



# Annual Report 2019



The Junction - Young  
People, Health and  
Wellbeing

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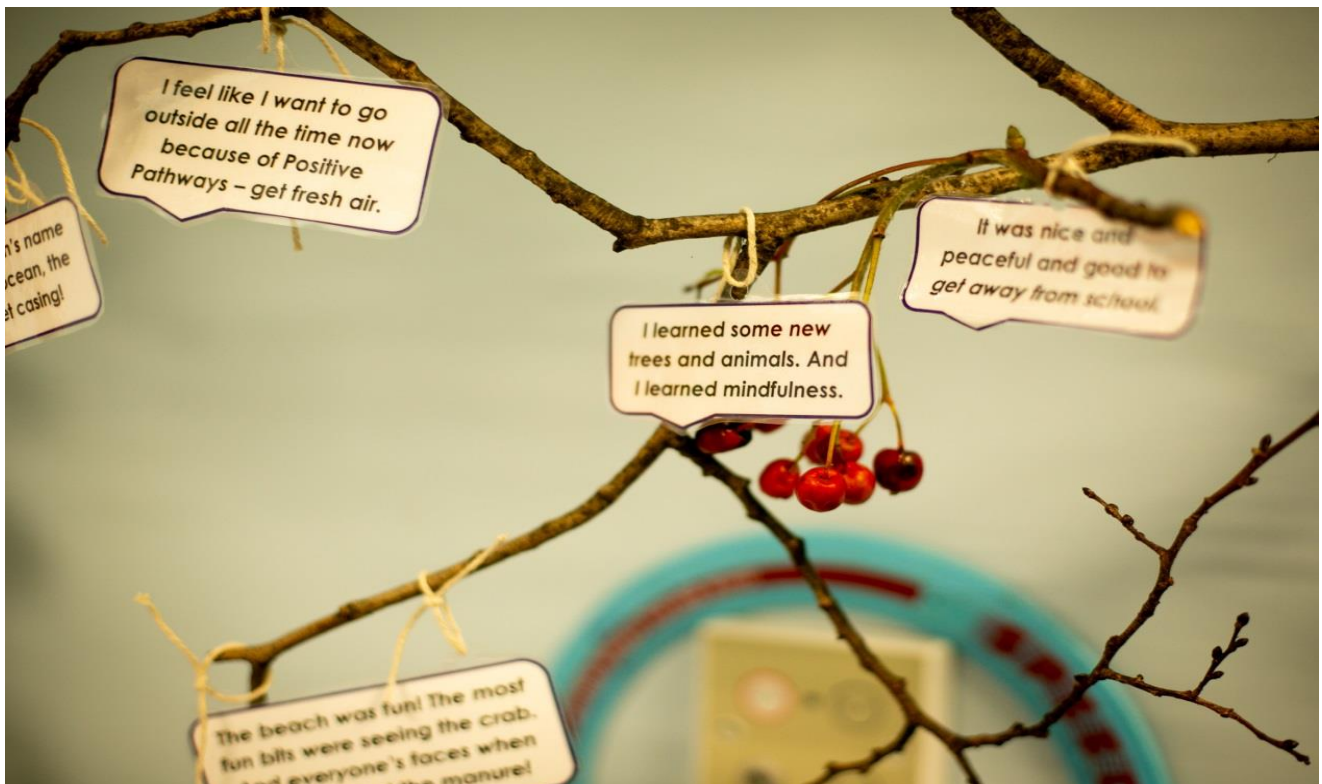
[www.the-junction.org](http://www.the-junction.org)

Charity Number:  
SCO 36721

Company Number:  
278505

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# Welcome

## Chair's Report

It has been another momentous year for the Junction, which becomes a teenager as we enter the second year of our five-year strategic plan.

We continue to develop and enhance our efforts to support the health and wellbeing of the young people of Leith and North East Edinburgh. The numbers of young people we have work with this year are outlined on Pages 5-6.

I continued to be amazed by the number of young people that access The Junction's services, the accomplishment of the young people and the dedication of the team, volunteers and Junction Youth Advisors.

2018-19 has also seen the Board utilise its wealth of experience and new recruits have brought a diversity of thought. It has been exciting to see the Board grow and add this extra value to The Junction. The Board of Trustees are keen to see what young people and staff will develop in relation to sharing our learning further.

As the saying goes, 'change is the only constant' and the Junction has seen a number of changes in its staff team recently. I wish them all the very best for the future. Although it is hard to say goodbye to valued team members it is testament to The Junction's model of supporting staff to reach their full potential. I too shall be saying goodbye to The Junction after our upcoming AGM. It has been an honour to serve on the Board and I will remain a friend of The Junction.

**Andrew Mason, Chair**

## Listening to Young People....

At the end of 2018 The Junction celebrated its 13<sup>th</sup> Birthday. We concluded our celebration booklet by stating:

*'As we grow, we are keen to share the learning we've acquired over the last 13 years, to advocate for and support young people to be heard and considered by those in positions of power and influence.'*

To make this happen we have been further developing how we listen to young people with our Junction Youth Advisors and we have mainly dedicated the space in this report to share what young people have been telling us and how we can share this learning wider.

**Sam Anderson, Director**

**Suzanne Campbell, Service Manager**

# The Junction

The Junction offers 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 on building the capacity of the young people who use our services.

The aims of the Junction are:

- \* To offer a friendly space where advice, information and support for 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 that 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.

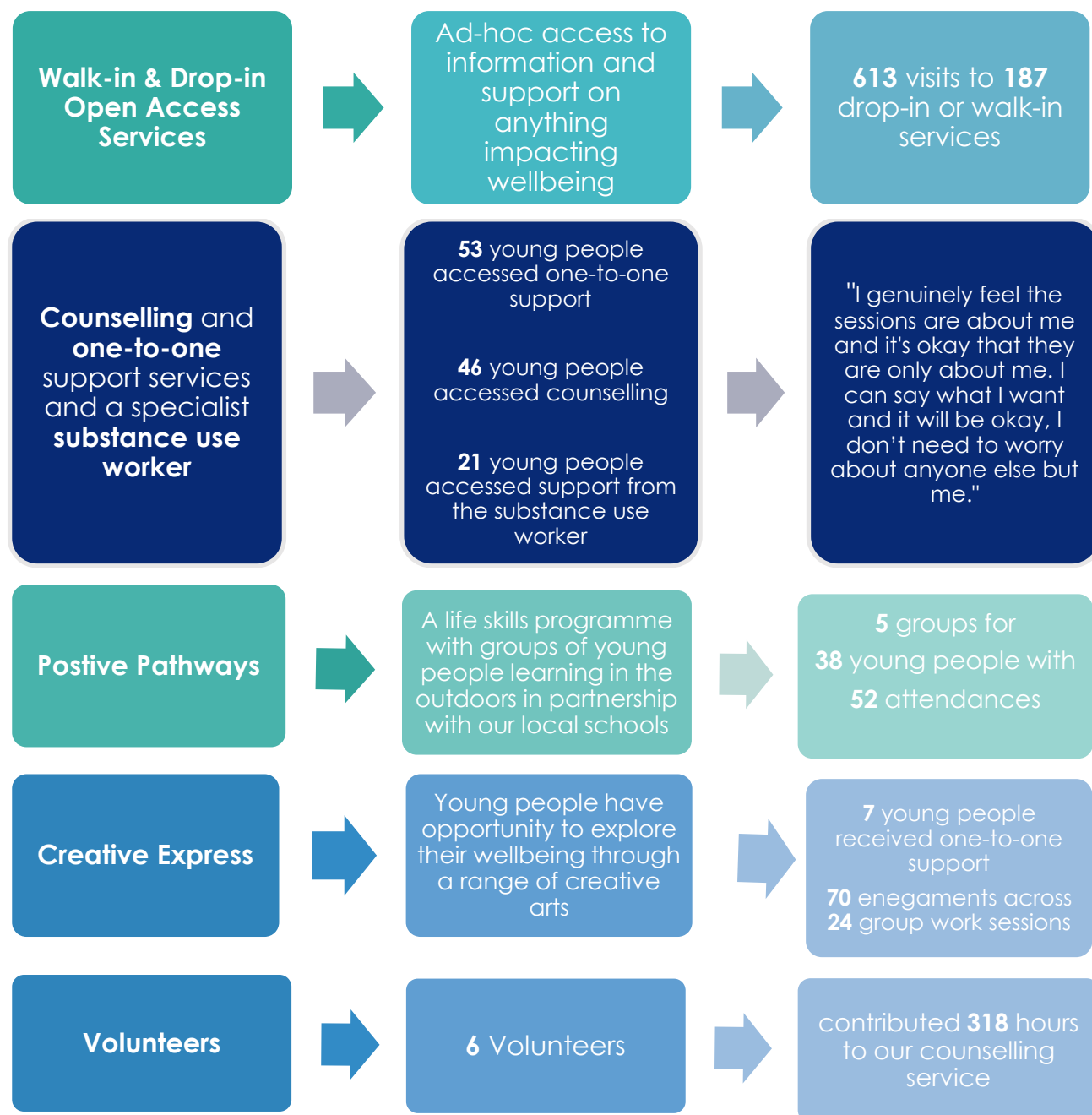
The Junction was set up in response to local and national research (Walk the Talk, 2000; Safe & Sorted - Not in Leith, 2001). Young people's health was identified as a priority for action, with the establishment of a centre specifically for young people as a way to address some of the factors and inequalities 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 every child's right to have access to the highest level of health care and health services.

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 trusting 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.

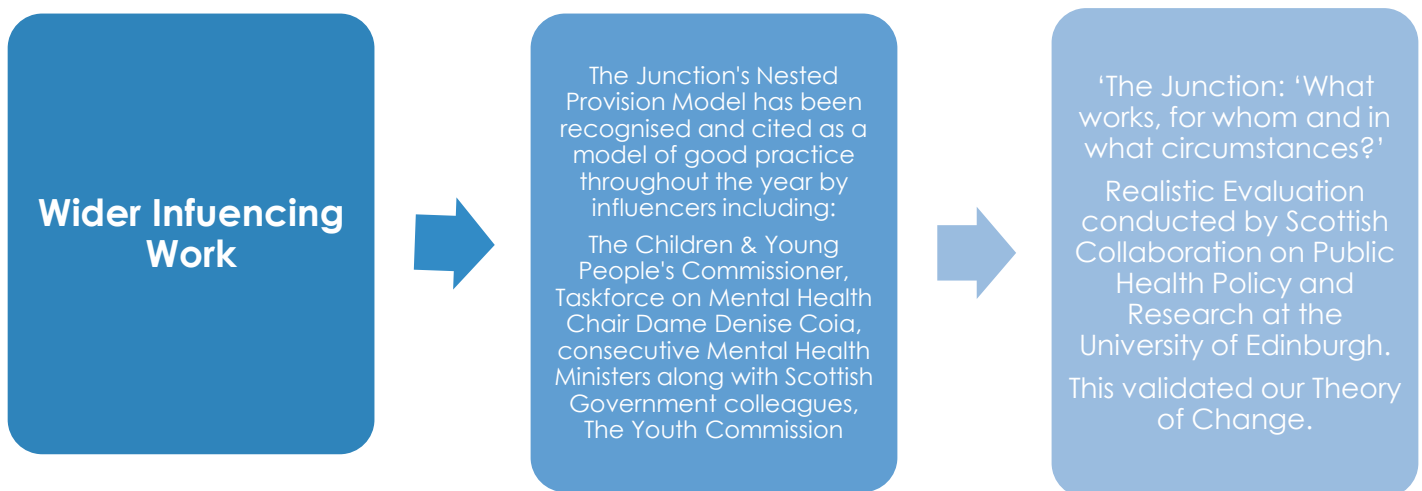
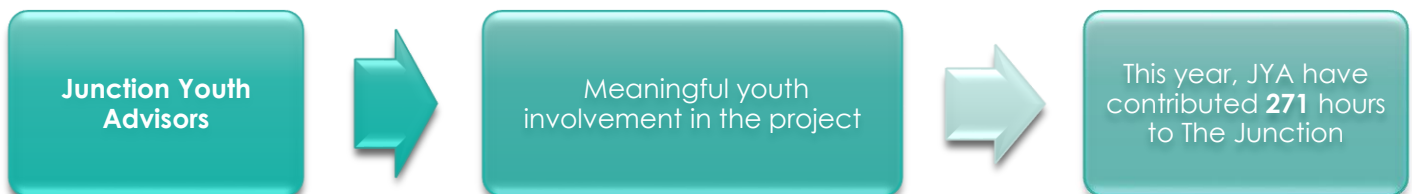
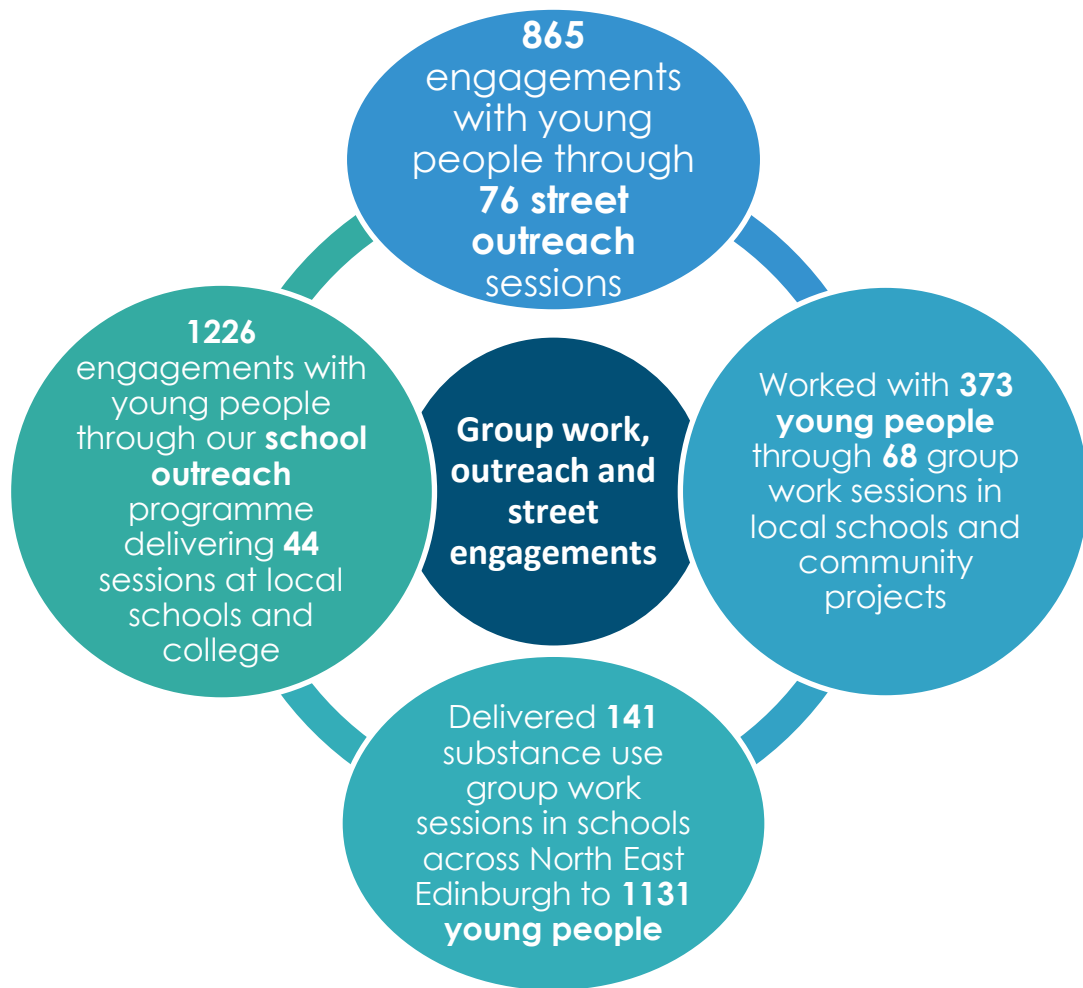
The Junction is working to promote long-term prevention, to raise young people's awareness and self-esteem, and to support them to make informed choices about their health and wellbeing. The aim is to help them to help themselves which, if successful, will ultimately have a positive effect on the community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

## Services delivered in 2018/19

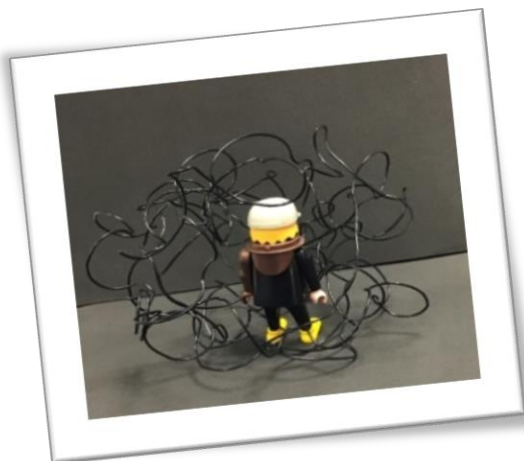
The Junction offers a range of services - they are outlined briefly over the next two pages and detail the number of young people we worked with in 2018-19. For more information on our services, see our website [www.the-junction.org](http://www.the-junction.org).







# Young People's Voice



**Not being listened to**



**Having your voice heard**



Hearing young people's voices has been a big focus in 2019. We asked young people what being listened to meant to them. This is what they told us...

- You know that things will not be shared unless it's anonymously
- Welcoming setting to be listened to
- Our opinion is acknowledged and not brushed to the side
- You are given feedback when it is necessary and impacts on you

Building on this and in collaboration with the staff team, the Junction Youth Advisors then set out their aims for the next two years.

Young people worked creatively, as well as debating and discussing at their monthly meetings how they saw things developing and where their focus lay. These are their aims:

- Working alongside the Director in order to directly influence policy and create systemic change
- Creating JYA led social media feedback opportunities
- Working alongside schools to strengthen our partnerships with young people taking a lead
- Connecting with other youth organisations/services and networks
- Broaden out the voices we listen to
- Listening across all of The Junction's services

# Voice Your Choice

Voice Your Choice is our annual survey of young people – both those who already use our services and those who do not.

Overall, **119** young people took part in Voice Your Choice 2019 across our services.

We asked young people their thoughts on the Junction. The responses were overwhelmingly positive, with young people telling us **they see The Junction as a helpful place for themselves and their peers.**

Those who did not know much about us said they **wanted more information.**

We asked those who used one-to-one and counselling what was important about the relationships they had with Junction staff. Two thirds spoke about **themes of openness, honesty and being able to express themselves.** On rare occasions where the relationship didn't suit the young person, we have been able to offer an alternative worker.

Ideas for developing the one-to-one service included having a clear “next steps” process to support a young person’s transition following one-to-one support.

Young people who attended the counselling service were asked about our offer of an initial 20 sessions. **All young people who responded were happy with the offer of 20 sessions.**

***“I think 20 is a good number and it is reassuring to know re-referral is possible and you are not just cut off and left on your own”***

Listening to young people at the 3 local secondary schools and Edinburgh College, we heard the **positive reputation The Junction has in the community.** It was clear that young people wanted to find out even more about our services and what we do. Suggestions for this included **more frequent interactions, assemblies, workshops/ presentations in classes, fun activities.**





We spoke about how young people would like to feed back to us after accessing ad-hoc support. The results were mixed, suggesting that a range of ways to feed back might be helpful to reflect young people's different needs.

At outreach, we asked about barriers to getting support. Young people talked about an **ongoing stigma**, their nerves, a fear of judgement and a lack of confidence.

Below is a selection of responses from Voice Your Choice:

I don't know what it is but every time I leave The Junction, I always feel better

***A positive impression so far, very welcoming and understanding. Clear on the support you can receive***

Fabulous place. I don't know where I would be without it

***A brilliant organisation that offers a great amount of support, opportunities and a space to feel safe, open and honest. It is so reassuring to know there is always someone in your corner and is accessible for people of a wide demographic***

The ability to be honest and open without worrying about my friends/family knowing. Having that trust in someone

***I genuinely feel the sessions are about me and it's okay that they are only about me. I can say what I want and it will be okay, I don't need to worry about anyone else but me***

All I know is that they help and support young people in many ways. It's nice to sit down, relax for a bit and talk to people

# Finances (Financial Year Ending March 2019)

## Income

City of Edinburgh Council – Children and Families Grant – Core Services	£93,202
City of Edinburgh Council – Health and Social Care Grant – Substance Use	£22,175
NHS Lothian – Health Improvement Fund	£36,596
Big Lottery: Improving Lives – Community Counsellor	£49,842
Big Lottery: Young Start – Open Access Senior Project Worker	£25,000
Robertson Trust – Positive Pathways	£15,000
KPE4 Charitable Trust	£15,000
RS McDonald Trust – Trauma Support Worker	£10,000
Stewart Investors	£12,500
Gannochy Trust – Creative Express	£10,000
BBC Children in Need Small Grant – Creative Express	£9,550
Other Grants Below £10,000	£32,372
Donations	£9,994
Fees and other income	£1,694
Premises Rental	£13,553

**Total Income** **£356,478**

## Expenditure

Staff Costs	£384,496
Rent and property Costs	£51,001
Office Running Costs	£9,684
Publicity	£5,996
Professional Fees	£11,179
Direct Project Costs	£8,652
Fundraising Costs	£216

**Total Expenditure** **£471,224**

The free reserves of the charity presently stands at £163,770. 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 are equivalent to around 4 months' expenditure based on the 2019-20 budget. With the growth in the charity over the past couple of years, the trustees are aspiring to increase the level of reserves held in line with current good practice guidelines and will be reviewing the policy in 2019-20 to reflect this. We have a designated Future Activities Fund of £55,531.

# Contributors and Thanks

To finish this report, we would like to use this page to acknowledge all the people and organisations that support The Junction to thrive.

## Board of Trustees

**Andrew Mason** (Chair)  
**Sam Jelf** (Vice Chair)  
**Anne Gribbon** (Treasurer)  
**Karen McCallum**  
**Anne Sutherland**  
**Jamie Dunlop**  
**Ben Walsh**  
**Linda Duncan**

Member of the Board of Trustees who has left The Junction but contributed during this financial year:  
David Pickering

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

## Staff Team

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

## 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, \* 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 \* The King's Fund \* All of our individual donors \* NHS Lothian \* James M McNab Trust \* The Paul Hamlyn Foundation \* Crew \* Our partners in Peer Works \* Jane Bruce \* Audrey Birt \* Emma Crawshaw \* Noble House \* Stewart Investors \* Gannochy Trust \* Calton Youth Ministry