



Annual Report 2021

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Company No: 278505 Charity No: SC36721

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.

Welcome from the Chair

This year we have chosen the theme of "change" to focus our annual report, as it has been such a key aspect of our journey over the last year. 2020/21 has shown us the impact of our adaptations to services in response to the ongoing restrictions. The work and dedication of the whole team to make this happen has been phenomenal and so has the input from young people.

The Annual Report is an ideal opportunity to reflect on some of the changes we have been making to adapt to new ways of working. We have outlined the changes we have made to our services, as well as shining a light on the Junction Youth Advisors and Digital Drop -In - both demonstrating where we listened to young people to shape the changes.

The winds of change have also been present across the team at the Junction. Most significantly, it has been The Junction's founding director Sam Anderson and our Senior Counsellor Hayden's last year with us. I want to thank them for their dedication and support which has helped us go from strength to strength. Further to this I want to express my highest admiration and thanks for the team within the Junction, who have continued to show dedication and keep us steady in a changing tide.

I've been really grateful to our board of trustees who have continued to share their insight and support. I want to say thanks to our outgoing Chair Ben Walsh, along with trustees Anne G, Anne S, Jamie and Sam J who stepped down in June of this year. They contributed so much over the last few years. Staying on the theme of change, I look forward to welcoming our new Chair, Ellen Birt, to the board at next year's Annual General Meeting.

Looking to the future, our priority is to maintain the excellent services The Junction provides and also maximize opportunities for us to keep evolving. I would like to give a final thank you to all of our supporters and funders who help us to make all this good work happen to deliver our services to young people in our community.



Sophie Ewen

Changing and Adapting Services

Our approach was to balance the risk of covid with young people's rights to accessible services and other risks to their wellbeing. In order to do this we had to make some changes and difficult decisions over 2020/21.

Open Access Services: Developed a Digital Drop-In to run twice weekly for young people to phone and get immediate support.

One-to-One Support: Continued to offer support over the phone or video platforms, and as restrictions evolved, offered walks outdoors and then face-to-face support in our building following all guidelines.

Counselling: As with one-to-one support, until December 2020, when we made the difficult decision to suspend our counselling service. This was due to long-term staff leaving and funding changes.

Group Work: All group work in 2020/21 was online. We ran Creative Groups and adapted our outdoor Positive Pathways projects

Outreach: We were out connecting with young people when possible on street outreach but all other work that we would normally do with schools was not possible.

Junction Youth Advisors: Our young people's participation group met online and were vital to helping us adapt all these services.



SERVICES DELIVERED, STATS AND HIGHLIGHTS

Provided **One-to-One**
Support to 32 young people

Positive Pathways - 2 group work
programmes reaching 6 young people

Provided Counselling to 17
young people

Street Outreach -
8 sessions reaching
155 young people

Creative Express Groups benefiting **9** young
people

"I feel a lot better - it's working" - quote from One-to-One Support

"I'm feeling so much better than I was at the start of support. I didn't used to be able to cope with having time to myself but I'm managing to cope during lockdown and my mood is fine." - quote from One-to-Ones

SELF-CARE KITS

We gave out **25** self-care kits to young people over the times when we were all stuck at home. This was a lovely opportunity to connect with young people and to be able to send them resources relevant to their needs and interests. We have received great feedback on the kits and young people have expressed how helpful they have been, especially during the early phases of lockdown.

The Self-Care Kits contained items to help with emotional wellbeing or themed towards young people's interests e.g., art materials, breath work, nature, sports among others. We were also able to provide essentials to some young people facing difficulties in lockdown to ensure their basic needs were being met by providing vouchers for food and toiletries.

"The food vouchers and superdrug vouchers really helped me out when I was facing homelessness and in need."

"Loved getting my kit during lockdown, I really liked the Breathe Out book and I've been using it loads, It was really nice to get things that helped me to relax when times were really hard for me."

FOCUS ON DIGITAL DROP-IN: RAN 115 DIGITAL DROP-INS WITH 183 ENGAGEMENTS

The digital drop-in is one of the ways we have adapted to provide support to young people despite covid restrictions. It provides two sessions per week when a young person can have one-to-one support for anything on their mind - through messages, email, phone call or video call.

Sadly, for the length of the restrictions, we knew we would have to lose the in-person services of the Drop-In - such as c:card, STI and pregnancy testing or the free massage on a Friday. However, at a time when many young people felt particularly isolated or anxious, the Digital Drop-In was able to provide the confidential one-to-one support that so many young people came to our open access services for. Workers had to quickly adapt to providing warm and empathic support through text and email - very different methods to what we were used to! We have been pleasantly surprised by the positive impact of these types of support, with many young people using the Digital Drop-In regularly and commenting on how helpful they have found it.

There have been challenges – for some young people slow internet connections have stalled conversations, or a private space at home has been hard to find. We are also aware there are some young people for whom access to technology is a challenge, or who much prefer face-to-face support. However, the digital-drop-in has been popular, with many young people keen that it remains an ongoing option for support now that restrictions are easing.

“It made me feel like I can be completely open about how I feel and can speak about it to someone who won't judge me”

“It has made me feel reassured that there is help out there”

“I've only had one drop in and I'm already trying to get more sleep and trying new things to try get better”

“Given a place to go to for advice and just a general place to talk about things which I otherwise wouldn't be able to”

“It has gave me some good energy that I will put into positive things, it has changed my perspective to a more positive one.”

“I felt much better after using the drop in, thank you 😊 ”

FOCUS ON JUNCTION YOUTH ADVISORS

The Junction Youth Advisors' first monthly meeting of 2020/21 was also their first ever meeting by video. This was very different to sitting round a table at The Junction with snacks, music and chatter but the group adapted quickly and positively.

They got straight down to business helping us plan our new service, the Digital Drop-In. Over the year, the youth advisors continued to help us develop our responses to lockdown. They tested an online Creative Express group, gave suggestions for postal self-care kits and shared their views on delivering support outdoors and returning to the building.

At a time of so much change, it made a huge difference to be able to consult with young people. Online meetings evolved as the year went on. We added on an extra half hour for informal time to help build the important social connections.



The group also produced a brilliant video called Lockdown Lowdown to promote the Digital Drop-In and share their ideas for self-care: The JYA team all agreed this was something they felt proud of.

Communication could feel awkward, but breakout rooms helped the youth advisors talk openly. The group offered mini meetings to help new volunteers feel more comfortable getting started. It was challenging at times, but the team also recognised volunteering gave them a different focus during lockdown and the meetings were also a safe, social space.

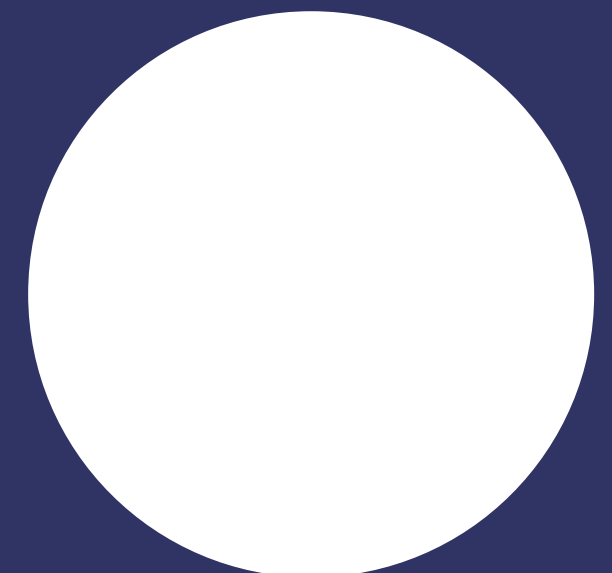
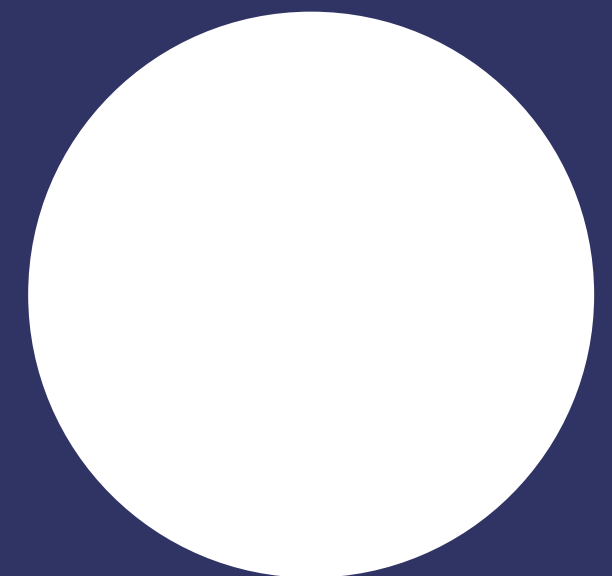
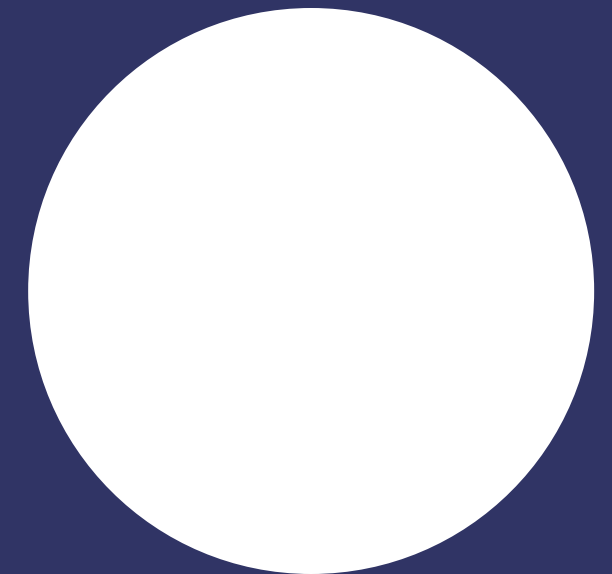
“Volunteering is rewarding and enjoyable. It’s my purpose during lockdown”

QUOTES

“Being a virtual volunteer is strange, but it’s nice to keep working with you guys even through lockdown :-)”

“After this session I feel happy after a good chat.”

“I loved getting to know everyone and being part of the meeting. Thank you for having me. I had an amazing experience and hopefully I will see everyone again at the winter get-together.”



FINANCE REPORT

Income in the year amounted to £309,351, mainly from grants, with the City of Edinburgh Council grant continuing to be our largest funder (33% of total funding). Total expenditure decreased to £374,216 on the previous year. This resulted in net expenditure of £64,865 for the year.

The decrease in income has resulted from not re-applying for funding that was coming to an end. Some of which because it was no longer available to apply for, while for others we chose not to reapply and to review some services before reapplying later in 2021. This includes reviewing our counselling services to adapt them to the new environment of hybrid face-to-face and remote services. During summer 2021, we will be consulting with young people and redesigning these services for new applications in late 2021. This also enables us to respond as funders also work out what their priorities are post-pandemic.

Funds carried forward are £245,330 and comprise of £27,808 in restricted funds, £3,051 in the designated fixed asset fund (corresponding to the net book value of fixed assets), £5531 in a designated future activities fund to provide reinvestment into the organisation's ongoing development, and £208,940 in the general fund - which constitutes the charity's free reserves. The board are satisfied that these reserves provide stability and flexibility in a funding context that is still uncertain.

Full accounts available at <https://find-and-update.company-information.service.gov.uk/company/SC278505>

Tina Stewart, Treasurer

LOOKING FORWARD 2021/22

Looking forward we want to build on our learning from this year, and all the change, to prioritise the following:

- **REBUILDING COUNSELLING
SERVICE AND DEVELOPING
POST-COVID**

- **NEW PARTNERSHIP PROJECTS**

- **DEVELOPING NEXT
STRATEGIC PLAN**

The work of The Junction would not be possible without the contributions and support of the following funders, individuals, organisations and partners:

City of Edinburgh Council, National Lottery Community Fund, NHS Lothian - Health Promotion, Edinburgh Alcohol and Drug Partnership, BBC Children in Need, Volant, Paul Hamlyn Foundation, Leith Benevolent, Gannochy, National Lottery Scotland Awards For All, Dr Gruthries Association, Calton Youth Ministry, Nancie Massie Charitable Trust, Souter Trust

Thank You

Port of Leith Housing Association, Audrey Birt, EVOC, Edinburgh Community Health Forum, The Kings Fund, LAYC - all local partners, all individuals that have supported our work either directly or indirectly.

Staff Team during 2020/21

STAFF TEAM: **Sam Anderson** (Director), **Suzanne Campbell** (Service Manager), **Adele Ewing** (Office Manager), **Hayden Kilpatrick** (Senior Counsellor), **Danni Szerszynska** (Project Worker), **Ian Higgenbotham** (Project Worker), **April-Wendy Hayes** (Creative Express Project Worker), **Caroline Crozier** (Substance Use Project Worker), **Helen Munro** (Young People's Voice Project Worker) **Jacqueline Green** (Counsellor), **Ana Puljic** (Volunteer Counsellor), **Yvonne Fieldhouse** (Volunteer Counsellor), **Chris Follan** (Time to Shine Intern)

BOARD: **Ben Walsh** (Chair), **Sam Jelf** (Vice Chair), **Jamie Dunlop** (Co-Treasurer), **Anne Gribbon** (Co-Treasurer), **Anne Sutherland**, **Linda Duncan**, **Christine D'offay**, **Matt Landsborough**, **Lorna Blyth**, **Sophie Ewen**, **Chiara Marin**