

the junction*
young people, health & wellbeing

Annual Report 2009





Contents

Key Achievements 2009	3
Chair's Report	4
Manager's Report	5
Project Report – Counselling	6
Project Report – One-to-One Support	7
Project Report – Open Access / Drop-in	8
Project Report – Get Sussed and Infozine	9
Financial Report	10
Who's Who	11
Thanks and Contact Details	12

Aims and Objectives

- To offer a safe, confidential, friendly space where information and support on health and wellbeing will be delivered within a responsive, holistic environment;
- To promote an approach that honours the diversity of young people and supports them in making informed choices;
- To provide premises, staff and opening times which reflect young people's desire for an accessible and confidential service;
- To develop a process which ensures young people's involvement in the development of the centre;
- To contribute to the body of knowledge relating to young people and their health needs by undertaking relevant research, evaluation and offering related training packages;
- To develop partnership working between local groups, voluntary and statutory agencies.



Key Achievements 2009

- **Winner** of the 2009 Impact Award
- Manager Sam Anderson received Youthlink Scotland's Voluntary Organisations Youth Services **Manager of the Year Award**
- Senior Counsellor Hayden Kilpatrick became an **accredited member** of the British Association of Counselling and Psychotherapy (BACP)
- Delivered **587** individual sexual health consultations to young people, including c:card, pregnancy and Chlamydia testing *
- Delivered **239** sessions of complementary therapies; reiki, massage, relaxation techniques *
- Received **1541** visits to open access services
- Published **10 Infozines**, a monthly magazine focussing on a different health topic each month
- Piloted and established a **new sexual health focussed drop-in**
- Launched a new **One-to-one Support Service**
- Delivered **400** counselling sessions to clients *
- Completion of **Action Research Project:** "Healthy - 5 a day, Young People's Way"

* All figures correct to 02/12/2009.

Chair's Report

This year the Junction has gone from strength to strength, building partnerships within the Edinburgh Health and Youth Sectors as we continue to consolidate our position as a leading provider of health related, education and support services for young people in Leith and North Edinburgh. Our Open Access and Counselling services continue to expand in line with funding, and we are cementing our positive reputation among users and professionals alike.

Throughout this past year considerable effort has gone into improving our financial situation and strategic planning. In this we have been grateful for the assistance of Pilotlight, a charitable organisation that manages teams of volunteer business professionals to coach charities through the process of building a more sustainable and efficient organisation. Our team of "Pilotlighters" have brought a mix of strategic background and sound advice that has helped us think through improvements to our plans and processes in a structured way. Despite the current economic downturn, our financial situation looks secure for the time being, and we have recently engaged the service of Comas, a community development agency, to help us identify and develop new options for sustainability. In this way we still aim to expand our unique self-referral counselling programme, ably led by Hayden Kilpatrick, to a wider geographical audience. We also have a well developed planning and review process, leading to a robust and resourced strategic plan, with individual Board members sponsoring initiatives within this.

The Board is also grateful for the support of all the staff, sessional and volunteer workers who keep the Junction running smoothly and build its reputation. This year has seen Ann Marie Kwiecinski take up the role of Open Access Co-ordinator and, more recently, April-Wendy Hayes joined us as One-to-One Worker. Unfortunately we lost the services of Rachael Wilken; unable to secure a permanent work permit she has returned to Australia. We are grateful for all her work to improve our administrative and financial systems and we wish her well in the future. Fortunately we secured a first class replacement in Jo Elder. In partnership with the Citadel we secured funding from the Rank Foundation for an apprentice from each organisation, and Ian Higgenbotham is now our "Rank Apprentice."

The Board itself has seen a few changes. Mae Shaw, a lecturer at Moray House, has joined us. We now look forward to welcoming back Sharon McAree after her maternity break.

“The Action Research Project was amazing!”

“We should do it again as it was very informative.”

Manager’s report

Finally, on behalf of the Board, I must again express our thanks to Sam Anderson, recently re-designated as the Manager of the Junction. We are pleased that her tireless work in building up the Junction as a valued resource for the local community was recognised by a bronze award from YouthLink Scotland in their Voluntary Organisations Youth Services Manager of the Year category. The Board and staff all agree it is thoroughly deserved!

Grant Hutchison
Acting Chair

Manager’s Report

Our fourth year of operation saw the Junction become a 2009 GSK Impact Award Winner, recognised by the King’s Fund for our success in reaching young people in “clever and different ways”, citing games and resources we have developed as examples of our ability to get to the heart of issues in relevant and fun ways. The judges appreciated the support shown by other health agencies in Edinburgh to our development of counselling work and encouraged us to promote our working model to others as good practice. Judges described the Junction as “innovative in its preventative, proactive and holistic approach to health”.

As since its inception all our work continues to be guided by young people’s needs and ideas; every development or activity within the Junction involves young people in helping design what we do, and how we do things. One of our current tools for doing this is our recent Action Research Project undertaken by local young people: ‘Healthy – 5 a day, Young People’s Way’ which illustrated that young people view their health in different terms to professional bodies and offered us an excellent way to understand how young people are experiencing health issues and to develop effective responses.

In the coming year we will be seeking to increase our effective responses to these health issues, to sustain and deepen what we are currently doing well and to continue to extend our service beyond the Junction’s premises. In this way we aim to further our informal engagement with young people, and to increase the routes into our more formal support for young people who need this.

Sam Anderson
Manager

Project report

Counselling Service

It is interesting to reflect on the meaning of success, both in terms of the service users and the service itself.

"Hard to reach" young people who otherwise may never have had the opportunity to access counselling, continue to engage with the service. Our service also meets all targets set by a range of funders.

I believe it is a success due to the care given to young people by the team of volunteer and student counsellors.

The counselling service reputation continues to expand amongst young people and professionals throughout Edinburgh, as does the area we cover! Within this expansion we continue to explore a wide variety of presenting issues from young people.

The service has adopted a new evaluation tool called Psychlops, due to its simple language and user involvement.

This year has seen joint work with Stepping Stones (EUS) in providing a therapeutic group to young people aged 18-21 who are engaged in adult mental health services. The young people

identified that the group had benefited them in developing healthier coping strategies, increasing their awareness of patterns of behaviour and identified that the group helped them feel they were not alone in their experiences of mental health issues.

There is presently a team of 5 volunteer and student counsellors including a Polish speaker, and I would like to take this opportunity to thank them for all their hard work, energy and enthusiasm. Just as I continually learn and am inspired by the young people I work with this is mirrored by working with such a dedicated team, that I constantly learn from.

I would like to take this opportunity to thank Sam for all her support, as well as our board and their expertise in assisting the continual development of the service. I would also like to thank our funders who continue to invest in the young people. Lastly I would like to thank the young people for having the courage to step through the door and share their stories.

Hayden Kilpatrick
Senior Counsellor

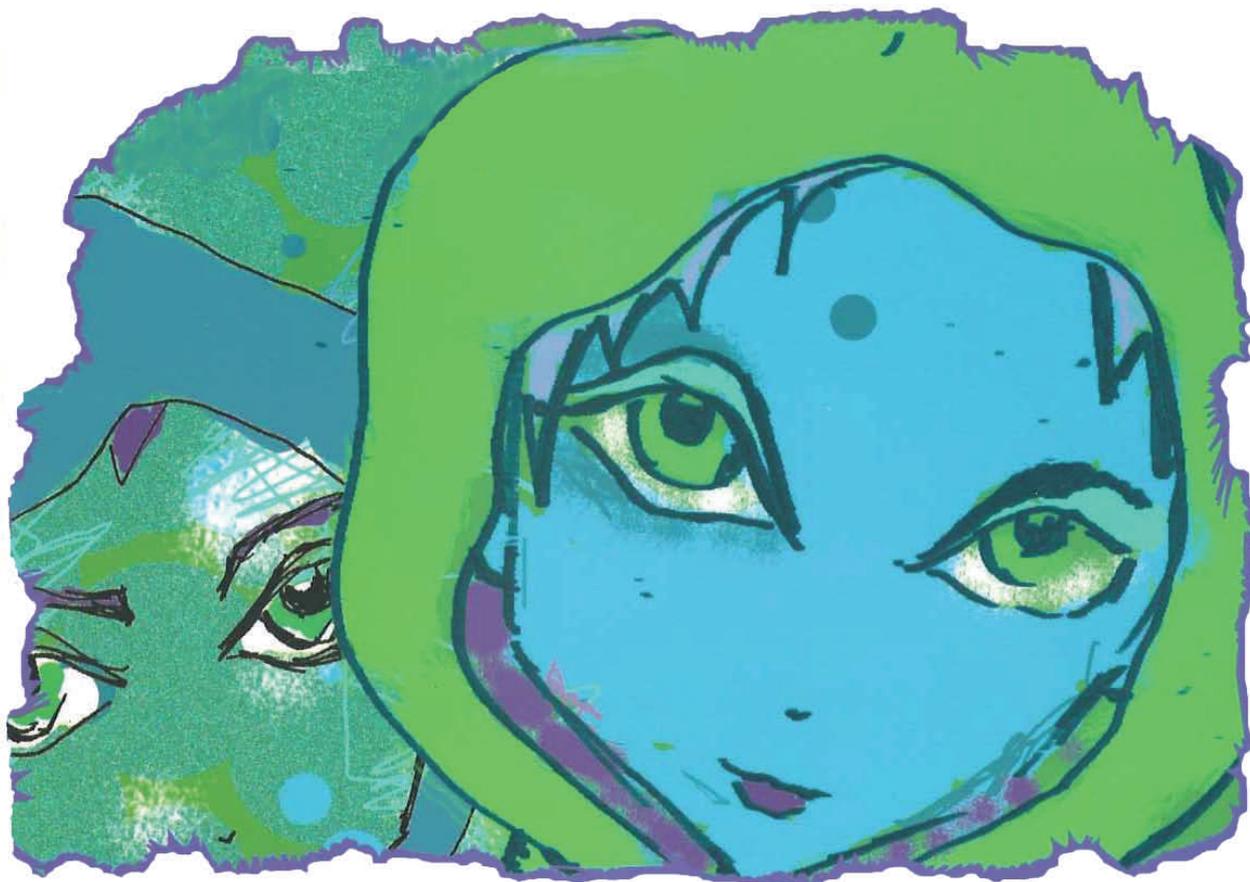
One-to-One Support Service

The Junction has recently launched its pilot One-to-One Support Service. Young people can be referred by any school or agency; they can also self-refer.

Young people accessing the service will be able to:

- Explore options in terms of their health & well being; think about how their life is now and how they would like it to be. This will be done using a variety of personal development tools and exercises, including the Rickter scale, a guidance and evaluation tool.
- Look at barriers that stop them moving forward; and at the support and resources available to help them to overcome them. This may involve accompanied visits to other agencies.
- Set goals and create their own personal action plan, whilst developing the communication and decision making skills.

This work has been initially funded for a year by BBC Children in Need.



Project report

Open Access / Drop-in

There are four drop-in sessions available per week at the Junction, on a Monday, Tuesday, Thursday and Friday. Our model of open access working continues to evidence itself as a successful way of engaging with young people on



health issues, with over 1500 visits to our open access services in 08-09 (a 74% increase on 07-08). Key to this model's success is accessibility, not just in relation to location and opening hours, although this is important, but accessibility also relies on trust and understanding how an organisation will respond to your needs; and it is about being able to present whatever concern you have whenever you need to (i.e. no rules such as 'we only deal with alcohol issues on Tuesdays, please come back then').

The Friday drop-in continues to be our busiest of the week, which is undoubtedly due to the range of free complimentary therapy on offer. This includes Indian head massage, back and neck massage, hand massage and reiki. Young people can try these therapies on their own or if they prefer a friend can accompany them.

In March 2009 we launched our new Monday drop-in where there is a nurse available for the young people who visit. This drop-in has a sexual health focus, and in addition to our c:card service and Chlamydia testing, pregnancy testing is also available.

We have continued to develop partnerships with other agencies, inviting them along to our drop-ins to talk about specific issues or to let young people know what else is out there for them.

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

Project report

Get Sussed and Infozine

Since April 2008, the Junction's 'Get Sussed' nights have been very popular with the young people in Leith, and surrounding areas. Get Sussed is a monthly topical fun night of group work, learning activities and educational informal discussions, around a health topic. Topics included physical health and fitness, testicular cancer, booze, smoking, mental health and domestic abuse and were all well attended, with lots of positive feedback from young people. The health topic each month is featured in the 'Infozine' magazine.

The Junction has also had popular success in the schools outreach programme. We attended 3 local high schools in

the Leith area. Our busy lunch time information table has been well attended by pupils of all years. This has promoted our services and encouraged new users to the Junction. Young people have very avidly taken part in our monthly quiz, which is affiliated to the Get Sussed topic of the month.

The Junction successfully facilitated classroom based health activities and educational quizzes to pupils. Topics on alcohol, sexual health and drugs have been exciting and informative for young people.

We have linked with other youth agencies, particularly at schools' health fairs, promoting holistic health information.

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INFOZINE

A confidential, inclusive & accessible service for young people aged 12 - 21 years living in North East Edinburgh & Leith

Edition 11. March 2009

Page 2: WHAT'S ON?
This month @ the Junction

Page 3: TALK ABOUT SMOKING

Page 4: GET SUSSSED

Pages 6: COMIC STRIP

Page 8: KICKING THE HABIT

Page 9: NEED TO TALK?
Some 24/7 Helplines and websites

Page 11: KEEP WELL & FIT

Page 12: GET INVOLVED
Be part of the ZINTEAM!

Drop in or contact us @ The Junction - Young People, Health & Wellbeing
160 - 162 Great Junction Street Leith, Edinburgh EH6 5LJ Tel: 0131 853 0570 or
email info@the-junction.org Check out our website at www.the-junction.org

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Monthly Infozine

A confidential, inclusive & accessible service for young people aged 12 - 21 years living in North East Edinburgh & Leith

Edition 16 September 2009
This edition is on: **GRUB**

Page 2: WHAT'S ON?

Page 3: DIETING AND SNACKING

Page 4: FAST FOOD

Page 5: RECIPES

Page 6: COMIC STRIP

Page 7: COMIC STRIP

Page 8: VITAMINS

Page 9: MINERALS

Page 10: HELPLINES + WEBSITES

Page 11: WORDSEARCH + MUNCHIES

Page 12: OPENING TIMES

Drop in or contact us
Tel 0131 853 0570 or
Email info@the-junction.org
Check out our website at
www.the-junction.org

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SUMMER INFOZINE

A confidential, inclusive & accessible service for young people aged 12 - 21 years living in North East Edinburgh & Leith

Edition 15 July-Aug 2009
This edition is a: **BUMER SUMMER ANNUAL!**
We've packed in some great summer tips to keep you chilling, plus a selection of our favourite articles from the last year

Page 2: WHAT'S ON? + NEED TO TALK?

Page 3: CARTOON

Page 4: SKIN CANCER - THE FACTS

Page 5: SAFE IN THE SUN

Page 6: TRAVELLING ALONE THIS SUMMER

Page 7: FESTIVAL MUD!

Page 8: BINGE DRINKING

Page 9: DOMESTIC ABUSE

Page 10: HPV VACCINE FOR WOMEN

Page 11: DRUGS - KNOW THE SCORE

Page 12: THE JUNCTION SERVICES

Drop in or contact us @ The Junction - Young People, Health & Wellbeing
160 - 162 Great Junction Street Leith, Edinburgh EH6 5LJ Tel: 0131 853 0570 or
email info@the-junction.org Check out our website at www.the-junction.org



Income and Expenditure Accounts 2009

Incoming Resources	Grants and donations:	£
	Fairer Scotland Fund / Community Regeneration funds:	
	• <i>Young person's health worker</i>	33,909
	• <i>Counselling service for young people</i>	27,124
	• <i>Information and administration worker</i>	27,508
	NHS Lothian – <i>Health & Wellbeing Project</i>	40,500
	NHS Lothian – <i>Action Research Project</i>	2,975
	Barcapel Foundation – <i>for Information and Administration Worker</i>	10,000
	Moffat Trust – <i>Information and Administration Worker</i>	2,143
	Moffat Trust – <i>Open Access</i>	2,857
	Awards for All – <i>Open Access</i>	9,195
	North British Hotel Trust – <i>Open Access</i>	7,312
	CEC – <i>CLD for Open Access</i>	3,032
	Leith Benevolent Association – <i>Open Access</i>	2,198
	CEC – <i>Action Research Project</i>	5,000
	Other grants	1,500
	Forth Property – <i>for rent</i> – (adjustment to previous year accrual)	(1,000)
	Other donations	3,585
	Total grants and donations	177,838
	Other income	28
	Bank interest	1,112
	Total Income	178,978
Resources Expended	Staff costs	133,981
	Recruitment	2,401
	Staff training & supervision	3,326
	Staff travel & expenses	567
	Publicity	3,513
	Resources & equipment	3,882
	Events & activities	406
	Other direct project costs	1,171
	Rent & property costs	21,212
	Office running costs	5,165
	Accountancy / audit fee	1,610
	Other professional fees	2,260
	General insurance	1,180
	Finance charges	1,201
	Depreciation	3,009
	Loss on disposal of fixed assets	1,489
	Other expenditure	536
	Release of pension accrual from previous years	(8,178)
		178,731
	Net increase in funds	247
	Balance brought forward	78,652
	Balance carried forward	78,899



Staff Team

Sam Anderson
Hayden Kilpatrick
Ann Marie Kwiecinski
Ian Higgenbotham
April-Wendy Hayes
Mark Fitzgerald
Jo Elder
Lara Buros

Manager
Senior Counsellor
Open Access Organiser
Open Access Worker
1:1 Worker
1:1 Worker
Operations Support Officer
Alcohol Worker

Student Counsellors and Volunteers:

Jessica Beale
Laura Murray
Val Caird
Lynne Crerar
Natalia Kolodziej
Poonam Ladwa
Catriona Appolinari
Melanie Altar
James Coyle

The Sessional Team

Tamzin Burnett
Lindsey Chalmers
Gillian Irving
Sarah Mcguire
Fiona Stenhouse

Board of Directors

Sharon McAree
Grant Hutchison
Mags Easton
Sheila Ralston
Fiona MacDonald
Mae Shaw
Dave Nelson
Paul Hunter

Chair
Acting Chair
Treasurer

Farewell and thanks to:

Shauna Powers
Rachael Wilken
Paul Hunter
Jessica Beale
Laura Murray

Open Access Organiser
Information and Admin Worker
Member of the Board of Directors
Student Art Therapist
Student Counsellor



The Junction would like to thank these supporters:

- Ali Grant
 - Awards for All
 - BBC Children in Need
 - Comas
 - Craigentiny Duddingston
Neighbourhood Partnership
 - HSBC Edinburgh Charities
Committee
 - Laughing Horse - Free
Comedy Festival
 - Leith Benevolent Association
 - Leith Neighbourhood
Partnership
 - NHS Lothian
 - North British Hotel Trust
 - Pilotlight
 - RBS Charities Committee
 - The Barcapel Foundation
 - The Christina Mary
Hendrie Trust
 - The King's Fund /
GlaxoSmithKline
 - The Leith Agency
 - The Moffat Trust
 - The Rank Foundation
- ... and all of our partner agencies.**

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Registered charity number SC036721
Registered company number 278505

www.the-junction.org