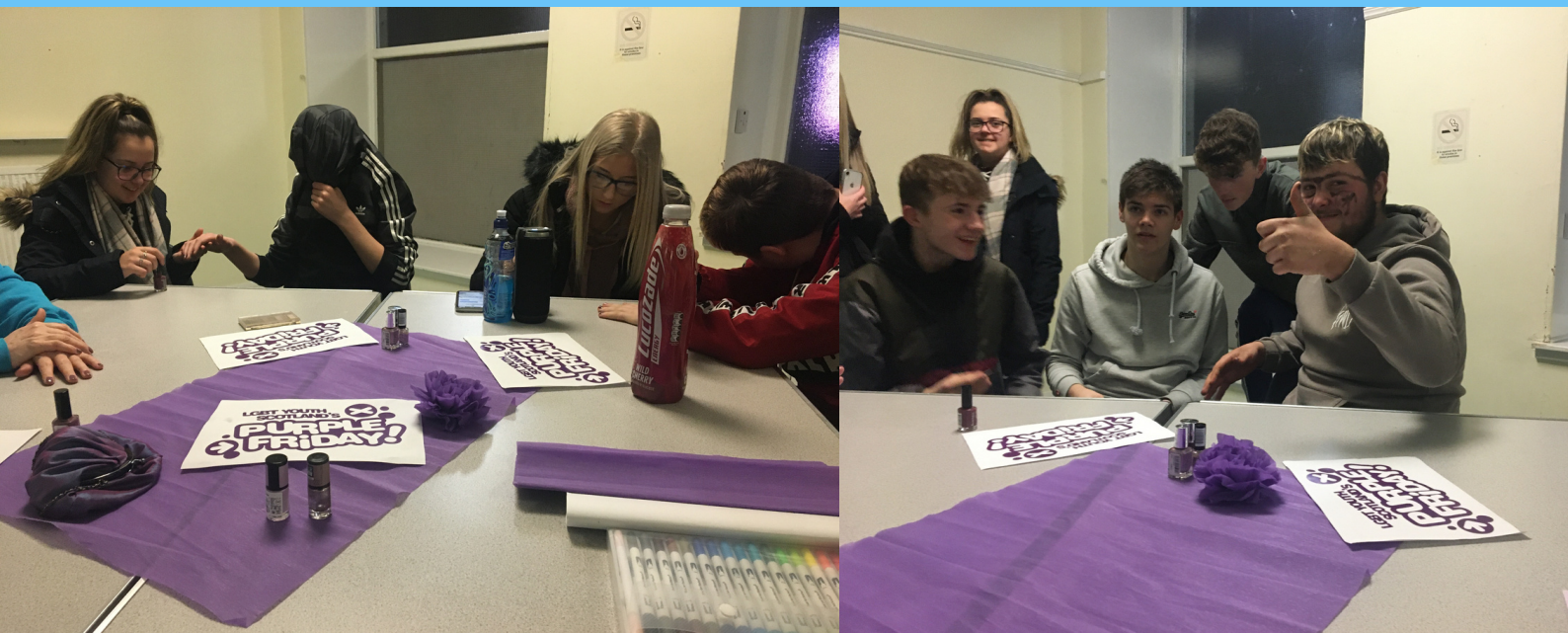
Dalbeattie Friday night drop-in has been set up in August 2019 in response to the need for evening youth work provision for young people in the area. The drop-in runs from 7-9pm in Dalbeattie Town Hall and has gone from strength to strength with up to 30 young people attending each week.

The drop-in offers a safe, welcoming, friendly and inclusive space for young people to socialise, meet new people, make new friends and build positive and trusting relationships with youth work staff. A variety of activities are provided each week that offer the opportunity for young people to build confidence and learn new things, as well as being able to enjoy social time and informal activities with their peers.

From cooking and baking, arts and crafts and indoor sports to gaming and music, the young people can pick and choose what they would like to get involved in each week. Young people are also supported to take part in specific projects and campaigns such as National Youth Work Week and Purple Friday to celebrate LGBT History Month.

As a result of the drop-in, young people now have a safe space to go to on their Friday evenings and have built positive and long-lasting relationships with their youth workers. The young people have a sense of ownership of the drop-in and have helped to create a fun and vibrant atmosphere at their group.

“If it wasn’t for the Friday night drop-in I’d just be hanging about the streets. The drop-in gives us somewhere to go and things to do, as well as youth work staff being there for us to talk to if we need help or support.” (young person aged 16)



PEEP

Peep Learning Together is a parenting programme developed by the Scottish Charity PEEPLE. The programme is aimed to help:

- parents and carers to improve their children's life chances by making the most of everyday learning opportunities – listening, talking, playing, singing and sharing books and stories together
- babies and children to become confident communicators and learners through play parents and carers to recognise and build on their own learning potential and achievements
- Communities to narrow the attainment gap, which appears even before children reach school.

The Peep programme has been running successfully in the Youth Enquiry Service for young parents under the age of 26 and their children. It is delivered by Youth Workers who have completed the 'Learning Together Programme' which is an effective way for practitioners to support:

- parents and carers to build positive attachment relationships with their babies and children
- parents and carers to make the most of everyday learning opportunities with their child – listening, talking, playing, singing and sharing stories together -enhancing their home learning environment
- babies and children to be confident learners- through playing, talking, singing and sharing books and stories – for a flying start in life and school

Each session starts with lunch in the kitchen and then the group is moved into another room where there are activities offered within the PEEP learning together programme. To start with there was a lot of crying from the babies and children but through the positive engagement of staff and the parents, the children are now at ease and either join in or watch and smile recognising the routine.

Relationships have become very strong within the group and they are quite happy to get involved in group discussions including relationships, breast feeding, child weening, bereavement, sleep, pregnancy and much more. The group are very confident in having these discussions which often result in peer support and advice.

Supported by youth workers, the Parents can gain nationally recognised units through the Peep Progression Pathway which are SCQF credit rated through the Scottish Qualifications Authority. This is a great opportunity for the young parents to enhance their employability and confidence whilst learning with their own children.

"I am really enjoying the fact that I am gaining a qualification whilst playing with my child"

"I go to Bouncin' Bairns and its brilliant to have another group that I feel comfortable to go to"

AWARENESS ARTS

Awareness Arts is a project which epitomises how young people are supported and encouraged in taking the lead and making their own personal stamp on the Youth Work services that they access.

Awareness arts is workshop based and offers both art and research activities; by attending and participating young people have had the opportunity to use various methods of art to not only raise awareness of topics that impact and affect young people within their daily life but also as a chance to challenge and explore difficult subjects. These topics have included:

- The White Ribbon #stopfamilyviolence
- Trauma and its Effects
- Sexual Health
- Mental Health
- Breast cancer awareness
- Poverty
- Self Esteem
- Bullying

Young people have built a portfolio of all their creations and worked with a Graffiti Artist to create art work on the stair well within the new YES building.

Art Mediums that they have used include:

- Mosaic
- Photography
- Drawing and painting
- Coin Art
- Recycled Art
- Dreamcatchers
- Mandala Art

Young people have really enjoyed the chilled and focussed sessions and having the medium to express themselves through art has been a breakthrough for some who struggle to let go of negative emotion and struggle to talk about their feelings, situations and fears. It has opened discussions which has resulted in peer support from some of the older group to the younger members. As the weeks went on young people reported feeling more confident within the group and felt really proud of the artwork they created.

"It was great learning new art skills, raising awareness of different things like poverty, the group is quiet and chilled"

BOUNCIN' BAIRNS

Bouncin' Bairns is a weekly group targeted to young parents under the age of 26 with babies and toddlers as well as expectant parents.

Quite often young parents don't feel confident attending some young parents groups in their communities due to feelings of being judged, criticised and stereotyped. Bouncin' Bairns offers a safe place where there is the opportunity to meet other young parents and where they and the children can meet new friends. Youth Workers are at hand to provide support and information which can be given in a 1-1 capacity, group discussions as well signposting to other agencies.

At the beginning of each new quarter, a programme is co-designed with the young parents attending which is then delivered by the youth work staff. The programme is varied, providing FREE activities to both the young parents and children. These have included, chocolate making workshops, cooking on a budget, sensory play, arts and crafts and baby massage and yoga. By including the participants in the planning of the group, it gives youth work staff a clear idea of the wants and needs of the group whilst increasing young people's confidence to develop the programme and their own skills.

Information sessions have also been provided by partner organisations such as the Credit Union who gave information on their organisation, and how to open an account. There has also been a sling wearing session which taught the group the benefits of sling wearing and how to use the slings that they receive in their baby boxes. The young parents that attend the sessions have found these informative and beneficial.

During the past year the group has enjoyed visits to local parks, the swimming pool and Ice Skating as well as a Christmas Shopping trip and Pantomime. The programme ensures that these young families have lots of new opportunities and experiences.

Quite often all they want is a place to chill and chat with their friends and the youth workers whilst watching their children play and making friends. The group are exceptionally supportive and open with each other. The peer support that is offered is at times inspiring as between them, they have a wealth of knowledge and experience.

As poverty is high on the agenda, every effort is made that there is lunch available for the group, sometimes made for them to give them a well-deserved rest and sometimes made collectively. Food is readily available for young people to take home through large chain stores surplus food projects.

"I felt lonely when I 1st had my baby and hated being stuck at home because I couldn't go to other baby groups. I'm so glad someone told me to come here as I have made lots of friends and feel more confident with my baby"

EVENTS TRAINING PROGRAMME

The Events Training Programme was an 8-week intensive creative learning programme within the Oasis Youth Centre. The programme was offered to young people who have an interest in pursuing a career within the ever-evolving Events Industry.

Youth workers supported 30 young people through the interactive course and delivered events specific skills and training as well as developing personal skills. The full itinerary of practical Events training included:

- Sound Production
- Light Production
- Stage Management

The course took place in the 8 weeks running up to Youth Beatz and on completion of the course the young people were given the opportunity to volunteer at Youth Beatz where they shadowed Event industry professional's and were able to work in a professional capacity.

Accreditation was offered, and all young people who took part in the course also completed a Dynamic Youth Award.

Young people reported that through the course they felt that their confidence had increased and their knowledge and skills in events has inspired them more so to pursue their dream of a career. Many of the young people who attended the course have continued to volunteer in youth work supporting Music Night in the Oasis and other events such as I Am A Raver, Jingle Bell Ball, LGBT disco's and most recently a Light and Music Show created especially for Purple Friday.

By continuing to volunteer young people are continuing to develop their events and personal skills as well gain Saltire Hours for volunteering.

“This has been the best experience ever, I loved every moment and now really want a job where I can travel the world and manage stages.”

“I liked all of the course but the best bit was volunteering at Youth Beatz”

SPOTLIGHT ON...

DUKE OF EDINBURGH'S AWARD

The Duke of Edinburgh's Award (DofE) aims "to inspire, guide and support youngpeople in their self-development and recognise their achievements".

The DofE operates in all main secondary schools across the region, delivered in a voluntary capacity by teachers and community volunteers; supported by the Youth Work Team. the Youth Work Team also delivers Open DofE Centres, based in Dumfries and Newton Stewart - providing universal opportunities for young people aged 14 (or in S3) – 25 years of age.

Through involvement in the DofE, the participants are required to complete Volunteering, Skills and Physical based activities as well as an adventurous journey as part of a team that aim to help the young people grow in confidence and develop useful skills.

2019/20 saw an increase in participation in the DofE, as well as the formation of a new DofE Centre. There was a great improvement in completions of awards, with an increase of 21%.

All award recipients were invited to the first regional presentation of DofE Award. The evening was a great success and will go ahead again next year. 100 certificates were presented to young people, and joining the young people receiving their awards were DofE Leaders from across the region, some of whom were receiving long service awards.

"One of the main highlights of my Duke of Edinburgh's Award was the volunteering section. As someone who wishes to pursue a career in healthcare, being able to work well with the general public is a skill that will be of great benefit to me in the future."



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:

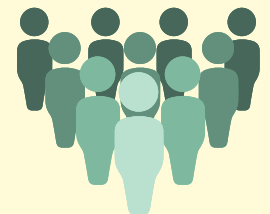
- Young people choose to take part
- The work must build from where young people are
- Youth Work recognises the young person and youth worker as partners in the learning process



Manager Young People



Senior Youth Development Officer



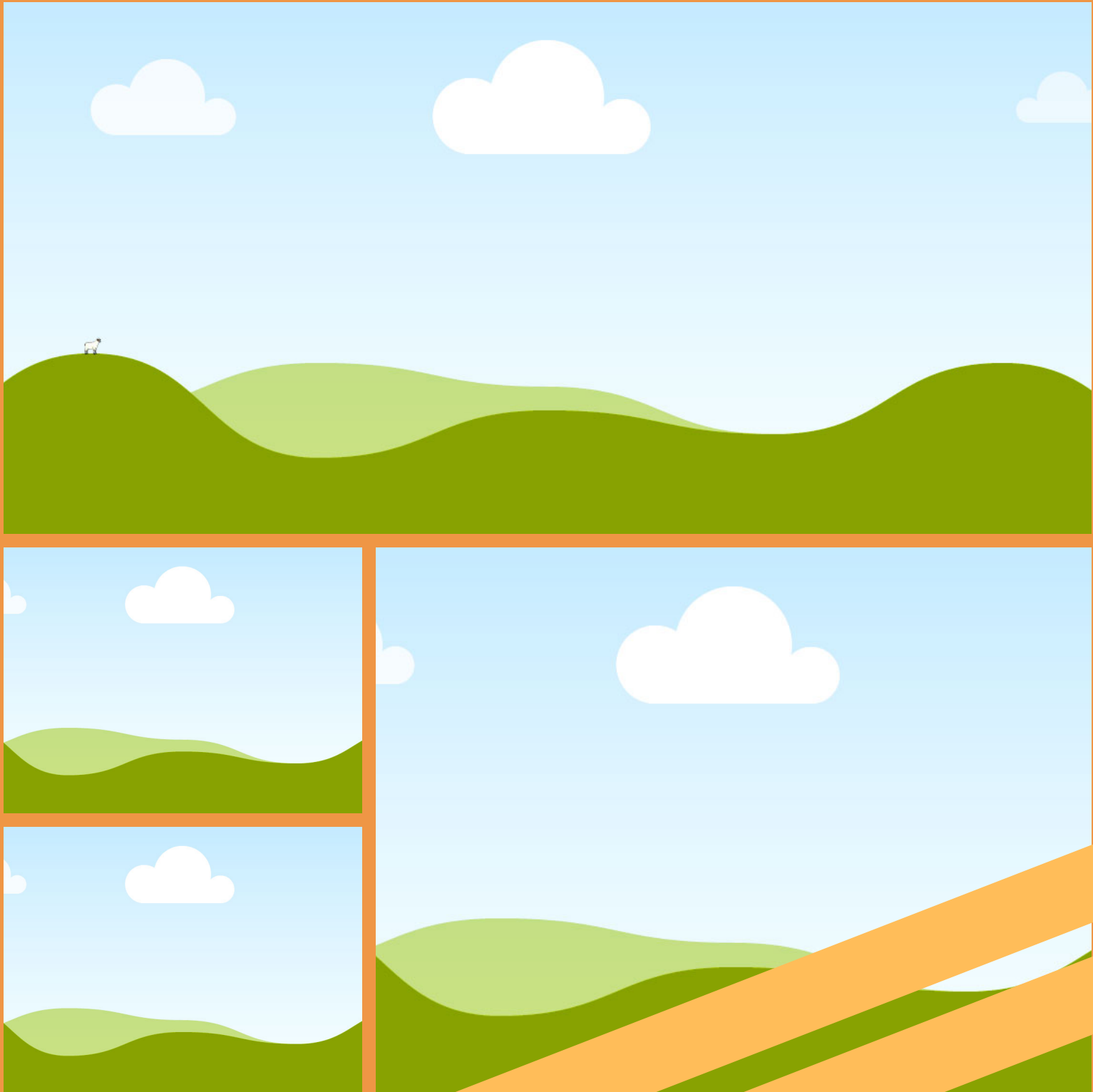
Frontline Staff & Delivery

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 2019 – 31st March 2020

FOR MORE INFORMATION CONTACT:
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#YouthWorkChangesLives

YOUTHWORK

DUMFRIES & GALLOWAY

Dumfries
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COUNCIL