



Annual Report 2019 – 2020



HIGHLIGHTS

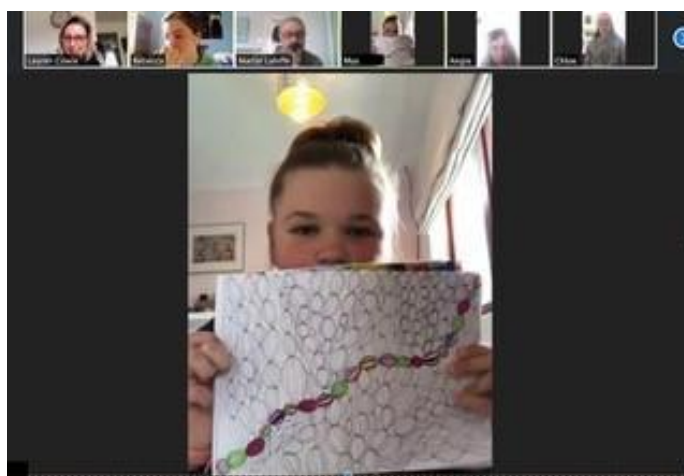
- The Café in the Lodge was open for a ninth summer
- A youth worker continued to provide mental health support to young people and was a finalist in the Mental Health and Wellbeing category for YouthLink Scotland's National Awards 2020
- Funding enabled a Youth Worker to work in North Berwick High School
- The project was selected to be one of 5 across Scotland to do an environmental project entitled On Our Wave Length
- The Youth Project adapted to remote working in response to COVID-19

COVID-19

North Berwick Youth Project is continuing to provide support for young people and, as a result of COVID-19, embraced digital youth work.

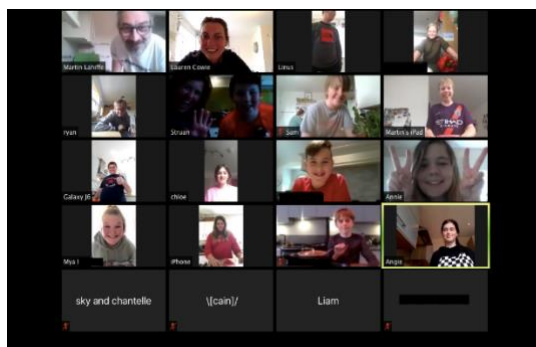
It ran daily challenges for young people. Young people joined a Zoom Youth Club where the challenges were set and then there was a feedback meeting. The winner was sent a prize. The prizes are funded by a grant from Youth Scotland.

'The online work you are doing is so much appreciated and my daughter loves it. She particularly enjoys and looks forward to receiving the prizes and you can tell there is thought that goes into this - I cannot thank you enough.'



There was also a P7 Zoom meeting at lunchtime Mondays to Thursdays. Other activities included free yoga and an activity evening such as a quiz night.

'I think it's been amazing that the children have had the chance to stay in touch, doing something that's been interactive and fun. Socialising digitally is so important right now to help their mental health. I want to teach my child that following the lockdown rules doesn't have to be boring. It can be made fun without breaking it.'



The Youth Project continued to hold its Disability Group remotely on Wednesday and Thursday afternoons.

The Youth Project is running cookery at home sessions. A menu is devised and the food is delivered to the young person's home or collected from a pick up point. It is then cooked with instruction from a youth worker on Zoom and adult supervision. The whole family can eat the meal together. Funding was obtained from

Supporting Communities and Tesco have given donations of food. 19 young people have taken part.



Work with North Berwick High School continued, including one to one support. The ELC Virtual School Headteacher for Care Experienced



Children and Young People also referred vulnerable young people. The Head of North Berwick High School commented:

'I just want to say a huge thank you for all that you are doing for the young people in our school community at this time. Actually, you do great things for them all the time, but you are certainly going above and beyond in the current difficult circumstances. At last week's PSG meeting, it was a joy to see how well you know our young people, how much you care for them, and how creative you are in trying to support them. They are very, very lucky to have you. A massive, heartfelt thank you from me.'

A young person said: *'Helped me feel not as alone. Made me feel we are together in this and less isolated'*

A parent said: *'We were having a very difficult time with our child's challenging behaviours. The YP endeavoured to engage our daughter in activities of interest, also to work through anger issues during 1.1 walks. The YP did Zoom meetings with her to involve her in group activities and create opportunities for social interaction. It saved our sanity and gave the whole family respite that we desperately needed to survive the Lockdown. Our daughter enjoyed the groups/ activities and was happy to see her peers.'*



A large part of the work was one to one wellbeing walks. 14 young people received walks before returning to school with 10 referrals for wellbeing walks during school time.

The activities that the young people are doing were integrated into the Hub, which was run at North Berwick High School. As a result of this, the Youth Project were approached to continue to run the Hub throughout the summer from the Youth Project. 15 young people were referred for the summer Hub which ran Monday-Thursday 12-3pm with a maximum of 6 young people and 2 staff members. ELC supported funding for music projects and outdoor education activities which ran throughout the summer.

Mental Health Support under COVID-19

Mental Health support continued remotely. Prior to lock down there were 16 active GSH cases. Some young people decided that they would like to defer until school returned. Initial take up was slow but returned to usual levels. CAMHS asked the Youth Project if it would work remotely with young people from other areas of East Lothian who were on their waiting list but would be suitable for GSH. This was agreed, with a priority being given to young people from the North Berwick cluster. As well as referrals from CAMHS and the High School, there were also referrals from parents, doctors, social services and self-referral during lockdown. The Guided Self Help has now returned to face to face work at the Hope Rooms, although some support continues to be given remotely.

The Head of North Berwick High School commented: *'I just want to say a big thank you for all that you are doing for our young people at this time. At last week's PSG meeting, it really struck me how thoughtful you are in how best to engage and support those young people who may not find it easy to accept any support, and you do it all in your lovely calming, gentle way. I'm so glad that your work with our young people was recognised last term when you were an award finalist; now, it's clear that you are even more deserving of that recognition. I'm glad that you are there for our young people.'*

WORK BEFORE COVID-19

DROP-INS

The Youth Project is for P7-18-year olds in North Berwick and the surrounding area. It is a safe and friendly environment. Young people are encouraged to engage in community events and to fundraise for equipment that they want. An example of this is holding a coffee morning.



Tuesdays are P7 drop-in and Boxing, Wednesdays are S1-4 drop-in and Yoga and Thursdays are Cooking Group and the Zap Group, a session for young people with additional support needs (see below). The Friday drop-in remains open for all age groups.

The Youth Workers offer one to one support to young people at their request. They can talk to them about any issues that are bothering them e.g. sexuality, bullying, home life and school worries. They can also access C-Card service.

'Drop-ins are good, we do karaoke and get to choose what we do. I love just catching up with my friends'

'I like that we get to cook pizzas and that on a Friday and watch a movie with everyone'

Trips



Trips to various activity centres are organised for young people who attend the Youth Project regularly, including Ryze, Foxlake, ghost tours, cinema and Edinburgh Dungeons as well as other outdoor activities.

During the summer programme in 2019, 63 young people signed up for at least one activity. 14 young people accessed the bursary scheme. 7 young people were from care experienced backgrounds and 21 young people had additional support needs or disabilities.

“I love the holiday trips. I make new friends and try loads of new things that my family wouldn’t do with me.”

ZAP Group

ZAP group takes place weekly and is for young people aged from P7 to 18 years who have additional support needs. The young people contribute to the planning of the sessions which include baking, out and about, crafts and movie nights.

The young people are also encouraged to integrate into the mainstream activities and projects. 4 of the ZAP members attend the Yoga sessions and 3 were part of the On Our Wave Length Eco Group.

The group continued remotely and then outdoors.

‘I feel left out at school a lot but when I’m at ZAP I can be with all of my friends and we all play together’



Cookery Group



Cookery group runs once weekly. An average of 9 young people attend the cookery group each week where they help to plan their menus, learn to budget, shop for ingredients and cook the meal. The young people also learn hygiene skills as well as serving and general table etiquette. The young people discuss any issues that they may have, which often leads to issue-based discussion such as bullying, sexual health and relationships.

All young people said that they felt included, that they had learned

something new and most said that they now cook, or help to cook at home as result of the cookery group.

During Lockdown the cookery continued digitally.

A new organisation has been set up in the area, called North Berwick Coastal Community Connections, which aims to connect people to local activities and create conversations and collaborations. Once a month some of the older, socially isolated residents have come to the Youth Project and the young people have cooked them a meal, served them and then sat down to eat with them. Afterwards, they have played games together.



'I feel so less isolated.'

'My grandchildren are grown up and it is lovely to spend time with young people.'

Healthy Bodies, Healthy Minds



The free boxing and Yoga sessions continued with funding from the Russell Bequest and a kind donation from the North Berwick High School reunion team.

All young people said they feel more confident, all young people rated their enjoyment of the sessions a 9 or 10. All said that they can manage their emotions better and all said they wanted to

continue boxing and yoga. All 7 boxing young people said they feel fitter and all yoga young people said they feel calmer and more relaxed. Since the project started 37

and global delay. All the girls were referred by North Berwick High School. The project ended on January 2020.

The evaluation showed that the girls were much more able to handle things independently after the sessions and teachers commented on how relaxed and happy they were after their sessions.

'I now have strategies for coping with stress and anxiety and feel more equipped to cope with life.'

CASE STUDY

A young person who is 13 years old has been attending the Youth Project since P7. She started attending ZAP group and quickly got involved with mainstream activities and projects where she thrives. She has been working on the On Our Wave Length eco group where she attended various talks and interviews of professionals. She attends the Yoga sessions weekly as well as occasionally joining in with the cooking group. During Lockdown she has been a great motivation to others during the Zoom calls and was always keen to do the daily challenges and take part in the weekly cookery from home sessions. She attended the summer Hub and took part in some of the outdoor education activities too. Staff and volunteers have seen an increase in her confidence and social interaction with her peers and adults and an ability to cope with change. She enjoys taking on a leadership role and this has been seen when she has worked to put on Quizzes and challenges for her peers through a 'Zoom takeover'.



'I go to Environment club and I learn about what we can do to help the environment. I also enjoy going to yoga. It helps you and there are different poses. I have met people of different ages at Youth Group and Lauren does a lot.'

'The Youth Project has been a life-line for my daughter, particularly since March when we had lockdown and she was very socially isolated. The team are fantastic and I extend my particular thanks to Lauren, Martin, Beth and Christie. They really focus on the young person's individual needs and nothing is too much trouble. She loves going and I see a change in her self-confidence because of this.'

RESIDENTIAL

Unfortunately, the Resilience residential scheduled for Easter had to be cancelled due to COVID-19.

EMPLOYABILITY

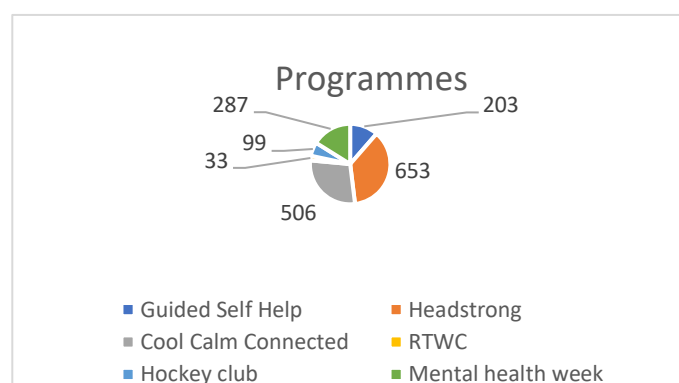
We continue to deliver Activity Agreements as trusted professionals for East Lothian Works at local level. This has worked well as young people have not had the barrier of travel to Haddington which can be difficult with the bus services available. This has also been helpful during COVID-19 as it has meant that the support could continue through Zoom and then for 1:1 wellbeing walks when guidance allowed.

We continue to track 8 young people and have supported 2 into college or further education this year.

C-CARD

Young people can also access C-Card which all staff are trained in delivering. This is a totally free service where young people can access free condoms and sexual health advice and information. A youth worker met with young people following COVID-19 protocols to hand out condoms during lockdown.

MENTAL HEALTH



Mental health has been identified as a key barrier to achievement and attainment in the North Berwick Cluster. The North Berwick Coastal Area Partnership was given a budget to raise attainment and achievement. A proposal was developed by North Berwick Area Children and Youth Network (a sub group of the

partnership) to employ a full-time youth worker, employed by North Berwick Youth Project, who would deliver Guided Self Help at North Berwick High School and Headstrong to all P7s. The youth worker would also do some group work. He started in January 2017 and since then 1781 people have accessed mental health support.

Guided Self Help Service

Guided Self Help (GSH) has been developed by CAMHS (Child and Adolescent Mental Health Services) as a programme for young people who are experiencing poor mental health. CAMHS provided training to the Mental Health Youth Worker and other staff and continue to offer clinical and technical supervision.

The Guided Self Help Service is available to all young people attending North Berwick High School, who are experiencing mild to moderate difficulties with their mood or anxiety.

The Guided Self-Help Service is a 6 session programme that uses the principles of Cognitive-Behavioral Therapy (CBT). CBT is a short-term therapy that encourages young people to develop positive ways of thinking and to build up a toolbox of strategies to help them feel more in control.

There have been 203 referrals to date, 72 male and 131 female. The young people have been referred mainly through the Guidance staff at the High School. There have



also been young people who have been referred directly from the local GP surgery. Most young people are seen during school time, but there is also the opportunity to offer the service outwith the school, thus enabling young people more options in how they can participate. To date, 116 young people have completed the programme, with the average drop in anxiety about 62% (YP Core average 20.2 down to 7.7). All of the young people who have completed the course thought the service was very good and would definitely recommend it to their friends.

'I felt like I could speak my mind on how I felt and I had no insecurities in telling Martin how I felt and I knew that I could trust him to not tell anyone. The techniques have helped me very much and it has had a very calming effect on me.'

CASE STUDY

A young woman in S2 was referred by her Guidance teacher. She presented with multiple issues including anxiety, panic attacks, low mood, stress and low self-esteem. Her initial YP Core self-assessment was 19. She was new to the area and the school and was struggling coming to terms with the changes. She was sleeping badly as her anxiety was keeping her awake and stopping her from making friends and doing the things she enjoyed. She responded very well to the techniques. By the end she was able to relax better, balance her thoughts and had a final YP Core of 0. At the 3-month follow-up she reported that she is still using the techniques regularly.

'I had a follow up meeting with Martin a few months after I had finished the course and I was still able to use these techniques to help me fight my fear. Even now I am still working on myself to gain more confidence. However, there is already a significant change. Thanks to the exercises I am able to push myself even if it means having to step out of my comfort zone.'

Headstrong

The Headstrong programme is a 5-session programme looking at mental health with young people at P7 level. It is delivered in a class session and aims to raise awareness and develop some skills to enable the participants to better manage their mental health.

The youth worker has completed training for this with school nursing staff. All 5 primary schools have had the programme delivered. Planning for next year's P7s will take place when schools reopen.

"How nurturing it was about different kinds of feelings using practical activities such as scenarios and making memory boxes. I especially liked how supportive Martin was - waiting 30 minutes after for children to speak to him.'

Raising Teens with Confidence

Three youth workers have been trained to deliver the Raising Teens with Confidence programme, with funding from the North Berwick Coastal Area Partnership. The youth workers have delivered it with the Community Development Officer and the CDO Team Leader for East Lothian to 33 parents and carers in North Berwick. There

are six sessions delivered in a group setting. It aims to raise awareness and provide parents and carers with additional knowledge and confidence in raising their teens. Feedback to date has been positive from those attending.

There was a programme due to take place after Easter but due to COVID-19 this has not happened.

Cool Calm and Connected

The training also allowed staff to deliver Cool, Calm and Connected, the young persons' version of Raising Teens with Confidence. It is six sessions of an hour each so it fits within the school timetable. This was delivered by staff from the Youth Project and within the PSE timetable to all S1 pupils. 506 young people have participated in the programme to date. Over 75% reported that they had learned more about their mental health and well-being.

CAFÉ IN THE LODGE

7 young people worked at the Café in the Lodge with all young people being given the opportunity to take on the Young Leader role.

The youth worker reported that the young people worked well as part of the small team and observed that their confidence increased, both with working with members of the public and with their catering skills. The young people all worked really hard and really enjoyed the challenge. They all showed a great deal of pride in the food and drinks they were producing, even taking selfies with scones they had made. The youth worker reported that the group discussed their hopes and dreams for the future as well as the realities of working, both positive and negative. All of the young people felt that their



employment at the Café in the Lodge would help their future employment. At the end of the season they held a BBQ during which the youth worker was outside with the BBQ listening to the young people run the cafe themselves, which was a challenge the young people dealt with brilliantly.

Members of the public fed back that they felt the young people were very conscientious and polite.

Young people completed an evaluation at the start and end of the summer. These showed that the young people improved on the following: how confident they felt in new situations, how able they were to speak to people, and their ability to handle new responsibilities.

Unfortunately, East Lothian council terminated the lease at the end of the summer, as they wish to let the building on a commercial basis

CASE STUDY

A young person who has attended the Youth Project since P7 showed huge change throughout lockdown. Despite it being one of the most challenging events that she



has faced, she showed resilience and confidence. This young person lacked in confidence in speaking to others and feeling comfortable around groups of people she was unfamiliar with.

At the start of the digital work she was reluctant to join in and would often be quiet throughout the online Zoom calls. As the days went on staff observed her engaging more in conversation and sharing ideas. She really enjoyed all of the challenges and often excelled in the work that she produced. She encouraged others and always showed kindness and enthusiasm.

When wellbeing walks started, she declined the offer to take part. After a discussion one day about reading and her favourite books, she was paired up with a youth worker, Christie, who is

also an avid reader and they started to walk and review books that they were reading together. David Walliams is her favourite author at the moment. These walks continue.

The outdoor groups would have usually proved a real challenge for the young person, who would have been nervous and anxious about taking part in a group she was unfamiliar with but she has shown excellent social and team work skills and engages fully with the staff members and her peers whilst out and about.

During lockdown we discussed acts of kindness with the groups a lot and this young person showed a huge act of kindness by discussing with her parents that she would like to make a donation to the Youth Project because she had benefited so much and wanted to make sure other young people got the same opportunities she did. She decided that out of her own pocket money she would donate £50 which was matched by her parents to give a donation of £100. The Youth Project were blown away by this act of kindness and generosity and this cements the observations that she is a kind, caring and selfless young lady who has others at the forefront of her mind. She received a plaque in recognition of her contribution. A copy of the letter that accompanied her donation can be seen below.

'To Lauren, Christie, Martin, Beth and everyone at NBYP. You have helped me through these difficult times by making me smile.

I have really enjoyed taking part in the Tuesday night cooking and giving my dad a night off making dinner.

The daily zoom meetings which were held during lockdown gave me a break from my school work and gave me time with other people. I enjoyed taking part and completing the daily challenges.

As you know I have recently been meeting up with Christie for a book review walk. I have enjoyed the walks and loved being able to discuss the book and anything else that was on my mind. Christie, thank you for meeting with me and hope we can carry on with some sort of book reviewing when everything is back to normal.

I wanted to do something to say thank you as NBYP is a valuable support group for the young people of North Berwick like me, so I would like to donate some of my pocket money I have been saving and my mum and dad said that they would match the sum that I choose.

Thank you to you all, for being there for me and other kids through lockdown.

Lots of Love'

'Thank you so much for my daughter's inscribed glass plaque, she is absolutely chuffed to bits and very proud of it 😊 I just wanted to say (again) thank you so much to you, Christie and everyone at NBYP for everything you have done with her over the past 5-6 months, after starting off not wanting to participate to growing in confidence and rushing to get on line to take part has been fantastic to see. She really benefits from her walks and chats with Christie and they have ignited her interest in reading again. Please thank Christie for me. We are hoping that when all her activities resume that she will be able to continue to attend some of the YP meetings/activities. Thank you again for all that you and your team do, in the words of my daughter - you guys are awesome'

COMMUNITY SHELTER



After extensive community consultation and funding from the Area Partnership, a community shelter was erected in the Lodge Grounds. This was the culmination of years of effort by the young people.

Work will begin on a more permanent shelter in Quality Street, when the COVID-19 situation eases.

PARTNERSHIP WORKING

North Berwick High School

The partnership with North Berwick High School is fundamental to the work of the Youth Project. The Youth Project is part of GIRFEC – getting it right for every child, which in East Lothian is implemented through Staged Assessment meetings at the School. The Youth Project is invited to multi-agency meetings and is now seen as part of the solution.

A youth worker also supports the work in the Princes Trust class where 8 pupils worked towards achieving awards in the Achieve programme. Young people worked through various units which increased confidence, life skills and community involvement.

Two youth workers deliver Cool, Calm and Connected to every S1 student.

A youth worker usually supports the enhanced transition from primary to secondary school. In light of the current COVID-19 crisis this was not able to happen this year. A remote weekly drop in for P7s discussed their issues about transitioning to High School.

A parent said: 'He should have been going through high school transition across the last few months and the Youth Project have been very good at checking how everyone is feeling about the move to high school after the summer.'

Wellbeing walks continue with young people being given 1:1 walks with a youth worker during the school day. Young people are referred by NBHS.

A parent said: 'When I heard about the 1-2-1 walks, I started him on those too and the chance to get out the house with someone other than his family gave him something to look forward to and an opportunity to get feelings off his chest that he might not have wanted to worry us with.'

North Berwick Rotary Club

The Project Manager often visits the Rotary Club to update them on the work of the Youth Project.

Police

A youth worker attends the CAPP (Community and Police Partnership) meetings with young people, if there are issues affecting them.

STAFF AND VOLUNTEERS

The Project is led by a half-time Project Director, responsible for the strategic direction of the project, finance and fundraising. There is a full-time Project Manager, who manages the youth work aspects of the project. There is a full-time Mental Health Youth Worker. The project also employs 2 sessional staff and is heavily reliant on volunteers.



Some of the young people go on to be volunteers and several of its sessional staff started as volunteers. The Project Manager started as a young person.

Martin Lahiffe, the mental health youth worker was a finalist for the prestigious National Youth Work Awards 2020, in the Mental Health and Wellbeing category.

The Youth Project has a very supportive Board, which includes an ex High School teacher, the School Counsellor and people with a real commitment to young people and the community.

STAFF TRAINING

The staff and volunteers had access to training courses throughout the year.

Sexual Health and Disabilities
Mental Health First Aid
What is digital youth work
Google be internet x2
Youthwork in the digital age
Which platform is best
Digital youth work sessions 1 - 4.
Managing Change

FUNDING

The Youth Project would like to thank the following funders, who gave grants during the year. Without them none of this would be possible.

East Lothian Council
Cashback for Communities
North Berwick Coastal Area Partnership
North Berwick Trust
Tampon Tax Fund
On Our Wave Length
Awards for All
Youth Scotland Action Fund (COVID)
Supporting Communities Funding (COVID)
Awards for All (COVID)