



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



2007 ANNUAL REPORT

10 YEARS OF MAKING A DIFFERENCE

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Board of Directors

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

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
Youth Link Scotland
The Christina Mary Hendrie Trust**

Celebrating Friends of the Award in Edinburgh and the Lothians

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'.

Where are we now

At this time through our Award Inclusive programme we are supporting the delivery and development of the Award to be accessible to young people:

- In disadvantaged areas
- With Mental Health Difficulties
- With Disabilities
- In Residential Care
- In the Youth Justice System
- At Risk of Exclusion from Schools.
- Supporting Mainstream Groups –
Through Leader Training
Co-ordination of Expeditions
Provision of Outdoor Equipment

1997 – Company formed – Active Board of Managers in place

1998 – Basic Kit Store established

1999 – Leap 21, Environment Project running

2000 – Bob Hope and John Mayhew join the Board

2001 – Award Inclusive launched

2002 – Development work started in West Edinburgh and Greater Pilton

2003 – Expedition Co-ordinator appointed – Open Expedition Programme started

2004 – EAGLE Club established

2005 – Award Delivery Officer for Schools appointed

2006 – Value of 'Friends' acknowledged by City of Edinburgh Council

2006 – 50th Anniversary of the Award

2007 – Full review of Company procedures and working practices completed

2007 – Partnership Agreement with City of Edinburgh Council signed

2007 – Partnership Agreement with EAGLE Club signed

Supporting the Delivery and Development of the Duke of Edinburgh's Award in Edinburgh and the Lothians for 10 years.

10th ANNIVERSARY OF THE

Congratulations to the 'Friends of the Award in Edinburgh and the Lothians' on giving ten years of support to the delivery of The Duke of Edinburgh's Award in the Lothians.

The company has developed in partnership with Local Authorities providing 'added value' and extra capacity, enabling the Award in these areas to be the success we see today.

I would like to acknowledge the work of 'Friends' in providing support to Award leaders, in particular with the City of Edinburgh Council, through training, expedition support and provision of funds.

The development of the Award through the Award Inclusive initiative, working for the benefit of disadvantaged young people, has broken new ground.

The assistance provided to the City of Edinburgh Council in the delivery of a safe and comprehensive Expedition programme with the employment of an Expedition Co-ordinator and the EAGLE support team has been particularly valued and the envy of many other Operating Authorities.

A challenge for the future is to widen the support to other Operating Authorities based in the Lothians.

I have been delighted to have been associated with 'Friends' over the years and look forward to working with you in the future

Janet Shepherd,
Award Director - Scotland, The Duke of Edinburgh's Award.

Ten years ago, Peter Wright, the Council's Award Officer recognised that he needed to identify additional resources and support to deliver his vision of making the Award available to all young people who wished to participate. The commitment of the Council to the Award was, and is significant, as it is one of the few local authorities prepared to employ a full time Award Officer.

Peter had already taken a visionary approach through his instigation of The Green Team and the John Muir Award to provide environmental opportunities for young people. His next venture was to form the 'Friends', a charitable company to provide added value to the delivery of the Award similar to that provided by a Parent Staff Association to a school.

In 1997, Peter made best use of his contacts in the Business Community where a number of retired businessmen agreed to form the Board of the company. The Board was to be supported by a Management Committee tasked with delivering the

additional support and resources. The success of the Award in Edinburgh today is largely due to Peter's enthusiasm and visionary approach and the work of the 'Managers'. A huge thank you is owed to the founder members and those who followed them over the years: Aileen Grace, Joan Foulner, Dawn Crosby, Julie Ellam, Lorna Baird, Allison Wheelwright, (the late) Tam Tierney, Gavin Crosby, Christine Carlton, Charles Black and Kyle Strachan.

While I had been an Award Group Leader since about 1992, I was not initially directly involved with the Friends. I unknowingly benefited from their work through access to their ad hoc equipment store. Who can forget the platform on stilts in the Housing Department Office which held a variety of tents, tranguas and other oddments; the enthusiasm of volunteer involvement in training and recruitment, subsidised record books and the like?

In late 1999 Peter persuaded me to become involved in the work of the Friends. He was aware that the Board intended retiring en-mass and was looking for new Board Members. I started by attending a few meetings of the Management Committee to get a feel for the work. I was immediately impressed by the enthusiasm and commitment of this team of volunteers who at that time were working very hard to provide the level of support required with a less than healthy bank balance!

I joined the Board in 2000 to find a Board of three, counting Peter who was then Company Secretary. The third Board member was John Mayhew, who, like myself had just 'volunteered'.

Our immediate priorities were to develop a clear strategy for our work and improve our financial situation. John made the best use of his skills to work alongside Christine Carlton to write a Business Plan. This plan, 'Award Inclusive', was aimed at providing 'added value' by making the Award available to disadvantaged young people in Edinburgh and had clear targets and objectives. I arranged a number of meetings with Council managers, Janet Shepherd, Director of the Award for Scotland, and partner agencies to clarify the position of the Friends as a support organisation separate from the Council.

FRIENDS OF THE AWARD

This process started to deliver results with funding bodies showing an interest in our work and the confidence to invest. We employed part time development staff to work in specific geographic areas and this in turn provided additional support to our volunteers within the Management Committee. Our focus turned to the Expedition Section as it was clear that our ability to support the delivery of this technical section would be vital to the overall success of Award Inclusive. In partnership with the City of Edinburgh Council we employed Kyle Strachan as Expedition Co-ordinator and set about upgrading our Outdoor Equipment store. Kyle set about recruiting a team of volunteers with hillwalking qualifications which in time became the EAGLE Club, now a key partner in our work.

Initial pilot work with disadvantaged young people allowed us to further develop 'Award Inclusive' and attract funding to employ a small professional team to deliver. In 2006, further funding was attracted to deliver additional Award Inclusive themes and an Award Inclusive Co-ordinator was recruited to manage the professional team.

Following the change in project management, the Management Group was dissolved and the formation of specialist sub groups to the Board were created to include; Expedition Strategic Group, Finance and Fundraising Sub group and Performance and Governance Sub group.

This just about completes our journey to date. The dedication of the original volunteers has allowed us to progress from a voluntary based support group to a small, professional, enthusiastic and very effective charitable company with an excellent reputation.

Bob Hope
Chair

Firstly, I can't believe 10 years have gone by! When Bob Hope, Chair of the Friends asked me to look back over the charity for the 10th anniversary, I was delighted and amazed to think how far we had come from the initial meeting one evening in the City Chambers. It was at this meeting where we all sat round the table with Peter Wright, Award Manager, to discuss our hopes and dreams for the project, and signed the constitution, as we knew that the Friends was the way forward.

We knew one thing for sure, we wanted to ensure that the Duke of Edinburgh's Award would be available to all between the ages of 14 and 25, and would support this throughout the Lothians. This was within the context of the Regional councils all splitting into West, East, Midlothians and Edinburgh. We intended that this division would not affect our support.

We knew that there were opportunities to engage with young people who didn't traditionally take part in the Award. So, Leap 21 was created, giving a different 'way in' to taking part in the Award, through the service section, with Claire Carpenter at the helm. The project was a great success, and gave birth to the Green Team, an extremely successful environmental volunteering project in its own right, with which the Friends still work extremely closely.

The Friends went on to develop the concept of 'Award Inclusive' to focus on providing Award opportunities for young people from vulnerable backgrounds, residing in areas of deprivation within Edinburgh. Fundraising activity for Award Inclusive was successful under the leadership and direction of Bob Hope. The Friends now employ a professional team develop Award opportunities for young people at risk of offending, within the Youth Justice system, young people in residential care, risk of exclusion from school, with experience of mental health difficulties and disability.

The Friends are what we hoped and dreamed for all those years ago – supporting new initiatives to engage hard to reach young people, giving them access to an Award scheme that can turn around lives. I have great hopes for the next 10 years, and feel privileged to have been part of such a groundbreaking project.

Dawn Crosby
Leader, South Edinburgh Open Award Group
(Member of Management Committee and Board of Friends of the Award in Edinburgh and the Lothian's, 1997-2006)

'We warmly congratulate the Friends of the Award on their tenth anniversary. Reaching this milestone is a tribute in itself to the hard work and consistent commitment of many volunteers who give freely of their skills and energy.

It is an excellent example of how the voluntary sector can partner the Council in providing added value and a cutting edge in terms of new ideas. I believe this approach should be extended to many other areas of community action and in particular sports development'.

Robin Yellowlees
Principal Officer – Sports & Outdoor Education
Children and Families Department
City of Edinburgh Council

This has been an interesting year for 'The Friends'. Our staff team has been fully in place during the year and has made excellent progress on all fronts and we have been delighted to be able to deliver very positive reports to our funders. The value of our partnership with the City of Edinburgh Council was acknowledged by the Children and Families Senior Management Team and endorsed by the Council Executive. We welcomed this endorsement towards the end of the Award's 50th Anniversary and the start of our 10th Anniversary year.



Our pleasure was curtailed by the long term illness of Peter Wright, Award Manager and Board member. While Peter is making a full recovery, he has decided to retire. This will mark the end of an era for the Award in Edinburgh; a period where thousands of young people supported by adult volunteers reaped the benefits of involvement fuelled by Peter's enthusiasm and motivation. We wish him all the best for the future and look forward to forging a good relationship with the new Manager. Peter will be a hard act to follow.

We have had a busy year in relation to our company review. We have re-written our Memorandum and Articles to better reflect our status, adopted a comprehensive Staff Guidelines and Policies Handbook to safeguard our staff and negotiated partnership working agreements with the City of Edinburgh Council and the EAGLE Club.

These have been very significant pieces of work and I would like to thank all those involved for their efforts, particularly Joanna Jarvis who played a major part in the process.

Board of Directors

During the year we were delighted to welcome Jim Shedden to the Board. Jim is a solicitor with a keen interest in the Award and has been involved for a number of years as an Award Group Leader and latterly an Expedition Leader and member of the EAGLE Club. John Mayhew has decided to step down at our AGM having served on the Board for seven years. I would like to thank John, both on behalf of the company, and personally, for his work during this time. He and Christine Carlton were largely responsible for our direction in recent years through the development of 'Award Inclusive'. He has been the conscience of the Board through the bad

times and the good times. I have always valued his analytical approach, pointed questions and sound counsel. We are in the process of approaching key individuals with an invitation to join us on the Board.

Award Inclusive

Our business plan, Award Inclusive, depends totally on incoming funding from a wide variety of sources. Each piece of funding received requires a commitment to deliver. I have been delighted during the year to note that we have delivered on or above our commitments across the majority of our business plan. In one or two areas we have fine tuned our aspirations in light of experience or changed direction to better meet the needs of the young people in a particular target group.

Support to Mainstream Award Groups:

We have continued to compliment the City of Edinburgh Council's commitment to leader development through the provision of leader training. This training has included Leader Induction Training and the delivery and facilitation of Expedition Training and Safety Seminars.

An Award Leader Induction Training session was also provided to East Lothian Operating Authority for 3 Award Leaders. I acknowledge the valuable support provided by EAGLE volunteers in both assisting in training and their part in expedition delivery. In addition to building capacity we have built partnerships with outside providers to widen the range of expeditions available to our young people. This has led to a number of innovative expeditions involving canoeing, rafting and pony trekking.

In looking forward our Expedition Strategic Group are exploring opportunities for developing Expedition operation and social enterprise models to provide sustainability.

The Friends of the Award Kit Store continues to provide an essential fit for purpose resource to Participants and Award Leaders. This year the store has been relocated, stock has been increased and new systems of management introduced. Special thanks for the development of the kit store operation go to Charles Black and our first Project Scotland Volunteer, Duncan MacNeil.

During 2006/07 a total of 44 groups registered to be Friends members. In light of feedback from members the Record book subsidy will be removed from the membership in favour of a Hardship Fund that Mainstream and Inclusive Groups can apply to.

In providing added value to the delivery of the Award by Operating Authorities, we are keen to support leaders working with mainstream groups in addition to our Award Inclusive work. While much of our support in this area is directed to the Expedition Section, we are constantly listening to the needs of leaders. One area that they felt would be beneficial would be the re-introduction of a courses directory of discipline providers. To meet this need we commissioned the development of a web based directory which should be up and running with a comprehensive list of providers and courses by the end of the year. In addition, we are looking at providing new opportunities for skill and service courses for participants.

Finance

I am delighted to report that a wide range of funding bodies are still supporting our work, with monies in our account to cover many of our project areas. This provides us with what appears to be a healthy bank balance, however, it must be noted that most of this has been provided for specific projects which are ongoing. During the

year the Board agreed a strategy for holding funds in reserve, which was advised as good business practice to cover unforeseen costs or necessary redundancy.

We continue to seek funding to cover running and project work as the need arises pending a full evaluation and review in 2008 in line with our Business Plan.

The Future

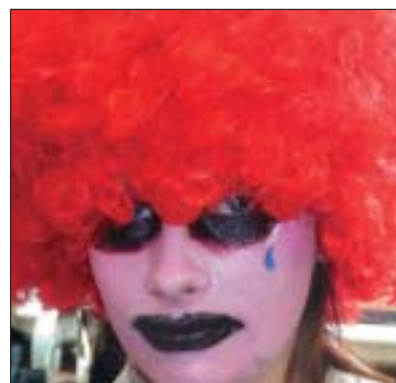
2007 again finds our company in good shape. We have enjoyed a period of prosperity which has allowed us to deliver on our goals and in many instances exceed delivery of individual project targets. There is still a lot to be done in relation to specific developments, preparation of 'Best Practice' guides and the roll out of projects.

During the year we have retained contact with both East and Mid Lothian Councils. We would be happy to provide further support in either council area.

As we enter 2008 we begin a period of evaluation and forward planning in consultation with our partners and this process will guide our work into the future.

Bob Hope
Chair





Fraser Robertson
Delivery Officer

“During my time in the Duke of Edinburgh there has been many experiences and challenges which I have enjoyed. Rock climbing for the Bronze Award, I think everyone enjoyed. Being an ex-member made me familiar with what the others learned. Expeditions surprised us all, with a mixture of banter and a test of fitness. It’s something we all enjoyed. Overall The Duke of Edinburgh’s Award was a recommended experience to anyone who likes a challenge and I’m sure all will agree it was something to remember.” **NG Balerno Pupil**

Introduction

During the past year Award Inclusive has continued to develop work in the areas of; Geographic work with Youth Work practitioners, Alternative to School Exclusion Programme, Young Peoples Centres, Youth Justice, Mental Health work and Disabilities.

A new area of work has been introduced to include Active Futures, a partnership initiative with Edinburgh Leisure to encourage young people aged 17-25 years with Disabilities and young women living in deprived areas of Edinburgh to participate in Physical Activity.

Geographic Work

We continue to support our original groups working in geographic areas. The process of transferring responsibility for group support from individual Development Officers to the Award Inclusive Co-ordinator is now in place thereby allowing capacity for further development in other areas.

It is our impact on the lives of individual young people which makes all our work worthwhile and our staff take pride in keeping in touch with participants as they move on in life. This was the case when Fiona learned that one of her ‘Maggie Bams’ who had been coasting through life now had the confidence to pursue a future as a youth worker, while a second decided to join the army.

YWCA Lochend – Girls on the Move Project
Award Inclusive Co-ordinator has developed a partnership with the YWCA Lochend to deliver a ‘Girls on the Move’ project for two groups of girls aged 14-18 years during September 2007 – January 2008. The project will provide 12 sessions to include one hour of Physical Recreation activity

and one hour of Group Work to focus on overcoming barriers to Physical activity in young women, this will provide participants with a Bronze Duke of Edinburgh’s Physical Recreation and Skill Sectional Certificate. YWCA Lochend have added value to the project through the provision of Sport Relief monies.

Ratho Library

In October 2006 Friends of the Award were granted Local Development Committee monies to support the development of Award activities at Ratho Library. A total of 31 young people have taken part in Award activities to include; Football, Physical Recreation Section (16 boys), Dance, Physical Recreational Section (9 girls), Graffiti Art Project, Skill Section (mixed group 10 young people), Fashion Project, Skill Section (9 girls) have started the project. A First Aid course is also planned for young people to work towards their Service Section.

We hope to support the development of Sports Leadership Award opportunities for young people interested in Football and Dance for Service opportunities in partnership with Edinburgh Leisure.

Alternative to School Exclusion

Fraser has continued to successfully deliver the Award to young people at risk of exclusion to Balerno, Castlebrae and St Augustine High Schools. 25 pupils were selected to participate in the programme. Of which 5 pupils left the programme prior to completion. 18 pupils completed full Awards to include 6 Silver Awards and 12 Bronze Awards. 2 pupils completed partial Bronze Awards and are working towards completing their full Award.

During the year young people completed a variety of challenging activities to include; First Aid, Conservation work, Fitness training programme, Stage Make Up (Horror), Graffiti Project and Build a Bike. Kayaking was introduced as an exciting method of transport for Expeditions. Balerno High School used a video camera to document their expedition project. This will be used to promote expedition activity and the Award.

Participants completing the Stage Make Up (Horror) course undertaken at St Augustine’s High School were thrilled to be photographed for National Duke of Edinburgh Award information leaflets.

The alternative curriculum has proven successful in reducing school exclusion in the 20 participants who completed the programme. The programme has also demonstrated the development of confidence in personal and social skills, the ability to try new activities and to work with others. Participants have benefited from improved school attendance and application to studies enabling some of them to continue in full time education.

Fraser has been particularly proud of the group of participants at Balerno High School, who he has worked with for the past two years to complete Bronze and Silver Awards. Five of the six participants who completed the Award are staying on to fifth year and are planning to start their Gold Award with the Schools mainstream Award Group. The sixth pupil is trying to get an apprenticeship.

Following up on the young people who took part in the programme during 2005-06 at Castlebrae High School suggests that they have continued to progress well. Of nine participants, one participant is not in education or employment, five participants have gone on to further education, two have full time jobs and one participant has joined the Army.

Following promotion of alternative curriculum programme in January 07 Craigmount High School has agreed to sign up to forthcoming academic year 2007-08. Wester Hailes Education Centre has agreed to sign up to the academic year 2008-09. Commitment of all existing Schools has been carried forward to 2007-08.

Our challenge now is to develop the programme in further schools while continuing to support existing schools.

Case Study: Alternative to School Exclusion Programme

David at St Augustine’s High School

David was selected to take part in the Award programme due to his un-cooperative and disruptive behaviour. David had experienced difficulties at home which led to him moving in with his grandparents.

It was felt that the programme would provide a positive focus for David to gain a sense of achievement and improve his self esteem.

At the start of the academic year 2006-07, David was introduced to the other nine young people that would make up the Award Inclusive group at St Augustine’s. The participants had been referred to the programme for a variety of reasons including; lack of self confidence and self esteem, attendance issues, difficult family circumstances, low level behavioural problems and poor social skills.

For the initial 4 weeks the group completed team building activities and selected project activities which would make up their curriculum for the year ahead. The Group was led by Fraser Robertson, Award Delivery Officer and Helen Alexander, Guidance Teacher.

The Physical Recreation Section included a variety of team and individual activities to suit the interests and needs of all the group members to include; gym sessions, Kayaking, Capoeira, Yoga and Pilates. The majority of sessions were held at Drumbrae Leisure Centre in partnership with Edinburgh Leisure.

As one of the fitter participants, David was able to develop and demonstrate his physical abilities and increase his sense of confidence and self esteem. In team activities, he was always keen to include the other less able pupils, gaining trust and respect from his peers. During Yoga and Pilates sessions David also discovered another skill as he was naturally flexible.

For the Skill Section the group embarked on a 12 week Stage Make Up (Horror) course where they learned to apply stage make up to create a range of gory effects. The group was selected to be photographed for National Duke of Edinburgh Award literature opportunities to highlight young people’s activities. This gave the whole group a well deserved boost.

The Service Section included project days with Green Shoots, completing Environmental Conservation work. This outdoor project enabled the young people to experience the satisfaction of hard work with the responsibility to

handle sharp tools safely and work with open fire, whilst benefitting the environment and local community. In addition, the group completed a 12 week First Aid course leading to a certificate in First Aid.

At the beginning of the year the group decided they would like to complete a Kayaking Expedition on Loch Tay. This method of transport for journeying is the first of its kind for City of Edinburgh Council, Duke of Edinburgh Award Expedition activity.

While completing the challenging Kayaking Expedition Section, David’s natural leadership qualities were able to come to the fore. When it was his turn to lead, he effectively took responsibility for map reading, pace setting and group morale. David demonstrated the ability and skills of a mature, intelligent and caring individual.

Throughout the year David has worked hard to be part of a team, and has had the self determination to remain focused and complete tasks. This enabled him to successfully complete his Bronze Award but also address some of the difficulties that he was experiencing. David has matured over the year, and his application to school work and attendance has also improved.

David’s Grandfather was delighted with David’s involvement in the Award as David thoroughly enjoyed it, talking at length and enthusiastically about what he was doing and what was planned for the future.



“I really enjoyed The Duke of Edinburgh’s Award because I met people that I would not have talked to and that Mrs Alexander and Fraser were fun too. The most interesting thing was the expedition. It was a life changing experience”

David

“All pupils have gained a wonderful experience and without exception they have improved over the year. I hope the project can continue and extend to other pupils as this has been an outstanding experience for all of them.”

Helen Alexander, Guidance Teacher, St Augustine’s



Matthew Priest
Development Officer



Geors Richards
Development Officer

“The partnership between Edinburgh Leisure and Friends of the Award has been an invaluable asset to the Active Futures programme and Edinburgh Leisure as an organisation. One of the key highlights was being able to establish together an Open Award Group for young people with disabilities.”

Claire Ferry
Edinburgh Leisure, Active Futures Co-ordinator

Mental Health Work

During the past two years we have explored a variety of models to introduce the Award to young people with experience of Mental Health difficulties. Our experience has informed us that the most appropriate method to engage with young people would be for a specialist Mental Health agency to deliver Award activities to young people accessing their service, to be supported by our Development Officer, Matthew Priest.

To this end Matthew has focused on mapping Mental Health agencies with a view to identifying and building capacity of agencies to deliver the Award. The key agencies identified include; Royal Edinburgh Hospital, The Rock Trust, Four Square and Link Living.

Development work completed with Edinburgh and Lothian Child and Adolescent Mental Health Service at Royal Edinburgh Hospital (CAMHS) formally known as Young Peoples Unit has developed links with many departments within CAMHS. This has led to the recognition that a co-

ordinated approach is required. As such a meeting was held with the Head of Occupational Therapy to determine how partnership opportunities could progress. The meeting identified the need for project costs and support from a Development Officer to co-ordinate Award activity. Since then significant progress has been made.

The Friends have supported the delivery of a four day song writing workshop to young people at CAMHS by All Ears Music Production Company during August 07. 7 young people took part in the project and designed and recorded their own music and produced a CD. This fantastic project ended in a presentation of the young peoples work to family and friends. This activity has contributed towards a Bronze Skill Section with young people given the opportunity to be mentored through the remaining Award sections.

The result of partnership work with CAMHS has led to the development of a 3 year joint project proposal ‘CAMHS Duke of Edinburgh Award Project’. In which an Award Co-ordinator will support the

development and deliver Award activities within CAMHS. Our next challenge will be to seek funding to support the delivery of the Project.

In the interim to funding we are delighted to have accomplished another milestone in entering into partnership agreement with CAMHS to provide Award mentor support to individual young people during September 2007 – March 2008 initially.

Active Futures

Active Futures Development Officer, Geors Richards was recruited in October 2006 and is responsible for working in partnership with Edinburgh Leisure (Active Futures), who provide physical recreation opportunities to young women and young people with disabilities aged 17-25 years from areas of deprivation in Edinburgh. Geors role is to sign post active futures participants into Duke of Edinburgh Award opportunities to maintain interest in undertaking physical activities. In addition, build capacity of agencies referring young people to Active Futures to deliver the Award.

Geors has successfully engaged with a number of agencies including; The Rock Trust, Stepping Stones, Young Saheliya, 7Up, The Action Group, Teens+, Meadowbank Outdoor activities Group, Pilton Elderly Project, Venture Scotland, LGBT Youth, Muirhouse Youth Development Group. Enabling young people to be referred to both the Active Futures programme and further Duke of Edinburgh’s Award opportunities. This has led to both Edinburgh Leisure (Active Futures) and The

Rock Trust (Active Futures) projects to become Duke of Edinburgh’s Award, Access Organisations enabling the projects to issue Physical Recreation sectional certificates to young people who have completed Active Futures programmes.

Geors is working closely with our Expedition Co-ordinator to provide innovative Award Inclusive Expeditions for young people engaged in the Award following Active Futures. Edinburgh Leisure (Active Futures), are keen to support the delivery of Basic Expedition Leader Award (BELA) training during the forthcoming year in order to build capacity of Expedition section delivery.

Muirhouse Youth Development Group and The Rock Trust have begun accrediting their Active Futures programme and other skill and service activities with the Duke of Edinburgh Award. Both MYDG the Action Group are planning to run their own Duke of Edinburgh’s Award expeditions.

We are most grateful to both North Edinburgh Open Award Group and City of Edinburgh Open Award

Group Award Leaders, for receiving and supporting referrals from young people with additional needs.

Active Futures Open Award Group, based at Ainslie Park Leisure Centre was initiated specifically for Active Futures participants to complete their Expedition Section, in recognition of the need for additional Award provision for young people with additional needs. Award Leaders Jenna Coull and Beate Heuser were recruited to run the group and were initially supported by experienced Award Leader Bob Hope. Five participants with a variety of support needs regularly attend the group.

Training opportunities for Award Leaders in supporting young people with additional needs have been identified and alternative opportunities for Award provision will be explored.

The partnership with Edinburgh Leisure has proved to be tremendously successful and Geors has excelled in development of this area.

Case Study: Active Futures

Stephen

Stephen is a young man with disabilities. He was first introduced to the Duke of Edinburgh Award at Pilrig Park Special School where he completed his Bronze award. Through Stephen’s involvement with the 7Up Special Needs Youth Project he was introduced to the Edinburgh Leisure Active Futures programme which provides physical activity courses for young women and young people with disabilities aged 17-25 years.

Young people completing Active Futures programmes are offered accreditation to the Bronze Duke of Edinburgh Award, Physical Recreation Section Certificate. Participants are also asked if they would like to complete the rest of the Award and are signposted to an Award Group or appropriate mentor.

Stephen expressed an interest in completing the Silver Duke of Edinburgh Award, and selected a mentor, Roy Douglas from Pilton Equalities Project. Our Development Officer, Geors Richards met with Stephen and his mentor to discuss options for activity completion.

It was clear that Stephen had a wealth of interests that could be accredited to the Award.

A natural choice for his Service section included his voluntary work at Pilton Equalities Project (PEP) where he has completed over 100 hours of voluntary work throughout the year assisting elderly people. Staff at PEP recognized his natural aptitude for being able to relate with elderly people. He is also very popular with the users of the project and is much appreciated by those he works with.

Through volunteering at PEP, Stephen has found his vocation and has chosen to enroll on a health and safety course at Telford College with the view to finding a job working with elderly people in the hospital or community setting.

As a keen singer, Stephen was also able to complete his Skill section in Signing through completing his singing practice at PEP which culminated in entering into a singing contest at the 2006 Christmas Show, where he won third prize at the contest for his outstanding performance of ‘Bryan Adam’s- Everything I do’. Following Stephen’s successful performance he felt so confident that he felt he would be up for the challenge of entering into the television competition, ‘Stars in their eyes’!

The completion of 10 weeks of Active Futures, physical activity programme

at Ainslie Park Leisure Centre contributed towards Stephen’s Silver, Physical Recreation Section. Since the completion of the Active Futures programme, Stephen has been highly motivated to continue to use the gym and has also taken up Rock Climbing to complete his Silver Physical Recreation Section.

In May 2007, Stephen joined the Active Futures Award Group that was specially created for young people who had completed the Active Futures programme to enable them to receive training in preparation for Practice and Qualifying Expeditions.

The Award Group leaders were impressed with Stephen’s willingness to embrace the expedition training which was quite challenging for the group and also commented that he gave 100% concentration to group work. Over time Stephen’s skills and confidence developed and he flourished as a valued, respected and committed member of the team.

Stephen’s feedback on completion of Award activities is that he enjoyed everything that he has taken part in and that he found the group expedition training the most challenging Award activity, but worthwhile!

Stephen’s Grandmother, Mrs Barr, is very proud of Stephen’s achievements

and said that Stephen had enjoyed all the activities that he has taken part in.

“Taking part in the Duke of Edinburgh Award has helped me get involved in practical things in my community like helping older people do their shopping, packing shopping bags, and being an escort on a minibus. I also have done First Aid training. It has built up my confidence a lot and I have learned how to work other people as a team. It has been very enjoyable doing it”.

Stephen



Stephen receiving his Physical Recreation Section Certificate from Development Officer, Geors Richards



Fiona Macaulay
Development Officer

Disability

Geors has taken over responsibility for providing support to Special Needs Schools and Further Education Colleges delivering the Award to young people with Disabilities. Development in this area has included building the capacity of Stevenson College to deliver the Award from the academic year 2007-08.

Youth Justice

Development of the Award in Youth Justice has been particularly challenging due to the changes in Youth Justice Management and priorities. Fiona has been well received at a wide range of meetings of Youth Justice Managers where the value of the Award is acknowledged. However at this time it is apparent that the Youth Justice team are not ready to engage in Award delivery.

As an introduction to the Award, Fiona has met with the following Early Intervention providers; Panmuir House School Support, East Edinburgh Early Intervention project (EEIP), The Passport Project (Through Care and After Care Team) and Social Work – Restorative Justice.

Partnership work with EEIP, has developed a project proposal to support the establishment of an Award group for young people referred to the project to gain youth accreditation. Fiona has supported agency staff from Lothian and Borders Police, Housing and Community Education to accredit young people with sectional certificates

for participation in 'build a bike projects' and 'mobile football'. We are presently seeking funding to support this work.

We are thrilled to be in the early discussion stages of developing a partnership with South Edinburgh Partnership to provide early intervention diversionary activities accredited with the Award.

Fiona is also engaging with agencies working alongside persistent young offenders to include Police Juvenile Liaison Office and Passport Project (Transitions). The Passport project is already linked to Active Futures where Physical Recreational Sectional Certificates are completed. We hope to build capacity of the project to deliver the full Award.

While Fiona's remit specifically focuses on Youth Justice other Award Inclusive themes provide diversionary activities for young people who have offended or who are at risk of offending.

Young Peoples Centres

The Friends recognise that young people residing within Youth Peoples Centres are amongst some of the most vulnerable, often with multiple issues affecting them. As such Fiona has found engaging with young people both challenging but extremely rewarding. During the year we have engaged with 3 of the 12 Edinburgh based Young Person's Centres (St Katherine's, Howdenhall and Pentland View) to deliver the Award.

Nine young people have embarked on the Award and we are delighted to report that two young people at St Katherine's YPC have successfully completed the full Bronze Award, this is a tremendous achievement to which Fiona has been instrumental.

Where appropriate, Fiona has included young people from YPC's into mainstream Award provision. For example she created a unique Pony Trekking Expedition with Pentland Icelandic Ponies, to enable one young person to complete her expedition alongside three young people

from mainstream provision. Another young person was placed onto the mainstream Open Expedition Award Programme during the summer and successfully completed their Expedition Section.

Further promotion of the Award was completed at the Edinburgh Residential Child Care Conference in March 2007 to promote Award Inclusive Project and work within Young Peoples Centres. Fiona has completed a report to highlight her work with St Katherine's YPC and this will be used to promote the work with other YPC's.

Experience has shown that YPC staff require a significant amount of support to mentor young people in their care through the Duke of Edinburgh's Award, due to their high workloads. In order for YPC's to engage with the project Fiona has performed a delivery role in partnership with a Residential Officer, through promotion of the Award, mentoring, organisation of project activities and completion of Award administration. The Friends recognise that this

level of support is essential and are committed to providing support in the future due to the highly positive impact the Award has made upon the young people's lives.

Case Study: Young Peoples Centre

Mikey at St Katherine's YPC

Mikey had been placed in secure accommodation at St Katherine's due to difficulties with his home life and had been at the Centre for 6 weeks before deciding to enrol onto the Bronze Duke of Edinburgh's Award.

The Award has been recognised by Centre Residential Officers (RO) as a way to engage young people in activities for personal and social development, providing them with meaningful diversionary activities and a method of accreditation. Development Officer, Fiona Macaulay is responsible for supporting RO's within the Centre and also provides direct support to mentor young people through their Award.

Fiona met with Mikey to review the Award and identified his interests and needs that could be completed for the Bronze Award. Shortly afterwards Mikey embarked on Award activity to include; Cooking and Guitar practice at St Katherine's YPC for his Skill Section. For the Physical Recreation section Mikey completed Body Combat sessions at the local Edinburgh Leisure Centre.

Once Mikey completed his first section and gained a Sectional Certificate he

had the confidence to try new activities and to join large group projects within mainstream provision with young people he had not met before.

The Service Section involved completing conservation activities with a group of young people supported by The Green Team which is an environmental and conservation education project.

The highlight of Award activity for Mikey was the Expedition Section. This was completed with the City of Edinburgh Council, Duke of Edinburgh, Open Expedition Programme which involves meeting a group for the first time and completing Expedition training, practice and qualifying expeditions. The practice expedition took place in Bonally and the Qualifier in West Linton during May and June 2007. Mikey has happy memories of camping with other young people, an experience he has never had before, which will last a life time.

Mikey embraced the Award with determination and enthusiasm to succeed and as such he completed the Bronze Award with ease and was an inspiration to other young people at St Katherine's YPC. This proves the Award can be used as a successful tool in engaging vulnerable young people into positive life experiences.

Through completing the Award, Mikey has had the opportunity to meet and mix with other young people outwith the care system which has also broadened his horizons. Success in his achievements has increased his self confidence and as a result he has focused on his future, enrolling on to a Sports Leadership course at Telford College. Mikey has also decided to go on to complete the Silver Duke of Edinburgh's Award.

"It's great to see the difference in Mikey's self-confidence and the smiles and stories when he comes back from projects."
(Residential Care Officer)

"Through his involvement he has met other young people that have given him a sense of purpose."
(Residential Care Officer)

"It was good trying something different. It wasn't hard work but I wanted to work hard at it."
(Mikey)





Kyle Strachan
Expedition Co-ordinator



“Last winter I undertook the new format for the BELA Award to enhance my knowledge of hillwalking and develop new skills for organising college groups at Bronze and Silver for the Duke of Edinburgh’s Award. I would have no hesitation in recommending the BELA Award to other colleagues as an excellent grounding in the knowledge and skills required to take young people on expeditions.”

Bob Montgomery
Award Leader - Jewel & Esk Valley College

Expedition Provision

In progressing with developments of the Award the constant challenge is in delivering the Expedition Section. This Section is the most labour intensive and technical for leaders. Expedition Co-ordinator, Kyle Strachan has worked closely with all Award Group Leaders to develop an expedition plan which clearly identifies need in relation to qualified leaders and kit hire.

In order to manage the volume of Mainstream, Inclusive and Open Expeditions which all need to comply to City of Edinburgh Councils Health and Safety Procedures, Kyle has introduced a range of management systems to include; Expedition briefings to support planning for the expedition year ahead with all Award Groups, Expedition Needs Assessment and Open Expedition Management System, which has significantly improved Expedition planning and management.

One of the key tasks for Kyle is to build capacity of Expedition Delivery. As such Kyle has successfully delivered two Basic Expedition Leader Award

(BELA) courses for 12 participants. We are currently in the process of planning BELA delivery for the year ahead. The Friends have also subsidised 5 Award Leaders to complete Mountain Leader Training and Assessments leading to National Governing Body Qualifications.

In support to Award Inclusive groups Kyle has identified external Expedition Providers to include National Kayak School in Aberfeldy for St Augustine’s Bronze Kayak Expedition, Dunolly Outdoor Centre in Aberfeldy for a Kayaking day with Balerno High School Silver group. The Action Group was signposted to CAPRO for their Bronze Expedition Section and Pentland Icelandic Ponies hosted our Pony Trekking Expedition.

Sustainability of Expedition provision and capacity building of Mainstream and Award Inclusive Award Groups remains the focus of Kyle’s work for the year ahead.

Expedition Delivery (March – August 2007)

Open Expedition Programme (to date)
10 Expeditions approved
5 Expeditions delivered
57 Participants engaged
19 Volunteer Leaders

Mainstream Expedition Delivery (to date)

44 approved / delivered expeditions
3 Expeditions pending approval

Support to Mainstream Training Provision

On behalf of City of Edinburgh Council, The Award Inclusive staff team have supported the delivery of seven training courses to include Award Leader Induction, Expedition Safety Seminar, Expedition Focus, Practical Expedition Training and Expedition Briefings to benefit 94 Award Leaders and 24 Award Groups.

Award Inclusive Statistics (June 06 - May 07)

A total of 39 organisations and 175 young people have engaged with Award Inclusive. Of which 30 young people with disabilities, 9 from Young Peoples Centres (Residential Care), 67 involved with Geographic projects, 9 from Youth Justice setting, 25 at risk of school exclusion, 15 with experience of Mental Health difficulties and 20 young women aged 17-25 years.

A total of 75 agency staff have been supported to mentoring young people in the Award and 33 staff have completed Award Leader Induction training.

Award Inclusive Duke of Edinburgh’s Award completion: (June 06 - May 07)

| | |
|--------------------------------|------------|
| Bronze Award | |
| Sectional Certificates | |
| Skill | 38 |
| Service | 11 |
| Physical Recreation Expedition | 84 |
| | 3 |
| Total | 136 |
| Full Bronze Awards | 25 |
| Silver Award | |
| Sectional Certificates | |
| Skill | 4 |
| Service | 3 |
| Physical Recreation Expedition | 4 |
| | 0 |
| Total | 11 |
| Full Silver Awards | 25 |

Conclusion

I am delighted with the progress of the Award Inclusive Project over the past year. We have embarked on some challenging new areas of work and have learnt some valuable lessons to take us on to the next year. I would like to take this opportunity to congratulate my staff team on their efforts and to celebrate the achievements of the participants and agencies involved.

Joanna Jarvis,
Award Inclusive Co-ordinator 2007

Case Study: Project Scotland Volunteer

Duncan

In October 2006, Duncan MacNeil our first Project Scotland volunteer was recruited as Expedition Assistant and provided support to Kyle through the effective management of the kit store. Duncan completed a nine month placement with us and was a valuable asset to the team. We hope to recruit a further Project Scotland Volunteer to continue this work.

“Working as the Expedition Coordinator’s Assistant is both varied and fascinating. During my time volunteering I have done everything from fixing boots to helping train leaders and working with young people. You will stay permanently busy during the expedition season as there is so much to do and such variety. If you love climbing, mountaineering or hill walking this is the place to be; volunteering in this position will increase your experience tenfold and give you contacts all around Scotland.

One the main highlights for me is the fact that all the full-time staff are so friendly and make you feel part of the team straight away. It’s a great place to volunteer and gives you a taster of a relaxed professional working environment. This placement has opened my eyes to the outdoors, outdoor

education and career paths I hadn’t considered before. I can’t explain how much I have enjoyed my experience here so far and I hope to meet my replacement before I leave!”

Duncan MacNeil
Expedition Assistant
(Project Scotland Volunteer)



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