



the junction*
young people, health & wellbeing

Annual Report 2012

Vision and Mission

Our Vision is for all young people to reach their full potential.

We help contribute to this through our Mission:

The Junction works with young people to support their health and wellbeing by helping them in exploring and making their life choices.

Chairperson's Report

It is with great pleasure and some sadness that I welcome you to the Junction's 7th annual report. When we look at how far we have come in the last year, it is a testament to all who have been involved in the many areas of work and development within the organisation. Sam, our Director, the brilliant staff, past and present, inspirational volunteers, enthusiastic students and the ambitious Board continue to make the Junction what it is today.

In the course of the last year, we have also welcomed the arrival of Audrey, our new Deputy Manager, Michael, our new project worker as well as counsellors Michelle and Sue.

It is important to remember that we couldn't do anything without the amazing support of our staff, volunteers and students who enable the work of the Junction to thrive. As for our Inspiring Volunteers, we wanted to recognize their impact on the service and did so through nominations at this year's Volunteer Centre Inspiring Volunteer Awards where Natalia, one of our brilliant counsellors, was justifiably awarded.

Nevertheless it is with sadness that I resign as Chair of the Board of Directors due to other commitments. I have every faith that my colleagues on the Board will continue to work with the Junction staff to provide them with the vital components needed for an inspirational board. I really look forward to seeing what the future brings for the Junction in the next year and know that this amazing project will continue to grow and thrive particularly as it moves to new premises.

Sharon McAree Thomas
Chair

**THIS YEAR'S THEME
FOCUSES ON GROWTH**

**OF THE YOUNG
PEOPLE WHO USE
THE SERVICE**

Director's Report

In these times of what can feel like ever growing opportunities and challenges it is of great importance for us to have an inspirational vision and a clear framework of direction. Thanks to lots of hard work we have met this need through the development of our new 5 year Strategic Plan; The Junction Strategic Plan 2012-17 builds on our achievements, experiments and learning over the last seven years and provides a vibrant way forward for the organisation.

We are confident our strategic plan is building on strong foundations and it is fantastic to see our approach and contribution recognised by the Directorate of Public Health and Health Policy, NHS Lothian who commented in their outside perspective. (The Junction – a community development approach to working with young people)

“The Junction’s approach, which is based on a belief in the potential of young people and communities and unlocking these through specific actions and services, is consistent with dominant national policy ideas in Scotland today.

It has a strong presence and identity in the local community. Funders and decision makers outside the organisation should be aware of the powerful contribution which the project makes to improving the present and future lives of young people and to supporting the local community to flourish.”

We are currently exploring how best to have our approach and contribution formally reaffirmed by young people and are looking forward to developing a meaningful framework and resources in the coming year to make this happen.

Sam Anderson
Director

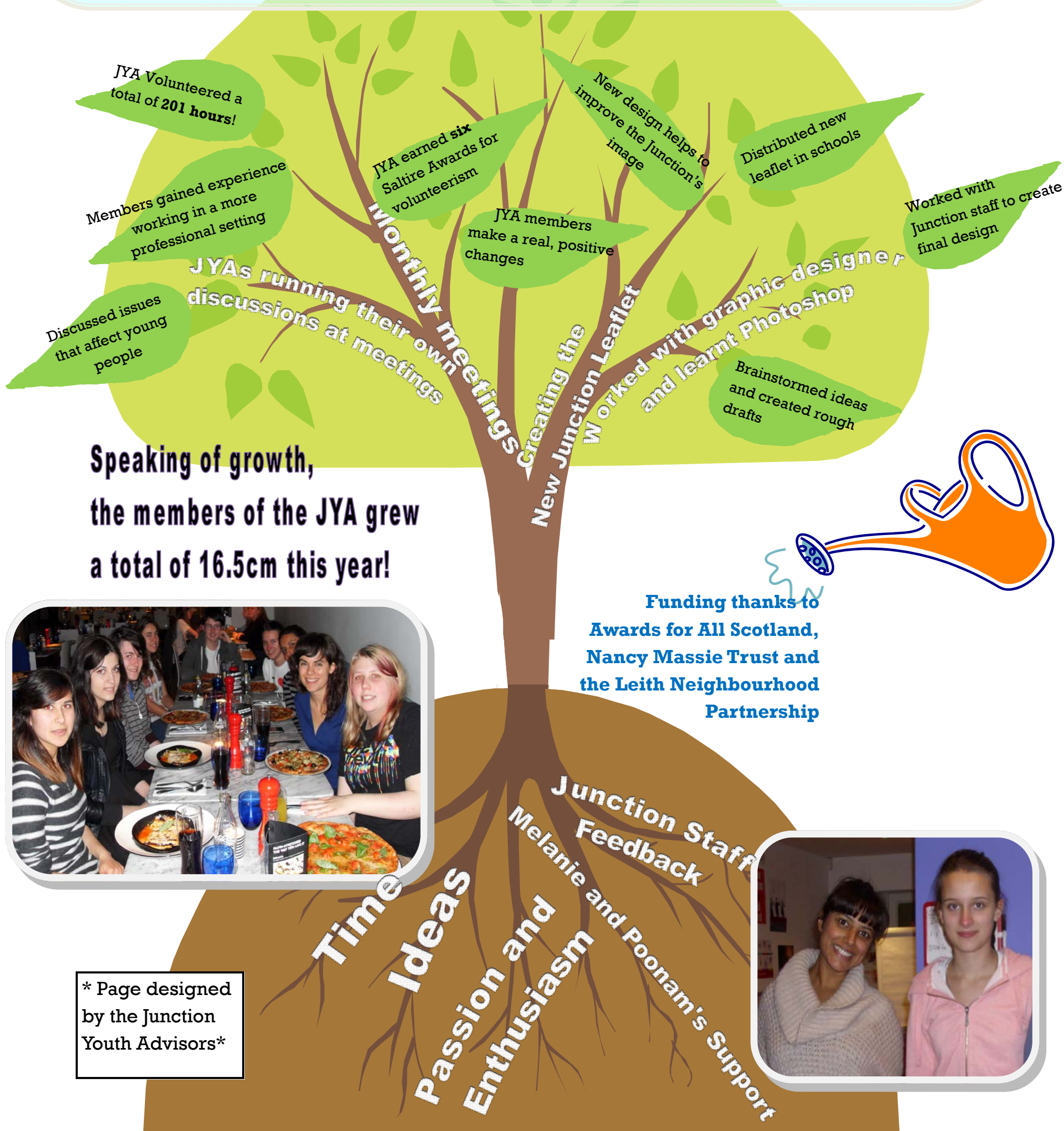
**AND OF
THE JUNCTION**



The Junction Youth Advisors

The Junction Youth Advisors, are a group of young people who volunteer their time to discuss issues regarding the Junction and their local community. The JYA meets monthly to identify and discuss health issues that are relevant to their peers, create promotional materials and strategies to improve the Junction's visibility in the community, and help shape the delivery of services with the ultimate goal of helping young people who use the Junction or live in the local community.

This past year has seen the JYA grow from two to eight committed and passionate members aged 14-17. The tree below was designed by the Youth Advisors themselves to show what they have achieved and how they have grown over the past year.



* Page designed by the Junction Youth Advisors*

Voice Your Choice!

We believe it's important to listen to young people and find out what they think and want. That's why we consult young people and act on what they say. Voice Your Choice allows young people to be at the heart of the development and planning of our services. Being proactive and responsive ensures our services continue to grow and are focused while giving young people the platform to meaningfully shape the services they use.

The theme for this year's event was 'Artistic Expression' and various creative methods were used to collect feedback from the young people that visit The Junction. Activities were designed in a user friendly manner and included a big brother diary room and graffiti wall. Each question was tailored directly to measure how well we were realising our project outcomes.

As a result of the March 2012 event a report was produced that concluded we are meeting our outcomes for different parts of the integrated service. Since the event we have covered issues that young people expressed concern over, including anti-social behaviour and healthy eating. This shows young people that when they do 'voice their choice' we listen.

Voice Your Choice is set to grow and become an even more comprehensive piece of work with more young people being invited to have their say in 2013. It is a key way in which both the organisation and the young people can continue to grow together in the future.

"That I'm not always alone, there's always help here"

"Wellbeing! As after I've talked I feel more relaxed and confident. I feel I can talk to the staff about many things I wouldn't with others"



Drop-in

Here at the Junction, we work to promote long-term prevention of health problems, raise young people's awareness and support them to make informed choices about their own health and well-being. We build on the strengths of young people and offer a holistic approach that responds to the multiple issues that young people can experience.

In recognition that some young people prefer talk about their health issues in a young person friendly environment rather than go to their local GP, which can sometimes feel a bit scary, our nested provision model has grown over the years and offers a range of integrated services that are young-person centred and easy to access. This enables young people to identify their needs and get the support they need without being referred onto another service.

The drop-in is part of the Healthy Respect Network and is open at times that are convenient for young people. We offer a safe and confidential space where young people can speak to a worker in confidence, get information on a variety of different health topics including healthy eating, physical and mental health, smoking cessation and alcohol information plus access sexual health services including emergency contraception, C:Card, pregnancy and Chlamydia testing.



Drop-in opening times:
Mondays 3pm - 5pm (sexual health)
Wednesdays 4:30pm - 7.30pm
Fridays 1pm - 4pm The Chiller

Outreach Service

The Junction has run regular Street Outreach sessions since March 2012 following the success of the holiday period Street Outreach in 2011. The street outreach team have effectively promoted the Junction services through street interactions around the Leith area. Street Outreach enables the team to build relationships and with local young people and promote the Junctions services. The service growth will be shortly complemented by providing a mobile C Card which will allow us to take this vital sexual health service out to where young people are.

Outreach in schools continues to grow and develop. We deliver and facilitate a high standard of group work sessions to S1-S6 and to work closely with the school guidance departments at Trinity Academy, Leith Academy and Drummond Community High School.

Our services are promoted through positive interactions with young people, with a focus on our topical health issue of the month which is often identified in response to our conversations with young people. about health issues which are important to them. Topics include health and wellbeing, sexual health, alcohol and stress awareness.

We also continue to deliver sexual health workshops to S3 students at Portobello High in collaboration with The Health Opportunities Team.



Winner



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160 - 162 Great Junction Street, Edinburgh EH6 5LJ

- * for young people aged 12 - 21
- * free, confidential support and information
- * safe place to relax
- * happier, healthier lifestyle
- * mental wellbeing
- * sexual health

They support you, listen to you and don't judge you.

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160-162 Great Junction Street
Edinburgh EH6 5LJ
Tel: 0131 553 0520
Text: 07758348850
info@the-junction.org
www.the-junction.org

Counselling
A safe, confidential space to talk to a counsellor about things that you may be struggling with from the past, present and how you may want to be in the future. Meeting on a weekly basis.

Alcohol Service
Support & information on alcohol - your own use or that of a parent or carer - through One to One, Drop In, Group Work and Street Work.

Sexual Health Services
Sexual health and relationship information and support. Free condoms, chlamydia testing, pregnancy testing. Emergency contraception available on Mondays.

Group Work
Contact us to find out about current group work opportunities.

One to One Support
Free weekly individual support that is friendly, practical and confidential. Also available without an appointment during our drop-ins.

The Chiller
Chill out before the weekend with a free massage.

Drop In Information
Mondays 3pm - 5pm
Wednesdays 4.30pm - 7.30pm
Fridays 1pm - 4pm
The Chiller



One to One Service

The One to One Support Service supports young people to increase their emotional resilience and ability to make positive life decisions by building confidence/self-esteem, developing assertiveness skills, and helping them set and reach goals.

This year has seen exciting growth for both the service itself, and the young people who have accessed it. Now going into its fourth year, One to One Support has grown from a 10 hour per week single worker pilot to an integral part of the Junction's services with 40 hours per week divided between two project workers. As a result of the evidenced-based effectiveness of the project, in August Children in Need awarded the Junction three additional years funding. This funding will allow us to continue to provide formal weekly sessions alongside ad-hoc access during the drop-ins.

The one to one service was highlighted as a model of good practice at the National WISH Conference.

Here are a few quotes from clients that highlight their personal growth as a result of their commitment to making improvements for themselves:

"It's incredible to see and realise how much this has helped me. The contrast of how I was and how I feel now makes me feel really proud of myself because I feel like I've made so many achievements. The support from the Junction has been amazing..."

"The Junction has been a great help. I feel a lot better. I am doing better. You can trust everyone (at the Junction). It was just helpful and fun too. Nothing to improve!"

Alcohol Service

The Alcohol Support & Education Service has been growing and maturing (in alcohol terms) since its inception in December 2009. Over the past year we have had notable developments in all aspects of the service including both in our work with young people as well as in our work with partners and other professionals, as detailed in the drawing below.



Reversing The Trend

We've been involved in an action learning set funded by Lloyds TSB Foundation Partnership Drugs Initiative & supported by Evaluation Support Scotland. This has explored the role the Voluntary Youth Sector plays in preventing or diverting young people away from problem substance misuse. Find out more @the Lloyds TSB Foundation website.



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Counselling Service

The counselling service continues to consolidate its reputation amongst young people, families, the community and professionals. We live in an ever more complex world and all that comes with it, young people striving and sometimes struggling to work out who they are and how they want to be in the world. With additional funding gained from Comic Relief the Junction counselling service has been able to employ two part-time counsellors to help young people grow and develop. The service continues to offer placements to student counsellors and experienced volunteer counsellors .

Due to The Junction's unique model young people can be offered a range of services that can help meet their needs. From assessment they can be linked into counselling, one-to-one support, alcohol intervention, the drop-in or referred to another agency. This gives young people an opportunity to choose how we can best support them in their growth and development. Along with this we encourage young people to be as honest as they can about their experience of attending counselling at the Junction, here are some comments young people and professionals have said about our service.

What young people said about the Counselling Service

"Thanks for giving me helpful life advice, new insights, and just general ways to get through life. (It really did me the world of good!)"

I wanted to thank you for your time in the counselling sessions we had. They were very helpful, and I always left feeling better."

"I found that here I could express myself and speak about things maybe I couldn't in other places and it really helped me through a place in my life."

And professionals

"I don't know where I or my clients would be without the absolutely fantastic services offered by the Junction. Making referrals could not be easier and the rapid response that they have is second to none. I know from talking to clients who have used the service that they have found the counselling to be incredibly helpful and always utterly safe, caring, respectful and responsive to their needs. My only wish would be that they could take referrals from across the city or could be replicated in other areas as I keep meeting with young people from out with North Edinburgh who would really benefit from the services that they offer." (Co-ordinator, Amber Mediation Service)

Partnership Working

Young people need a range of supports at differing time, no one service can provide this. It is essential that organisations work together in meeting the needs of young people and helping them develop their potential. The Junction works within a wide range of partnerships, both formal and informal. With young people, the community, a range of statutory and voluntary agencies and funders.

One of the most exciting areas of partnership working is the new premises. Currently being designed with the needs of young people at the fore we will be moving at the end of 2013 to become tenants of Port of Leith Housing Association at their Great Junction Street development. Many thanks is due to Port of Leith Housing Association and community supporters for securing this opportunity to support and grow our services for local young people.

There are many examples of partnership working throughout this report in particular the alcohol service, counselling service and work with schools. Others being:

“WHAT DO YOU SEE?”

A short film on Anti-Social Behaviour created by young people in Leith, was the culmination of work undertaken in partnership with The Citadel Youth Centre; funded by Cashback for Communities. The production team were all young people, who originally met staff through streetwork. They explored the causes and consequences of anti-social behaviour; following up with a group residential

“I hope that the film gets seen by lots of people, people of all ages. It would be good to get them thinking about what can be done to reduce anti-social behaviour” (Rebecca, Assistant Director)

Check the film out at: www.youtube.com/user/JunctionYoungPeople

T.H.I Skills Awareness Programme

In Partnership with the CYC the programme has enabled 10 young people to participate in the World Heritage Skills Awareness Programme. The 5 week course was funded by City of Edinburgh Council, Telford College and the World Heritage. It gave the young people the opportunity to learn decorative plasterwork, graining and marbling, and stone masonry.





Volunteering

This year the Junction has benefited from the contributions of: 6 project volunteers, 3 volunteer counsellors and 3 months from a full time international volunteer. Together they amassed an impressive 1,236 hours of their energy, skills and commitment. For one person that commitment was formally recognised. Volunteer Counsellor Natalia Kolodziej started with The Junction in April 2009 and this year was successfully nominated through the Volunteer Centre Edinburgh for the Inspiring Volunteers Awards; she was subsequently presented with her award at the City Chambers by the Lord Provost, the Rt Hon Donald Wilson. The Junction also publically received their Investing in Volunteers award at this ceremony.

Other highlights this year include: Volunteers Joanna Kozyra and Lisa Regber's input to the North Edinburgh Alcohol Initiative Collaborative Summer Event, where they impressed, educated and entertained young people and staff. Joanna's was also involved in the Portobello Drop-In Pilot, being undertaken in partnership with the Health Opportunities Team, she is a vibrant team member, building on her previous participation and learning from other Junction Drop-Ins.

And they said....

"The whole volunteer experience was really satisfying for me. I learned so much, not just about work experience, but also about myself... I'm able to take home so many things to my job, to my peer group and to my studies." (Lisa Regber, volunteer)

"I greatly appreciated being able to access The Junction, both in terms of developing my professional and personal learning." (Sam Johnson, volunteer counsellor)

Who we are

Board of Directors

Sharon McAree Thomas
Grant Hutchison
Mags Easton
Fiona MacDonald
Sheila Ralston
Laura McGravie
Eric Carlin
Kerry Hardie
Sam Campbell

Staff Team

Sam Anderson	Michael McNaughton
Hayden Kilpatrick	Jo Elder
Audrey Morrison	Michelle Woodall
Joyce Murray	Sue Mackay
Lara Buros	Lindsey Chalmers
Ian Higgenbotham	Fiona Stenhouse
April-Wendy Hayes	Poonam Ladwa
Melanie Altar	Kate Hill

Volunteers

Claire Jeffcoat
Sabrina Leydon
Joanna Kozyra
Isla Mcleod
Lisa Regber
Kym Ferguson
Vanessa Rigby
Natalia Kolodziej
Sam Johnson
Fiona Baker



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Service Statistics 2012 *

The Junction offered:

683 Counselling Sessions

90 Alcohol Support Sessions

184 One to One Support Sessions

We engaged with young people:

568 times during Street Outreach

1910 times during School Outreach

190 young people participated in group work

We had **87** referrals to our support services

Young people had **697** visits to the drop-ins

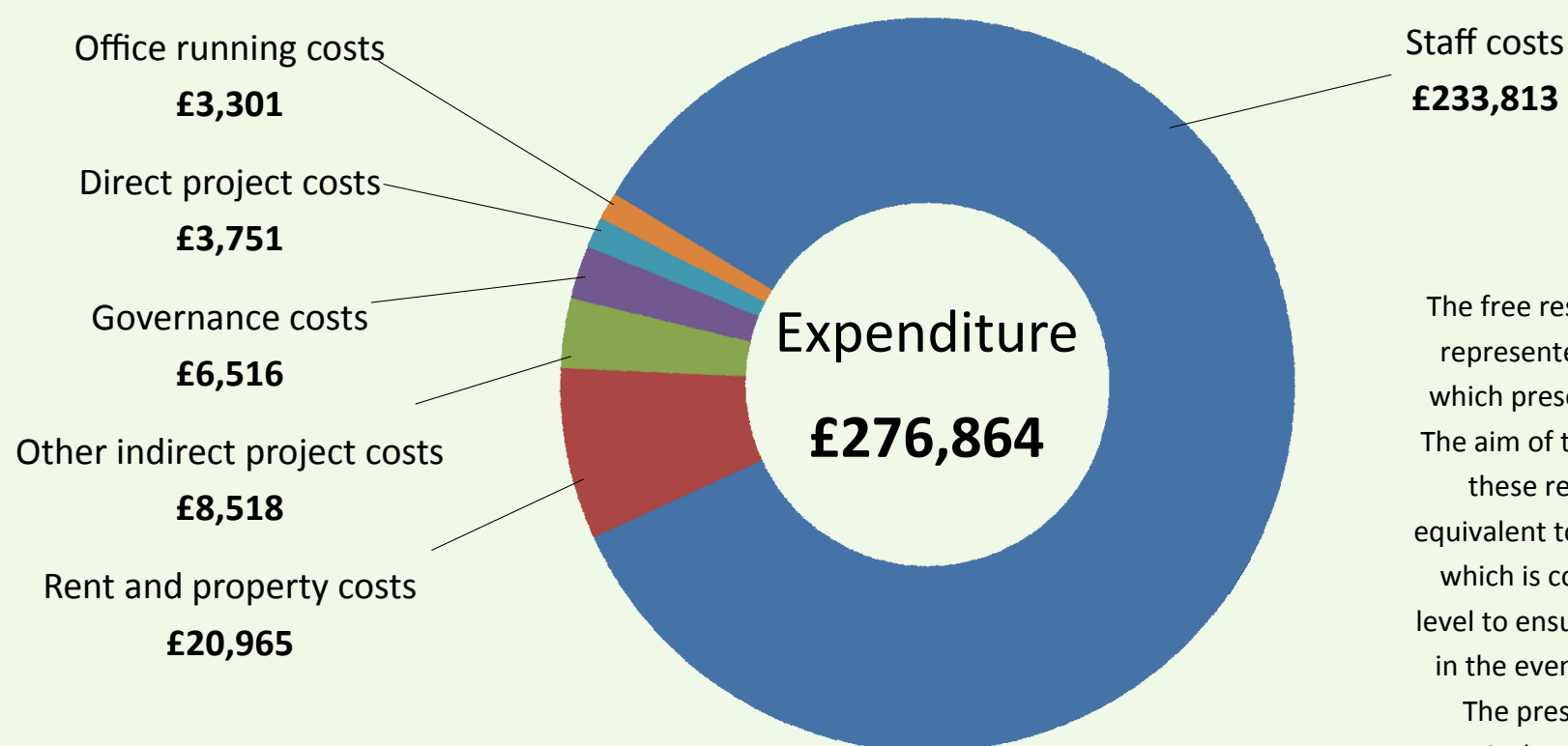
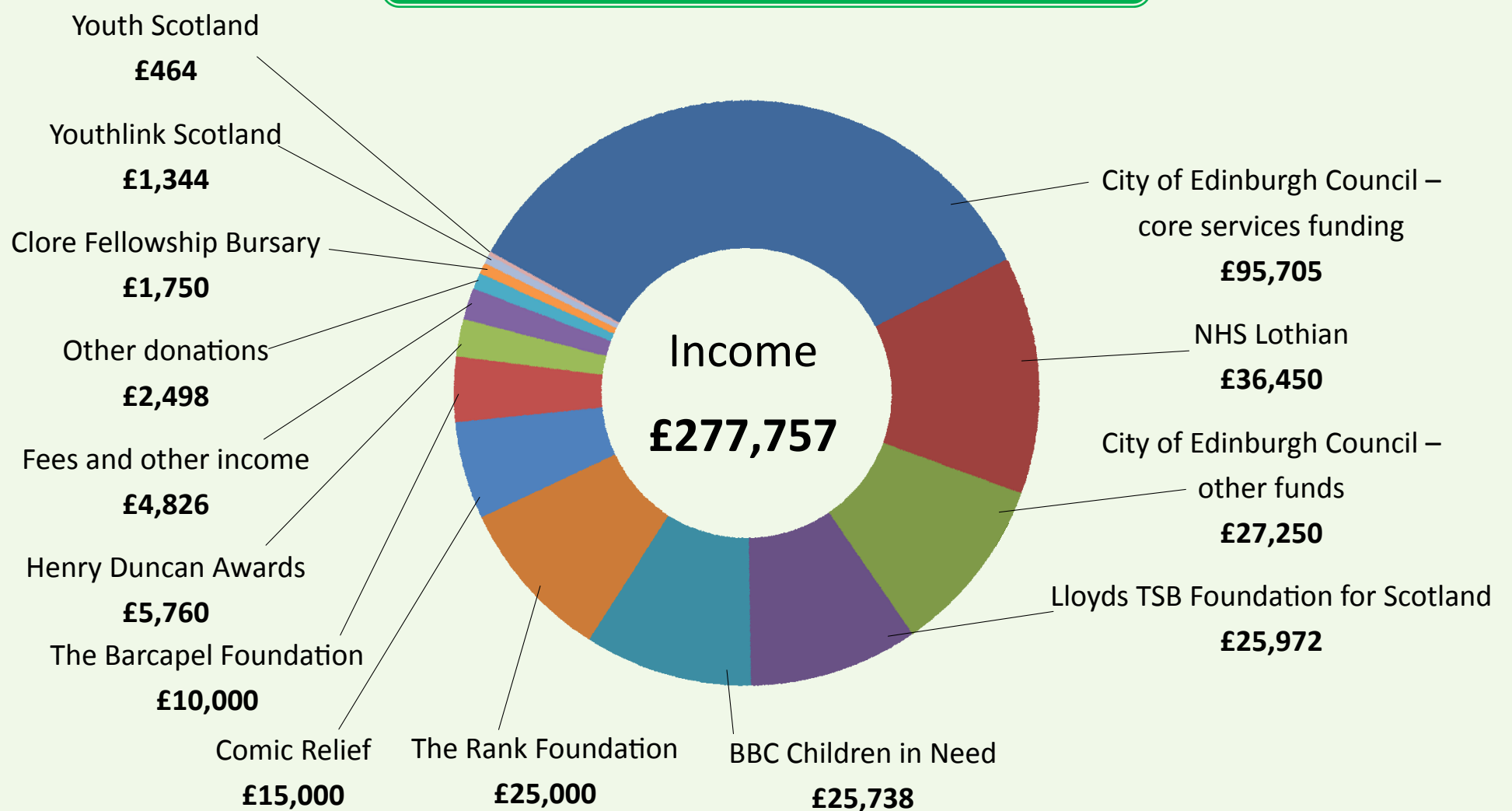
We provided **143** massages

* All figures refer to the 12-month period 01/12/2011 to 30/11/2012 inclusive

“Leith Victoria Swim Centre felt it was important to support the Junction as the work carried out there intertwines with our own vision to inspire Edinburgh to be a more active and healthy city. The Junction is also trying to make a positive difference in the local community which again is one of our main purposes. We feel it is important to support any local group that is trying to make a positive difference to the community and the staff team here at Leith Victoria all recognised the important work that the Junction carries out.”

We appreciate any support you can give us.
Please visit www.justgiving.com/the-junction

Accounts



The free reserves of the charity are represented by the general fund, which presently stands at £77,090. The aim of the charity is to maintain these reserves at an amount equivalent to 3 months' expenditure, which is considered a reasonable level to ensure short-term continuity in the event of a break in funding. The present free reserves are equivalent to just over 3 months' expenditure at current levels.

We were a case study for the Harmonising Reporting Implementation Review by the Scotland Funders Forum (SFF), with support from Evaluation Support Scotland.
For more information check out
<http://scotlandfundersforum.files.wordpress.com/2012/06/harmonising-reporting-implementation-case-study-report1.pdf>

The Junction would like to thank these supporters and partners:

Austin and Hope Pilkington Trust
Awards for All Scotland
Barcapel Foundation
BBC Children in Need
C:card
CEC Children and Families Dept
The Christina Mary Hendrie Trust
Citadel Youth Centre
The Clore Social Leadership Programme
Comas
Comic Relief
Craigentinny and Duddingston Neighbourhood Partnership
Derek Robertson
Edinburgh Alcohol and Drugs Partnership
Evaluation Support Scotland
Findlay's of Portobello
Forresters Arms, Portobello
Granton Youth Centre
Healthy Respect
Health Opportunities Team
John Williamson Fishmonger, Portobello
La Cerise
Leith Benevolent Association
Leith Decides
Leith Neighbourhood Partnership
Leith Victoria Swim Centre (Edinburgh Leisure)
Lloyds TSB Foundation for Scotland - Henry Duncan Trust, Partnership Drugs Initiative
Muirhouse Youth Development Group
NHS Lothian
The Paul Hamlyn Foundation
Pilotlight
Pilton Youth & Children's Project
Portobello and Craigmillar Neighbourhood Partnership
Porto News, Portobello
Port of Leith Housing Association
The Ripple Project
The Rank Foundation
RBS Technology Services Charities Committee
Nancy Massie Charitable Trust
Standard Life
Volunteer Centre Edinburgh
Youth Scotland
Youthlink Scotland



Open Days

**Want more information about
The Junction and the services we
provide? Why not come along to
one of our Open Days and meet
the staff team.**

**For details of the next one
check the website, or email
info@the-junction.org**

We are here

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Company number: 278505

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