

13

the
junction

young people, health & wellbeing

13

HAPPY
BIRTHDAY

smile

PARTY

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**HAPPY
BIRTHDAY**



Welcome to the Junction's 13th Birthday Celebrations.

Throughout these pages, you will hear all sorts of different people talk about why they love The Junction. I'm very proud to be the Junction Patron and to kick off these celebratory contributions.

Why I love The Junction

Thirteen is pretty crazy. The onset of adolescence, teenage kicks, an exploration of the self, a maelstrom of physical, mental and emotional energy, awareness, awakening and change; it's all there.

When I look back at my 13 year old self, I wish there had been a haven to go to, somewhere to offer time out to think about who I was and what I was becoming. This is why I love The Junction, it is a safe place to go to and be seen, be heard and not judged, with others who can witness and share growth and pain. A team of individuals who are dedicated, compassionate and consistent in their relationships with young people. Who see not only the challenges faced by youth but also the inherent strength they possess.

I often think about how the gift of creativity helps us all in both hard times and good. For me, it has been my writing and the power of the music I've enjoyed down the years. If The Junction were a piece of music, what would it be? I think of it as a steady beat, like the heart, pumping life throughout. And I think of The Junction at the heart of the community, I think of different beats and different hearts all creating a rhythm. The rhythm of Leith, the rhythm of life. This makes me smile and The Junction being 13 is certainly reason to do this and celebrate.

Irvine Welsh

Junction Patron





Directors Introduction

Imagine for a moment, you are a 13 year old in this increasingly complicated world. The rapid pace of technology, the increasing inequalities, the stretching and breakdown of systems created to provide care for young people's health and wellbeing needs. Increasing divides and conflicts on a local and global stage - the world could seem a very scary place.

How might this impact on being at a crucial stage of physical and psychological development and change?

Is it any wonder young people are reporting increasing levels of mental and emotional distress and pain?

This can be a hard world to be in as a young person. Add into this mix their personal experience of trauma, parental mental health and/or substance use issues, loss and search for identity, a mix which could be overwhelming.

So often, young people are portrayed as the 'issue' or 'difficulty' rather than the distressing environment that has evolved for them to develop in. Every day at The Junction, we have the privilege of witnessing and contributing to young people demonstrating and developing their immense strengths while exploring issues affecting them. Due to this, we were keen to use our 13th Birthday in the Year of Young People as an opportunity to counter the negative portrayal with an acknowledgement of the young people who originally helped create The Junction and all those who continue to engage, while celebrating the contribution The Junction makes through our Nested Provision Model. This booklet is one part of this acknowledgement and celebration. Enjoy!

Sam Anderson

Founding Director

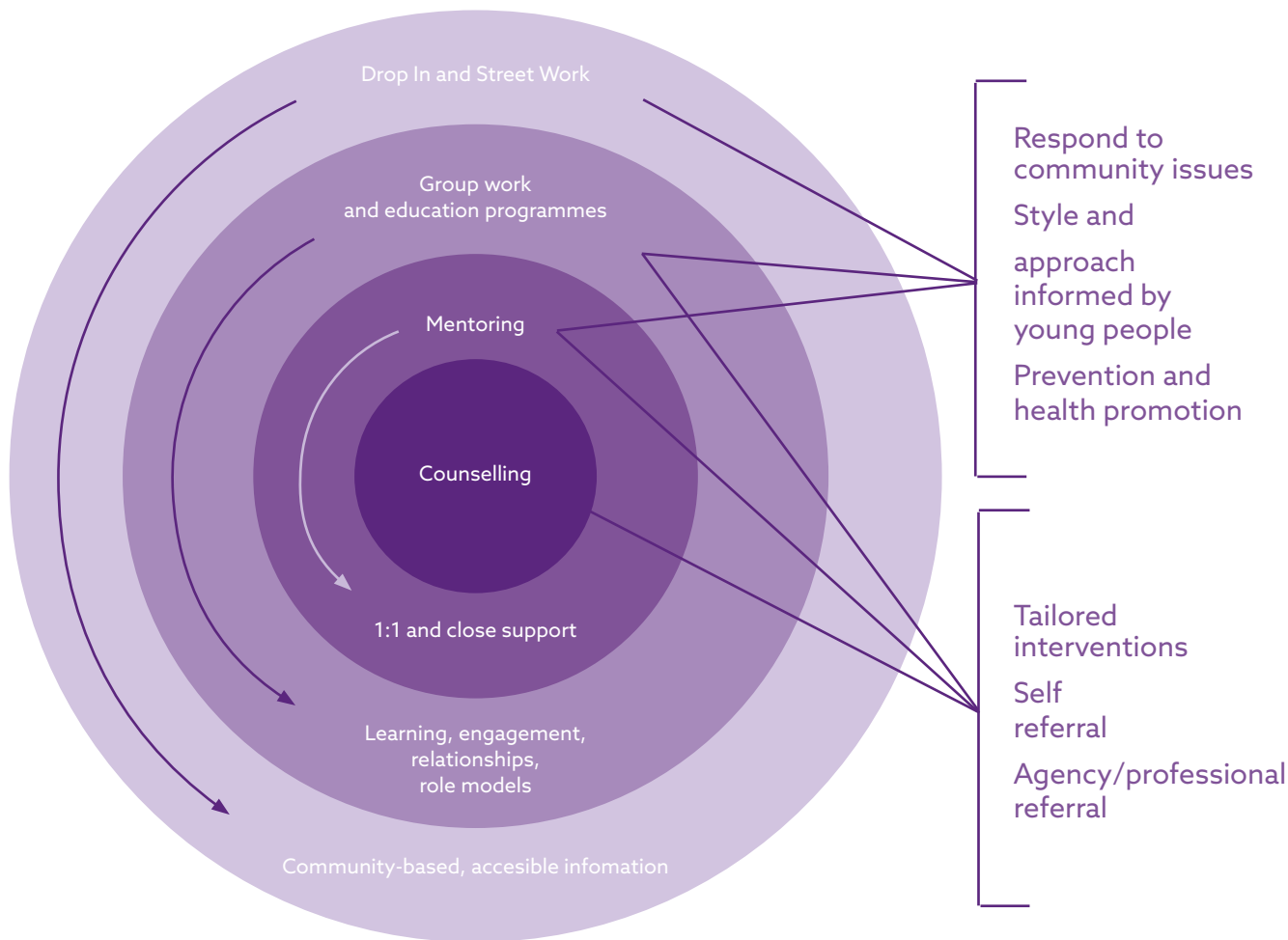
Nested Provision Model

One of The Junction's founding principles was to ensure health services for local young people were accessible, connected and able to meet a range of needs. This was in response to what local young people were clear that they wanted, and aligns to the core values of The Junction.

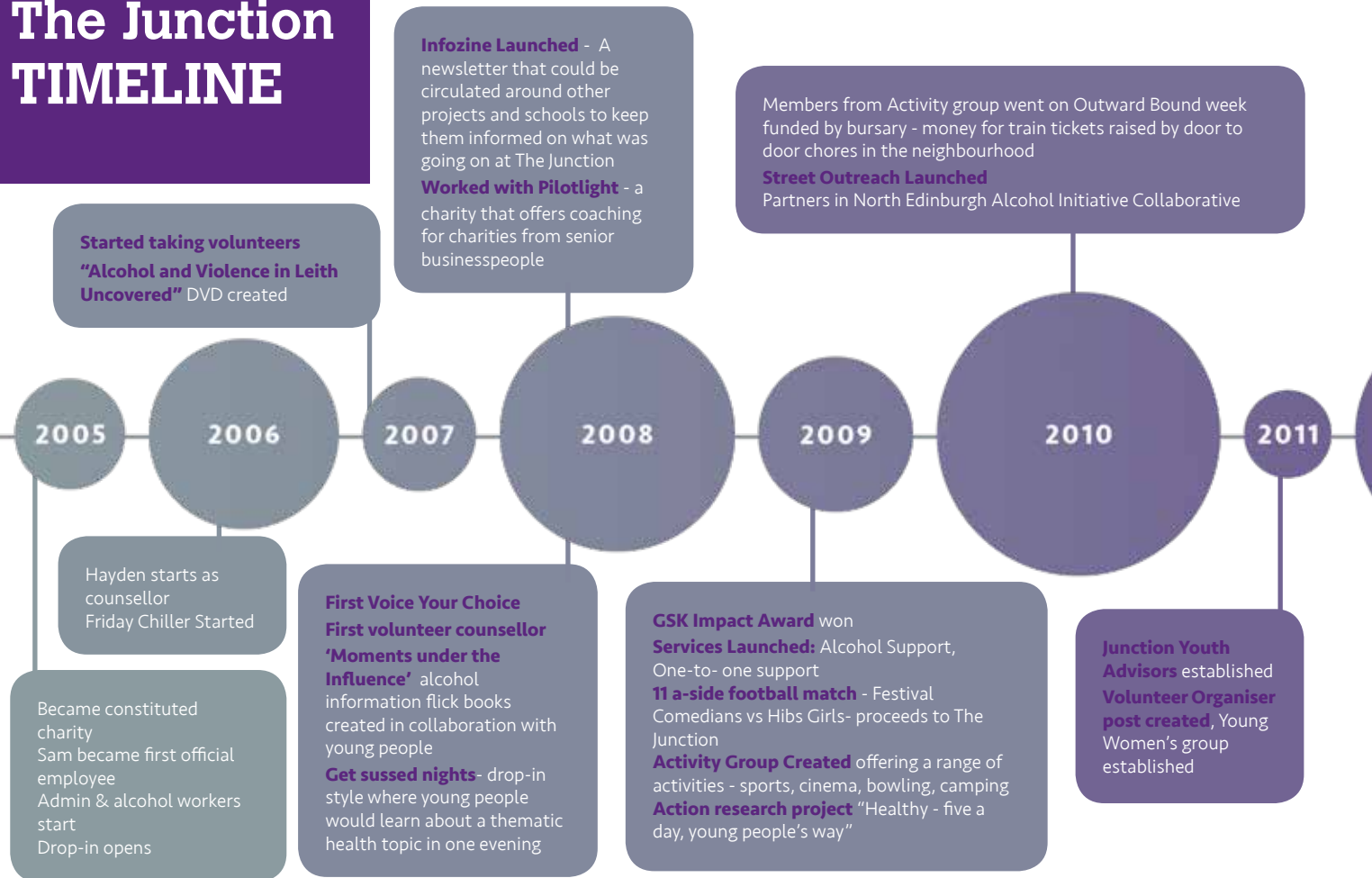
Over 13 years, the model of provision has evolved in both the range of services that we offer and also the way we articulate it. Now a multiple award-winning model, Nested Provision is a layered approach to meeting young people's needs. The layers, as outlined in the diagram opposite, show different but connected services that offer young people various ways to engage. There is no singular pathway through the model - some young people may access only one service and others many. Furthermore, they can access different layers as their needs change between the ages of 12 and 21.

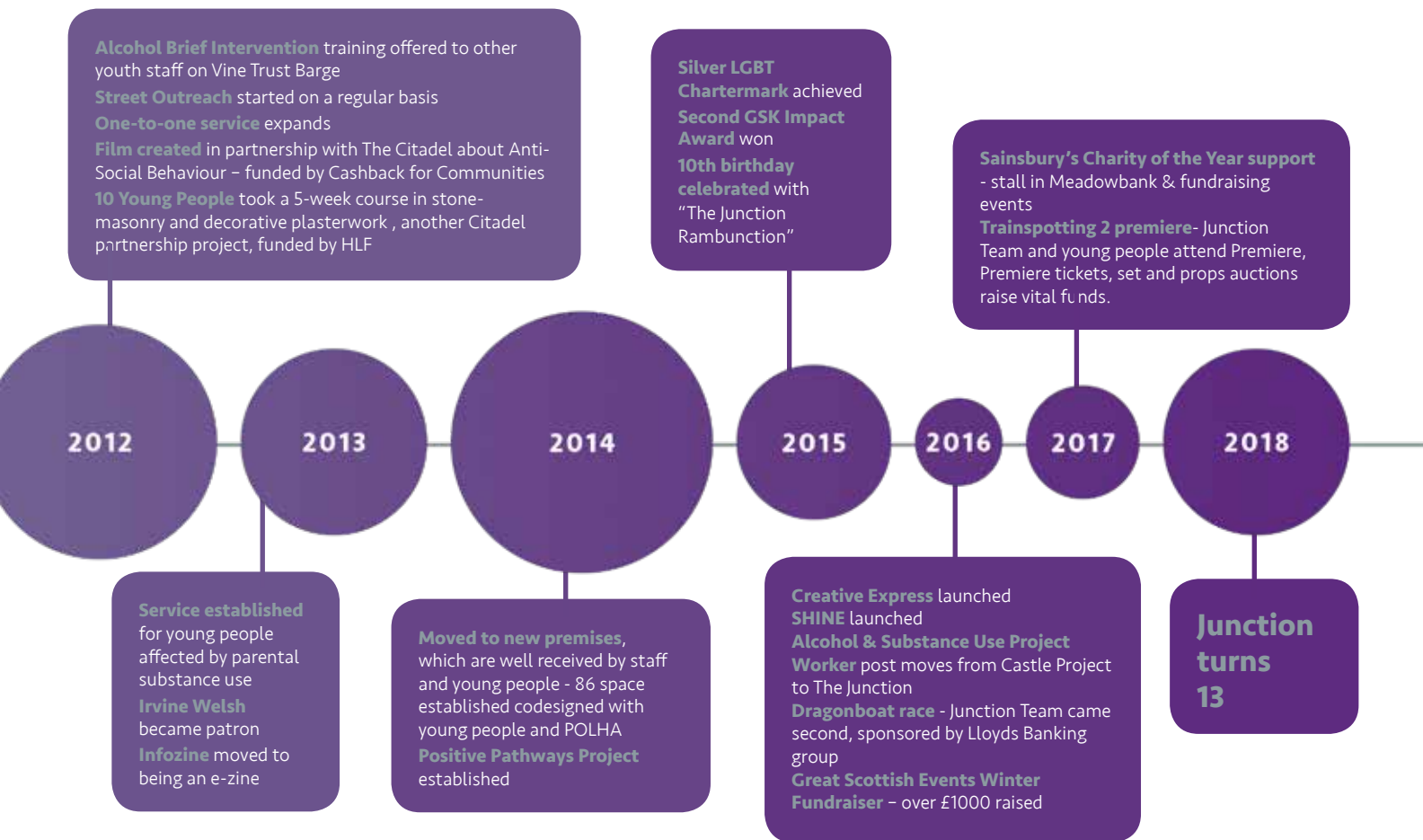
We believe in this model because it:

- **increases accessibility and flexibility of support**
- **creates safety for young people, enhancing their agency and choice**
- **enables gradual exit from services**
- **recognises and builds on young people's strengths**



The Junction TIMELINE







**MAKE
POVERTY
HISTORY**



2005 was the year that Jamie Oliver fully launched into his campaign for healthier school meals, with the airing of his series "Jamie's School Dinners" that was filmed in 2004.



Hurricane Katrina



Any teens that were lucky enough to have internet access likely spent their time instant messaging on MSN and customising their profile on MySpace or Bebo.



In February 2005, Google maps was launched, and in April the first ever video was uploaded to YouTube, entitled "Me at the Zoo"

You Tube

Fashion



Popular Movies Released in 2005

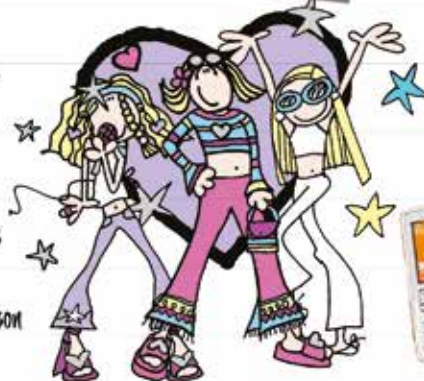
Harry Potter and the Goblet of Fire
 Star Wars Episode III- Revenge of the Sith
 Sin City
 Brokeback Mountain
 Memoirs of a Geisha



Top ten on December 5th 2005



1. Stickwitu- The Pussycat Dolls
2. Let There Be Love- Oasis
3. Hung Up- Madonna
4. You Raise Me Up- Westlife
5. My Humps- Black Eyed Peas
6. No Worries- Simon Webbe
7. Because of You- Kelly Clarkson
8. Albion- Babyshambles
9. Biology- Girls Aloud
10. Dirty Harry- Gorillaz



groovy
chick





Open Access Service

Our Open Access services offer times when we are open to young people, with workers available to provide ad-hoc one-to-one support, health and wellbeing information or sexual health services. Our Open Access services are split into drop-in and walk-in sessions. Drop-in provides a safe place for young people to come in with friends or on their own and sit in a comfortable space with other young people whilst waiting to see a worker. The drop-in features a Theme of The Month on health topics giving young people a chance to learn and ask questions in a friendly environment. There is also a therapist who provides massage on Fridays. At walk-in, young people access the same services from a quieter waiting environment, which young people tell us is useful when they are feeling less able to engage in the group environment.

What we love about our open access services.....

I love our staff team's openness to engage with any experience a young person brings to them: the flexibility and support they provide is an under-acknowledged skill.

I love that young people are able to come and talk to us when they're ready, as often as they need

I love the variety of discussions with young people – their different skills, insights, willingness to ask for support

I love that young people can attend as often as they like without a waiting list

'I love the drop-ins because they are so easy to use'

– Junction Youth Advisor





Counselling

We offer a free counselling service for young people between the ages of 12-21

Counselling is an opportunity for young people to talk about what's going on in their life. This can be anything that they are finding worrying, stressful, painful, upsetting or confusing. Some common themes include relationship or family difficulties, anxiety, loss and change, harmful behaviours, low self-esteem and past traumatic events.

By talking through their experiences with a skilled, independent person, counselling can help young people

to make sense of things going on in their life, learn more about themselves and develop healthy ways of coping with challenges. It can also offer hope when everything around them seems overwhelming. We are proud to offer young people 20 sessions of counselling, allowing young people to develop trusting relationships and new awareness over a sustained period of time.

“

I can discuss
my feelings
with someone
I trust

”

**I always left
feeling better**

”

“I love our counselling service
because it can help to make
young people feel valued and
build a sense of hope when
everything else can seem so
overwhelming.”

“I love our counselling service
because it can offer a longer
term trusting relationship and a
safe space for a young person to
talk without judgement.”



Young People

and The Junction

I love The Junction because you can talk about anything you want and not be judged. I completely feel safe there.

I love The Junction because coming here for support has helped me open up

LOVE

I love The Junction because it helped me understand my emotions and why I was feeling the way I felt and that there wasn't something wrong with me

I love The Junction because everyone is very kind, helpful and friendly and from the moment you walk in the door when you are offered tea & coffee to the friendly support you get from workers

**I love The Junction because the
massage person has magical hands.
The staff know how to solve your problems
and understand you no matter what.**

**I love The Junction because I've been coming
here since I was 13 and I've met loads of
workers who have helped me and I feel safe
here.**

**I love The Junction
because I feel like I can
trust the service which is
extremely important to me
having been let down and had
trust broken in the past. It is
really reassuring
to be able to
have someone
in my corner.**

**I love The Junction because I can talk
about my feelings and experiences
without any fear or judgement.**

LOVE



The Junction Youth Advisors are our awesome volunteers who since 2011 have dedicated their time, effort and talents each month to help with the planning and promotion of The Junction's services. The group share their views on topics of interest and issues affecting young people in the community, while also having fun and developing their skills and confidence.

The group provide insight on what they and their peers think should be done to improve the health and wellbeing and lives of local young people.

JYA help to ensure that young people are consulted about the delivery of Junction services that directly impact themselves and their peers, and that our services respond to their needs.

Having the JYA gives the young people involved a sense of empowerment to implement change, and the tools necessary to effect such change - not only within The Junction but also in the larger community.

Over the years, the JYA have been involved in so much. Some highlights include creating our promotional flyer, researching and designing a campaign to combat stress, influencing people in power - most notably MSPs and The Children and Young People's Commissioner - and shaping the new service, Creative Express.


Their insight and contribution is invaluable

"It has helped open me up as a person and given me great opportunities and skills that I can take with me for my whole life."

I love our JYA because they are awesome! What a fabulous group of humans who help us enormously with all their hard work.



GROUP WORK



The Junction provides group work to local schools and community groups and over the years has carried out various new and innovative projects tailored to meet the needs of young people.

Drug Awareness

Drug Awareness programmes are delivered in Craigmillar within the North East locality to local schools, providing fun and interactive sessions to young people from Primary 7 up to S6. Sessions are developed to meet the needs of young people and be up to date with current drug trends. In recent years we have adapted programmes to include New Psychoactive Substances, Cannabis vs. Synthetic Cannabinoids and Alcohol Awareness. Our programmes meet the Curriculum for Excellence Health and Wellbeing outcomes for Substance Use..

Young people fed back:

I loved trying the beer goggles.

It was a fun way to learn something serious, and I learned a lot.

I learned lots more about drugs and how they affect our emotions.

Creative Express

In 2016 we developed Creative Express, started focusing on the positive impact creativity can have on health and wellbeing. Part of the service includes drop-in Creative Hours for young people who feel ready for small group work. Creative Express also offers local outreach sessions – these have included exploring themes around kindness and also young people's

representation in the media. Our Creative Canvases project, where young people painted canvases to be displayed throughout The Junction, was a big success.

Moving forward, we aim to embed Creative Express even more firmly within our nested provision model and to continue exploring new partnerships and opportunities. Look out for our latest new project with Screen Education Scotland.



Creative Express Groupwork Young People said:

"I learnt that taking a different perspective can help you process a tricky situation."

"I learned how to channel my anger and be truthful to a person"

"I realised during this session that you only need to do small things to achieve your goal. Your goal isn't as far as we sometimes see it as."

Positive Pathways

The Positive Pathways group work programme is aimed at young people who may be struggling to engage with formal education. It provides learning experiences and reflection time in the outdoors, exploring the environment and local green spaces throughout Edinburgh and the Lothians. The project aims to support young people to become more aware of their choices and actions, to feel more motivated to engage with support and education and to feel more confident in their skills.

“

the sense of
adventure
and time for
reflection it
creates for
young people

”

“

that it gives young people
a chance to use the
outdoors as a means of
self-care to and connect
with other young people
and Junction staff.

”

School and community inputs

We provide group work in local schools, college and community organisations, covering a range of topics including emotional wellbeing, sexual health and relationships and drugs/alcohol. These are tailored to the needs of the groups and developed in partnership with the schools and organisations. We find that young people are likely to attend drop-in and walk-in, sometimes for the first time, after we have delivered an input with their class or group.

What we love about school and community work.....

we are always evolving to meet young people's needs

our Project Workers are so skilled at creating ways to have fun, dynamic and informative sessions on health and wellbeing

it brings young people together and provides them with a chance to have their voice heard and to share ideas and experiences with one another

VOICE YOUR CHOICE

**LISTENING TO
YOUNG
PEOPLE**

We believe it's important to ask young people what they think and to listen as much as possible to what they want. This was the case back in 2005 and things are still the same now.

Being proactive and responsive ensures our services continue to grow and are focused on what young people tell us works for them.

One of the ways we do this is our annual consultation, Voice Your Choice. This allows young people to be involved in the planning and development of our services, offering a way of feeding back on their experiences of using The Junction.

Young people have been at the heart of quite a few changes over the years:

In the beginning, we did a lot of listening and responding to young people – for example, asking what information should be available at our drop-in.

When we moved building, young people helped to design the layout of the new premises.

Changes to the way we communicate online with young people have come about on the back of Voice Your Choice. Young people told us they wanted to work more creatively and as a result, we set up Creative Express.

During our most recent consultation, we began to test our theory of change with young people.

We also continually engage with those who may not have heard of us or don't use the Junction.

We will continue to regularly check in with young people about what's important to them in a health and wellbeing service.



ONE-TO-ONE

Our one-to-one support provides a consistent, safe place for young people to explore their thoughts, behaviours and feelings in order to increase their emotional resilience and to enable them to make healthy life decisions. We focus on young people's strengths and existing support tools and networks, and work with them to build on these. We are excited about the development of new aspects of the one-to-one service, Creative Express and SHINE. These also offer young people space to work towards their health and wellbeing goals, but use specific tools in order to do so. Creative Express supports young people to explore health and wellbeing through the use of creativity, while SHINE offers young people opportunities to use their voice, breath and other tools to express and cope with any difficulties they might be facing. All of our one-to-one support services are tailored to the needs of each young person, goal focused and last for around 10 sessions.





Why we love our one-to-one support service:

“

“A big thumbs up. It’s good. One-to-ones have been really good and I’ve really enjoyed it. I never thought I’d look forward to talking about my emotions”

“I feel more like myself since coming to the Creative Express one-to-ones. I’m more open now. If I feel anxious I now don’t wait – I tell someone how I’m feeling!”

”

“I love our one-to-one support service because we work with the whole person and each person’s journey is unique. They can build a ‘toolkit’ of ways to cope which is tailored their needs. And although every young person brings different skills and challenges, they can all expect the same level of care, support and encouragement”

“I love seeing young people being able to build on their strengths and having an increased sense of hope”

the junction

STAFF

It engages with the interconnected complexity of being human to better support young people

It's a place that enables people to grow

It's the most nurturing, challenging and growth-focused place I've ever worked... there are both high expectations and high levels of support for staff and volunteers.

It has allowed me to develop and nurture myself while being part of an incredibly worthwhile project.



It enables and encourages young people to be themselves and supports them in a holistic way to meet their need.

At its heart, it cares passionately about young people, about nurturing and supporting them in ways that are relevant and meaningful.

"A place where you can be yourself"
"Home away from home"
"Welcoming and relaxed"


I love The Junction because I believe we embody our values and the kind of change we would like to see in society; to view young people as assets in the community who have so much they can contribute.





OUTREACH






Outreach gives us opportunities to meet young people who may not otherwise have heard of The Junction, or who may benefit from building a relationship with staff and having the opportunity to have their voices heard. It is also vital to our annual Voice Your Choice consultation, enabling us to hear more local young people's voices.

Street Outreach involves staff going to areas where young people may be likely to spend time. Workers will approach young people who are in groups to start a conversation, offer more information about The Junction or find out about what is important to them.

School and College outreach takes place at Trinity Academy, Leith Academy, Drummond Community High School and Edinburgh College in Granton. We set up an information stall encouraging interested young people to approach and ask questions, take away information about The Junction as well as other health and wellbeing services and topics, and take part in interactive activities.





**I love
Outreach
because.....**

"it keeps us in touch with our local community."

"we are able to start building the relationship before a young person might need other services."

"it's a way to reach young people who may not otherwise hear about The Junction."



WHY I LOVE THE JUNCTION



Bruce Adamson, Children and Young People's Commissioner, Scotland

The Junction is a remarkable achievement: a truly safe, non-judgmental place for young people

Malcolm Chisholm - MSP for Edinburgh Northern & Leith when Junction started in 2005

I love The Junction because from the start they have been pioneers in developing effective health related services for young people.

Kathleen Morrison Scottish Collaboration for Public Health Research and Policy, School of Health in Social Science, University of Edinburgh

I love the Junction because... it supports young people in finding their voice.

BEN MACPHERSON MSP for Edinburgh Northern & Leith

I love The Junction because I know how much of a really positive difference The Junction makes every day.



Deirdre Brock MP for Edinburgh North & Leith

I love The Junction because it inspires hope and aspiration, no-one gets judged, everyone is welcome, and nothing is more Leith than that. I love The Junction because Leith would be a much poorer place without it.

Blair Connor - House Head, Leith Academy

The Junction provides a high quality, comforting, supportive resource that's proven vital to emotional and mental wellbeing of so many of our young people.





**Audrey Birt - Health and Social Care Alliance
Associate Director, Coach and Consultant**

I love The Junction because they are passionate about making a difference for young people and work hard to live their values in all they do.

NICOLA DOWNIE

Castlebrae Guidance Team

The support we receive from the Junction is amazing. The class sessions are always a favourite with our

young people – they are fun, informative and engaging and are well known within our community.



MICHAEL PALEY

**Pupil Support at
Drummond Community
High School**

Why I love The Junction?
Quite simply, because they exist. Always friendly, always proactive and always vital.

KELLY MCFADDEN

– Corra Foundation

I love the Junction because of their approach to engaging and listening to young people.

ANNE YOUNG

**Education Welfare Officer
Children and Families
Schools and Community
Services**

The City of Edinburgh Council

What I really love about The Junction is.. I have never felt it is about numbers or bums on seats... it is all about the young person



LGBT YOUTH SCOTLAND

LGBT Youth Scotland has a lot of love for The Junction as you have consistently supported young people with LGBTI identities so we feel proud to name you as a dependable and trustworthy ally.



WHY I LOVE THE JUNCTION - VOLUNTEERS

“

Sam Jelf, Trustee:

‘I love The Junction because young people are at the front and centre of the services we provide, they speak and we listen’

”

“

Karen McCallum, Trustee:

“I LOVE the Junction because of the vital work it does for the Young People of Leith”

”

“

**Caroline Burrell,
Volunteer
Counsellor:**

‘I love The Junction because it is a privilege to volunteer for a project which very much locates young people at the heart of its service design and delivery.’

”

“

Ben Walsh, Trustee:

‘I love The Junction because our staff and volunteers do a phenomenal job ensuring all of our clients are listened to and feel empowered and supported.’

”

“

Anne Sutherland, Trustee:

“I love The Junction because it provides the right support, at the right time for every young person who walks through the door and treats them with respect and values them for who they are”

”



**13 YEARS OF
SERVICE
CONNECTIONS**

**STREET OUTREACH
4789**

**SCHOOL OUTREACH
18122**

**OPEN ACCESS
10972**

**ONE-TO-ONE
1613**

**COUNSELLING
7760**



Conclusion

As party time winds down and we settle into our teenage years as an organisation, there's a lot to reflect on and decide about who we are and where we're going. Our teens may bring growing pains, increasing responsibility and opportunities to assert ourselves. As we grow, we are keen to share the learning we've acquired over the last 13 years, to advocate for and support young people to be heard and considered by those in positions of power and influence.

At this time of growth in a changing world, it's also important that the choices we make are led by our values, and that we hold onto the evidence based models that are working for young people. A recent external evaluation showed that young people really value our relationship based approach and nested provision model. These, along with remaining at the heart of Leith are the things we'll keep consistent.

Being 13 can also represent a time of possibility - it's our hope for young people that their voices will increasingly be heard, that health and wellbeing provision is prioritised and well-resourced, and that health inequality is reduced so that all young people can reach their potential. We hope that seeing these wider changes will give us even more reasons to celebrate!

