

## Annual Report 2018

When I joined The Junction just over two years ago I had no idea I would one day be writing the Chair's Report. Over the last year, the board has seen some significant changes, with a number of our members coming to the end of their tenures. With that in mind, I'd like to thank Andy Dey, Neil Archibald and Michael Kellet for their invaluable contributions to The Junction. I would also like to offer a special thanks to Mags Easton, our outgoing Chair, whose tireless work since The Junction's inception has been inspirational.

As a result of these announcements, our existing board of nine members are now joined by a number of new faces, offering an exciting opportunity to build on our five-year strategic plan (set to run until 2022). This sees us support and promote the health and wellbeing of the young people of Leith and North East Edinburgh. Through the plan, we also share our approach with peers and professionals in order to influence wider policy. In addition, we champion the need for innovation to address the requirements of our stakeholders. As the Junction approaches its thirteenth birthday, I believe that this strategy, built on The Junction's existing nested provision model and peer-based approach, will allow us to go from strength to strength.

Last year we announced a change to our organisational structure. This saw our founder, Sam Anderson, taking a new role focused upon influencing policy and creating systemic changes. At the same time, Suzanne Campbell took over operational oversight of The Junction. I am pleased to report that this transition has worked well and thank both Sam and Suzanne for their dedication.

We are grateful to organisations and individuals that provide ongoing support to The Junction, see Page 5 for our list of thanks! This year we completed our second annual Core Capacity Assessment Tool (CCAT). A service which provides an independent organisational health check of the Junction's adaptive, leadership, management and technical capacities. I am encouraged that we have seen further progress against last year's positive results and that we continue to develop our capacity and strengths in these areas.

Looking to the future, I see a continued need for the services The Junction provides. I am sure that my fellow board members will join me in highlighting my pride in being part of The Junction, and share admiration for the work of its staff and volunteers.

**Andrew Mason**  
Chairperson



**The Junction**  
**Young People,**  
**Health and**  
**Wellbeing**

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**Charity**  
**Number:**  
**SCO 36721**

**Company**  
**Number: 278505**

## About Us.....

The principal objectives of the charitable company are to offer access to a wide range of health related services, education and information by providing a safe and welcoming environment, which supports the young people of primarily North East Edinburgh in enhancing their health and wellbeing. The Junction works with a value base that encourages social and economic inclusion, promotes long term prevention and is centred around building the capacity of the young people who use our centre.

The aims of the Junction are:

- \* To offer a friendly space where advice, information and support on health & wellbeing is 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 & 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 partnerships working with local groups, voluntary and statutory organisations.

The Junction opened its doors in December 2005, and since then, young people from the surrounding areas have been accessing the youth friendly, safe centre. The Junction offers a space for them to relax in, get the information/advice that they need and engage with a worker.


The Junction was set up in response to local and national research (Walk the Talk (2000); Safe & Sorted-Not in Leith (2001)). Young people's health was identified as a priority for action with the establishment of a centre specifically for young people as a way of addressing some of the factors and inequalities that create long-term health problems.

The organisation has its roots in Article 24 of The United Nations Convention on The Rights of the Child. This recognises the rights of a child to have access to the highest level of health care and health services. This is what The Junction is all about.

Current services have been developed through close consultation with local young people to establish what their needs and preferences are. The services at The Junction are guided by the needs of the young people, which are explored and developed through trust and relationships built with staff. The organisation's services are intended to provide much needed holistic health and wellbeing information and support to all young people aged 12-21 living primarily in Leith and North East Edinburgh.

The Junction is working to promote long-term prevention and raise young people's awareness and self-esteem, and to support them to make informed choices about their health and wellbeing. The aim is to help them to help themselves which, if successful, will ultimately have a positive effect on the community as a whole.

## Current Services and what we have provided in 2017/18

 Confidential **Walk-in & Drop-in Open Access Services** where young people can access information and support on a range of health related issues, as well as complementary therapies every Friday. Our open access services offer 30min one-to-one appointments and the drop-in offers space for young people to access services in small groups and take part in a range of health and wellbeing opportunities

In 2017/18 we had **359 young people visits to 134 walk-in or drop-in services.**

 **Counselling** and **one-to-one** support services, and a specialist **substance use worker**


In 2017/18 we have worked with


- **43** young people accessing counselling
- **54** young people accessing one-to-one support
- **17** Young people accessing specialist substance use one-to-one support


 **Group work, outreach and street engagements;**

In 2017/18 we had

- **602** engagements with young people through **31 street outreach** sessions
- **1287** engagements with young people through our **school outreach** programme - from delivering **61** sessions at Leith Academy, Trinity Academy, Drummond Community High School and Edinburgh College Granton Campus
- Worked with **758 young people** through **48** group work sessions in local schools and community projects
- Delivered **373** substance use group work sessions in schools across North East Edinburgh to **1213 young people**


 **Creative Express** project – giving young people the opportunity to explore their wellbeing through a range of creative arts. This has seen 6 young people work one to one using creative methods and we have delivered **35** group work sessions, resulting in **118 contacts**. The group work sessions have included Creative Canvases, a Write to Express group, Creative Hours and Cartoon Emotions. We also had an exhibition to celebrate the young peoples work (see next page).

 **Positive Pathways** Project – a life skills programme with groups of young people learning in the outdoors in partnership with our local schools. This year we have delivered **2** programmes to **11 young people**.

 **Junction Youth Advisors** support meaningful youth involvement in the project, this year they have contributed **332 hours** to The Junction, which have included

- **11** monthly meetings, **10** working group sessions, **8** group work sessions, **7** outreach sessions, **1** event, **3** outings

 **Volunteering opportunities** - this year **5 volunteers** have contributed **597 hours** to the project to support our counselling service.

 We are also actively involved in a number of Edinburgh and UK wide networks and are currently developing our Theory of Change Model and strengthening our Assets Based Approach to better capture, evidence and share our learning with other organisations across the UK.

## What young people said about the support they received.....

Write to Express has been life changing and I'm not joking. It's been my escape out of reality – no drama, no hate, just a group of lovely people wanting to write to express. It's also helped me as a person feel loved and special. I've also grown in confidence and took up more opportunities, not just in here but in real life. I came here thinking I would write stories for an hour and a half, but instead left feeling renewed, like in (console) games when you go to the place to put yourself to full health – this is that place

I learnt different ways to cope with anxiety and to not let it stop me from doing things like going to the gym

It was very helpful for me to be able to talk about things and not feel as if I am getting judged

After having 6 sessions of 1to1 support I feel that I have become better at handling emotional situations and I am able to step out of my comfort zone more. The goals I feel I have achieved so far are that I can be more in control of how I am feeling and I am able to support others more without it affecting me so much

I always felt able to discuss my feelings and experiences without any fear or judgement. The Junction staff are all so friendly and helpful which makes me look forward to coming

### “Positive Path” ways



Lots of fun and really great exercise

It's a chance to do something different

It was amazing! Loved seeing a new place

Fun. It has helped me, walking helps me de-stress

I have made huge amounts of progress during my sessions. I have also got new ways to look at situations and change the way that I have been assessing them. This has really helped me with things that have happened in the past, but also things that are happening now

I have been self harming much less after being given a self care kit when I came for the walk-in

I got in touch with the Junction after a worker came to do a session at my school on sexual health, to find out about counselling services. I felt like talking to someone for over a year but felt judged by the adults around me. After meeting the staff member at school, I knew The Junction was the best place for me to go

## Board of Trustees (Current)

Andrew Mason, Chair

Anne Gribbon, Treasurer

Karen McCallum

David Pickering

Sam Jelf

Anne Sutherland

Jamie Dunlop

Ben Walsh

Linda Duncan

Members of the Board of Trustees that have since left The Junction but have contributed during this financial year:  
Mags Easton, Andrew Day, Neil Archibald, Alastair Davies, Grant Hutchison,  
Sue Diamond and Michael Kellet.

Board members were recruited through advertisements on our website and social media pages or through word of mouth connections.

## Staff

Sam Anderson	Director	Suzanne Campbell	Service Manager
Hayden Kilpatrick	Senior Counsellor	Alice Heywood	Office Administrator
Mo Ford	Senior Project Worker	Ian Higgenbotham	Project Worker
April Wendy Hayes	Creative Express Project Worker	Asia Kozyra	Project Worker
Caroline Crozier	Project Worker (Substance Use)	Danni Szerszynska	Project Worker
Michael McNaughton	Project Worker	Jacqueline Boucher	Community Counsellor
Fiona Baker	Counsellor	Vicki Watson	Fundraiser
Louise Gaw	Support Worker (Policy and Governance)	Tessa Hughes	Time to Shine Intern
Lindsey Chalmers	Massage Therapist	Volunteer Counsellors:	Jess Erb, Caroline Burrell, Robin Spivey, Asia Kozyra, Katie Nicol

## Concluding thoughts.....

The Annual Report is always an important time for reflection on the previous year, and this year it has been slightly different as this is The Junction's 13th Anniversary. We have produced this scaled down report, inspired by our first annual report, to mark 2018's work. Later in the year we will publish a limited edition 13th Birthday Booklet - celebrating The Junction's evolving story and exploring what it is like to turn 13 in Scotland today. I won't give any more details away but to close this Annual Report, I would like to thank all the young people who share their stories with us and all those named above for their continued support and dedication to The Junction.



Young People's Creative Canvas Art Work

## Finances...

### Income and Expenditure 2017/18

Still waiting on these details.

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### The Junction wishes to thank:

All our partners in the Young Person's Substance Use Service \* Citadel Youth Centre  
Port of Leith Housing Association \* Edinburgh College \* RS MacDonald Charitable Trust  
Drummond Community High School \* BBC Children in Need \* Leith Academy  
Big Lottery: Young Start \* Big Lottery: Awards for All, \* Big Lottery \* Trinity Academy  
C:Card \* The Oasis Foundation \* CEC Children and Families Department \*  
The Rank Foundation \* Edinburgh Drugs and Alcohol Partnership \* Foundation Scotland \*  
Comic Relief \* Youth Link Scotland \* The Clore Social Leadership Programme \*  
Youth Scotland \* GlaxoSmithKline \* Robertson Trust \* Healthy Respect \* Health  
Opportunities Team \* Leith Benevolent Association \* Tesco Great Junction Street \*  
Leith Rotary Club \* Everyone who has used our 86 Space \* Leith Neighbourhood  
Partnership \* Leith Victoria Swim Centre (Edinburgh Leisure) \* Lloyds Banking Group  
Kings Fund  
All of our individual donors \* NHS Lothian \* James M McNab Trust  
The Paul Hamlyn Foundation \* Pilton Youth and Children's Project \* Canasta Trust \* Crew  
Our partners in Peer Works \* Jane Bruce \* Audrey Birt \* Emma Crawshaw  
\* Noble House

