



the junction*
young people, health & wellbeing

**Annual
Report
2015**

Contents

4	Welcome
5	Directors Report & The Junction Patron
6	Junction Youth Advisors
8	1-2-1
9	Positive Pathway Programme
10	Outreach
11	Street & School Outreach
12	Young People Affected by Parent Substance Use
14	Walk in
15	Drop in & Sexual Health
16	Alcohol Support & Education
19	Counselling
20	Junction Volunteer Team
22	Voice Your Choice
24	Junction Facts & Figures
25	Accounts
26	Thank You's



Welcome

Welcome to our annual report for 2015. It's a milestone year for us, as we celebrate our 10 year anniversary. It's a great time to reflect on how The Junction has evolved and grown since we launched, as well as looking forward to continuing to support young people's health and well-being for the next 10 years and beyond.

It's been another incredible year of growth and change. Our new premises are popular with young people and the extended on-street frontage has encouraged them to visit us at different times. This led to a new "walk in" service being successfully trialled. Thanks to The Junction's staff team for showing flexibility in working practices and patterns in order to support this. This service is now being embedded, with additional funding and resources being deployed to sustain it. This demonstrates how effectively The Junction evolves in order to meet the needs of young people, keeping them at the heart of everything we do.

Young people continue to actively participate in The Junction, through our Junction Youth Advisors and also through "Voice Your Choice", which took place in February. We're analysing the results and will use these to help guide us on how we can further improve and refine our services.

The "86 Space" is a modern, well-equipped space (with kitchen), managed by The Junction and available for rent by community groups and other third parties. Utilisation has grown steadily over the last few months, and we're seeing a greater diversity of groups making use of this much needed, local community space. We're also finding that the flexibility offered by our new premises allows us to work collaboratively with individuals and other organisations in ways which weren't possible before. More information about the "86 Space" can be found on our website www.the-junction.org.

We've had some changes in our team with a number of staff (Jo, Louise, Poppy and Fiona), students and volunteers (Lorna, Ioanna and Gillian) and board trustees (Sheila and Sam C) and Junction Youth Advisors moving on from the organisation, and I'd like to wish them all the best for the future. We're looking for new board members currently, if you wish to know more please contact info@the-junction.org. Suzanne has been promoted to Senior Project Worker, and Sophie and Asia have changed from volunteers to staff members so congratulations to them all. We have a strong focus on organisational development currently, to ensure we are a sustainable organisation, able to realise our opportunities, in accordance with our vision and values – this will lead to further change in 2015 and beyond.

Once again, the great work undertaken at The Junction has been recognised nationally : we are an Impact Award winner for 2015. We previously won an Impact Award in 2009, and this latest award recognises how we've continued to innovate and evolve, while maintaining our focus on delivering high quality services to meet the needs of local young people. Also in 2014, we were finalists in the SCVO Charity Award "Perfect Partnerships" category and we recently attained a silver charter mark from LGBT Youth Scotland, recognising the welcoming and inclusive environment offered to young people.

I would like to say thank you to the staff, volunteers, board members, young people, partners and funders for their continued support of The Junction. It's a unique collaboration, with a proven capability to support young people when they need help to cope with the complex, often bewildering and challenging environment we inhabit. The creativity, innovation and thoughtfulness of The Junction team is the recipe for success here.

Finally, we plan to celebrate our 10th anniversary in style later this year, so please do look out for news on this and join in the fun!

Warm wishes

Mags Easton

**Chair of the Board of Directors
The Junction**

Director's Report

The Junction developed 10 years ago out of the expressed health & well-being needs of local young people. At the time there was a commitment made that our organisation would be deeply rooted in the UN Convention of the Rights of the Child and as we have continued to evolve these rights remain intrinsic to what we do and have acted as a powerful reference point when we have explored developmental opportunities. Our recent achievement of The Silver LGBT Charter Mark of Rights is a fantastic endorsement of how successful we have been in both honouring our original commitment and also further strengthening it.



It has been a year of embedding into our new premises resulting in us having the chance to explore the opportunities the additional space gives us. It is testament to our resourcefulness that despite the backdrop challenges of widespread economic constriction and increased costs associated with significantly larger premises we have been able to realise a number of significant developments which have positively impacted directly on young people.

This resourcefulness alongside our other abilities has resulted in us once again being recognised as a 2015 GSK IMPACT Award Winner. The GSK IMPACT Awards, in partnership with The King's Fund, recognise and reward charities that are doing excellent work to improve people's health and well-being. It is a prestigious accolade and is seen as a mark of achievement. The assessment process is rigorous with Charities marked on Innovation, Management, Partnership, Achievement, Community focus and Targeting need.

Alongside important external validation of this kind is the regular feedback from local young people who continue to help us shape our services and let us know how we can be doing even better.

Warm wishes

Sam Anderson

Junction Director



"A year passes by and I'm reminded of Leith's motto: "Persevere". This is what we continually ask young people to do in the hope that things will get better. Yet for many, their environment may not, and sadly it can get worse. All you need to do is have to look around you, switch on the news or go online, and this is confirmed. So where does this leave The Junction, one year on from me becoming their Patron? Well they are settled in their new surroundings, providing a safe space for vulnerable young people who might otherwise be at risk on the streets. And this small haven is what Junction staff are trying to make into a place of hope, by promoting the idea that through perseverance things can change for the better. The Workers and Volunteers dedication is remarkable, surpassed only by the courage and potential of the young people who walk through the door."

Irvine Welsh

The Junction Patron



JUNCTION YOUTH ADVISORS

The Junction Youth Advisors (JYA's) had a busy and productive year, which kicked off in impressive style with the key part they played in the official launch of our shiny new premises.

On Launch Night the JYA's formally welcomed everyone and led the speeches, which were warmly received by the large encouraging audience.

JYA's went on to run an interactive tour for small groups of guests throughout the night. The tour, which manoeuvred people through the building, included facts that gave a history of The Junction, whilst explaining the many uses of the various rooms.

The tour also challenged guests to some health and well-being activities, in keeping with the ones young people often experience themselves when engaging with The Junction.

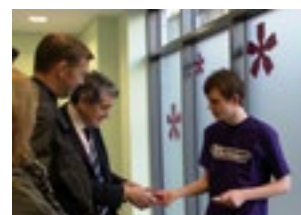
The new Drop-In space was particularly enlightening for guests, as JYA's explained in detail what a young person's experience can be like from the moment they enter the room.

The feedback from those who attended the launch was phenomenal, with everyone dazzled not only by the new building, but by the talented and eloquent JYA's who made the evening interesting and insightful.

The Staff Team and Junction Trustees were hugely impressed and grateful for their contribution.

Another successful project the JYA's brought to fruition was their Stress Awareness work, having undertaken research on the subject in the previous year and begun the design of a poster campaign. 2014 saw posters printed and JYA's out disseminating them locally, with the intention that they will encourage 12 – 21 year olds in the area to consider The Junction as a place to go if they need support when it comes to experiencing stress.

We were elated by the fact that we had new advisors join the team, whilst sad but proud to see several JYA's moving on - we wish them well in their new endeavours.





One of the highlights of monthly JYA meetings is when Advisors themselves prepare and facilitate presentations on self-selected topics. This year was no exception with topics including:

Poverty & Prosperity, UK & Developing Countries Comparisons

Summer Time Pressures

Feminism, Gender Language Discrimination, Rape-Culture, and more

Gender Inequality & Marketing to Children

This year we also enjoyed guest speaker inputs from, Junction Staff and Volunteers, local researchers, Venture Scotland and the Scottish Youth Parliament. We also began to explore the Mentor in Violence Prevention programme, based on the work of Jackson Katz.

We even managed to fit in a group trip to Blair Drummond Safari and Adventure Park, as a thank you for all the hard work the JYA's do, which regularly includes promoting The Junction to other young people, the local community and to potential funders and policy makers.

“The JYA allows me to meet new people from different places”

“It’s a time to relax and discuss things”

“I joined to get involved in the community”

“I get a lot of opportunities to express my opinion”

“I am more confident”



1-2-1

The 1-2-1 service supports young people to increase their emotional resilience and ability to make positive life decisions by offering them a safe space to make sense of their behaviours and feelings. Our funding helps us ensure support is provided through formal weekly sessions and via ad-hoc access during the drop-ins and now via our new walk-in.

Young people continue to give us positive feedback about feeling safe and welcome in the new building. The new space has allowed us to be even more flexible and responsive and the service continues to grow with young people.

We have responded to young people's need for more 1-2-1 sessions by offering the Walk-in service which has resulted in us seeing even more young people individually.

Learning from last year as a pathway to structured 1-2-1 we have rolled out the well-being group with the three local schools, Drummond, Trinity and Leith Academy. This year the well-being group has targeted young males in S2 and provides them with a space to talk about emotions and to find more positive coping strategies

The pupils from Trinity were able to celebrate their achievements by taking over the 86 Space for the evening and created this magnificent 3 tier cake.



We recently achieved the Silver LGBT Charter Mark and we have seen an increase in numbers of young people who identify as lesbian, gay, bisexual or transgender accessing ad-hoc and regular 1-2-1. Working in closer partnership with Edinburgh College has also led to a greater number of students accessing 1-2-1 support at The Junction.

Young people accessing the 1-2-1 service have been able to receive CAP Cards supporting them to work towards their health and well-being goals.

As part of the 1-2-1 service this year we have given out self-care kits, provided by Lush, to young people who have identified self-harm as an issue, and the kits helped offer young people an alternative to harming themselves and to know that support is available at The Junction.

"Throughout the past year, I've had a lot going on. The staff of The Junction have made coping with these difficulties 100 times easier"

"I feel like I am able to understand my feelings better than I could before"

"I feel good! I'm talking more about feelings, I'm less angry and more positive"

Positive Pathway Programme

In 2014 The Junction has developed and delivered a new innovative environmental outdoor project that aims to include young people who are currently excluded or have difficulty engaging in mainstream youth provision due to developmental and support issues. The aim of the project is to make positive changes to unhealthy beliefs and behaviours that impact on the young person's health and well-being and on the health of the local community.

At The Junction we advocate the asset-based approach and value all young people as key community assets. In our own work we have developed relationships with vulnerable young people who are in need of support and who we know are often not in contact with any other services/agencies. We have learned over the years that providing one-off interventions, information and signposting onto other agencies for these very vulnerable and isolated young people is ineffective - they require proactive support from people within our service they already know and trust.

We understand that the various aspects of young people's lives are interrelated, so we have made sure that young people are able to access all of our services, without

having to fit themselves in with defined issues or problems. We maintain a wider outlook, rather than focusing solely on the issue presented. This new approach has enabled The Junction to continue to provide an evolved service that not only aims to meet young people's needs but also build on their strengths.

The Positive Pathway Project has involved local young people identified from three of Leith's local high schools from Trinity Academy, Drummond Community High School and Leith Academy. Young people have taken advantage of a five week outdoor programme exploring local green spaces throughout the Lothians.

The weather has been very variable and The Junction has provided excursions and environmental activities to Ravensheugh Beach and woods near Tynningham. Also we have used local outdoor places of interest at The Hermitage of Braid and Leith's Seafield Path to Portobello beach. In the case of adverse weather conditions this past year, the group utilised various places in Edinburgh such as The National Museum, The Scottish Parliament and Edinburgh Castle linking young people to a local educational facility with historic interest.



Outreach

Outreach gives us the chance to take the work we do to where young people are. Outreach sessions raise awareness of specific health and well-being topics as well as promoting the services of The Junction and other support available for young people. Outreach is a chance for young people to ask questions and build relationships with project workers who can support them to explore their health and well-being.

As well as monthly School Outreach this year saw us work with the majority of young people at the 3 local secondary schools raising awareness of parental substance use and our new service dedicated to supporting young people affected by this issue.

Specific workshops and inputs at Leith, Trinity & Drummond included ; Sexual Health and Relationships , Senior school Assemblies, Community Diversity Days, Risk Taking Behaviours Workshops.

Over the course of the last year we have worked with local young people from a host of different partnership organisations and projects. Including Right Track,

The Princes Trust, Link Living, Weekend Hubs at Pilton Youth & Childrens Project, Pilmeny Development Project, Leith Galaday, Leith Young Researchers, Open All Hours, Crew, Move On, The Citadel, Ripple Project to name but a few.

This year has also seen us further strengthen our partnership with Edinburgh College resulting in us carrying out more inputs and more students knowing about and accessing our services.

To further develop our outreach service we have created a menu of options which highlights a range of inputs and workshops available to partner organisations

**To find out more about
our outreach menu get in
touch by emailing
info@the-junction.org
or call the office on
01315530570.**

**"I learned where I could get support if
something happened"**

**"I like how The Junction came in to talk to classes
about drugs and alcohol because some people are
afraid to talk about it"**

**"I have learned that you don't have to let a
problem eat away at you"**

**"I like that there is a place like
The Junction to go"**



Street Outreach

The Street outreach team has had a positive year in the local Leith areas, connecting with young people from all ages. The Leith Links area has been one of the most active points of meeting for young people, and also the Banana Flats area has always been vibrant with football skills and has acted as a social space for young people. Further afield at Dalmeny park, this has been frequently used by Leith's young people and the basketball challenges have been fast and furious, with The Junction staff being asked to partake in the games. This has led to positive interactions and we have built up a steady rapport with these peer groups who range from 12-18 years old. In the cold months this year The Junction has provided hot chocolate and street outreach activities to young people, with Booze Goggle challenges being the most popular. Young people have been only too happy to complete The Junction's holistic health-based surveys which have been our health topic of the month. The surveys have been based on:

- Smoking
- Alcohol
- Safety in the outdoors
- L.G.B.T. awareness
- Legal highs /new psychoactive substances (NPS)

The number of Street Outreach interactions has been very positive this year, as The Junction's Street Outreach team have been out on a Friday night since September 2014, while still maintaining our Tuesday afternoon session. Our annual street interaction figures for 2014 are:

- **Male : 487, Female 295, (BME: 144)**
- **Total: 782**



School Outreach

The Junction's monthly School Outreach information table in 2014 has been available for pupils at Trinity Academy, Drummond Community High School and Edinburgh College Granton Campus during dinner breaks. The Junction has used this opportunity in 2014 to promote our services and give out holistic health information. Young people have taken the opportunity to have a friendly informal chat with The Junction workers and taken part in activities in the form of quizzes and topical surveys. There have been familiar faces interacting with The Junction every month and the new S1 pupils have been eager to find out what The Junction does and what is its purpose. Noticeably this year more young people have come to The Junction to use our services after our presence in the Leith high schools. This has enabled young people to access a range of different services that The Junction offers, enhancing our nested provision model.

Our stats for School Outreach Interactions:

- **Male 670, Female 466, (BME 187)**
- **Total 1136**



Young People Affected by Parental Substance Use

The Young People Affected by Parental Substance Use service has been growing with The Junction over the past year. The service was created as a pilot funded by the Edinburgh Alcohol and Drugs Partnership in response to the need for the development of a specialist Child Affected by Parent Substance Use service especially for young people aged 12-21.

The service offers individual work for young people either through our one to one service or counselling around parenteral substance use. In addition young people can access ad-hoc support at our Walk-in and Drop-in services where the young person affected by substance use worker is available on a specific day each week for ad-hoc support. The role has also included developing relationships with local organisations to build stronger referral routes.

“Really essential and fantastic service. Really fills a gap in provision.”

“Think this is an incredibly valuable service to do preventative work with young people and hope it continues.”

One of the most significant pieces of work this service has undertaken in this year was delivering inputs to our partner schools to raise awareness, tackle stigma and break down barriers to discussing parental substance use. The inputs took place during Physical and Social Education classes are reached 1291 young people:

- 300 pupils in Drummond High School
- 480 pupils in Leith Academy
- 511 pupils in Trinity Academy

Feedback from these sessions highlighted that for the majority of young people this was the first time that the issues surrounding parental substance use has been discussed as a class and actively sought young people's opinions on the topic.

We asked all the young people in all the classes to agree or disagree with six statements giving reasons for their answers. The answers were similar in all schools, but below are the responses of young people who attend Leith Academy for three of the statements.

99% of all young people agreed that **it's hard to talk to someone about their parents drug or alcohol use.**

The reasons that young people stated for agreeing included: fear of being removed from the family home, being judged by peers and their parents finding out.

50% disagreed with the statement that **young people know where to go for support** – they told us that some young people don't know where to go because of language barriers, literacy issues in reading the information, not internet access to search for support. Young people also highlighted that some people are off school and missing this input so would not get the information given to them on that day. The other 50% said that young people did know where to go to access support because of services coming into school and being able to do internet searches.

The discussion around knowing where to go for support was linked to the following statement **adults should ask young people if they think there is an adult at home drinking or using drugs** – this involved a more complex debate with 70% voting maybe. Young people were very specific about who they



thought it was ok to ask it should be someone that they trust, in private and kindly in a way that shows that they cared for them. For different young people they identified different people they would trust including other family members, youth workers and teachers they had a good relationship with.

99% of young people also agreed **activities on parent's drinking and drug use should be included more in schools to help young people to talk about it more openly**. Young people told us this was because it would help if it was discussed more as it would become a more acceptable and less uncomfortable topic to discuss. Again this was only if it was discussed in a respectful way and didn't involve asking young people their personal stories.

Once all the inputs at the school were completed the feedback from young people has been compiled and these views and opinions have been used to deliver tailored training to teachers from each school. This is to enable teachers to be more confident to support young people around the issue of parental substance use.

Looking forward, we have been awarded a further 6 months funding from the Edinburgh Drugs and Alcohol Partnership (EADP) to continue delivering services for young people experience around parental substance use. Furthermore, we are hoping to explore in partnership with the EADP to grow and extend our learning and use what young people told us to develop training resources into a pack which could be used throughout the city to develop understanding and confidence of professionals in relation to parental substance use.

"Leith-specific info was very interesting and useful" (Teacher - Leith Academy)

"This lesson was helpful to understand better how people with those problems feel"
(S1 pupil - Trinity Academy)

"Very helpful. Good to be informed although feel it should have been at an earlier stage in school"
(S5 pupil - Trinity Academy)

"I like that the worker from The Junction was very supportive and open about where somebody could go to talk if they felt there was a problem"
(S4 pupil - Trinity)

"I really liked this session I think talking about it was useful and it was very open" (S2 pupil - Trinity)

"I have learned that if you are worried or scared you should tell someone." (Leith pupil)

"I learned that telling someone can change your life."
(Leith pupil)

"It made me confident talking to someone if there is a problem at home."
(Leith pupil)

"The Junction should visit more schools to help them discuss problems at home."
(Leith pupil)

"I like that there is always somewhere to go."
(Leith pupil)

"I learned that there is loads of places to go for help and that The Junctions helps with loads of situations."
(Drummond pupils)

"Interesting doing the yes/no cards because you get to know other people's opinions."
(Drummond pupils)

"The session was good because it talked about important matters. It was good to know more about the junction and what it does."
(Drummond pupils)

Walk-in

We are delighted to have been able to increase the capacity and flexibility of our open access service by creating walk-in appointments. This has allowed young people to access support every week day at times to suit their varied schedules. We added this service in response to young people coming in to ask for support outside of our drop-in times. It's been great for us to be able to tell young people that a worker will see them immediately or later on the same day, rather than having to ask them to return for our next drop-in.

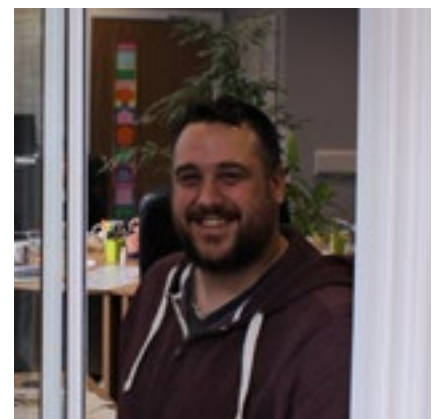
Young people have used this new service to refer themselves for regular support, to access sexual health services such as c:card, pregnancy testing and chlamydia testing or for a one-off chat about anything that's on their mind.

We have supported them to access information and come up with coping strategies for issues including anxiety, low mood, relationship difficulties, anger, bereavement, drugs and alcohol. One young person said "I feel a lot better, it's really helped to chat" and another said "I'll definitely be back because I trust you guys".

We had anticipated that older young people who may be working might benefit from this service but hadn't expected the extra benefits it might provide for school aged clients. We have found that teachers have supported young people to access one-to-one support or sexual health services during the school day where appropriate.

The option to access support in an environment that's different to the drop-in makes the service more accessible for young people who feel anxious about being in a small group environment or those who just want to access the service they need quickly and directly.

Since we began offering walk-in appointments in September, numbers of walk-in and drop-in visits have been almost equal.



Drop-in

Our drop-in now runs twice per week (Wednesday evening and Friday afternoon) and is an opportunity for young people to get to know workers in an informal environment, take part in theme of the month activities, get information on health related issues, access one-to-one support/sexual health services or just relax and de-stress after a long week.

We are really pleased with our spacious new drop-in and from what they've told us, young people are too. The drop-in is an adaptable space with the seating that's almost too comfortable – perfect for the Friday Chiller!

Massage has continued to be popular, particularly among young men. Young people have told us that they feel really relaxed after a 15 minute neck and shoulder massage. In 2014, 396 young people accessed the drop-in. Some young people are now choosing to access our services through walk-in appointments instead of, or as well as, coming to the drop-in.

Young people have built up great relationships with staff and volunteers and some regularly come for a chat about what's on their mind as well as asking lots of questions about health and wellbeing. It's important to be able to develop these relationships informally so that young people know that we're here for them if things get tough. We're happy to see young people attending the drop-in through good times and bad!

Young people have taken part in activities, given us their views and received information on lots of issues such as alcohol and personal safety, parental alcohol and substance use, mental health and well-being, domestic abuse, health and fitness and pornography. During our mental well-being month, young people made stress balls to help them relax. They also gave us their top tips for staying safe at parties over the holiday season. They've had some great insights and we've often had lots to learn from them!



Sexual Health

Young people continue to access support and information, c:card, pregnancy testing and chlamydia testing through our drop-in and walk-in appointments. We're glad that they feel safe to ask for support and make proactive choices about their relationships and sexual health. Our new space is great for sexual health appointments, as our clinical one-to-one room is professional but still youth friendly and adaptable. We've improved the range of sexual health information we display after consulting with young people from LGBT Youth Scotland.

We've found that our sexual health work is a great example of how our "nested provision" model works: sexual health advice and information often comes with emotional support, links to our other services and flexible follow-up. In 2014, we delivered 14 sessions on relationships and sexual health for young people at school, college and other youth projects. We tend to find that attendance at walk-in/drop-in increases following an input. Young people said:

"I feel much more confident about sexual health since coming here"

- 98% of young people said they know where to go for support around sexual health and relationships
- 83% said they feel more in control of their choices around sexual health and relationships after an appointment
- 100% said they are more likely to have safer sex after an appointment

We have also been involved in updating the SHARE training programme in the Lothians and are delivering sessions for teachers, youth workers and other professionals working in formal/non-formal education. The updated SHARE programme brings in more focus on topics such as LGBT relationships, digital media, pornography and sexting, the impact of alcohol and drug use on sexual health and relationships and consent/coercion.



Alcohol Support and Education

Alcohol Support and Education is delivered through our Drop-in, Walk-in, 1-2-1 support service and outreach to our local schools, youth clubs and Edinburgh College.

Our experience from listening to young people's stories is that alcohol conversations happen within the context of other issues that are going on for a young person. This can vary from young person to young person however can include: sexual health, peer/family relationships, someone else's alcohol/drug use, low mood, depression, anxiety, stress, low self-esteem / confidence, bereavement and struggling to find their place in the world – amongst others.

It is important that practitioners are skilled and knowledgeable about alcohol use and its related harm and are confident in discussing alcohol use with young people; however, alcohol's relationship to other issues must be recognised.

For this reason our Alcohol Support and Education service operates on a holistic model of support around alcohol offering information and awareness raising activities in addition to helping young people to make the connection between other issues and alcohol and accessing support around these issues.

Some of the highlights of the year include:

North Edinburgh Alcohol Initiative Collaboration (NEAIC)

Session at Restalrig Outdoor Spaces Project (ROSP)

Partnership working at Edinburgh College

Alcohol Brief Interventions (ABIs)

Drop-in theme of the month

Alcohol Peer Research

"I feel The Junction has really helped me to be more confident in both my work and myself. I feel I can talk to other people who I don't know very well, which has made me feel much better about myself. I also felt it was easy to talk to Suzanne about whatever I wanted / needed to and the activities and booklets I got have been very helpful in making me less anxious and more assertive. The Junction itself is a really relaxing and calm place, which I think helped to make it easier to be able to say what I needed".

1-2-1 client



North Edinburgh Alcohol Initiative Collaboration (NEAIC)

North Edinburgh Alcohol Initiative Collaboration (NEAIC) is our partnership with North Edinburgh Street-Work (Granton Youth Centre) and Street Break (Pilton Youth & Children's Project and Muirhouse Youth Development Group).

This year the partnership has developed and The Junction's role was planned to support the Edinburgh Drug and Alcohol Partnership share the learning from this partnership and explore where other areas of the city could benefit from this approach to alcohol. Unfortunately this is not happen this year but it is hoped this will be the way forward next year.

The service is also continued to deliver inputs to the Weekend Hubs at Pilton Youth and Community Project. At the most recent visit one young female at the weekend hub at PYPC while doing an input and playing Alcohol Top Tip Pictionary stated when referring to units of alcohol:

"remember you came and told me about them – that's how I know about them".

When I asked to tell me what she knew she was able to recount the key information about units and then explain them to other young people.

Session at Restalrig Outdoor Spaces Project

We delivered 5 sessions at Restalrig Outdoor Spaces Project (ROSP) based at The Ripple Project. Young People participate in a workshop during their youth club – each term has a theme and this year we delivered workshops on challenging discrimination around alcohol and drug users; looking at discrimination of the LGBT community; minimum pricing for alcohol; parental substance use and alcohol and mental health.

The workshops are a chance to find out young people's opinions on the topics as well as increase their knowledge and understanding of the topics.



Partnership working at Edinburgh College

Partnership working at Edinburgh College has grown and enabled us to do a series of Workshops to the Access to Employment and Entry to Learning groups. This has been delivered through their Health and Wellbeing Module and the programme was designed in conjunction with the young people and included workshops on Mental Health, Sexual Health and Alcohol and Drug awareness. We also ran a workshop for the Summer School for young care leavers on similar topics.

At each session young people either made the connection or were encouraged to make the connection between mental health and sexual health and the role alcohol plays in relation to these and other issues.

From the most recent group the Alcohol Service worked with 80% of the group agreed or strongly agreed they had a better understanding of the risk / harms of alcohol after the alcohol input. 80% also reported they had a better understanding of how to access support alcohol related support.

Feedback

"Enjoyed sessions"

"It was good and the sessions were useful"

"It was good and informative"

"Thanks for the stuff and advice and for coming in and teaching us it has been great"

"Thanks for your amazing sessions"

"Fantastic advice"

"To be honest I really love, her coming here"

"Really informative and fun to learn"

Alcohol Brief Intervention (ABI)

This year we also continued to explore the strengths and challenges of delivering Brief Alcohol Interventions (ABIs) in a Youth Work setting and provided training to Alcohol Brief Intervention (ABI) Training to our NEAIC partners, LGBT Youth Scotland and refreshed our own training to build the Youth Work sector knowledge and confidence with delivering ABIs to young people and discussing alcohol in relation to the other things that may be going on for the young people they work with.

Drop in theme of the month

Alcohol was the theme of the month in June and December at the Drop-in – so there was a range of alcohol related activities during these months. In June we had an Alcohol Brief Advice Stand where young people could get brief advice on changing their relationship with alcohol, harm reduction advice or learn about units. In December we made stay safe kits and our festive advice tree. Packs were given away to young people accessing our service and through outreach at Edinburgh College and our local schools (when appropriate). It contained a unit cup, alcohol harm reduction advice leaflet, contacts for organisations if young people needed to speak to someone over the holiday period and also a condom when the age group were appropriate.

Alcohol Peer Research

Our Alcohol Peer Research was collected and published at the beginning of the year. Supported by The Junction's Alcohol Service a team of young Peer Researchers completed 55 interviews with local young people living in North East Edinburgh. The theme of the research "Growing Up In A Culture Of Alcohol".

Key recommendations of The Report concluded:

'There is great value in up skilling young people to undertake peer research, as there is great value in young people being given the opportunity to express their thoughts and opinions on alcohol and health related matters. When these come together there is an honesty of sharing unlikely to be reached when adults pose the questions.

With these findings to hand however there are now opportunities for practitioners to further explore these issues with young people in the context of their own agencies, and the services they offer.

One question that generated a wide range of responses was the perceptions around how young women and men differ in their drinking behaviours, further exploration of this may prove effective as tool to further engage young people in alcohol awareness work. Likewise further exploration of young people's attitudes and feelings towards the areas they live in, in relation to the impact it has on communities health aspirations and in particular young people's ability to develop a healthy long term *relationship with alcohol, merits more attention.'*

The Counselling Service



**"I can discuss my feelings with
someone I trust"**

**"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"**

**"After a lot of thought I've decided to
stop coming to Counselling. I just feel
like it's given me more confidence."**

**"My daughter has been coming to The
Junction for counselling, it has helped
her so much. Thank you for helping her
become a confident, mature individual.
Can never thank your service enough."**

**"I've just turned 21, and have sort of
been going through all the people who
have made an impact in my life, and
making me the person who I am today,
and you, along with a couple of friends
and my family, have been one of them.
You helped me through a very dark time
in my life, and really did help me shape
myself into the person who I am today,
and for that, I'd like to say thank you."**

**"CANT THANK YOU ENOUGH.
This is the best place I've been too.
EVERYONE HERE IS GREAT."**

The counselling service, as part of The Junction's nested provision model, continues to prove itself as a much needed service for young people in Leith and North East Edinburgh.

The move to our new premises means that we now have three modern, comfortable and welcoming meeting rooms which allow us space to provide more counselling sessions per week. Due to our improved facilities we have been able to increase the number of sessions offered by taking on more volunteer and student counsellors. We are also able to offer space to a new counselling service for young people with physical disabilities - TalkTime Edinburgh.

We have been successful in gaining funding which will allow us to provide long term therapy to a number of young people with more complex needs.

As the counselling service shifts and grows in accordance to needs of the young people so do the support needs of our staff and we have been able to support one of our counsellors to train in clinical supervision in order to meet this need.



The Junction

Volunteer Team

2014

**"I found
my time
volunteering
extremely
worthwhile."**



Over the year we have had the pleasure of working with an amazing fusion of talented and enthusiastic Volunteers, including three students and two former volunteers who returned to support the work of The Junction. Here are some of the things they had to say about their experiences at The Junction:

"Watching (Junction) staff interact and engage with the young people has been fantastic and being able to discuss relevant issues regarding young people has really broadened my knowledge."

"I have learnt so much and developed so many new skills that will be useful for my future career. I feel so much more confident in myself and my abilities."

Volunteer Involvement

Collectively Volunteer involvement has covered a wide range of activities:

- providing counselling
- undertaking street and school outreach
- supporting the running of weekly drop-ins
- designing health and well-being activities
- promoting The Junction's services
- facilitating group-work alongside staff
- raising funds and helping us move

And of course all our amazing Youth Advisors volunteer their time and talents to (read more about them on P6)

"I really enjoyed getting to know a smaller group of young people and supporting them with their project. I was really pleased with all the feedback I received from both the young people and the staff."

"I have learned how to relate to young people and build relationships with them. I have also learned about the different ways in which organisations such as The Junction can be vital to the community and the young people that live in it."

An exciting opportunity, which could only happen due to the increased space available in our brilliant new premises – was the pilot of a free weekly yoga class being delivered by Junction Volunteer Grace Brownlie. Grace is a qualified yoga teacher, who studied at the renowned Yoga Point institute in India.

She is passionate about the many benefits of yoga and eager to support the work of The Junction, through sharing these benefits with local young people, using a blend of Hatha and Ashtanga Yoga.

"The Junction is such a fantastic organisation and I felt privileged to volunteer... having it on my CV has really improved my employability as The Junction is such a well-known, highly thought of organisation that delivers such an excellent service within their community."

"I have really built on my self-confidence and now feel able to tackle new challenges"

In 2014, Junction Volunteers contributed more than 1, 573 hours of their time. We are grateful for all the hard work and commitment they have shown and look forward to continuing to support volunteering across the organisation in 2015.

Right >> 'On Safari', Project Worker Michael with former Project Volunteer Sophie, when she supported the team on a day at Blair Drummond Safari Park, with The Junction Youth Advisors.

Sophie has since moved on from Volunteering to become The Junction's Administrator.



Voice Your Choice

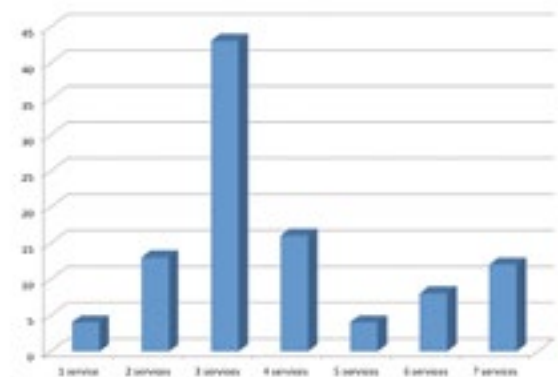
We believe it's important to ask young people what they think and to listen to what they want. Voice Your Choice allows young people to be at the heart of the development and planning of our services it also gives young people the chance to feedback on their experiences of using The Junction. Being proactive and responsive ensures our services continue to grow and are focused on what young people tell us works for them. Having now settled into the new building after just over a year we decided to try and gauge young people's awareness of our different services and to begin to look at how they used nested provision. As we look towards our 10th birthday it felt like another great opportunity to reflect back and hear what The Junction means to the young people that use it.

What we did

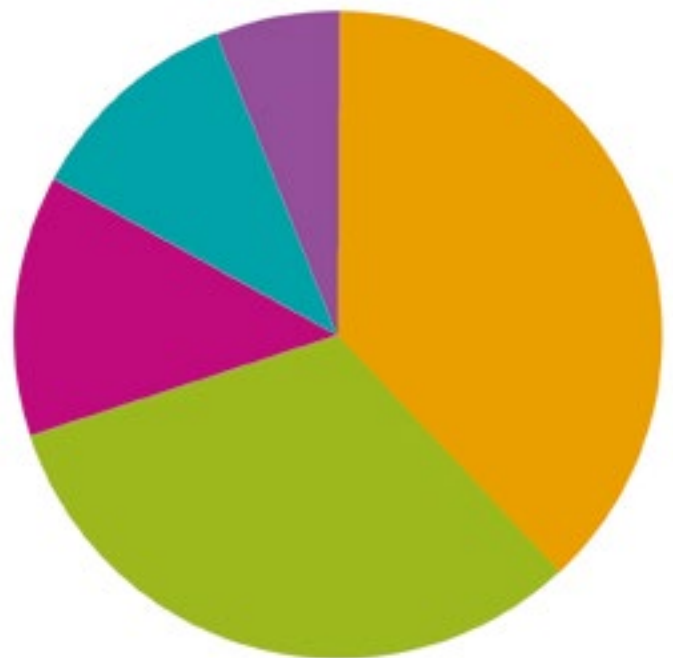
We provided a range of activities during the month of February. The Drop-In was set up to capture feedback from young people. Counselling and 1-2-1 clients were given the opportunity to fill in a questionnaire while they waited on their appointment, staff engaged with young people on street outreach. Overall 34 different young people took the time to contribute and feedback.



Q1. How many of our services can you name?

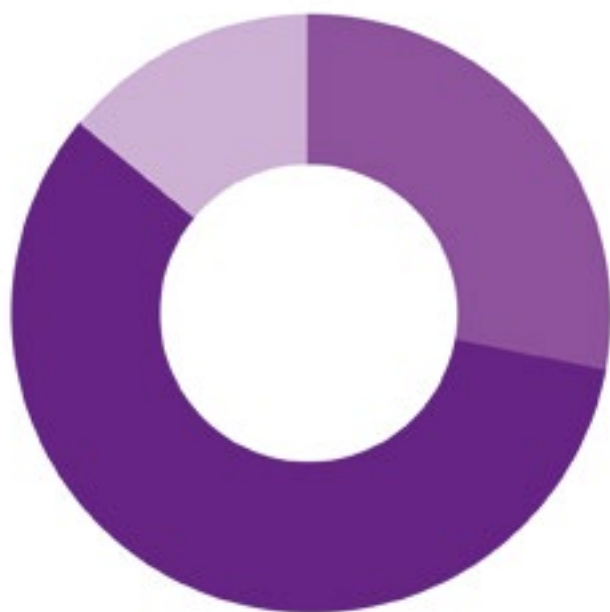


Q2. The Junction offers a range of services - can you name them?



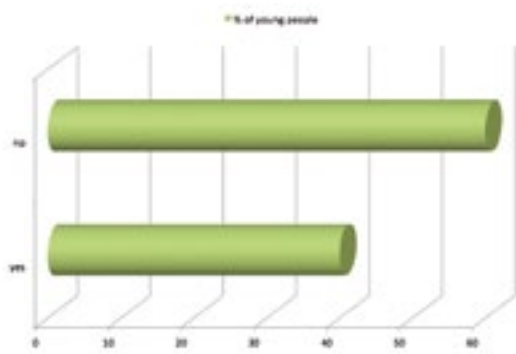
-  Counselling & 1-2-1
-  Open Access
-  Groupwork
-  Outreach
-  Other

Q3. How many of our services have you used?



One Two Three

Q4. Have you ever used The Junction's Drop-In?



Q5. Each Month at the drop-in we have a theme of the month if you could choose a topic what would it be?



Bullying
Sport & Physical Health
Pornography
Movies
Equality & Diversity
Mental Health
Sleep
Sexual Health
Alcohol

Q6. The Junction celebrates its 10th Birthday this year; can you tell us what the Junction means to you?

TRUST
AMAZING
VERY HELPFUL
SAFE PLACE
made me
feel a lot
better about
myself
NICE AND WELCOMING
WORRY LESS
It is a very special place to me
* it makes me feel
HAPPY
I FEEL NOT SCARED
LISTENED *
TO THE JUNCTION
* HELPED ME TO
GAINED VERY BAD
CONFIDENCE PLACE
AMAZING CONFIDENTIAL 1-2-1'S
IT IT'S A
HELPS PLACE I
MY BEHAVIOUR *
THANK YOU

THE JUNCTION HAD
5302

CONNECTIONS WITH YOUNG PEOPLE IN 2014

young people visited us

555

times during Drop-in

403

1-2-1

SESSIONS

were offered

844

**COUNSELLING SESSIONS
WERE OFFERED**

Young People
wanted to talk
to us about

C:card-31%

Complementary
therapy-18%

Sexual health
info-13%

Alcohol info-3%

Pregnancy
Testing-3%

Drugs info-5%

Chlamydia
testing-7%

Mental health
info-5%

Other-17%

Total - 102%

Young people can come into the junction for
more than one service which is why we have a
total of 102%

Accounts

City of Edinburgh Council - for core services	£101995
Legacy: Estate of David Bunzl	£50000
Edinburgh Alcohol and Drug Partnership	£41741
Lloyds TSB Foundation for Scotland	£38342
NHS Lothian	£35600
BBC Children in Need	£33689
Edinburgh and Lothians Health Foundation	£31637
Comic Relief	£28328
Rank Foundation	£18750
Christina Mary Hendrie Trust	£15000
Barcapel Foundation	£10000
Fees and other income	£10671
Clore Foundation Bursary	£6250
Other donations	£3542
Leith Benevolent Fund	£2400
Co-Operative Community Fund	£1971
TOTAL INCOME	£429876

Expenditure

Staff costs	£302898
Rent and property costs	£42181
Governance costs	£7732
Direct project costs	£6153
Office running costs	£8192

TOTAL EXPENDITURE	£367156
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The Free reserves of the charity are represented by the general fund, which presently stands at £112,857. The aim of the charity is to maintain the 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 reserves are equivalent to between 3 and 4 months expenditure at current levels.

Bunzl Bequest

It was with surprise and immense gratitude that we accepted the generous bequest from David Bunzl to help support The Junction in our work with young people. When preparing his will David undertook research into where his bequest could make a significant difference in supporting young people and identified The Junction. His generous bequest has made a considerable contribution to our work. With many thanks in David's memory and to his family.

The Junction would like to thank these supporters and partners:

Agnes Hunter Trust
Barcapel Foundation
BBC Children in Need
C:card
CEC Children and Families Department
The Christina Mary Hendrie Trust
The Clore Social Leadership Programme
Comic Relief
Co-operative Community Fund
Craigentinny and Duddingston Neighbourhood Partnership
David Bunzl
Edinburgh Alcohol and Drugs Partnership
Edinburgh and Lothian Health Foundation
Evaluation Support Scotland
Granton Youth Centre
Jane Bruce
Healthy Respect
Health Opportunities Team
Leith Benevolent Association
Leith Links Community Council

Leith Neighbourhood Partnership
Leith Victoria Swim Centre (Edinburgh Leisure)
Lloyds Banking Group
Lloyds TSB Foundation for Scotland – Henry Duncan Awards
Muirhouse Youth Development Group
NHS Lothian
Partnership Drugs Initiative
The Paul Hamlyn Foundation
Pilotlight
Pilton Youth and Children's Project
Portobello and Craigmillar Neighbourhood Partnership
Port of Leith Housing Association
The Ripple Project
The Rank Foundation
The Robertson Trust
RBS Technology Services Charities Committee
The 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, email or call

the-junction.org

info@the-junction.org

0131 553 0570

Our Address

82-86 Great Junction Street
Edinburgh
EH6 5LL
0131 553 0570





Winner



82-86 Great Junction Street
Leith
Edinburgh
EH6 5LL
0131 553 0570

Charity number: SC036721
Company number: 278505

www.the-junction.org