



Annual Report 2022 – 2023

North Berwick Coastal
Area Partnership



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essentia
foundation



THE WOODWARD
CHARITABLE TRUST



HIGHLIGHTS

- North Berwick Trust funded a half time post for a year
- Young Start Funding allowed us to launch an outdoor project with a half time youth worker for 3 years
- We did 4 respite residential breaks for young people with ASN and their families
- Families accessed the bursary scheme to support financial difficulties in paying for holiday provision
- Summer of play funding funded free spaces during the summer programme
- Free lunches were provided across all holiday activities
- Our Princes Trust Class were invited to parliament to help inform decision making around alcohol marketing
- We hosted a mental health event in partnership with Herbspace CIC
- Tesco Bank donated 35 Chrome Books
- Easter programme funded entirely by the Social Isolation and Loneliness fund
- Intergenerational meals re-launched in partnership with Community Connections
- Launched a Learning for Life skills group

'This is the most amazing youth project. They are exceptional at engaging the young people who would often otherwise be spiralling into poor mental health and poor attainment. The manner of the youth workers is friendly, respectful and well informed. They never turn a young person away and I have no idea how they manage to do so much with the staff they have. They are amazing.'

- Parent

'I think the youth project team do a great job including everyone & making sure they have friends going too, it's well organised & been a saving for my daughter who is quite an introvert ! Many thanks to all'

- Parent



PARTNERSHIP WORK

NORTH BERWICK HIGH SCHOOL

Cool, Calm and Connected

This year, we delivered Cool, Calm and Connected to 6 S1 classes. 180 young people completed the course. 150 completed end of course evaluations.

Of the 150, over 75% said they enjoyed the course. 113 said they understood mental health and well-being better, 109 said they felt they knew more about how our thoughts can affect how we feel and behave and 103 said they knew who they could go to for help and to talk to if they needed help or support.

'I enjoyed learning about and talking about family relationships'

- Young person

'I found the course really interesting, and it helped me to understand mental health better.'

- Young person

Princes Trust

We delivered Princes Trust Achieve Award to 14 S3 students over three periods a week. Without the Youth Project having the skills and capacity to deliver the Princes Trust Achieve Award, it would have ceased after the October break in 2022 due to staffing issues at NB High School. The young people completed units including Healthy Eating, Team Work Skills, Presentation Skills and Physical Activity. As part of their Physical Activity unit they visited Ryze Trampoline park and Dalkeith Country Park. The Princes Trust Achieve Award continues this year for senior students who would not have had the opportunity to choose the course as part of the curriculum if we were not to deliver it.



'This year NBYP started delivering the S3 Prince's Trust course at NBHS which covers many aspects of life skills and focusses on the personal development of the young people. Prince's Trust is an accredited alternative course choice for some of our identified young people who find the current curriculum subjects difficult or challenging.'

Many of our young people have chosen to continue the course into Senior Phase and so moving forward NBYP will now deliver the course at S4/5/6 level. This course focusses on employability and post school options as well as looking at important life skills they will need to successfully transition into post school life.'

All this cements the already fabulous working relationship NBYP has with NBHS in working collaboratively to get in right for our identified young people.'

- Patricia Shepherd, Principal Teacher at North Berwick High School

'I think Princes Trust is a good way to explore what our futures could be like and all the opportunities that can give us'

- Young person, 14

'I Think Princes Trust is a good idea because it can help explain and teach life skills that people don't know or understand. It is explained so that we can get more from it'

- Young person, 15

1:1 Wellbeing Walks



Our 1:1 wellbeing walks continue to be a huge success. This year 4 youth workers have walked with 38 Young people during the school day from North Berwick High School, Law Primary and Dirleton Primary. Young people are supported with issues affecting them and work towards goals to help improve their mental health and wellbeing. 1:1 engagement also supported 1 young person who was on a minimal timetable to achieve qualifications in English. This year we introduced a referral process for the walks. Young people are referred by their guidance teacher, or another teacher and they receive 1:1 support for a school term, this is then individually reviewed and will continue for additional terms if deemed necessary. Young people who no longer receive 1:1 walks are encouraged to maintain

a relationship with their youth worker in order to feel able to access support when needed.

“I enjoy my wellbeing walks because it gives me a chance to tell my youth worker what is happening in my life (good and bad things) and they listen to me and can help me.”

- Young person, 12

“On my walks I can talk to my youth worker and tell her stuff that I can’t speak to other people about. I haven’t been to school in a while and before my walks, the thought of walking past the school made me anxious. It has really helped walking past the school on my walks and getting used to it.”

- Young Person, 15

‘The Wellbeing Walks are making such a difference to our pupils and contribute to enhancing their wellbeing. The pupils feel cared for, supported and nurtured because of NBHS and the NBYP working together.’

- Alison Thayne, Guidance Teacher at North Berwick High School

John Muir Award Group

A group of 8 boys age 13-15 year old from North Berwick High School, identified as disengaging from learning and/or at risk of anti social behaviour, meet each week during school time for informal learning outdoors. The boys were awarded with their first John Muir Award in June this year, after over 25 hours of activity which included bird watching, observing wildlife on a trail camera, wildlife photography and monitoring a badger sett in partnership with Scottish Badgers and the Wildlife Trust. The JMA group has recently begun working towards their second award where they plan to work with East Lothian Countryside Rangers, local community groups and the Seabird Centre, as well as exploring the world of Beekeeping.



'This group has made a huge difference to the boys who attended. Many were struggling to maintain a full time timetable in school and this opportunity gave them an outlet to explore the outdoors and work together as a team. They enjoyed it so much that many of them want to go back and progress on to the next level! The boys all speak really positively about their experience and huge thanks to Natalie for making it so enjoyable for them. Since returning to school we are noticing that many of them are more settled and engaged. We have the next group lined up and ready to go!'
-Lara Neri, Depute Head Teacher at North Berwick High School

Learning for Life Skills Group

This group was developed to support young people who are isolated, disengaged from learning, have poor attendance and, or attainment and would benefit from informal learning to gain skills which will benefit them in life. Funded by Essentia, the programme is delivered weekly during the school day. The group is youth led and they identified areas that they would like to improve in. The group worked through various short workshops geared around their areas identified including cookery, budgeting, self – travel, employability, getting ready for further education and issue-based workshops such as drugs & alcohol and sexual health and relationships.

'This group has taught me how to feel more confident and to make choices and decisions. Last Sunday I managed to get a job interview. Before I started going to Learning for Life group I found it hard to talk to other adults and people of my age. I have learned how to budget and spend money wisely'

'The girls attending the Learning for Life group have really benefited from some nurture and help to think about and plan for their futures. They have formed such positive relationships with NBYP staff and they have thoroughly enjoyed the sessions. All of the girls report that the group has helped them to focus on their relationships, their teamwork and their next steps in life. Well done to staff for navigating so brilliantly what can be a tricky set of friendship dynamics!'



- Lara Neri, Depute Head Teacher at North Berwick High School

LAW PRIMARY SCHOOL

P7 Resilience Group

Youth workers delivered sessions all about resilience to a group of 12 P7's. Sessions included learning about what resilience is and ways to be resilient, how we can identify and focus on our good qualities and be more positive about our abilities. The group also explored transitioning into high school as there were a lot of anxieties about moving from P7 to S1. They also requested a tour of the high school which was enjoyed by all of the young people.

"From my point of view I was delighted with the sessions you ran. You really helped with the transition process to support and better equip our identified pupils. Parents were very grateful for this offer when we put out the initial communication."

- Jamie Orr, Depute Head Teacher at Law Primary School

"The group was very helpful for my anxiety and worries."

"I liked the sharing aspect of the course. It was good to talk to everyone else about my feelings and worries and hear about theirs. It made me realise I'm not alone."

"I've been wanting to thank you for your time and support with my daughter. She was one of the P7s attending the resilience group at Law Primary. She's really worried about going up to the High school so it was really helpful to have those sessions and she liked being with you. Thank you!"

- Parent

CASE STUDY



This young person began receiving support during the transition from P7 to S1 due to barriers to learning and being at risk of anti social behaviour. J has expressed formal classroom environments as being challenging and began disengaging from learning at school. NBYP focused on inclusion and on diversionary activities at a crucial time for J, offering 1-1 wellbeing walks and outdoor learning during the school day. J recently gained his first John Muir Award and is now working towards his second award, as well as having participated in Out 'n' About outdoor project activities such as rock-climbing, bushcraft, wildlife photography and orienteering, competing recently at 2 organised

events run by East Lothian Orienteering Club, where his map reading and leadership skills were brought to the forefront.

The bursary scheme allowed J's family to access our holiday programme this Summer, as well as a 'Learn to Sail' course due to a new partnership between NBYP and East Lothian Yacht Club. This has resulted in J completing the RYA Level 1 and 2 certificate and a one year membership with the club, giving J opportunity to now sail every weekend with the club.

J is also part of a group of 10 young people who will be setting sail on a voyage with Ocean Youth Trust in 2024 and over the next year J will help to lead fundraising activities such as coffee mornings, bake sales

and raffles, to help fund the trip. The voyage will enable J to gain recognised qualifications in sailing, and SQA core and leadership skills.

At NBYP, and particularly in an outdoor setting, J presents as cheerful, sensitive and kind with a positive and confident approach, showing great engagement in all activities whilst displaying strong leadership skills and being a positive role model to his fellow peers and younger age groups that attend outdoor activity at youth project.

The young person's mum said *'Starting S1 was a very, very difficult transition for J, we think he maybe suffers from ADHD and he really struggled with the big change of starting High School. J started attending Youth Project, and loved it from the start, he has made some great friends, and with the leaders too, he very much looks up to them all. J talks a lot about all of the fun activities he has had the opportunity to be part of, and without Youth Project and the amazing funding these would not of been available, the summer holidays (2023) was a particularly worrying time for J's dad and I as J was getting into the wrong crowd, acting a little older than his age and with that came trouble and intervention from the police. I am very pleased to say that with the support of Youth Project and the amazing leaders J managed to turn this around, stay on the straight and narrow and have a truly fantastic summer holidays, one he will always remember. I believe this would not have been the case if J had not attended Youth Project.*



J also took part in the John Muir Award through school term time and thoroughly enjoyed it, he went on a Wednesday, which gave him that break from school timetable that I truly believe he needed too, he loves the outdoors and will put his hand to any outdoorsy task given to him, he learnt so much, about nature and the environment, he will carry that forever. I'm so grateful for the time and effort North Berwick Youth Project have and continue to put into J, his Friday drop ins are like a home from home, and he returns with the nicest attitude which shows me what a great influence that environment has on him. Thank you to all leaders and volunteers, your support really does not go unnoticed, you guys go above and beyond. Thank you'

HOLIDAY PROGRAMMES



October Holiday Programme

During the October holidays, we ran four trips which included a trip to visit Edinburgh Dungeons. These tickets were provided for free by Merlin's Magic Wand charity. We were also very kindly gifted free tickets for pumpkin picking at Balgone. In total, there were 42 spaces available for young people. Young people and families from low income families were able to access the Children and Youth busary scheme.

February Holiday Programme

18 young people accessed our February Holiday programme, with 7 from low income families accessing the Children and Youth Bursary so they could attend free of charge. Activities included a trip to Loch Leven Nature Reserve, Pizza Hut, A Sausage Sizzle at Balgone Estate and a Roller-skating trip to Boardwalk and Nando's for lunch.



Easter Holiday Programme



As a result of receiving funding from the Social Isolation and Loneliness fund, we were able to run our Easter Programme completely free this year. 23 Young people benefitted. Activities included Blair Drummond Safari Park, coastering with Ocean Vertical, Dynamic Earth and a trip to the cinema. We also received funding which allowed us to provide free lunches for all young people who attended the trips.

“My daughter benefited hugely from the Free Easter programme, her mental health improved massively. Looking forward to trips and feeling motivated to go and be part of a group, getting supported by the staff to build friendships. This has made my child’s confidence grow and she is happier in herself, she is far more accepting of her disability and being around others with different or similar struggles has helped her feel a sense of belonging with the Youth Project. I am so grateful for these opportunities for my child to feel a sense of self-worth and have a chance to be a teenager and have fun”

- Parent

Summer Holiday Programme



This year we received £750 from the Woodward Charitable Trust towards the cost of the programme. We were also able to provide free lunches every young person who attended. £2,000 funding from the Get into Summer fund allowed us to offer 69 free spaces over the course of the summer. 18 young people and 12 families benefitted from the free spaces. The Young people were identified as coming from low-income households, had additional support needs, barriers to participating, or at risk of anti-social behaviour. Across the summer we worked with 54 young people. There were 250 opportunities (spaces) for young people to engage over the summer.

We offered 31 sessions including trips such as Blair Drummond Safari Park, Foxlake Aqua Park and Beamish open air Museum, outdoor education like rock climbing, arts activities, drop-in's and outreach work.

'I have loved going on the trips during summer holidays. I've been with lots of my friends & learned new skills. The youth workers are great & we can really be ourselves around them. It's different to being with parents. All the trips were amazing especially Foxlake & Blair Drummond. I have got closer with other girls too which is good for me. The youth workers really go out of

their way to make the trip's special. For one of our trips next time we could go to Belhaven Bay Paddle Boarding. Mostly it's just been so good to get out all week doing fun things with friends!'

- Young person

'My child has felt a bit isolated in the summer, if not on a family holiday or on activities I have booked for her. Her mood was low and she became withdrawn from family too, feeling down. Taking part in youth project helped her confidence grow again and she actually wanted to leave the house after youth project activity, seemed like her bubbly self again. The bursary place helped us financially at a time where my husband was out of work and we were low income. Lunch being provided was very helpful to our household, and we appreciated that. Staff are fantastic and I felt content at work knowing my child's needs were being met and understood by staff, and that she was safe. Thank you'

- Parent

'The summer programme has been so beneficial for us as parents. It's been so nice knowing your child is away having fun with friends but also being kept safe. We haven't been able to afford a family holiday so it was really important that our child didn't feel like she hadn't had one. She has absolutely loved getting out everyday with friends & feeling included & respected. It's been great for childcare so I can work while she's out & an added bonus of them receiving lunch on the trip too! I know they are well looked after & having great fun together!'

- Parent

'My daughter loves your activities and came home very impressed and happy. After 2 yrs of being bullied at school she had a lovely experience. She's looking forward to coming back.'

- Parent

DROP-INS

Over the year, drop-in's have run on a Friday after school with an average of 25 young people per week. Young people enjoy coming down to the youth project after a busy school week where they can chill out with their peers.

"I love Friday drop-in because there is no pressure to do anything if you don't feel like it but there is still the option to do stuff like karaoke, games, watch a movie, football."

- Young person, 14

"I always go to drop-in on a Friday with my friends because it's a nice space to relax and spend time with them before the weekend. I like when we do things like scavenger hunts and baking."

- Young person, 13



ZAP Group



Our weekly ASN group, ZAP continues to run on a Thursday after school during term time. There are currently 8 members aged between 11 and 18 years old, including a young volunteer who has ASN. At the start of each term, the young people are asking what they would like to do and some highlights this year have been creating spooky stories at Halloween, a visit to the Coastal Communities Museum and a end of year trip to Ryze trampoline park. In partnership with the Bass Rock Community group, an artist lead a session at ZAP where they created a 'Window Wanderland' display at the Hope Rooms.

The group are encouraged and supported to engage and attend in the projects mainstream groups and activities including Out'n'About, free fitness, girls group and the holiday programme.

"I don't really do much after school apart from go home and sit about. I enjoy coming to ZAP because it means I'm not bored after school and I get to play on the beach which is fun. I didn't really speak to other kids my age at school but now I know some faces from ZAP I say hi to them in the corridor and sometimes sit with them in the school base."

- Young person, 16

“My daughter has attended ZAP for the past 5 years. It has simply been a lifeline for her. Without ZAP my daughter would be very socially isolated. Without the Youth Project she would have no social interaction at all. The support she gets from staff is incredible. She feels included and her confidence has grown and grown. Thank you for allowing my daughter to grow and become the young woman she is.”

- Parent

COOKERY AT HOME



Our weekly cooking club continues to be delivered online. Young people and their families sign up each week with up to 15 families taking part each session. Ingredients are delivered to the young people's homes.

Every week, a different young person volunteers to be 'Head Chef', under the supervision of an adult, and they lead the session. This year meals have included home made beef burgers, black bean burrito bowls and a yule log at Christmas

CASE STUDY

A young person who is 16 years old has been attending ZAP for over 4 years. The opportunity for her to join this group was crucial as socialising outside of school, apart from attending a disability badminton group, was very limited. This young person has ASD and a speech and language disorder, which at times, made interacting with peers extremely challenging. Attending ZAP gave this young person the opportunity to socialise and allowed her to build meaningful friendships and relationships with youth workers who supported her into the mainstream activities. This young person integrated into these other activities very well. Over the years, she has been a part of lots of different groups within the wider youth project including several environmental research projects, one of which included making a short film which was shown on BBC's Newsround, free fitness classes, residential outdoor week/weekends away, outdoor activities including rock climbing, paddle boarding and beach cleans and our school holiday programmes. The young person also receives 1:1 wellbeing walks and as a result of the relationship she has built with her youth worker, was supported into a LGBTQ+ Edinburgh youth club where she attended weekly for some weeks with her youth worker. She is now able to attend independently and joined us at the Edinburgh Pride march.



With support and encouragement from youth workers and her peers, this young person continuously pushes themselves out of their comfort zone and is always up for trying something new, including attending other groups and trip which she may have previously found difficult. As she is one of the oldest members at ZAP, she takes on a leadership role within the group and is always very welcoming and supportive towards new members.

“My daughter has attended the ZAP group with North Berwick Youth Project for over four years. She has Autism and a Learning Disability and because of this she can often find herself socially isolated. The ZAP group has been a lifeline for her. Within this group she can mix with young people who accept each other just the way they are. With every activity there is support from the Youth Project leaders and everyone is included. My daughter has grown in confidence because of the ZAP group and is now talking about volunteering as she gets older. During lockdown the ZAP group was absolutely fantastic. They would meet online at least twice a day with challenges set and prizes awarded. She would always look forward to receiving a prize in the post. The ZAP group have given my daughter the confidence to engage with the wider work of the Youth Project where she now accesses the drop-in sessions and often attends trips that are organised by the group. As a parent I cannot praise the work of the ZAP group, and the Youth Project, high enough. Thank you for supporting my daughter and allowing her to grow into the young person that she has become.”

- Parent

OUTREACH



Outreach work is delivered at weekends. Youth workers engage with young people in their own spaces to build relationships and signpost young people to opportunities, activities and services. Young people are encouraged to look after their communities, share their opinions, identify gaps in provision and youth workers empower young people to have their voices heard. We believe that anti-social behaviour locally is reduced as a result of the outreach work. Young people trust our team and are able to approach them to seek support, advice and identify how their needs can be met.

C-CARD

Through our C-Card service, young people are able to access free condoms and sexual health advice and information from our C-Card trained staff. Staff training takes place regularly to ensure that staff have the most up to date knowledge to share with young people to keep them safe.

FREE FITNESS

Weekly boxing and Yoga sessions continued to be delivered weekly to an average of 9 young people. The sessions are free and allow young people opportunity to gain access to fitness, information and the Youth Project itself. Sessions are delivered by both trained coaches who both have backgrounds in youth work and are supported by a youth worker.



Catalyst Swimming offered free sea swimming lessons to our Girls Group and North Berwick Tennis Club have been delivering blocks of tennis coaching lessons for young people. North Berwick Rowing Club continue to offer free coastal rowing. We are very grateful to them for their time and commitment to ensuring young people have access to their clubs, breaking down barriers and ensuring that all sports are accessible to all.

GIRLS GROUP

Girls Group has been running for just over a year. Relaunching after a break. On average, 15 girls attend every Wednesday during term time. The group is youth-led and the girls decide what they would like to do each session.

Sessions explore issues facing the group and activities are often based around tackling those. Some highlights this year have been a Burn's night celebration where the girls wrote their own poems and cooked a fabulous Burn's Supper, a disco at Christmas and lots of summer picnics! Health and wellbeing are at the heart of the group and they took



part in a 10-week Mindfulness course delivered by Jarrien from Arden coaching. The course was funded through a joint application to the Everyone Project. Over the 10 weeks, the girls learned so much about themselves including self-gratitude, kindness to others and looking after their own mental health.

"Having Jarrien in each week gave me the opportunity to relax and take time to myself after a long and bust day at school."

- Young person, 13

"I really feel like I now know the steps I need to take to be more kind to myself and others."

- Young person, 13



Some of the group attended the Edinburgh International Woman's Day event in Edinburgh in March. The girls made banners and heard lots of very inspiring words and poems from speakers representing women across the world.

"Thanks for taking us to the march. I had a really good time and it was so amazing to learn more about IWD and hear from inspirational women speakers."

- Young person

Blackpool Fundraising

The Girls Group decided they would like to go on a weekend residential to Blackpool to visit the pleasure beach and be 'tourists'. The group are currently working to fundraise enough to. Some of the fundraising so far have included, a car wash, bake sale and they have coffee mornings scheduled in for later this year.



INTERGENERATIONAL WORK – Meet & Eat

In March, in partnership with North Berwick Coastal Community Connections, we revived our intergenerational meals which previously took place before Covid. Our Girls Group prepared a three course meal for 11 older people at North Berwick Community Centre. After the meal, the girls paired up with the older people and took part in a quiz. It was great to see different generations chatting, sharing stories and working together.

MENTAL HEALTH EVENT

Youth organisations and mental health support organisations came together to hold a Mental Health day event which was held at the Youth Project. The event aims were to raise awareness of both early intervention services and how to signpost young people to the relevant supports. It was the first event of its kind locally and the first time many of the organisations had come together and all contributors found it extremely useful to make connections and find out what other support is available to young people. NBHS

arranged for all S1s to visit the event in the morning (180 pupils) and it was then open to the public in the afternoon when a further 50 people attended. The intention is to run a similar event every autumn. The following organisations were involved: Herbspaces, NB Youth Project, CAMHS, MYPAS, East Lothian Youth Workers, Young Scot, Volunteer Centre East Lothian, Young Carers East Lothian, East Lothian Works, North Berwick in Bloom, NB Community Centre, SCCR, ELC Sports Development, NB Health Centre, Friends of the Award.

COMING TOGETHER FOR CURRY

Pop along to the Hope Rooms from 3:30pm on Friday the 18th of November.



Young people at NBYP are making good use of all of the leftover pumpkins and are making a HUGE batch of FREE pumpkin & chickpea curry. Everyone and anyone can join us and enjoy a bowl for FREE and support the young people with their tasty curry day. Sit in or take-away.

With thanks to Balgone Pumpkins and Spice Pots for their donations.

COMING TOGETHER FOR CURRY

Balgone Pumpkins, Spice Pots and Spice Witch kindly donated ingredients for a Curry which was cooked and served by the young people to the public. We worked with Community Connections to advertise. As well as being a great opportunity for an intergenerational meal, young people decided to offer a takeaway option, which meant the public could also take curry home to their family. A raffle raised funds for the project, thanks to generous donations from locals and businesses around the town.



FRINGE BY THE SEA

This year we were delighted to be able to deliver events at Fringe by the Sea for young people. Events included Festival hair and body art, photography sessions, arts & crafts and more. North Berwick Trust donated 100 tickets to the Youth Project. Tickets were distributed to young people and their families and we also used them to take groups of young people to events. We are very grateful to the Trust for creating this opportunity.

'Thanks for the tickets, best night out ever'



'It is good we get tickets through the Youth Project because it is a struggle on an apprentice joiner wage, helps us out a lot (Thumbs up!).'

'The tickets were great to have as I go to uni and am always skint. The guest list allowed us to be in there and appreciate the great event to fall on NB doorstep. Other wise we would be paying over £100 ae, so thank u'

'Couldn't afford it cos on minimum wage'

- Young people aged 16 – 18

BETTER BREAKS RESIDENTIALS

Funding from Better breaks allowed us to deliver 4 x 2 night outdoor activity residentials for young people aged 11 - 20 who have ASN and disabilities. Youth workers built stronger relationships with carers and young people. The residentials took place over a period of one year at 2 outdoor education centres, one in Biggar and 3 at Ardroy Centre in Lochgoilhead.

Young people were identified through liaising with our local partners, North Berwick High School, local primary schools and social work. We also identified young people through both our mainstream and ASN services at NB Youth Project. 21 young people took part over the course of the project and as a result this benefitted 34 carers. We asked carers for feedback using Survey Monkey and they said the following of using their time whilst their young people were on their short breaks;



'It allowed us to spend more time with our other children'

' It allowed me to relax knowing that my son was safe with people that I trust and know will look after him'

' We were able to relax and have a few days where we were not walking on eggshells and we could focus on our other children and get out and about in a more relaxed and enjoyable way with the anxiety of challenging behaviours removed'

As a result of the project we have built a fantastic partnership with Ardroy outdoor education centre which has allowed us to explore future projects and an increased impact that new ideas of project delivery could have both on young people and their carers. We recruited a young leader who herself has ASN and this was a great experience for her to build her confidence and skills before she moves into further education and independent living.

GULLANE YOUTH CLUB



Gullane Youth Club launched in June 2022 with generous support from the Gullane Village Association (GVA) and local volunteers. Based in the Gullane Rec Hall, the Youth Club is open to young people ages p7 and up from the local area by providing a safe space for young people to meet in a safe space and have fun together with activities and equipment such as a pool table, baking, arts and crafts and more. The Youth Club has been met with great positivity from the local community with many offers of help and support, a response which is hugely appreciated by the team. Gullane Youth Club ran throughout the school term with one Lead youth worker and a volunteer every Thursday 6-8pm with 2 sessions each week, a P7/S1

session and a S2+ session. Each week, an average of 25 young people now attend.

OUT'N'ABOUT PROJECT



Out 'n' About gives young people opportunity to engage in activities in the outdoors. The project, launched in May 2022 thanks to funding from Young Start, the National Lottery Community Fund aims to support young people to develop confidence, improve wellbeing, connect with their local community and develop key skills for life by exploring and connecting with the outdoors and the local environment.

Our Project Leader Natalie creates partnerships with organisations, providers and community groups and works with young people to create a programme of activities and we currently deliver 3 weekly outdoor sessions for P7 age and up.

The project seeks to raise young people's awareness of environmental and sustainability issues, reduce social isolation, connect with community and with nature. It aims for improved mental wellbeing, offers safe space for adventure where young people can explore risk, test boundaries and build resilience.

51 young people have taken part in activity in it's first year.

Steering Group

The Out 'n' About project is youth led and a 'Young Leaders' steering group has been formed where the group are encouraged, empowered and supported to plan, manage and evaluate the outdoor project. The group meet weekly and the young people are supported to gain skills and knowledge through participation to lead sessions for their peers with the support of their youth workers.

Tuesday Group

Running weekly, this group is open to all young people. Outdoor activities include orienteering, bushcraft, outdoor cooking, environmental art and wildlife photography. We have a strong partnership with the Scottish Seabird Centre who continue to offer free sessions to young people, with a focus on conservation and ecology.



'I have found my child to come home with a real positive attitude, enthusiastically talks about his time with OutnAbout, loves the social interaction and youth workers are teaching him valuable skills outdoors. He is challenged in a safe environment'

- Parent

Boys Group

A need was identified to create a P7/S1 boys outdoor group who meet weekly and young people age 11-13 are exploring Bushcraft, shelter building and learning to cook outdoors. The boys have voiced that they would like to go on a camping trip and are beginning to discuss plans on how they can achieve this.



'OutnAbout gives me a break from sitting in my room and not feeling so good and has helped me make new friends. I love the workers and it's always so fun and workers have helped me in so many ways feel better'

- Young person, 11

Out 'n' About Partnerships

Over the course of the year we have worked with various providers to deliver sessions.

- Venturing Out CiC have delivered sessions in Rockclimbing, hillwalking and paddleboarding.
- Ocean Vertical delivered a 5 week programme for young people who were identified as benefitting from outdoor activity with a focus on mental health and wellbeing.
- Surfskate lessons from Surfskate Scotland enabled a group of young girls to build confidence, resilience and make new friends.
- The Scottish Seabird Centre and Lobster Hatchery have delivered sessions with focus on caring for our environment, learning about sea life and marine biology.
- East Lothian Yacht Club offered young people free or discounted spaces on their learn to sail courses in the Summer.
- Scottish Badgers and the Wildlife Trust offer free sessions to the John Muir Award Group.
- East Lothian Orienteering and EL Outdoor Ed volunteers have given us free map reading training.
- North Berwick Rowing Club continue to offer free coastal rowing sessions with their volunteers

Royal Highland Show trip

This year seen our first trip to the Royal Highland Show which was a great day out. 12 young people explored the sights, taking in all of the smells, sounds and free ALDI samples! We took part in a Bee session where the young people learned all about the process of collecting honey and everyone made a Beeswax candle to take home.



PRIDE 2023 EVENT



10 young people joined us this year for a trip to Edinburgh Pride. We headed to the Scottish Parliament where we joined in with the march to the student union and we visited all the stalls. The young people really enjoyed the event and felt a part of the LGBTQ+ community.

“Thank you so much for today! It was such a good day and thank you so much for everything you do for us, I really appreciate it.”

- Young person, 17

DISCO'S

This year, we brought back Disco's for young people to North Berwick! We had two very successful disco's held at NB Community Centre, one in March and then another in June. In total 94 young people attended. NBHS senior Princes Trust Class helped to organise the first disco in March as part of their community impact unit. Any profit earned went to the Blackpool fundraising pot.

'Thanks so much, I had the best night out. Thank you we appreciate it'

- Young person, 14



'R had a great night, thanks for everything you do for the kids throughout the years'

- Parent



FREE LAPTOPS

In October, we were very kindly donated 35 Chromebooks from Tesco Bank. One laptop is being used by a member of staff, 10 were donated to the Community Centre and 5 were donated to young people and their families. We have kept a number of these laptops at the Youth Project and they are used daily by many of our young people and groups including Learning for Life, Princes Trust, Drop-In's and 1:1 sessions working on employability.



SPECIALIST YOUTH WORKER

As a result of the adverse impact that covid has had on young people, we received funding from East Lothian Council to employ a Specialist Youth Worker. The post is funded for 2 years. Beth, who was already a member of staff at the Youth Project, has taken on this post. Beth's main role is to work in partnership with the North Berwick Coastal Ward schools to support young people with their learning and



development through targeted 1:1 support and group work. The four main outcomes of this role are engagement, prevention, transition and wellbeing. This role has seen a rise in our engagement with the Primary schools which has proven invaluable to implement early intervention and supports.

Young people are noticing an increase in their mental health and wellbeing through their engagement with the specialist youth worker and engagement with groups that they are supported into. They feel more involved in their communities and have made new friends as a result of their participation. The youth worker also meets regularly with the Specialist Youth Workers and managers from around the county to share best practice.

"Beth has gradually helped me out of a very low and isolated place, school wasn't working for me and having a really bad impact on my mental health and I was really lonely. Beth has lead me out of such an unhappy place not just with others but with myself too. Beth has given me opportunities to grow in confidence to like myself and who I am and also make friendships, showing my personality and who I really am."

- Young person, 14

PARTNERSHIP WORKING

North Berwick High School

The partnership with North Berwick High School is fundamental to the work of the Youth Project. Youth workers work closely with teachers, support workers and the Guidance team to take referrals for young people, create plans for the young people we are working with and to identify need for small group work which we deliver in school time.

Through GIRFEC staged assessments meetings, the Youth Project is now seen as part of the solution. – getting it right for every child.

We deliver Princes Trust Achieve and John Muir Awards in school.

8 young people benefitted from the Learning for Life programme.

Cool, Calm and Connected was delivered to 180 young people.

Michelle Moore, Headteacher at North Berwick High School

'We continue to hugely value our partnership with the North Berwick Youth Project which has been recognised by the local authority and externally by HMIE as strong practice. Indeed, the NBYP has become a source of advice and support for staff, as well as providing a high quality youth work provision for our young people. We see that our young people get much from their Wellbeing Walks which support their mental health but also their formation of trusted relationships with key adults working with them. A sense of belonging, however, is key to the group work and youth club activities provided by the NBYP – our young people speak positively and happily about their time in the Learning for Life Group or John Muir Award, which in turn helps their sense of community and achievement in school.'

- Michelle Moore, Headteacher at North Berwick High School

North Berwick Rotary Club

The Project Manager often visits the Rotary Club to update them on the work of the Youth Project and has close links with their Youth Lead Rotarian who is kept informed. Discussions allow a good understanding of the work at the Youth project and identify areas where Rotarians can support the work.

Police

We meet with the School Police officer which is paramount to supporting and identifying young people. Where appropriate we share information with Police and Wardens.

STAFF AND VOLUNTEERS

The Project is led by a full time Project Manager, responsible for the strategic direction of the project, finance and fundraising and also manages the youth work team and supports the full-time Lead Youth worker with youth work aspects of the project and a half-time Project Leader. The Project also employs 6 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.

The Youth Project has a very supportive Board, which includes the High School Deputy-Head, an ex High School teacher, an ex-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. We strongly support our staff and volunteer team to continue their personal development.

Child Protection Awareness/Refreshers
ELC youth work practice
ACEs Aware, Trauma Informed, Attachment Enabling
Venture Trust, taking therapy outdoors.
Place2Be Mental Health Champion training
Trauma skilled practice
Healthy Respect and LGBTQ+ Awareness session
First Aid Training
Beekeeping
Public Protection Training
GIRFEC
Challenging inappropriate behaviour
Equality and Diversity
Prevent Counter terrorism
Freedom of information
Outreach practice
C-Card
Neuro Diversity
Woodland Trust courses
Young People's Sexual Health

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
Better Breaks
Young Start
Garfield Weston
Children In Need
Tesco community grants
Gullane Village Association
Essentia
Woodward Charitable Trust
YouthLink Social Isolation and Loneliness Fund