



**Friends of the Award in
Edinburgh and the Lothians**



**ANNUAL REPORT
2006**

THE 50TH ANNIVERSARY YEAR OF THE DUKE OF EDINBURGH'S AWARD



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Board of Directors

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| Bob Hope <i>Chairperson</i> | Finance and Fundraising |
| Bill Watt <i>Secretary</i> | Governance and Performance |
| John Mayhew | Governance and Performance |
| Charles Black | Expedition Strategic Group |
| Norman Hall | Expedition Strategic Group |
| Peter Wright | Finance and Fundraising |

Award Inclusive Staff Team

| | |
|-------------------|--|
| Joanna Jarvis | Award Inclusive Co-ordinator |
| Kyle Strachan | Expedition Co-ordinator |
| Duncan MacNeil | Expedition Assistant (Project Scotland Volunteer) |
| Fraser Robertson | Delivery Officer |
| Fiona Macaulay | Development Officer |
| Georgina Richards | Development Officer |
| Matthew Priest | Development Officer |

Support Team

| | |
|-------------------|------------------------|
| Christine Carlton | Treasurer / Accountant |
| Fiona Longstaff | Reporting Officer |
| Pam Waugh | Clerical Assistant |

The Friends of the Award gratefully acknowledge the support and assistance provided by the following organisations, without whose help much of our valuable work could not have been undertaken:



HBOS Foundation The Glenmore Trust
The Christina Mary Hendrie Trust

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Developing TRAINING
MANAGING Empowering
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DELIVERING Celebrating



**The Friends of the Award in Edinburgh and the Lothians
has developed and supported work
in the following areas:**

Young people in disadvantaged geographical areas.

Pupils at risk of exclusion.

Young people with mental health difficulties.

Young people in residential care.

Expedition support and delivery for 1300 young people from all walks of life.

**Special support has been provided to
Award Inclusive young people to meet their needs.**

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Our Vision: To ensure that every young person in Edinburgh and the Lothians will have the opportunity to take part in the Duke of Edinburgh's Award and to work to enable them to have a quality experience thereby.



Our Mission: To work in partnership with Operating Authorities and local organisations throughout the area, to compliment and support their delivery of the Award and target resources to ensure that the Award is "Open to All".

Introduction

The 50th Anniversary of the Duke of Edinburgh's award in 2006 provides an ideal opportunity to reflect on the success of the Award scheme over the years. The Award was introduced to provide a character building programme for boys to divert them from anti-social behaviour. Over the years the Award has been refined and adapted to meet changes in society: girls now participate on equal terms to boys and the Award, under different names, is delivered in over 100 countries worldwide. This said, the founding principles remain the same. The Duke of Edinburgh's Award aims to provide an enjoyable, challenging and rewarding programme of personal development for young people, which is of the highest quality and widest reach.

The 'Friends of the Award' are proud to support this work with Operating Authorities and partner organisations. We have a close working relationship with the City of Edinburgh Council Operating Authority and our 'Award Inclusive' programme complements the aspirations of the Award Manager.

Award Inclusive

In reviewing our business plan 'Award Inclusive', at the start of the year we recognised that our company, which depended heavily on the work of volunteers, now required to move to a more professionally led team to enable us to engage with some of the most vulnerable young people in Edinburgh. Our volunteers have been the lifeblood of our company from the beginning and continue to be invaluable in providing support and



New skills, including problem solving, presentation and communication build self belief and confidence.



Working with others in the community and as part of a team brings a sense of belonging and responsibility.

experience to our work. The potential for making the Award available to young people from disadvantaged geographic areas, at risk of exclusion from school and with mental health problems, had been realised to some extent through the employment of professional staff on short term contracts.

Our review, therefore, took the 'Friends' through a period of transition. Company Directors have now been assigned specific roles in relation to key tasks, providing clear direction and governance. A small professional team has been identified and funding secured for their employment over the next three years. This professional team will benefit from the continued support of our volunteer team.

Award Inclusive is about changing the lives of young people through their involvement in the Award. Over the past year we have achieved a great deal in this quest.

Just over a year ago I was surprised to learn that Sighthill Library was interested in delivering the Award. The project has been hugely successful and earned the staff team four national awards for their work. Fiona Macaulay, one of the Development Officers, carried out an enterprising piece of detached youth work in Magdalene which gave a group of disenchanted girls a positive purpose in life. These are only two examples of over a dozen projects being developed or supported citywide. Some of the projects are led by professional youth workers, while others are delivered by volunteers.

Working with young people with mental health problems has not been easy, and various templates are being tried out. One of the most exciting developments in this area is the instigation of a small group of eight participants who attend the Young Peoples Unit of the Royal Edinburgh Hospital. Matthew Priest who is responsible for this work is looking forward to working in partnership with Capability Scotland to reach young people with disabilities.

Fraser Robertson's work in delivering the Award to 30 young people at risk of exclusion from schools has exceeded all expectations. The target group includes young people with some of the most chaotic lifestyles in Edinburgh resulting in difficulties in making commitment, attendance and behaviour.



Exploring new talents and abilities improves awareness of potential and gives a sense of identity.



Approximately 90% of participants attended regularly attaining either their Bronze Awards or sectional certificates. Schools reported raised self esteem and significant improvements in behaviour and attendance. Clearly many will now leave school with the self confidence to face the future challenges of life.

One of our main objectives over the year was to begin to pilot the Award as part of the toolkit of youth work professionals. The start of this process has been discussions with senior managers within the Children and Families Department of the Council. I am delighted to report that we received a very positive and supportive response to our work. The Award is piloted by a Residential Care Officer within St. Katherine's Young Person's Unit to good effect.

Sustainability

In all our work we are looking to build capacity and to ensure sustainability. The success of Award Inclusive is totally dependent upon our ability to provide comprehensive Expedition support and delivery, networking and administrative support to ALL Award Groups.

Over the year we have once again supported the delivery of safe, well equipped and led expeditions to over 1200 young people. This has involved each young person in an average of 7 days activity and some 840 leaders' days in the hills throughout the United Kingdom. Our equipment store which can provide full personal kit, tents and stoves for approximately 80 young people per weekend has been emptied on a number of high volume weekends.

Kyle Strachan, our Expedition Co-ordinator, supported by the EAGLE Club has once again worked miracles to deliver this programme. In addition, all qualified leaders have attended safety seminars and Training for National Body Qualifications has continued. This area of our work will require careful management to ensure that we can sustain future growth.

At the beginning of July, we employed Joanna Jarvis as Award Inclusive Co-ordinator to manage the staff team and project. Joanna has an excellent track record in this area of work and is already making a significant impact. One of the major tasks of the post will be in pulling together a directory of activity providers for the benefit of ALL Award Groups.



Group activities help the ability to build new relationships and communication skills.





The natural progression for young people who begin the Award supported through Award Inclusive, will be for them to move on to complete stages of their Award within Mainstream Award Groups. Early discussions are ongoing with key leaders to plan how this can be achieved.

Finance

Our Business Plan has been successful in attracting significant funding for our work and I am grateful to all funding bodies who have committed to our work. Grants from the Mary Christina Hendrie Trust and the Big Lottery Fund have ensured that key posts are now secured. Monies are in place to ensure the safe delivery of expeditions this year as are funds to support some of our projects.

Fundraising will continue to cover operational costs and salary costs for specific projects during the current year and to ensure that full operational costs are covered in subsequent years.

To ensure that our finances are kept in order, we have now employed our treasurer, Christine Carlton, on a part time basis.

The Future

2006 finds the 'Friends of the Award' in good shape. We have moved through the transition required to deliver on our vision with sound governance and an active Board of Directors. We have a professional and enthusiastic staff team supported by volunteers which I am very proud of and a product, the Duke of Edinburgh's Award which has the proven ability to give young

people the skills and confidence to make positive life choices.

Our work with youth work professionals is being well received and we intend to continue to establish best practice prior to rolling out our programme across the city.

Our support to Mainstream Award Groups will expand with a clear and comprehensive training calendar being instigated, a directory of activity providers and structured expedition support.

We value the partnerships which have been forged over the years and look forward to extending these. In particular, our forthcoming Active Futures Project with Edinburgh Leisure will allow further geographic developments in Edinburgh specifically for the advantage of young



Cooperative projects and activities strengthen the ability to plan and use time effectively.



women and young people with disabilities. Building on the success of the Sighthill Library Project, the Edinburgh Library Service is looking to use the template at other libraries in the city. Work has started on this at Ratho.

Further developments are underway to ensure the sustainability of our Expedition Section. A clear calendar of activity and support to leaders has been planned for implementation in the coming year. Partnerships are being forged with providers to extend the range of expedition opportunities and to cater for young people with special needs. We are particularly excited about the potential to use Benmore Outdoor Centre for this work and for the training of our leaders. We have entered into a partnership with Project Scotland to provide two volunteers to assist with

our Expedition Delivery. These young people will provide vital support while gaining valuable experience in the delivery of outdoor education.

Our work to date has been in support of the City of Edinburgh Council Award Unit. This is a valued partnership with the Council providing the significant commitment to the Award. We are delighted to support their work and acknowledge their assistance to our company through the provision of office and admin facilities and training opportunities for our staff. We have no involvement in any of the Lothian councils at this time, however, we are keen to support their work when the time is right.

Conclusion

2006 sees the start of a new phase of the work of the Friends of the Award, we have worked hard over the years to prove the value of the Award for young people and our ability to support the delivery and development to a wide variety of groups.

We have an excellent team in place to take our work forward with the support and confidence of our funders. The next two years will see further developments throughout Edinburgh, and ideally the Lothians. These developments will be built upon the foundations already laid and will be carried out in such a way as to build sustainable capacity.



An understanding of strengths and weaknesses are a valuable factor in securing a sense of independence.





Streetwork, 'South Edge Project'

Development Officer, Fiona Macaulay supported the South Edge project Leaders to deliver the Duke of Edinburgh Award to young people at risk of offending in South Edinburgh. Eight young people signed up to complete the Bronze Award. Activities included; Service section with the Green Team. Young people were involved in a conservation project to clear a bike track at Glentress Forest Park, Peebles. Blue Skies

delivered survival skills programme for the Skills section. Young people particularly enjoyed learning how to make shelters and spending the night in them. Dance was completed for the Physical section. For the Expedition section the young people completed Emergency First Aid with BAGS as part of their training and went on to complete a week residential at Benmore Outdoor Centre. In addition to undertaking activities for the Bronze Award, young people also successfully completed their John Muir Award.

Award Inclusive – Geographic Work with Youth Work Practitioners

Award Inclusive aims to work with young people from disadvantaged geographical areas of Edinburgh and the Lothians. The following case studies provide a flavour of work completed by partner agencies and our Development Officers.

Sighthill Library Project

Sighthill Library is based in an area with a reputation for anti-social behaviour amongst local youths. A year ago the Sighthill Library team decided to engage local young people at a time when former Award Development Officer, Emma Cochrane was seeking partners to deliver the Award in the area. The Library embraced the Award as a means to engage with the local youths and started an Award Group. A boy's group completed a literacy and numeracy project focusing on football for their skill section and a girls group used dance as their physical section. The Library staff also involved young people in the plans for the Library refurbishment, young people designed a young persons; reading, music and computer area as well as helping to select suitable

reading materials for young people. This project has been a major success in engaging local youths and has significantly reduced anti-social behaviour. The work of the library team has been recognised through four major Awards: the Standard Life Award for innovation in education, the National Award: Libraries Change Lives and the National Public Finance Awards "Local Government Team" and "Outstanding Team of the Year".

One young lad involved in the project was asked how often he attended the library. He replied "Six days a week, the Library is closed on a Sunday".

Edinburgh Libraries are currently working with the Friends to replicate this work in other libraries in the city.

Buzz Bus

In March 2006, Friends were awarded an East – Local Development Committee grant to set up The Duke of Edinburgh Award provision on the Buzz Bus, Mobile youth work outreach facility of Northfield Community Centre. Development Officer, Fiona Macaulay worked with the Buzz team to introduce the Award and develop plans for action. Seven Girls signed up to complete the Bronze Award. The girls completed a four days survival activity with Blue Skies for their Skills section. Attended NRG Zone classes for their Physical. Completed an exciting rafting Expedition in Tay which they videoed. The young people hope to complete their Service section through the Fire Service.



Award Inclusive – Young Peoples Centres / Youth Justice

In April 2006 a new area of work was introduced to include the promotion of the Award for staff and young people in Young Peoples Centres and the Youth Justice System in Edinburgh. Progress to date has included work with Young Peoples Centres only.

Development Officer, Fiona Macaulay has successfully engaged with St Katherines and Howdenhall Young People's Centres to promote the Award. Over the past five months Fiona has worked alongside a Key Worker from St Katherines to support a young person through three elements of their Bronze Award and is currently investigating a 'horseriding expedition' to complete the Award. In addition, two young people, one from each centre have recently signed up to complete the Bronze Award.

Award Inclusive – Alternative to School Exclusion Programme

In April 2006 an alternative to school exclusion programme was introduced. This involved the delivery of the Award to pupils aged 14-17 years who had been excluded or were at risk of exclusion from school.

Three schools were selected: Balerno High School, St. Augustine's High School and Castlebrae High School.

Delivery Officer, Fraser Robertson promoted the Award to groups of identified young people in each school and invited them to take part. A place on the programme was conditional on the pupils maintaining improved school attendance and behaviour.

The Schools identified staff to work alongside Fraser and strong partnerships were formed. The programme was delivered over the course of an academic year in place of a Standard Grade and involved activities both in and out of school time. Young people were involved in selecting the activities to be undertaken to include: first aid, working with the elderly, keep fit, rockclimbing, building bikes, graffiti art, environmental work and expeditions.

The project was reported as a success in all three schools with a 90% retention rate reported at Castlebrae being reflected in the other schools. Isobel Forbes, Depute Head at Balerno reported spending significantly less time on disciplinary matters. All schools reported better attendance and behaviour in schools. Mike Falconer, Depute Head, Castlebrae, stated that he was surprised at the retention rate. He had anticipated two or three of the young people to complete, when in fact nine completed. All schools reported marked changes in attitude in relation to the young people: they had higher self esteem and a more positive approach to all activities undertaken.

Fraser hopes to repeat the Bronze programme for a new intake at the three Schools and develop existing groups to complete their Silver Awards.





Young Person's Unit (YPU) Royal Edinburgh Hospital

One of the leaders of the Inspire Open Award Group is a staff nurse at the Royal Edinburgh Hospital, Young Peoples Unit. She is building the Award into the work of the YPU Day Programme. Twelve young people signed up for participation in Music Group and Community Meetings, aiming to achieve Sectional Skill Certificates for their work. Eight are currently continuing with this work. Our approach is developing in response to feedback from hospital staff and young people.

The feedback has led us to arrange an Award Activities Week for the YPU Day Programme in July. It included sports, gorge-walking, animation, origami and wilderness survival. The activities week was a great success and we hope to extend it to the Outpatient Department in future. Hospital staff commented that some of the participants, who normally have very low self-confidence and motivation, blossomed during the sessions and began interacting with people and enjoying the activities. Participants are already expressing interest in taking some of the activities further.

Award Inclusive – Mental Health / Disabilities

In April 2006 a new area of work was introduced to include the promotion of the Award for young people experiencing Mental Health Difficulties and Disabilities. Progress to date has included work with young people experiencing Mental Health difficulties only.

Young people from four organisations are participating in the Award with guidance from their support workers and useful links have been made with three other organisations. This work builds on the previous activities of the Inspire Duke of Edinburgh's Award Association formed by Development Officer, Matthew Priest.

training activities. The group participants have varied, with up to seven taking part, three of those attending regularly.

The small numbers reflect the vulnerability of the young people attending and low levels of confidence and self esteem. Further development of this group is planned for next season.

Inspire Open Award Group

The Friends were awarded a Central – Local Development Committee grant to support young people experiencing mental health difficulties. As such Inspire Open Award group was initiated to support young people experiencing mental health difficulties. The group met weekly during the school term and focused on expedition skill

Expeditions

Expedition Co-ordinator, Kyle Strachan has focused on supporting and developing Volunteer Award Leaders through the provision of training opportunities to include: Volunteer Induction Training Weekends, Expedition Safety Seminars and Expedition Leader, Train the Trainer sessions. In addition, Kyle has promoted the "Adopt an EAGLE" drive which aims to give Edinburgh based Award groups the ability to organise their own independent expeditions.

Kyle has investigated "Outsourcing" expedition providers who can deliver high quality alternative expedition opportunities which are outwith the scope delivery for our volunteer leader team. During this expedition season two groups

completed their Bronze Expedition section through week long expeditions. 'Buzz Bus', completed a rafting expedition and Streetwork, 'South Edge' Project completed a residential at Benmore Outdoor Centre.

As Expedition Health and Safety Officer, Kyle has approved expedition places for 504 participants, engaging 109 volunteer leaders in supervisory roles. During 2005/06 there have been;

- 1300 Award participants in Edinburgh and the Lothians
- 64 Award Groups
- 350 Volunteer Award Group leaders
- 40 Fully qualified expedition leaders
- 100 Assistant expedition leaders
- 51 expeditions
- 504 expedition opportunities

The focus of next years work will be to continue to build capacity and sustainability in our volunteer Award Leaders to deliver their own expeditions through expedition training and support from EAGLE club. To develop alternative methods of expedition transport and explorations based on award participants interests and needs.



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