



Annual Report 2014



Young People Health & Wellbeing 12-21

Welcome

It was with a huge sense of honour that I took up the role of Chair in December 2012 for such an important project. The services we deliver continue to be valued and well used by young people, with more than 5,500 formal contacts in 2013, many of which were repeat visits.

The Junction moved to our wonderful new building in January 2014. Thanks to the staff for planning and executing the move efficiently, and demonstrating such flexibility and resilience during this time. The Port of Leith Housing Association actively collaborated with us to create a fit-for-purpose, modern and efficient space for The Junction, including a new community space (The 86 Space), which is available for external groups to rent. Many thanks to the POLHA team, the results are fabulous.

We said good bye, thank you and all the best to staff members Melanie, Lara, Sue and Michelle, volunteers Fiona, Joanna, Hannah, Tasha and Vanessa and board members Laura and Eric. We welcomed new staff members Suzanne, Louise, Mo and Mairi, volunteer Lisa and board members Michael and Ann. I have been well supported by Grant our deputy chair and Douglas and Andy who joined as treasurer and premises lead. We also have our first patron - Irvine Welsh.

Congratulations to Sam for completing the Clore Social Leadership Fellowship and thanks to her for the leadership and commitment in this time of great change.

As I reflect on the changes in The Junction over the past year, I am grateful to the board, staff, volunteers, partners, funders and young people for their support. Change is challenging and demanding at the best of times, so I wonder how difficult it must be for a young person in this ever changing, complicated and demanding world.

My aim for the upcoming year is that The Junction continues to be a consistent and reliable presence in the community for young people to turn to for support in their moments of need.

Warm wishes



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

Contents

2 Director's Report	14 Support Services
3 Junction Youth Advisors	17 North Edinburgh Alcohol Initiative Collaborative
4 New Premises	18 Assets Approach Map
6 Facts and Figures	19 Accounts
8 Voice Your Choice	20 Thanks to Partners
10 Drop-In and Sexual Health Service	
11 Outreach at The Junction	
12 Volunteer Service	

Director's Report

The feel of the last year has very much been around evolving growth as The Junction continues to successfully respond to the expressed health and wellbeing needs of local young people.

Key to our ability to respond is the partnership nature of our work. A key partnership over the past year has been with Port of Leith Housing Association. They committed to deliver for The Junction and young people of North East Edinburgh a quality, purpose-built building for our award-winning work in supporting young people, and have done so to brilliant results. We owe them an immense debt, as while just a few hundred yards along the road from our old premises our new space feels a world away.

As well as providing a specific space for The Junction's services, our new premises also offers an attractive group room with kitchen for use at affordable prices.

There are three particular funders we have to thank for helping us both make the move and furnish our new space so fantastically and these are Edinburgh and Lothians Health Foundation, Barcapel Foundation and Leith Links Community Council. Alongside the commitment of the staff team and Board gratitude is also due to both Lloyds Banking Group and Royal Bank of Scotland volunteers for their inspirational hard graft and teamwork during our move.

A particular mention is also due to David Bunzl for his generous bequest.

Last year also gave The Junction our first Patron – Irvine Welsh. He told us he chose to become our Patron because "Omnipresent, The Junction is there at the heart of the community offering education, support and its own distinctive brand of loyalty and determination to do the best it can for local young people. It's an honour for me to be able to support this organisation and indeed this community, both of whom I admire." We are delighted to welcome him to The Junction.

Warm wishes

Sam Anderson

Junction Director

"The Junction is there at the heart of the community offering education, support and its own distinctive brand of loyalty and determination to do the best it can for local young people."

Irvine Welsh
The Junction Patron

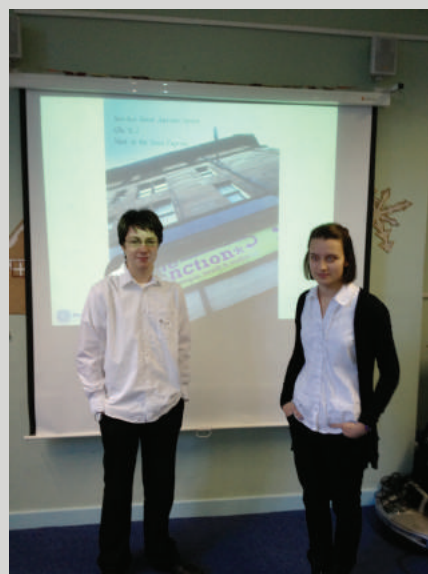


Junction Youth Advisors

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

Some highlights and achievements over the past year include:

- The group celebrating their second birthday
- The JYA delivering a good practice session to the project volunteers
- Supporting staff to deliver school assemblies to their peers at Drummond and Trinity Academy to help promote the Junction
- 3 Youth Advisors receiving Saltire awards in recognition of their volunteering commitment
- The development and setting up of structured One to Ones supporting each youth advisor to create ideas and guide the direction of the group
- A team building day at Go Ape in Aberfoyle
- The group undertook a peer research project surveying pupils at the three local high schools, looking at the topics young people and stress
- Peer-led discussions on: How the bedroom tax affects young people? Do exams matter? What happens when the school doesn't listen?



Top: Team building at Go Ape
Middle: Birthday Celebrations
Bottom: Peer research project

The Junction gets relocated

Our New Premises

We recently relocated to brand new premises just down the road on Great Junction Street. Our new address is 82-86 Great Junction Street. To have a look round the new place, visit a drop-in (12 to 21 year olds only!) or come to one of our open days.





As part of our new premises we have a fabulous community room with kitchen available for rent at very reasonable prices.

Give us a ring on

0131 553 0570

or check out our website

the-junction.org



Praise for The Junction

"The Junction is certainly an invaluable health and wellbeing resource for young people in Leith and North Edinburgh. Not only is it offering appropriate and accessible health services young people feel comfortable with, it has worked well to promote long-term prevention of health problems, raise young people's awareness and self esteem, and empower them to make informed choices about their health and well being."

Aileen Campbell
Minister for Children & Young People



**The Scottish
Government**
Riaghaltas na h-Alba

The Junction 2013: Facts and Figures

The Junction offered

1186
counselling
sessions

286

ONE TO ONE SUPPORT SESSION

33

**ALCOHOL
SUPPORT
SESSIONS**



We engaged with young people:

865

times
during

Street

Outreach

1917

times during
school and
college
outreach



402 young people
participated
in group work



834 the
visits to
drop-ins

121
referrals
to our
support
services

We provided 176 massages

We believe it's important to ask young people

Voice Your Choice

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 recent move into our new premises provided us with the perfect opportunity to ask young people what they thought of the new building, The Junction and what other services they would like to access.

What we did

We provided a range of activities over a two week period. Counselling and One to One clients were given the opportunity to fill in a questionnaire, while activities were set up in the Drop-in to capture young people's thoughts.

Young people who gave us feedback were given the opportunity to enter a free prize draw to win £50 worth of gift vouchers.

Community open day

We also hosted community open days during February which a wide variety of people attended. The feedback from community members was again overwhelmingly positive, rating the premises, services, furnishings, community space and how welcoming the building was.

What this tells us?

The young people who use our services and have visited the new building like it and feel comfortable here. They feel supported and are able to speak about The Junction in a positive manner. The new building gives us an exciting opportunity to expand our range of services and provide some of the activities young people have asked for.

What we asked

What do you think of the new building?



Think of a word to describe The Junction?

We used young people's own words to create the fantastic wordle below:



what they think and to listen to what they want.

Tell us what you think about The Junction?

Young people put their answers in the Great, Good, Not Good or Poor boxes.



As a comfortable space...

Great - 22
Good - 8
Not Good - 0
Poor - 0

The information is...

Great - 19
Good - 11
Not Good - 0
Poor - 0

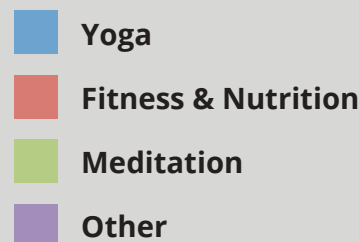
The support is...

Great - 24
Good - 8
Not Good - 0
Poor - 0

I would describe it to a friend as...

Great - 22
Good - 6
Not Good - 1
Poor - 0

What other activities would you like to have at The Junction?



Other suggestions that were put forward included an arts group, dance, music and cooking. Those who accessed the Drop-in were more likely to want to take part in a fitness and nutrition group while those accessing One to One and Counselling favoured meditation.

We also asked Counselling and One to One clients.

Has coming to The Junction been a positive experience?

Every young person answered yes! One client explained why their experience had been positive.

"I have been supported and had somewhere to go when I need space"

Drop-in and Sexual Health Services:

The Drop-in is a key feature of The Junction, with over 800 visits from young people in the last year. We offer confidential support in a youth-friendly environment. This includes ad-hoc one-to-one support, complementary therapies and sexual health services. We provide information on health and wellbeing related issues and have explored different monthly themes such as parental alcohol use, domestic abuse, body image, LGBT History Month, smoking and legal highs.

Young people can take part in discussions, quizzes and activities based on these issues while they wait for a service or when they visit us to find out what we're all about. Our nested provision model means that a young person who comes to the Drop-in for a chat with a worker can easily refer for regular One to One support or Counselling.

Our Drop-in is part of the Healthy Respect network and we offer a range of sexual health services including free condoms through C:card, pregnancy testing and emergency contraception. Young people have fed back to staff that they feel comfortable asking questions about sexual health and relationships at The Junction. We have also found that visits to the Drop-in for support around sexual health and relationships have increased after we delivered sexual health workshops at local schools.



The Friday Chiller

The Friday Chiller has been our most popular Drop-in this year, with many young people choosing to come for a massage on their way home from school or college. They have reported that attending the Chiller helps with exam stress, reduces sleep problems and gives them something to look forward to.



Young people have been telling us what they think of our new and improved Drop-in. They have described it as:

LIFE-CHANGING

WELCOMING

BEAUTIFUL

MINTED

Outreach at The Junction

Street Outreach

Throughout the year the Street Outreach team have been out and about in Leith twice a week, and have accomplished meaningful street interactions with young people from the local high schools around Trinity Academy, Drummond Community High School and Leith Academy. The Outreach team has changed the timings structure which has enabled the team to engage with young people twice a week more effectively. This has given a better balance of street route variations and a wider scope of young people can engage with the team. During Street Outreach we have been promoting The Junction's services and latterly informing young people of The Junction's new premises. Young people over 16 have taken the opportunity of accessing C:card on Street Outreach. There has been a rise in young people accessing the local swim and gym centres through the CAP card scheme (Community Access Programme from Edinburgh Leisure) through street interactions. The Street Outreach team have built up positive relationships with young people around Leith's green space areas, this has been captured at Henderson Park, Dalmeny Park and Leith Links.



School Outreach

The Junction has made monthly visits to local high schools at Trinity Academy, Drummond Community High School, Leith Academy and Edinburgh College (Grantown campus). The Junction's information table promoted our holistic health services during the schools' lunch breaks; the various tables have been busy and vibrant. Young people have taken the opportunity to take health information leaflets home and chat to Junction project workers about health and wellbeing. The Junction has provided quizzes and activities on health topics of the month and encouraged young people to reflect on holistic health issues. This has given Junction workers the opportunity to build positive relationships with young people in secondary and further education settings.



The Junction Volunteer Service



“The staff are very supportive and committed to their work and to the development of volunteers.”

This year we have benefited from a very talented team of volunteers, a diverse bunch of individuals with a common desire to positively contribute to the services The Junction offers young people; and as always we aimed to provide high quality volunteer experiences, which encouraged both personal and professional development.

“The Junction staff are very professional, easy to approach, supportive, open to different styles of working with young people and have a great sense of humour.”

The skills, creativity and commitment of Junction Youth Advisors, Volunteer Counsellors, Project Volunteers, Board Members and Relocation Volunteers was phenomenal; with Project Volunteer contributions alone totalling more than 574 hours.



“My confidence has grown over the time I have spent at The Junction, both working with young people and as part of a team.”



"I learned so much from the young people I met at the Drop-ins, and had some very rich experiences in one to one and group settings."

"There have always been opportunities to be involved with many different areas at The Junction. From the School Outreach, to the Street Outreach, the Drop-ins and training events. This has given me a wide variety of experiences and I have gained more of an insight into what The Junction is about."

With our building move imminent at the end of 2013, we were fortunate that our Chairperson actively recruited teams of Relocation Volunteers on our behalf, and in December seven of them came from Lloyds Banking Group – making a huge difference to the staff's workload, helping to move resources.

Throughout the year volunteers supported all aspects of The Junction, from Counselling to Groupwork, from School and Street Outreach to residential. Our new premises present new possibilities, which the Volunteer Service is eager to explore.

Support Services

One to One

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

This year saw the completion of the first of three year's Children In Need funding which ensures support is provided through formal weekly sessions and via adhoc access during the Drop-ins.

The past year has seen an almost doubling in the amount of ad-hoc One to One sessions young people took engaged in, complementing the formal One to One support and showing that young people felt comfortable opening up about issues in the here and now.

We also created a new pathway into One to Onesupport via an emotional wellbeing group in collaboration with Leith Academy. The group was tailored for young people who didn't feel able to access the individual support service. As a result the majority of this group went on to engage with structured One to One support.

Here are a few quotes from clients that highlight their personal growth as a result of their own commitment to accessing One to One support.

"It has helped my confidence to open up more and talk out"

"Life changing"

"Like a weight has been lifted off my shoulders and it's easier to speak about things"

The Counselling Service

The Counselling Service continues to grow in response to an increasing need. Many young people are struggling to make sense of themselves within increasingly complex environments and counselling offers a safe place to make sense of behaviour and feelings.

This year has seen a number of changes within staffing, with two part time posts being consolidated into one 28 hour/week post under funding from Comic Relief, allowing for more consistency for service users and the staff team. The move to our new premises has expanded the potential of the service and as well as being able to employ another counsellor for a 3 hour/week post, the capacity to offer placements to student counsellors and experienced volunteer counsellors increases. The new premises also offer a more flexible working space with the potential to run group counselling sessions as well as a greater capacity for One to One counselling sessions.

Quotes from service users and family

"It has given me someone to talk to without feeling judged or embarrassed"

"It gives me someone to talk to and understand me"

"Coming here is the highlight of my week – it's the only place I can get it off my chest"

"I'd like to thank the staff at the junction for your work with my daughter. I'm glad she has found such an excellent service for young people"

Quotes from Volunteer Counsellors

"I have been able to work with the client group that I wanted to develop my counselling work with, and have learned a huge amount about working within this area. I have experienced a great deal of learning both in terms of my own personal development, and professional practice as well as around work within this sector. I have found the staff and volunteers to be welcoming, friendly and supportive."

"I think that volunteering here has given me 'proven experience' in counselling young people and the kind of immersion in this work that I wanted to have before looking for employment. Not only did volunteering here give me counselling experience, but also a chance to work with and learn about this sector of youth work, a multi-disciplinary/ service agency, group supervision, and trainings. I feel I have had excellent support and advice in the area of professional development."

Young People Affected by Parental Substance Use

On 1st October 2013 The Junction began developing a new service dedicated to working with Young People Affected by Parental Substance Use. The post was created in response to a needs assessment undertaken by Create Consultancy and commissioned by the Edinburgh Alcohol and Drugs Partnership. The Junction successfully bid for funding to develop this new service in response to specific findings

Now up and running, the service is receiving referrals and relationships are being established and nurtured with our partner agencies. Ongoing challenges and areas of development so far include...

- How to inform young people directly about the service, how to get information about the service to the 'hidden' young people within our community.
- Breaking down the many barriers that exist for young people in talking about a parent/carers drug or alcohol use.
- The Intensity of time spent building and establishing relationships with priority partner agencies.

The Junction's Young People Affected by Parental Substance Use service is a free, confidential service for anyone aged 12-21 affected by parental substance use, living in Leith and North East Edinburgh. The service is based upon the belief that every young person has the right to safe, confidential support around parental substance use. Young people are offered appointments on a one to one basis, structuring support according to their own needs. The initial meeting is flexible and can be arranged depending on a young person's needs.

The service can be accessed by The Junction referral routes, or a young person can call or text the number dedicated to this service **07749 722 866** and the Young People Affected by Parental Substance Use worker will call them back.

Support Services cont.

The Alcohol Support and Education Service

Stand up if you know anyone that has ever had a sip of alcohol? Is everyone standing up? That's what we thought...

Alcohol is something that affects all of us, whether we choose to drink or not. At The Junction, we offer information and support around alcohol (and all things related) for young people.

This year the service has continued to grow through, Drop-ins, Group Work, Alcohol One to One Support, Workshops in Schools and Youth Clubs and Street Work.

Some of the highlights of year include:

- Working in partnership with PC Gordon Ross to deliver Alcohol Awareness Inputs to the whole of S2 at Trinity Academy
- Delivered 9 alcohol focused inputs to the R.O.S.P programme based at the Ripple Project.
- A weekend residential for 5 young women to build communication skills, teamwork and explore issues around alcohol for our Alcohol Peer Researchers. Four Alcohol Peer Researchers have conducted 55 interviews with young people on exploring their opinions on 'Growing Up in a Culture of Alcohol'. This was delivered in partnership with North Edinburgh Alcohol Initiative Collaborative.

*"You guys are so good with us, you really listen and give us a chance"
"I feel more confident to do the interviews now"*





left: The weekend residential
top: ABI Training
bottom: Our alcohol info point

North Edinburgh Alcohol Initiative Collaborative

The North Edinburgh Alcohol Initiative Collaborative (NEAIC) is a joint initiative of four locally based projects: The Junction, North Edinburgh Street-Work (Granton Youth Centre) and Street Break (Pilton Youth & Children's Project and Muirhouse Youth Development Group).

The aim is to provide a holistic and integrated approach to addressing alcohol issues for young people in North Edinburgh. The three main aspects of this provision include:

A programme of Support and Education on alcohol misuse and associated risky behaviours (delivered primarily by The Junction); a programme of alcohol focused Street Work (North Edinburgh Street-Work); and a programme of Diversionary Activities delivered at key alcohol use times (Street Break).

At the beginning of 2013 the collaborative underwent an external review which highlighted the strengths of the partnership. These included providing consistent messages to young people on alcohol and a commitment to ongoing learning and practice development.

NEAIC highlights of the year include:

- Delivering alcohol activities at the NEAIC Summer Event with the help of The Junction Volunteers
- Delivering Good Practice Sessions and Alcohol Brief Intervention (ABI) training to staff across the collaborative
- Providing alcohol inputs at the Weekend Hubs

The partnership continues to evolve and we are looking forward to what the upcoming year holds for NEAIC and the Alcohol Service at The Junction.



Assets Approach Map

During April, May and June 2013 Junction staff worked with young people from each area of the collaborative to gather their thoughts and feelings in regard to what they liked about the area they live in.

Young people identified lots of places they think are community assets including shops, parks, places they like to hang out with their friends and a range of youth organisations. The young people did an amazing job of turning all the information gathered during Drop-ins and on Street Outreach into the Asset Map (here we see the Leith map) The map does a great job of highlighting the strengths and positives that young people think and feel about their own community.

Some of the comments were:

It's the place to be

I love Leith

I feel safe everywhere in Leith



Accounts to 31st March 2013

Income

City of Edinburgh Council – for core services	£83,242
Comic Relief	£63,966
City of Edinburgh Council – other funding	£38,213
NHS Lothian	£35,600
Lloyds TSB Foundation for Scotland	£31,856
BBC Children in Need	£26,084
The Rank Foundation	£25,000
Fees and other income	£7,795
Clore Foundation Bursary	£7,000
Christina Mary Hendrie Trust	£5,000
Awards for All	£3,101
Other donations	£964
Leith Neighbourhood Partnership	£505

TOTAL INCOME **£328,326**

Expenditure:

Staff costs	£265,293
Rent and property costs	£20,086
Other indirect project costs	£8,897
Governance costs	£7,188
Direct project costs	£13,510
Office running costs	£5,738

TOTAL EXPENDITURE **£320,712**

The free reserves of the charity are represented by the general fund, which presently stands at £71,967. 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 less than 3 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:

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
Craigentinny and Duddingston Neighbourhood Partnership
David Bunzl
Edinburgh Alcohol and Drugs Partnership
Edinburgh and Lothian Health Foundation
Erskine Stewart's Melville College
Evaluation Support Scotland
George Heriot's School
Granton Youth Centre
Healthy Respect
Health Opportunities Team
La Cerise
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
Nancy Massie Charitable Trust
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
RBS Technology Services Charities Committee
Standard Life
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

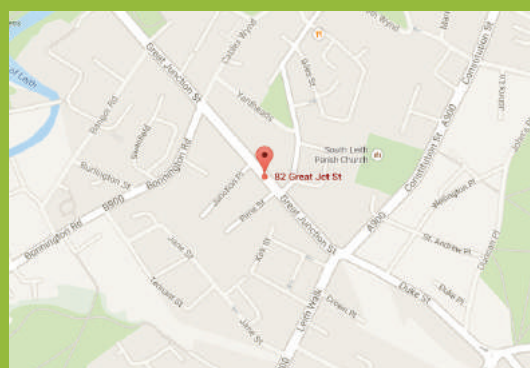
the-junction.org

info@the-junction.org

0131 553 0570

Our Address

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





82-86 Great Junction Street
Leith
Edinburgh
EH6 5LL

0131 553 0570

Charity number: SC036721

Company number: 278505

www.the-junction.org