

Impact Report

2024 – 2025



About The Junction

Established in 2005, The Junction supports and improves young people's health and wellbeing within a purpose-built centre in the heart of Leith, Edinburgh.

Our multi-disciplinary team of staff and volunteers use both youth work and therapeutic approaches to meet the needs of young people, aged 12 – 21 who live, work or learn in the Northeast Edinburgh area.

Our Vision

Young people thrive, with access to support and resources that meet their health and wellbeing needs.

Our Mission

To provide services for young people that support their health and wellbeing and enable them to make informed decisions about their lives.



Our Values (updated 2024)

Our Values inform our individual actions and decisions, and shape how we engage with young people, collaborate with others, and operate within the organisation. As a community-based youth organisation, young people are at the heart of everything we do. Our decisions and services are therefore responsive to the needs of young people and the wider community.

Nurturing

We create a supportive and compassionate environment for young people, staff and volunteers.

We work to ensure healthy growth and development for all individuals.

Inclusive

We ensure our services are accessible and inclusive for all.

We create safe and welcoming spaces for young people and an inclusive culture for our staff and volunteers.

Non-judgemental

Our staff and volunteers aim to be approachable and non-judgmental.

We actively explore our biases and are open to learning and expanding our knowledge.

Collaborative

We work collaboratively with young people, each other, and key partners.

We maximise working relationships that improve young people's wellbeing and organisational development.

A young person's experience

NC, aged 22

Accessed Counselling, One-to-One Support and Walk-In

How has this support made a difference in your life?

The Junction made a difference in my life by listening, validating and supporting me where they could in one of the worst times of my life after losing my dad, coping with the trauma of that and experiences from my past.

It gave me a lifeline when I had nowhere and no one else, it reminded me of who I am because with losing my dad, it's something I struggle with.

What stands out to you about your experience with The Junction?

My relationships with Rachel, Caroline and Grace [Junction staff] and being able to be vulnerable and feel how I feel with no judgement and always being listened to throughout my time with all of them.

What does The Junction mean to you?

The Junction saved me in all honesty. I don't know what I would've done or where I'd be if I didn't go searching that day and self-referred. The people there have seen me at my best and helped me through my worst and I'm very grateful.

I know I have been responsible for majority of the progress I've made and the strength I carry but I definitely would not have been able to do it without Rachel, Caroline and Grace's support.

Their support made me feel listened to and validated when it came to opening up about things that have happened to me and that healed a part in me.

Everyone who works there is lovely and friendly and I feel they really get young people.

Our Numbers

The Junction worked with over **485** young people through **one-to-one support and group work**.

In addition, there were **1432** engagements with young people via **outreach in school, at local events and via street work**.

In total, the **number of young people** we worked with in the year 2024-2025 was over **1,817**

Total engagements* with young people across all services were at least **4,729**

*The term 'engagements' means contacts with young people who attended our drop-ins or engaged in more than one session of educational group work and cannot be counted as individuals.

2024-2025



New Developments

LGBT Chartermark Gold

We achieved the LGBT Chartermark Gold Award in July 2024. Having previously achieved the Silver Award we had already put a range of practices in place to increase inclusivity for young LGBT+ people. We were able to build on this, increasing visibility in our building and further developing our policies, outreach and promotional materials. Tasks involved in achieving the Gold Charter were:

Leadership

Holding regular champions meetings and holding a consultation to assess LGBT young people's needs.

Practice

Undertaking a campaign, engaging with LGBT communities, and marking commemorative days.

Monitoring and Evaluation

Undertaking equality and diversity workforce monitoring and service user equalities monitoring.

Training

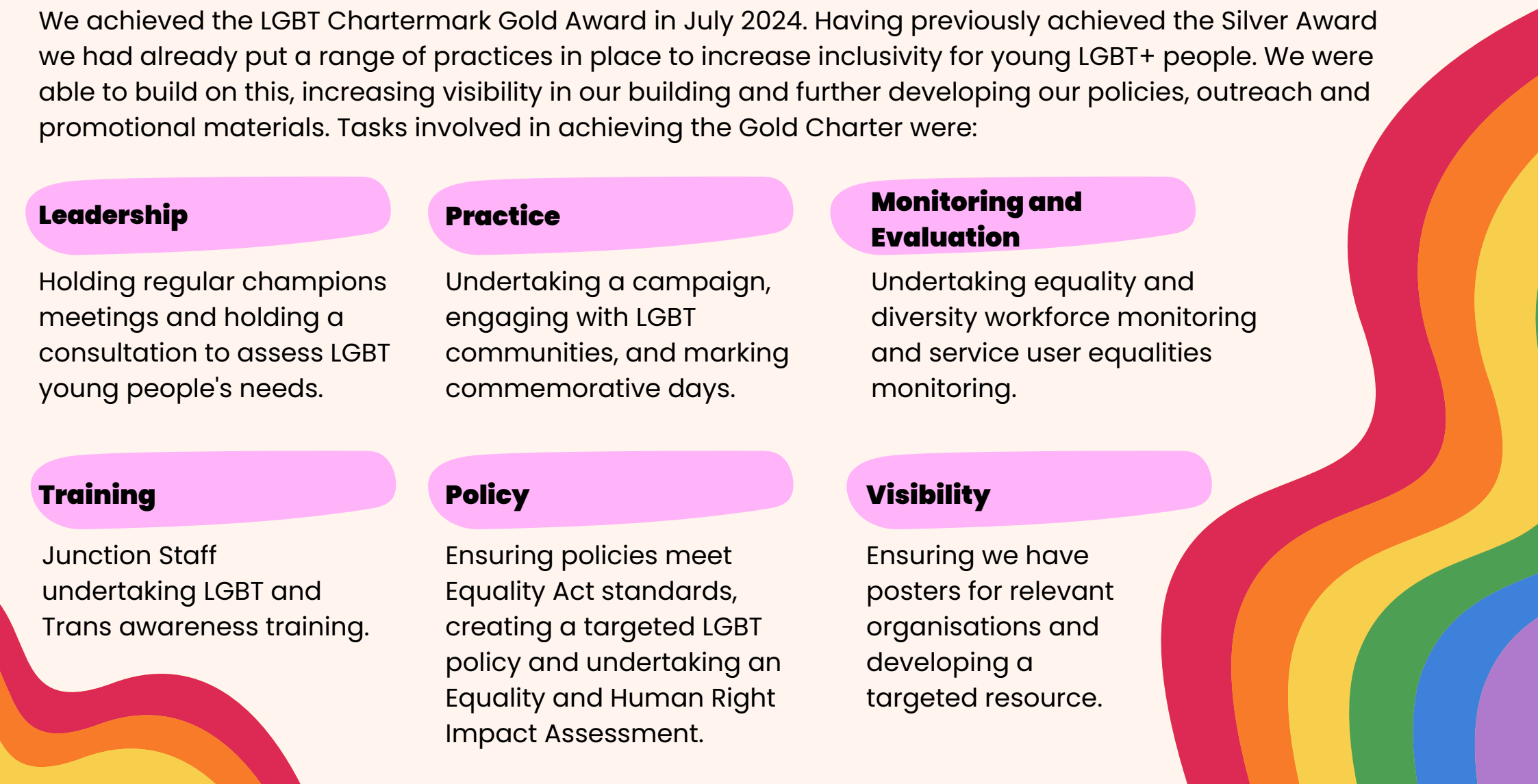
Junction Staff undertaking LGBT and Trans awareness training.

Policy

Ensuring policies meet Equality Act standards, creating a targeted LGBT policy and undertaking an Equality and Human Right Impact Assessment.

Visibility

Ensuring we have posters for relevant organisations and developing a targeted resource.





New Developments

Time to Talk 'A City-Wide Mental Wellbeing & Youth Work Collaborative'

Time to Talk was set up in August 2024, funded by City of Edinburgh Council's 'Whole Family Wellbeing' Fund to address gaps in mental health supports for young people, with a focus on 'transformational change'. The project brings together five youth and community organisations from different geographical locations and takes a city-wide approach to support and improve young people's mental health and wellbeing.

Delivery partners include:

The Junction

Granton Youth

**Wester Hailes
Youth Agency**

**Canongate
Youth**

6VT Youth Café

Services Provided Include:

- One-to-one support for young people (aged 12 – 25) to support their mental health & wellbeing across the city, using various methodologies including 'youth work' and counselling.
- Engagement with young people's parents and wider families, supporting their wellbeing and family dynamics.
- Youth workers from 6VT are also available in hospital emergency departments (The Royal Hospital for Children and Young People and the Royal Infirmary of Edinburgh) to support family wellbeing when it's needed most.

To engage with parents and carers we also developed an information booklet with links to relevant support as well as a mailing list to share relevant opportunities.

We have also set up a notice board for parents and carers, to share information.

The project is funded by City of Edinburgh Council, supported by NHS Lothian, with evaluation support from Northern Star.

The Junction is 20!

Birthday Party

The Junction turned 20 on January the 17th 2024, to celebrate Junction Youth Advisors (JYA's) and our staff team arranged a party for young people.

At the event there were games, refreshments, photo shoots and a fun, upbeat atmosphere.

We also had a quiet room where young people overwhelmed by the busyness could congregate. 30 young people attended and enjoyed the celebrations.



One-to-One Support

1,402 therapeutic one-to-one support sessions were provided, supporting **148** young people; using various modalities including: counselling, creative therapy, specialist substance-use interventions, as well as NHS Scotland approved tools including 'Lets Introduce Anxiety Management' (LIAM) and 'Brief Behavioural Activation' (BA).

Of those attending regular one-to-one support:

90% felt they were "more aware of support or information that can help me (at The Junction or anywhere else)"

100% felt they had "learned more ways to support my wellbeing"

80% said they felt that "Support at The Junction has helped improve my wellbeing"

Of those attending substance use one-to-ones :

94% had reduced or stopped their use of drugs and/or alcohol or knew how to put harm reduction into practice.

100% of young people showed improvement in their ability to reduce risks, adopt safe practices and be more responsible in their actions.



Open Access:

87 wellbeing drop-in sessions were delivered resulting in **816** engagements with young people. Through drop-ins and walk-ins young people were able to access one-to-one support as well as sexual health services including pregnancy testing, STI testing and c:card. Around half the drop-ins included educational group work on wellbeing themes.

Of those accessing one-to-one support via Open Access services:

88% said they felt more able to cope with difficult things

94% said they were more aware of things they can do to help improve how they feel

100% said they felt better for talking to someone

Ad-hoc Support:

At least **37** ad-hoc engagements took place for **18** young people where additional support was needed. These sessions could be for safety planning, support to engage in education, attend health appointments, housing, employment or to have their voice heard at a Young Person's Planning Meeting.

Closed Groups and Educational Group Work

Mosaic

We worked in partnership with the Multi-Cultural Family Base Mosaic Project to deliver a group to support the mental wellbeing of Black, Asian and Minority Ethnic young people. **40** sessions were delivered last year attended by **14** young people with **160** engagements.

Creative Express Group Work

Creative Express uses creativity to support young people to explore and express their thoughts, feelings and ideas in relation to their own and others health and wellbeing.

19 sessions of group work were delivered resulting in **92** engagements with young people, this work included our first Space To Remember event as part of the To Absent Friends Festival and a project with Leith Comedy Festival, that explored the health benefits of laughter as well as the barriers to young people watching and performing Stand Up Comedy.

"We enjoyed the mad snacks & had some good laughs - glad I came along!"

Substance-Use Group Work

A specialist Substance-Use Service delivered **15** educational group work sessions this year with a focus on 'Drug and Alcohol Awareness' using a 'harm reduction' approach, engaging with **129** people. Multiple sessions with the same year group in schools resulted in **696** engagements in total.

"Very interesting and informative, very easy to engage with"



Outreach

Our outreach work promotes our services and aims to reach young people who can experience significant health inequalities.

In total **56** outreach sessions were delivered resulting in **1526** engagements with young people.

Approaches included street work, stalls in schools, attendance at community events, and visits and group work with local organisations and partners agencies.



82% of young people engaged with during street work and and school engagements showed **increased awareness of wellbeing support available to them.**

Junction Youth Advisors (JYAs)

Young people continue to be supported to share their views on organisational and service developments, through the Junction's Youth Advisors programme.

15 young people volunteered as youth advisors over the last year. They contributed **200** hours of their time over **15** sessions including monthly meetings, trips and consultations.

JYAs have told us that volunteering helps them:

Feel supported to push themselves

Connect more with others

Have opportunities to use and develop their skills

Feel more confident speaking in a group

Quotes from our Youth Advisors:

"We get to meet new people and talk about common interests."

"Love how informative it was. Loved the interactiveness and discussions."

"A skill I used tonight is making sure everyone's voice is heard."

"I liked contributing my ideas and hearing about other people's opinions"

"I challenged myself by speaking to new people!!!"



Young People's Quotes

"Thank you for making me feel comfortable enough to talk about things that I wouldn't have talked about with anyone else first".

"I still struggle sometimes with talking to my family but surprisingly me and mum have gotten so close, and my sister as well".

"I do not self-harm anymore due to me changing my mindset and realising I do not want to damage myself in that way, it is unhealthy for me".

"The Junction has made such a fantastic impact on my life. I started going when I was really anxious about going into school and now I feel like I can totally cope, not just with school but with loads of other things that made me anxious. It has also really helped me come out and have a queer safe space with loads of really supportive people. Whatever happens in my week, I always think that I can go to the Junction and talk about it."

Finances

Income in the year amounted to £397,759, being a mixture of mainly grants and donations and expenditure was £431,763.

This resulted in net deficit of £34,004 for the year. Funds carried forward are £229,794 and comprise £129,525 in restricted funds.

The Junction was successful with two significant funding awards for the year 2024 – 2025. Funding from City of Edinburgh Council's 'Connected Communities' Fund supports the delivery of a wide range of service including educational group work, open access services, and one-to-one support.

Funding from City of Edinburgh Council's 'Whole Family Wellbeing Fund' supported the development of the 'Time to Talk' project which supports and improves young people's mental health and wellbeing across the City of Edinburgh through a collaborative approach.



THANK YOU!

We would like to thank the following funders, trusts and contributors for their support in 2024 – 2025:

City of Edinburgh Council – 'Connected Communities Fund'

City of Edinburgh Council – Community Mental Health

City of Edinburgh Council & NHS Lothian – 'Whole Family Wellbeing Fund'

National Lottery – 'Improving Lives'

National Lottery – 'Young Start'

National Lottery – 'Awards for All'

Robertson Trust

Bailey Gifford

Postcode Lottery Trust

Leith Benevolent Association

Schuh Trust

Nancy Massie Grant

The 7Stars Foundation

WM Mann Foundation

Leith Community Fund

Morrisons Foundation

Hugh Fraser Foundation

Christina Mary Hendrie Trust

Dr Guthrie's Association

Scottish Partnership for Palliative Care

We would also like to express our heartfelt gratitude to all the individuals who raised funds for us – they really made a difference – if you would like to fundraise for The Junction check out our justgiving page:

www.justgiving.com/charity/the-junction





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