

the junction

young people, health & wellbeing



Annual
Report
2016

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From left: Lisa Weaks, The Kings Fund; Mags Easton, The Junction; Sam Anderson, The Junction; Katie Pinnock, GSK



CHAIR'S REPORT

The last 10 years have been hugely eventful, affecting all of us in different ways. We've had a major worldwide financial crisis, followed by recession and austerity. We've seen major conflicts in the world, many are on-going. Closer to home, we had the Scottish Referendum, which led many of us to think about how Scotland is faring.

I've been thinking about how the Junction is faring, and how as an organisation we've grown, matured and evolved beyond all recognition, since we opened. We have touched the lives of many thousands of young people, some are now in their 30s.

The Junction's range of services has expanded and continually evolved, informed by the needs of young people. Our staff, volunteers and trustees have increased in numbers, capability and diversity. We've developed more strategic relationships with a more diverse group of funders, ensuring sustainability and continued development.

Most of all, we continue to provide a service valued by young people, respected across the land and which should make each and every contributor proud to say "I support the Junction".

Warm wishes

Mags Easton

Chair of the Board of Directors - The Junction

DIRECTOR'S REPORT

There is a dual role to The Junction's Annual Report this year. It provides information on both The Junction in the past year and also helps us celebrate our achievements of the past ten years.

In what can feel like increasingly challenging times where a lot of focus is on mitigating the consequences of wider systemic failures it is helpful to look back and reflect on what young people have achieved. It is with pride I reflect back on what has been done and with excitement I look forward to The Junction's evolving future. Alongside continuing to deliver quality health and wellbeing services with and for young people we will also be focussing on how we can further capture and share our unique awards winning relationship based model-'nested provision' so more and more young people can experience its benefits.

Warm wishes

Sam Anderson

Junction Director

The Junction-Young People, Health & Wellbeing



THE 86 SPACE

The 86 Space continues to be a well used resource for the local community.

For information on bookings, please contact info@the-junction.org



Irvine Welsh

Our Patron

Well a happy birthday to The Junction, 10 years.

As I sit and think what it means I think about the world young people face today, its ever increasing speed, the busyness, the rapid growth of technology, social media and all that comes with it, the pressure. I think of the outdated systems we have created, the flawed economic system creating ever more inequality, the creaking NHS system with all its benefits and flaws, the medicalisation of emotions, the education system and its insistence on attainment whatever that is, family systems that can be kind or cruel or abusive.

I think of my own adolescence and wanting to change the system (stronger words spring to mind!- I'm showing some self-control these days!) And how do you change systems? One of the reasons I am involved in The Junction is their courage as an organisation in modelling and trying to bring change, change from the ground up. They are innovative in trying to move away from traditional hierarchical systems that have often created abuse of power and inequality, by moving towards a peer led approach they are saying the system does not work for everyone let's try another way, a brave move. By doing so they are modelling to young people that there is another way, that there is hope. Why else do we persevere? Because we believe we can bring about change, that young people full of potential and creativity deserve something better. The Junction provides a safe harbour for young people, enabling them to explore what it is to be young in what can seem a dark world, a place where they can workout how they want to be, a place to explore difference, a place of creativity, a place of hope. That is why I am involved and in amongst the madness of the world 10 years of providing a safe space of exploration is definite cause of celebration.

JUNCTION YOUTH ADVISORS

- Promoting the Junction
- Undertaking Peer Research & Health Change Initiatives
- Evolving a Poster Campaign

SINCE JUNE
2011
JYAS HAVE
ACHIEVED

15
SALTIRE AWARDS



JYA:AIMS

INCREASE CONFIDENCE IN YOUNG PEOPLE TO AFFECT CHANGE IN THEIR COMMUNITY

IMPROVE ALIGNMENT OF SERVICES TO YOUNG PEOPLE'S NEEDS

REPRESENT LOCAL YOUNG PEOPLE

PROVIDE CONSULTATIONS

OVER
55
MEETINGS

MORE THAN
25
YOUNG PEOPLE

JYA speaks at opening of
The Junction's new premises



Positive Pathway Project

October 2014 – March 2016

This project group focuses on learning in the outdoors and activities and outings exploring the environment and local green spaces throughout Edinburgh.

The programme is aimed at young people (S4 with some flexibility) who may be struggling with formal education or have difficulty engaging in mainstream provision due to developmental and behavioural issues.

It is the aim of the project to make positive changes to unhealthy beliefs and behaviours that impact on the young person's health and well-being.

The positive pathway programme allows young people to build up positive relationships with staff through experiences in the outdoors. This has encouraged reflection, life experiences and what's actually going on in their lives to date. Through these mutual meaningful day project interactions, young people learn more about the range of health and well-being support services available to them at The Junction.

The Positive Pathway work started in October 2014.

This was through continual funding support from The Rank Foundation, who have supported The Junction and one of the Project workers through their degree in Community learning and development.

The Positive Pathway programme was made available to the three main Secondary Schools in NE Edinburgh.

Young people from Leith's 3 Secondary schools (Drummond Community High School, Trinity Academy and Leith Academy) have had the opportunity to experience green spaces in Edinburgh and the surrounding Lothians. The Edinburgh green spaces have been accessed by foot, public transport, or community mini-bus and we have explored:

- The Braidburn and woodland area (Edinburgh)
- Tynningham bay, Links woods and Ravensheugh Beach (East Lothian)
- Leith - Portobello beach - Musselburgh lagoons,

via the dog and cat home visit. (Edinburgh & East Lothian)

- Arthurs Seat, the Craggs and Dr. Neils Garden (Edinburgh)
- The Hopetoun Monument (Gareilton Hills East Lothian)
- Seafield path and Leith Links (Edinburgh)
- The Water O' Leith trail (Edinburgh- Leith)
- The River Tyne trail (Haddington)
- Edinburgh Castle and Greyfriars Kirkyard
- National Museum of Scotland, Scottish Art Galleries and the Scottish Parliament (During adverse weather conditions)
- Dynamic Earth
- Vogrie Park (Midlothian)
- Currie wood (Midlothian)

Young people have been in awe of the outdoors and embraced the surrounding flora and fauna of the diverse locations. The Positive Pathway programme is one full day a week for 5 weeks aimed at 14-16 year olds, with 6 young people in the group in total. The outdoor dynamics and activities are fluid in the engagement with young people. Some of the activities we have participated in are:

- Storm kettle challenges
- Tree and plant I.D.
- Environmental wood and beach art
- How to light a bonfire safely
- Bird and animal I.D.
- Tree structures
- Team outdoor challenges
- Story telling of the outdoors

The Junction has offered schools 9 Life Skills Outdoor Programmes since its which included a Summer holiday activity programme.

There have been 113 attendances, by 39 different young people during the programme, 22 male and 17 female. Call offs have been due to illness or no shows which have accounted for 34 non-attendances. 77% attendance rate is highly positive considering school non-attendance was often one of the reasons for referrals.

121

SUPPORT

Regular clients

All 130 regular clients made progress in at least one of the following areas: Emotional skills & well-being, Personal skills & development, Healthier lifestyle

Examples of issues worked on

ANXIETY, BULLYING, ANGER MANAGEMENT, RELATIONSHIPS, DIFFICULTIES AT SCHOOL, UNEMPLOYMENT, BEREAVEMENT, SELF-HARM, CONFIDENCE, LOW MOOD, IDENTITY, TRAUMA

Outcomes

Not all young people set goals to improve in all areas, so where there is no improvement, the young person may not have been working on this issue.

Employment/Training/Education:
80% improved

Asking for help: 78% improved

Alcohol/Drugs: 53% improved

Finding information: 80% improved

Understanding Emotions: 70% improved

Hopes for the Future: 68% improved

Coping with Emotions: 83% improved

Control of Life: 63% improved

Support: 68% improved

Well-being: 70% improved





Pilot : 15
2011-12 : 31
2012-13 : 47
2013-14 : 83
2014-15 : 147
534 - TOTAL



Pilot : 15
2011-12 : 17
2012-13 : 22
2013-14 : 25
2014-15 : 21
130 - TOTAL



Pilot : N/A
2011-12 : 32
2012-13 : 58
2013-14 : 83
2014-15 : 126
480 - TOTAL

"I learnt that I can manage school and manage talking to people even when I don't think I can."

"It's incredible to see and realise how much this has helped me. The contrast of how I was and how I feel now makes me feel really proud of myself because I feel like I've made so many achievements. The support from the Junction has been amazing, and I wonder why I was so nervous to consult them in the first place. I feel so much more confident, and I think I am able to cope with my emotions much better than I used to. I wouldn't hesitate to recommend the Junction - I feel welcomed here, and everyone is so great to work with. Thank you!!"

"I feel much better because I have spoken to someone who is there to help and they won't tell anyone. There are less arguments in the house, less shouting at school and I cut down smoking weed"

"Throughout the past year, I've had a lot going on.... The Junction have made coping with these difficulties 100 times easier. I've felt safe and welcome and I've learned to understand my feelings properly"

"I have learned that I can share anything. I feel better I can talk more about me and my nana. I've learned to approach things a bit at a time. It helps me, feel healthy (in my mind)"

"I feel much more confident after coming to The Junction - I am more able to deal with bullies and be myself"

1450

**TOTAL APPOINTMENTS
over 10 years**



STREET OUTREACH

2010 – PRESENT

The Junction's Street Outreach programme grew out of the "Chiller" drop-in on a Friday afternoon. Sometimes with the uncertainty of service user numbers in the Chiller, drop-in staff would utilise their time by going out and about on the streets of Leith during the summer weeks, to meet and interact with young people in and around the local Leith area. Outreach staff would meet and greet a variety of young people and promote The Junction and the services it provides. We have also been able to provide 16+ C:Card for older young people who may not have the time to access our drop-in/walk-in service.

The success of the Friday Street Outreach session led to an additional Tuesday afternoon as an extra day of contact and promoting the Junction.

In 2014 we changed making a daily Walk-in service and a change in our drop-in times, the Street Outreach was moved to later time on a Friday.

The number of interactions with young people over the last 6 years has been consistently positive and fluid. The Junction has reaped the rewards of the self-promotion of our services, and young people have accessed the Junction for a variety of holistic health issues. The Street Outreach team are also known to a lot of young people within the Leith area and this has helped build positive relationships.

Since 2010 The Junction over time has worked in Street Outreach collaboration with neighbouring Leith youth projects. Mainly The Citadel youth centre, Leith YMCA and recently in the last year Edinburgh Streetwork

Some key areas of interactions have been the high school areas of Trinity Academy, Leith Academy and Drummond Community High School. Public and recreational areas around the Banana Flats and the Kirkgate areas are also noted meeting places. The Street Outreach team have been involved in sporting interactions with young people at Leith Links, Dalmeny Park and Victoria Park. This last year has been a particular challenge because of the wet weather, but our interactions remain positively high.

| | | | |
|--------------------------|-------------------------|------------------------------|--------------------|
| 2010 | 169 young people | 118 male 51 female | 14 sessions |
| 2011 | 92 young people | 70 male 22 female | 8 sessions |
| 2012 | 579 young people | 316 male 263 female | 34 sessions |
| 2013 | 815 young people | 500 male 315 female | 43 sessions |
| 2014 | 782 young people | 487 male 295 female | 67 sessions |
| 2015 Jan-Mar | 163 young people | 97 male 66 female | 19 sessions |
| 2015 Mar-2016 Mar | 467 young people | 217 male 250 female | 37 sessions |

THE COUNSELLING SERVICE

Counselling sessions offered over 10 years

2006
276
sessions

2007
368
sessions

2008
390
sessions

2010
661
sessions offered

2009
400
sessions

2011
761
sessions

Well it's 10 years on and people often ask me are there any differences in the issues that young people are presenting with today. As I reflect the differences are more about the world we live in, the explosion in social media and how people choose to interact with this and the role of it can have a big impact on young peoples health and well-being. There are advantages and disadvantages to this development, how it can be supportive and also how it can deepen a sense of isolation. On line relationships and off line relationships are very different. The power of being with another human in a physical space which is safe and where you feel listened to and not judged is an amazing space to be in and I feel very privileged to be part of this healing process.

The growth of the service is in response to the need, yet even as I write this I am aware we have had to close the waiting list. In this ever changing world there is an increasing need for safe place for young people to look and explore their identity, to identify what they may want to change, and how they may want to be.

92% OF YOUNG PEOPLE WHO COMPLETED PSYCLOPS EVALUATION TOOL IDENTIFIED A PSYCHOLOGICAL IMPROVEMENT

- Hayden Kilpatrick

2012
683
sessions

2013+14
1186
sessions

2016
862
sessions offered

2015
844
sessions

**Support and education
with an alcohol focus
has been a key part of
The Junction since its
inception.**

**The work has included
three young people led
research projects**



Action Research on Alcohol and Violence

Explored alcohol use and its relationship to violence in Leith. The key finding was young people should be valued as part of the solution to alcohol concerns in the community rather than seen as the problem. A Report and DVD were launched in 2007

Alcohol Peer Research: Growing Up in a Culture of Alcohol

Collated and published in 2015. Peer Researchers completed 55 Interviews with young people living in North East Edinburgh

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.

Moments under the Influence

Young people created a flick book in 2008 – where they starred in flick books which show a series of situations of young people potentially can find themselves after drinking alcohol. The flick books are still popular with young people and good conversation starters at outreach and group work events.

Over 650 alcohol conversations had at over 832 walk-ins and drop-ins

Our key finding from 10 years of work supporting and educating young people about alcohol and learning from young people experiences is that alcohol is not something that can be explored in isolation – it is always related to the context of what else is going on going on in young people's lives.

North Edinburgh Alcohol Initiative Collaborative (NEAIC) was formed in 2011 and since that time we have delivered 313 ABIs (Alcohol Brief Interventions)

- Delivered 18 alcohol based training with other organisations
- Delivered 89 group work sessions at ROSP with engagements with 1752 young people
- 18 joint events with NEAIC and the Weekend Hub, engaging with 368 young people
- Over 36 sessions delivered in local schools and Edinburgh College reaching over 1377 young people - including inputs, assemblies and health events
- Over 38 inputs to 24 other youth projects reaching 264 young people
- 41 young people have engaged in one to one alcohol support (402 session offered)
- 79 Ad hoc one to one sessions

Over the 10 years we have recognised that young people affected by parents, or other adults, substance use require specific support and the need to raise awareness of this issue.

From 2013-2016 we worked with young people's experience at:

- over 128 drop-in/walk-ins, offering one off support to 311 young people
- worked with 31 young people, offering 241 sessions
- raised awareness of the issue at three local schools, working with 1314 young people and making connections with over 92 workers from other agencies.
- providing training to over 20 teachers at two local high schools



SCHOOLS OUTREACH

Our stats for Interactions:

| | |
|-------------|-------------|
| 2006 = 760 | 2007 = 1061 |
| 2008 = 910 | 2009 = 2244 |
| 2010 = 1024 | 2011 = 2019 |
| 2012 = 1533 | 2013 = 704 |
| 2014 = 2562 | 2015 = 2002 |

760
+
1061
+
910
+
2244
+
1024
+
2019
+
1533
+
704
+
2562
+
2002

14,819

Interactions over 10 years

Informal 2015 Total
(Over 20 sessions)

| | | | |
|------|--------|-----|---------|
| Male | Female | BME | Overall |
| 601 | 546 | 314 | 1147 |
| 52% | 48% | 27% | |

Formal 2015 Total
(Over 51 sessions)

| | | | |
|------|--------|-----|---------|
| Male | Female | BME | Overall |
| 474 | 381 | 170 | 855 |
| 55% | 45% | 20% | |

VOICE YOUR CHOICE

WE ASKED YOUNG PEOPLE WHAT THE JUNCTION MEANS TO THEM AND THESE ARE THEIR RESPONSES

Extract from 'Voice Your Choice Survey' full report available later this year



A word cloud of responses to the question 'What the Junction means to them'. The words are arranged in a grid-like pattern with a green background and purple circles. The words are: HELPING, WELCOMING, SOUND, HAPPY, SAFE, INTERESTING, COOL, SUPPORT, TRUSTWORTHY, HELP, GREAT, CONVENIENT, EXCITING, BRILLIANT, SPACE, SUPPORTIVE, INFORMATIVE, CARING, GOOD, FUN, PEACEFUL.



10 YEARS OF TALENT & TIME FROM THE JUNCTION VOLUNTEERS

**CONTRIBUTING
THOUSANDS OF HOURS
ENRICHING OUR TEAM
SUPPORTING OUR WORK**

PROJECT VOLUNTEERS

VOLUNTEERS COUNSELLORS

FUNDRAISERS

SPECIALISTS

**EACH PERSON
MAKING A
REAL DIFFERENCE!**

Emotional Wellbeing Group 2015-2016

12 young people attended 24 sessions at our 3 partner schools (Leith Academy, Trinity Academy and Drummond Community High School). Each small group was offered 8 sessions.

- * Young people were aged 12-14.
- * 11 young men and 1 young woman attended.
- * 4 young people were from Black and Minority Ethnic backgrounds.

When asked to rate their mood out of 10, 80% of young people noted an increase from the start of sessions to the end. No young people saw a decrease in their mood rating.

In evaluations, all young people either agreed or strongly agreed that they were more able to cope with difficult emotions, more able to understand their emotions and more likely to use healthy coping strategies at the end of the course.

One young person said

"I have learned tools for dealing with my anger. It was also good to get ideas from the other guys in the group from listening to how they deal with things. I would recommend it to a friend".

Young people told us that they had got what they needed from 8 sessions of group work and chose not to engage in further one-to-one support. However, several group members have used other Junction services such as drop-in/walk-in and further group work.

An example
of our group work



THANK YOU



Agnes Hunter Trust • Artemis Charitable Foundation • Barcapel Foundation • Misses Barrie Charitable Trust • Crerar Hotels Trust • CRH Trust • Gannochy Trust • David and Claudia Harding Foundation • Erskine Cunningham Hill Trust • Hamead Trust • Miss I F Harvey Charitable Trust • Heath HE Dcd • Albert Hunt Trust • Henry Duncan Awards • R S Macdonald Charitable Trust • Paterson Logan Charitable Trust • Ponton House Trust • Nancie Massey Charitable Trust • Margaret Murdoch Charitable Trust • Souter Charitable Trust • Widowers' Children's Home Trust • Walter Scott • Cheine & Tait • Garfield Weston • Baillie Gifford • Barcapel Foundation • BBC Children in Need • Big Lottery • C:card • CEC Children and Families Department • The Christina Mary Hendrie Trust • The Clore Social Leadership Programme • Comic Relief • Co-operative Community Fund • Craighentree and Duddingston Neighbourhood Partnership • David Bunzl • Edinburgh Alcohol and Drugs Partnership • Edinburgh and Lothian Health Foundation • Evaluation Support Scotland • Granton Youth Centre • GlaxoSmithKline • Jane Bruce • Healthy Respect • Health Opportunities Team • Leith Benevolent Association • Leith Links Community Council • Leith Rotary Club • Leith Neighbourhood Partnership • Leith Victoria Swim Centre (Edinburgh Leisure) • Lloyds Banking Group • Lloyds TSB Foundation for Scotland – Henry • Duncan Awards • Kings Fund • Muirhouse Youth Development Group • NHS Lothian • Partnership Drugs Initiative • The Paul Hamlyn Foundation • Pilton Youth and Children's Project • Portobello and Craigmillar Neighbourhood Partnership • Port of Leith Housing Association • The Oasis Foundation • The Ripple Project • The Rank Foundation • The Robertson Trust • RBS Technology Services Charities Committee • RS Macdonald • The Volunteer Centre Edinburgh • Youth Scotland • Youthlink Scotland

Thank you to all other trusts, foundations, financial and non-financial supporters – you know who you are!

Accounts

April 2014 to March 2015

| | |
|---|-----------------|
| City of Edinburgh Council - for core services | £101454 |
| Comic Relief | £39744 |
| Agnes Hunter Trust | £6,864 |
| Lloyds TSB Foundation | £35,000 |
| NHS Lothian - HIF | £35600 |
| BBC Children in Need | £36118 |
| CEC - for Young People Affected by Parental Substance Use (YPAPSU) | £45,501 |
| CEC - for Alcohol Work | £25000 |
| Robertson Trust - Positive Pathways | £15000 |
| Rank Foundation - Positive Pathways | £14897 |
| Big Lottery Young Start - Senior Project Worker | £13,344 |
| Donations | £32,760 |
| Activities for generating funds | £10,130 |
| Fees & other incoming resources | £13,310 |
| TOTAL INCOME | £424,722 |
| Expenditure | |
| Fundraising Costs | £1906 |
| Staff Costs | £283,339 |
| Rent and property costs | £36777 |
| Governance costs | £7206 |
| Direct project costs | £27470 |
| Office running costs | £14740 |
| TOTAL EXPENDITURE | £371438 |

The free reserves of the charity are represented by the general fund, which presently stands at £173,132. Of this amount, £30,000 relates to the GSK IMPACT Award - while no specific purpose for this amount has been identified at the present time, we will be consulting with young people to identify their priorities for applying this award. The aim of the charity is to maintain reserves at the level of at least 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, excluding the GSK IMPACT Award element, are equivalent to between 4 and 5 months' expenditure at current levels.



Winner

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young people, health & wellbeing

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