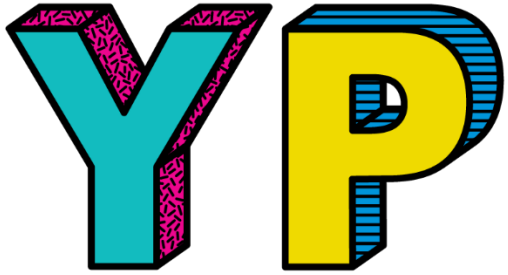


NORTH BERWICK YOUTH PROJECT



Annual Report 2023 – 2024

North Berwick Coastal
Area Partnership



the
essentia
foundation



East Lothian Council

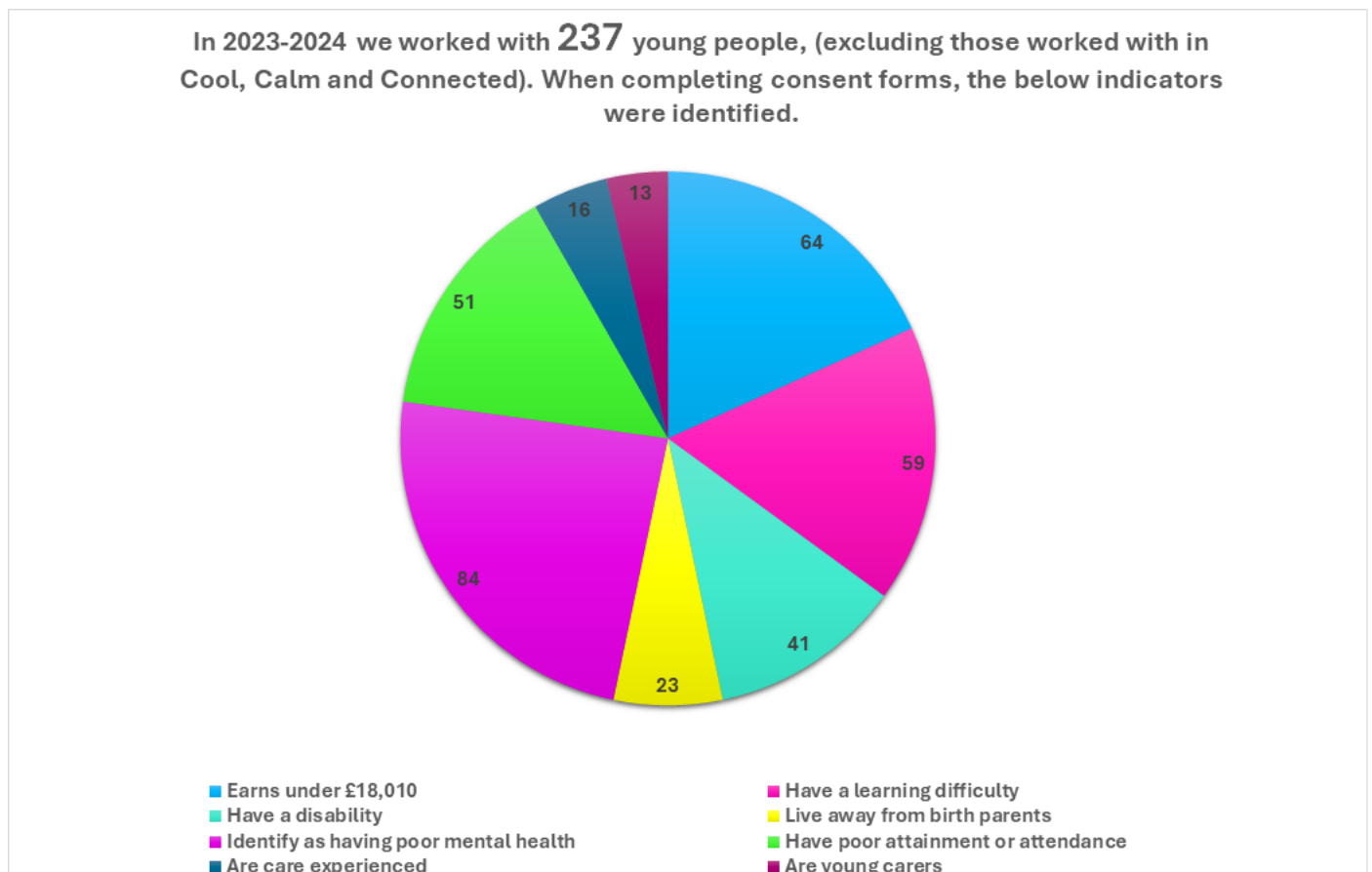
HIGHLIGHTS

- North Berwick Trust funded a full-time post for 3 years
- We did a respite residential breaks for young people with ASN and their families
- 36 families accessed the bursary scheme (Funded by the North Berwick Coastal Area Partnership) to support financial difficulties in paying for holiday provision
- Holiday Hunger Fund (East Lothian Council) allowed us to provide free lunches across all holiday activities
- Our Princes Trust class worked with the Abbey Care Home to do intergenerational activities.
- We attended a successful Mental Health Event, run by Herbspace CIC.
- Easter programme funded entirely by Cash For Kids
- Launched employability groups and 1:1 support with funding from EL Works
- 10 Young people set sail on a 5 day Voyage with Ocean Youth Trust, supported by 2 youth workers, as part of the Out'n>About Project
- 2 Youth Workers gained their Professional Development Awards in Youth Work

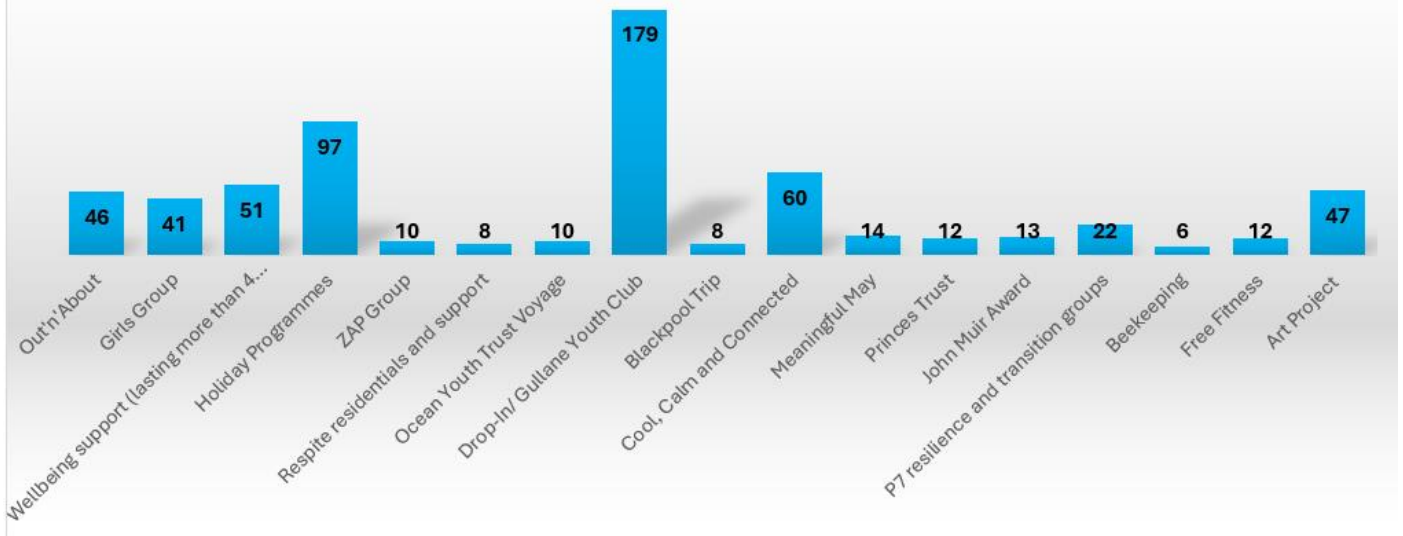
IMPACT

The following statistics help us to measure the impact of the work that we do and to create an overview of all work done and the amount of young people engaging.

Including Cool, Calm and Connected, Meaningful May and other ad hoc school work we worked with **301 young people**



Of the 301 young people who engaged in the past year, they took part in the following:



PARTNERSHIP WORK

NORTH BERWICK HIGH SCHOOL

Cool, Calm and Connected

This year, we delivered Cool, Calm and Connected to 2 classes, we only did 2 classes due to timetable clashes. 58 young people completed the course. All young people completed end of course evaluations.

Of the 58, over 82% said they enjoyed the course. 93% said they understood mental health and well-being better, 84% said they felt they knew more about how our thoughts can affect how we feel and behave and 97% said they knew who they could go to for help and to talk to if they needed help or support.

'This course helped me to understand mental health better and it taught me how to feel happier even when things are hard, I know who to go and speak to'

- Young person, S1

Meaningful May – Workshop delivery

As part of the Meaningful May week at NBHS, we delivered a resilience workshop to senior students, with a focus on mental health and wellbeing, the importance of resilience and how they can become more resilient. A successful workshop that young people said they enjoyed and learned something new from.

Princes Trust

We delivered Princes Trust Achieve Award to 12 senior students over four periods a week. Without the Youth Project having the skills and capacity to deliver the Princes Trust Achieve Award, it would have ceased after the October break in 2022. The young people completed units including Healthy Eating, Teamwork Skills, Presentation Skills and Community Impact. Princes Trust Achieve Award continues this year for senior students who would not have had the



opportunity to choose the course as part of the curriculum if we were not to deliver it.

"I enjoyed taking part in the Princes Trust class because it was a different atmosphere than any other subjects. I loved the fact that it was provided by youth workers rather than teachers as it is more relaxed. Having a subject with youth workers is a comfortable thing to have as it is more of a safe place. I enjoyed the topics and units we learnt. We covered things that are needed to know for the future that you don't get taught in other classes e.g time management and CV practise but I have to say the highlight of the year was organising a fundraising disco, it showed us what it was like to organise plans and gave us more confidence."

- Young person, 16

1:1 Wellbeing walks & support

Our 1:1 wellbeing walks & support continue to be a huge success. This year 5 youth workers have walked with 51 Young people during the school day from North Berwick High School, Law, Dirleton, Gullane and Aberlady Primary schools. Young people are supported with issues affecting them and work towards SMART goals to help improve their mental health and wellbeing.

Referrals are welcomed from all schools in the cluster and almost all young people referred gain the opportunity to engage with a youth worker. A small percentage of referrals are re-referred if the early intervention support is not deemed as appropriate. We also accept referrals from other professionals, family and other trusted adults.

A waiting list usually has no more than 6 young people on it with an average wait time being one school term.

Young people who no longer receive 1:1 walks are encouraged to maintain a relationship with their youth worker in order to feel able to access support when needed.

"I always get so excited for my well-being walks with my youth worker. Every Thursday we meet and our walks are a mixture of things. Sometimes we talk and listen to each other, sometimes we do jobs like going shopping for things for the youth project, and sometimes we sit and take time to think about our week and how busy they have been. I can talk to my youth worker about stuff without a worry in the world. They give me the best advice about relationships with boys and my friends and tries to help fix things."

- Young person, 15

Wellbeing walks and support cont.



“The support of the NBYP is just invaluable. Their simple system to allow us to refer young people in need of a chance to chat every week (ideally in the fresh air) with a compassionate and thoughtful youth leader, does so much good. Our young people are so positive about the support. Thanks NBYP!”

- Margaret Maxwell, Guidance Teacher at North Berwick High School

John Muir Award Group



The John Muir Award group was delivered at North Berwick High to 13 students who were identified as being disengaged from their learning and would benefit from some informal education, in the outdoors. Young people worked through the award and the 4 challenges, discover, explore, conserve and share which the young people in their groups did in various ways, as decided by them in the early planning stages of the award. The work youth workers have done with young people, due to the John Muir Award group has been recognised as ‘intrinsic’ to the young people who engaged. The group also engaged with community groups such as Mens sheds to build benches for the

NBHS outdoor classroom, the Scottish Seabird Centre on workshops, the Ranger Service, Scottish Badgers and more.



Watch what some of the young people had to say about their experiences of JMA here:

<https://youtube.com/shorts/McRt-HOrynM?si=7AvzqgxxUdQ4mcQp>

<https://www.youtube.com/shorts/0Qpg7FJPMkY>

<https://www.youtube.com/shorts/88MhyoSI3z0>

“Our young people have thoroughly enjoyed their time with the John Muir group, as they always do! They came back from their sessions full of enthusiasm and energy and were proud to tell us what they had been doing. A break in the long school day where they can get outdoors and learn new skills is just what they need. Overall, it has helped them to be more settled at school and to self-regulate more easily. They have also learnt valuable team-working skills and this has helped them to communicate more effectively with others and be more respectful towards each other. The positive relationships that they have with the staff at the Youth Project are just lovely. It is fabulous to watch them grow in confidence and maturity as a result of their experiences with John Muir!”

- Lara Neri, Depute Head Teacher at North Berwick High School

CLUSTER PRIMARY SCHOOLS

P7 Resilience and transition support groups

Youth workers delivered resilience's sessions to 22 P7's. 2 groups at Law Primary and 1 group at Aberlady Primary. Sessions included learning about what resilience is and ways to be resilient, how we can identify and focus on our good qualities and be more positive about our abilities. The groups also explored transitioning into high school and ended the sessions with a tour of North Berwick High School.



“Being able to offer a group of children addition transition support last year, thanks to NBYP, made a huge difference to a group of quieter children who might not have had the opportunity under normal transition circumstances, but who still had their own anxieties about the move to secondary school. Both the pupils and parents/carers sung the praises of the transition work with some of the participants attending other NBYP groups now they’re at high school. For me as a head teacher I cannot sing the praises enough of the NBYP with them already coming in this year and supporting children from my school again with the transition to high school. All I’m ever wanting for the young people from Aberlady is to know that they are cared for and supported, even after they leave us and move on to the bigger world of high school. NBHS is obviously a very caring school, but Beth, Mikey and Natalie (who has now moved on) have come in and provided that visible care and support for our children, and I genuinely hope we can continue to work together for years to come.”

- Natasha O’Connor, Head Teacher at Aberlady Primary School

“I wake up on a Wednesday morning excited because I know I have this group! I love it because I get to spend time out of class with the group and youth workers learning and talking about new things. My favourite activity was making positivity boxes”

- Young Person

CASE STUDY

A young person who met youth workers through taking Princes Trust in S3, has continued to take Princes Trust every year and is now in S5. Staff observed that when this young person joined the school that he was fairly shy and had few friends, they worked with him to increase his confidence and to feel comfortable to speak to new people, especially his peers. He has been supported to engage in our employability group and was set up with a week's work experience on a local farm and is currently being supported into another agricultural work experience placement during the school day. We now see an incredibly confident, bubbly, caring and kind young man who has a large friendship group with whom he has an incredible sense of belonging. The YouTube clip linked below is of the young person speaking of his experiences of working with NB Youth Project and staff.



<https://youtube.com/shorts/SPYTWc7kJP4?si=ZhKYSBAr1vTnwCY1>

In the video, the young person says *'When I first joined the class (Prince Trust) I wasn't really speaking to anyone. I was kind of by myself and they encouraged me to speak to people and make friends and they really brought on my social status like, things like took us to Ryze and made us build bonds together. We also did employability group that helped me find Work Experience and I'm currently finding working experience now from them. They're a really good team to get involved with.'*

GULLANE YOUTH CLUB



Gullane Youth Club has been running for 3 years now and has grown vastly over this short time. We were fortunate to be in a position to react to the need identified in the Gullane community for a youth club and it opened with volunteer support and the support of the Gullane Village Association.

The start of the year seen an average of 20-25 young people weekly which has since grown with our new P7s to around 30-35 young people attending weekly.

Regular activities that vary week to week include arts & crafts, games, cooking, Karaoke, slime making, mood boards and beach BBQs in the summer. The Weekly hotdogs are always a big hit and the YP love making them for them for everyone. The Manager Sarah has observed that the drop-in club is vital to the young people who live in Gullane and the surrounding villages and allows them a safe space to be given independence and engage in activities, socialise and have fun.

Youth led, the young people choose what they want their time to be when at the club from just chatting, playing games, crafts and getting involved in the weekly activities or play a game of pool if they don't feel up to being creative. They also help determine the next weeks activity.

Our first junior Youth Worker is gaining experience working at Gullane where she is able to learn about youth work and what makes for quality youth work delivery. Shas attended various training courses too and continues to increase her professional development. She has been an invaluable member of the team. Bringing fresh ideas and working well with our young people.

We have also welcomed a lovely young volunteer to our team who is working towards her Duke of Edinburgh award.

HOLIDAY PROGRAMMES



We ran holiday programmes in October, February break, Easter and Summer. Overall, there were 97 spaces and 36 bursary applications to allow young people and their families to access the programmes. We received funding from Cash for Kids which allowed us to run the entire Easter Programme free of charge and also received £1,000 from Holiday Hunger (ELC) to provide lunches for young people at every session. Young people enjoyed doing a range of activities which were varied and suitable for the age ranges and abilities of the young people we work with. Holiday programmes and the opportunity it gives young people to engage with their peers is important to ensure that young people do not become isolated and disengaged during long breaks out of their usual routines. It can also be the

additional support that young people need for their transition into high school with many saying it gives them the confidence they need to move into High school with the comfort knowing that they have some older young people that they now know in school.

Our holiday provision also gives well needed respite for some of our young carers and for families and carers at home whose children have additional needs.

“This is the first year my son has been able to participate in any group activities. He has really struggled with anxiety for the past couple of years and NBYP has been an absolute life saver. It has been wonderful to watch our son grow in confidence and make new friends and build positive relationships with the youth workers. Thank you for running such a fantastic service for the young people.”

- Parent

“The summer programme is always excellent, the staff are amazing and always do a great job with the young teenagers. A challenging job at times but they do their job so well. Every member of staff has a huge heart and look out for all the kids involved fairly and equally. These trips are a god send as during the school holidays it's not always possible to do different trips daily as a family, these trips give them something to look forward to, and it gets them out and off xbox's. Financially these trips are very affordable and the variety of trips are fantastic.”

- Parent



“It's was really fun got me out the house time to hang out with my good friend I don't see so much anymore”

- Young person, 14

DROP-INS



Over the year, drop-in's have run on a Friday after school with an average of 27 young people Dropping by each week. Young people enjoy coming down to the youth project after a busy school week where they can chill out with their peers, get involved in activities, bake, have lunch and engage with youth workers. Drop-In is an important part of our service where youth workers get the opportunity to work with lots of young people outside of our groups that they might not build relationships with otherwise and this allows us to identify areas that young people need support in and to offer relevant supports out with the drop-in sessions.

"I enjoy going to drop in on a Friday afternoon because it is a good way to start the weekend. I get the whole afternoon to spend time with my friends. Sometimes I enjoy just sitting about and chatting but other times I love taking part in the activities like baking or doing arts"

- Young person, 12

ZAP Group

Our weekly ASN group, ZAP continues to run on a Thursday after school during term time. There are currently 8 members aged between 11 and 15 years old. At the start of each term, the young people are asked what they would like to do each week including arts and crafts, baking, cooking and games. One of the highlights this year was partnership work with The Scottish Seabird Centre who received funding to deliver a block of free sessions with an outdoor and coastal element. These sessions were around wellbeing, ecology, art, and community. The group enjoyed sessions including whale/seal watching, beach art, rock pooling and shelter and fire building.



The group are encouraged and supported to engage and attend in the projects mainstream groups and activities including Out'n>About, free fitness, girls group and the holiday programme.

"I feel safe and happy at Zap and I am always excited to attend. Since starting ZAP my confidence has improved."

- Young person, aged 14

"This is the only social contact my child has, to be able to attend without having any pressure to attend every session, has been fantastic. With little school attendance and no other activities this provides them with a really important point of contact with people (teens and the adults) outside the home. Thank you!"

- Parent

TRIPS



Royal Botanic Garden Light Show – Free Tickets

We received 10 free tickets from the Royal Botanic Gardens community charity to take young people along to the incredible Christmas at the Botanics light show. All of the young people thoroughly enjoyed themselves and we were in awe of the lighting show around the gardens. Thank you to the RBG for the tickets.

'This was well good. My mum would never pay for me to do something like this so it was cool, thanks'

- Young person, 13

Girls Trip to Blackpool – Easter 2024

7 Young people from the Girls group fundraised and self funded a 2 night, 3 day trip to Blackpool where they visited the Blackpool Dungeons (Free tickets from Merlin's Magic Wand, thank you), Blackpool Pleasure Beach for a day on the rides and wandered around taking in the sights and sounds of the experience. They hired an Airbnb and made the most of their jacuzzi bath and independence. Pizza was ordered and our young volunteer and 2 staff members also benefitted from a lovely weekend with the group.

"The Blackpool trip was an experience I will treasure. Memories of great fun shared with friends and our youth workers. It gave me such a sense of achievement knowing we had been a part of making this trip happen by getting out there together as a team and fundraising!"

- Young person, 16



Halloween Trip to Edinburgh Vaults and Graveyard Tour



Staff identified that young people would benefit from engaging in an activity on Halloween. Some of the young people may have otherwise been isolated, engaged in anti-social behaviours or some benefitted from just being able to spend time with friends. We arranged a trip to the Edinburgh underground Vaults and Greyfriars Graveyard with the Auld Reekie tours. 8 young people enjoyed a fright night all round and it was enjoyed by everyone. *'Aye, pretty freaky. It was good and id go again. McDonald's was the best bit'*

Senior Girls Catch-up's

Over the course of the year, 6 young people have enjoyed catching up with older young people who have now moved on from NBYP but benefit from having the opportunity to have facilitated meet ups with their peers. We enjoyed pottery painting, cinema and shopping trips and coffee and cake catch-ups. Without youth worker support, many of them would not be able to engage with peers out with their online communications to have the valuable face to face interactions that the catch-ups allowed.



'Thank you so much for organising these meetings for the girls. X would be so very lonely and low if it weren't for the support of the Youth Project over the years. I also really appreciate that I can get a cuppa and some time to myself when she is out meeting you all. Thank you'

- Parent

CASE STUDY



A young person, aged 14, has been attending ZAP since September 2021. This young person has ASD and ADHD. For the young person, social interactions, trying new things and engaging with peers can be challenging and overstimulating. When youth workers first met him, this young person appeared quite shy and preferred to spend his time at ZAP playing his own games and working on his own projects. Over time, this young person became more comfortable with his peers, youth workers and surroundings. Youth workers have seen a massive improvement in not only his social skills but also his confidence. ZAP has given this young person a sense of belonging and enabled him to build new friendships with peers and supportive relationships with youth workers. It has also allowed him to get to know his new community and challenge himself when it comes to trying new things.

One youth worker, who also works at NBHS's support base said *"For the time that I have known him, I have seen the most remarkable difference and growth in this young person, over the last 6 - 8 months. He now has a full timetable at school and is attending every lesson with a support worker and is willingly partaking in class tests, not to mention passing most of them with flying colours.*

he is engaging with peers and support workers and loves a good chat, keeping everyone entertained with his brilliant sense of humour. At ZAP, he is either working as a team on the beach, building sea defences or inside playing games with the other young people, which is a huge change to what he was like when he first started as he would usually keep to himself. When he is absent from school or ZAP (which is very occasionally), we all really miss him. He is such a delight to have around and I hope he will continue to come to ZAP and possibly even join Out'n'About group as he is so fond of the outdoors."

His mum said *"My son has ASD, ADHD and sensory issues which impact him greatly in every aspect of his life, he struggles with friendships and social interaction is especially hard for him. Covid had a huge effect on his mental health and his willingness to attend clubs and try new things making him very isolated, this was further impacted by the fact of us only moving to the area 3 months before the first lockdown. His world became very small. At this stage my son found security at Primary School and never returned to pre-lockdown levels on interaction. This led to a very traumatic transition to High School and to top it all off I was really unwell with a Chronic Illness and was unable to give him the support he needed at this pivotal time for him. His high school journey has been very different to his peers he has gone from complete refusal to even go into the building to attending practically full timetable.*

There are many elements that have contributed to progress he has made, and the Youth Project is a major contributor which he has been attending for 3 years. ZAP in particular has been invaluable to him and the staff have been such a great support to him and our family. The recourse they provide is invaluable to us, they don't just help with supporting but take a holistic approach and take into account every area of his life and help him navigate this. It's the only place locally for neuro-diverse kids to get together, feel safe and included with trained staff willing and able to work with the individual to the individual.

The Youth Project has been the one constant my son has had, he kept attending through all the difficulties he had and bit by bit we are seeing him, mature, reengaging into community life, attending a full school timetable with the support from support staff. He has gained the confidence to walk to and from school and after school activities unaccompanied which has been a huge milestone for him.

If I was asked a year ago "could I see him being able to achieve this" I would say "no way, not possible" but yet here we are and with the continued support of the staff at North Berwick Youth Project we hope his confidence will continue to grow and the world will open up more for him."

The young person said "I like going to ZAP (sometimes!!!!) I get to scare Beth (youth worker) which I enjoy. I like when Mikey (youth worker) is there, I suppose the others as well but don't tell Bronwyn (youth worker), I don't want to give her the satisfaction because I'll never hear the end of it!!!! I feel safe there and I feel that they listen to me and help me when I'm finding things difficult. I feel accepted there and that its ok the be me."

BEEKEEPING – as part of the Out'n'About Project

6 Young people learnt some basic beekeeping over the last year including learning about biodiversity, the beehive, tools, the workings of the colony and the roles each bee has, how bees communicate and navigate and what they forage on. Young people visited hives several times in winter to feed the bees with fondant. In Spring we checked the frames. We were also gifted a hive and bees which is kept at Leuchie House. The honey from the bees will be sold to raise funds for the Project as well as to cover the costs of keeping the bees.



'I was pretty unsure about doing the bee stuff but it helped to calm me with Natalie (youth worker) helping and once I had the suit on I knew to be calm. It was cool learning about them and getting to be up close'

OUTREACH

Outreach work is delivered at weekends. Youth workers engage with young people in their own spaces to build relationships and signpost young people to opportunities, activities and services. Young people are encouraged to look after their communities, share their opinions, identify gaps in provision and youth workers empower young people to have their voices heard. We believe that anti-social behaviour locally is reduced as a result of the outreach work. Young people trust our team and are able to approach them to seek support, advice and identify how their needs can be met. Over the past year, youth workers have identified that numbers engaging (or even being out) during outreach is dropping and a focus is now on Outreach work at the Skate park.

C-CARD

Through our C-Card service, young people are able to access free condoms and sexual health advice and information from our C-Card trained staff. Staff training takes place regularly to ensure that staff have the most up to date knowledge to share with young people to keep them safe.

FREE FITNESS



"I enjoy free fitness because it helps me keep fit. Sometimes exercise can be boring but we always have a good laugh and the games we play are fun."
- Young person aged 14

A fitness class was delivered to an average of 8 young people weekly. Classes included circuits and fun fitness games. The sessions are free and allow young people opportunity to gain access to fitness, have fun, make new friends

and access information. Sessions are delivered by a trained coach who has a background in youth work and was supported by a youth worker.

GIRLS GROUP



On average, 15 girls attend every Wednesday during term time. The group is youth-led and the girls decide what they would like to do each session.

Sessions explore issues the group faced and activities are often based around tackling those. Some highlights this year have been a Christmas Party, a hairdressing session where 8 girls attended a masterclass hosted by two former young people who now own a salon, a meal out to the Puffin and a shopping trip in

Edinburgh during the summer holidays.

13 girls participated in two sessions delivered by No Knives, Better Lives which helped to influence a report on girls and young women's experiences and involvement in violence.

MYPAS also worked with the group to deliver issue based sessions around Drugs and Alcohol.

"Thanks so much for everything you do for us at Girls Group. I feel so safe and happy at the group. It is the one place where I get to hang out with my friends and also make new friends too."

- Young person, aged 15



INTERGENERATIONAL WORK – Abbey Care Home and in the community



Over the year we worked with young people to plan and organise events which allowed for Intergenerational work. We visited the Abbey Care Home over 2 days with our Princes Trust Class who enjoyed chatting with residents and playing games.

"I really enjoyed going to the Abbey Care Home because we played games and we were having a chat with the older people. I loved spending time with the older people and would love to go back and see them again."

Our Girls Group prepared and hosted an afternoon tea at North Berwick Community centre for 8 members from the Coastal Community Connection's team. The young people sat and had their afternoon tea with the guests and then took part in a quiz in their teams with their new friends. This afternoon tea really highlighted the importance of intergenerational work.



MENTAL HEALTH EVENT

Youth organisations and mental health support organisations came together to hold a Mental Health Day event which was held at North Berwick High School and led by Herbspace CIC. The event aims were to raise awareness of both early intervention services and how to signpost young people to the relevant supports. NBHS and the cluster primaries arranged for



YOUNG PEOPLE'S MENTAL WELLBEING EVENT
OPEN TO YOUNG PEOPLE AGED 11+, THEIR FAMILIES/CARERS AND MEMBERS OF THE PUBLIC
FRIDAY 2ND OF FEBRUARY
SCHOOL GROUPS 9-12:15PM
PUBLIC 12:30-3PM
NORTH BERWICK HIGH SCHOOL

COME ALONG TO FIND OUT ABOUT THE SERVICES AVAILABLE TO YOUNG PEOPLE INCLUDING CAMHS, MYPAS, NBYP, HERBSPACE, YOUNG CARERS, NBHS, YOUNG SCOT, AND MANY MORE!

FOR MORE INFORMATION PLEASE CONTACT
KATHY@HERBSPACE.CO.UK

young people to visit in the morning and the afternoon. In the afternoon, members of the public both in the morning and afternoon sessions were well attended with positive feedback

from young people, their families and the other professionals who attended the event. The awareness raising of the supports available to young people was invaluable.



ART PROJECT

Over the course of the year, we worked with Kat Healy who made a successful bid to the Young Arts Open Fund to deliver art sessions to the young people at NBYP. 47 young people from all of the groups engaged in sessions with Kat which focused on the changing seasons. Young people learned many techniques from using ink to creating textures and designs with watercolour, collage and more. The work of the young people culminated in an exhibition at the Gullane recreation hall.



FRINGE BY THE SEA We are showcasing FBTS 2024 in the 23-24 report due to it being more relevant and relatable whilst still fresh in people's minds



This year NBYP worked with FBTS to host a youth specific space named the 'Park Life' tent. This was an incredible success and although highlighted some of the issues with young people's behaviours around drugs and alcohol use, meant that we were able to react to the issues and get appropriate supports in place for young people. Both during the festival but also relevant follow up supports too. Young people enjoyed free performances in the tent, activities delivered by youth workers and having a sense of ownership of the space. The learning from this year's festival has informed the planning for next year when we hope to have visibility and involvement at the festival again. We thank the organisers for recognising the need for young people to have a space they can call their own at the festival and for working closely with our staff to ensure the most positive experiences for all.

"NBYP having its own dedicated space at FBTS was an amazing idea and hope to see it return like this every year"
-Young person, 12

North Berwick Trust donated 100 tickets to the Youth Project. Tickets were distributed to young people and their families, and we also used them to take groups of young people to events. We continue to be very grateful to the Trust for creating this opportunity.

'I'm so grateful for being able to get a ticket to FBTS for free. It gave me the opportunity to spend an upbeat and busy night with my friends which would have been impossible without the help of this free ticket.'

- Young person, 17

'We received tickets for FBTS to attend Horrible Histories. Normally we don't attend festivals or events where there can be lots going on, my boys can get overwhelmed, or it can be stressful for us as a family. Having the free tickets meant we could try something new for them, low risk, I guess. They had such an amazing time. So grateful for this opportunity and has given us a good experience to try next time or at other festivals and events'

- Parent

BETTER BREAKS RESIDENTIALS

In March 2024 we received funding from Better Breaks allowing us to deliver 4 x 2 night outdoor activity residentials for young people aged 11 - 20 who have ASN and disabilities to allow them independent time away from their families and their carers some respite. One residential took place in July with the rest being in the 2024 – 2025 period.



This residential

took place at Ardroy Outdoor Education Centre in Lochgoilhead and 8 young people attended.

Young people were identified through liaising with our local partners, North Berwick High School, local primary schools and social work. We also identified young people through both our mainstream and ASN services at NB Youth Project.

Find out what the young people had to say about the residential: https://youtu.be/oRc_Khtp084

You can check out the residential ; <https://www.youtube.com/watch?v=rflbCTnEGnM>

“My son had a fantastic time trying activities he would not normally have the chance to be able to do. He mixed with other children developing his social skills, I was able to feel less guilty about not having much time with him currently due to one of his siblings being diagnosed with a chronic health condition that is taking up so much of my time, I haven't slept since she was diagnosed in March and this of course impacts my time with my son, I am also not working currently due to this so there has been a financial impact also. Knowing my son was having a fantastic time away allowed me to not worry about the impact of what is going on in our house currently on him and he made some amazing memories.”

-Parent

OUT'N'ABOUT PROJECT



Out 'n' About gives young people opportunity to engage in activities in the outdoors. The project aims to support young people to develop confidence, improve wellbeing, connect with their local community and develop key skills for life by exploring and connecting with the outdoors and the local environment. 46 young people engaged with the project over the year. Three outdoor groups ran – a P7/S1 Boys Group, Eco Group and John Muir Award Group. Some highlights this year have been a group of 9 young people taking part in a local Park Run, sessions with Venturing Out including trail biking and hillwalking, urban and wildlife photography, oyster and seagrass restoration

and badger sett monitoring.

"NBYP helped me get out of the house when I would usually just do absolutely nothing. I especially enjoyed the beach art and the creative activities which have helped my artistic abilities by miles. The group is always fun and gives me that breath of fresh air that I usually wouldn't have gotten in the school week and has helped me appreciate the value of hedgehogs which are declining faster than tigers"

- Young person, 15

'At a time in their lives when technology can tend to dominate both home and high school, protected low tech time with peers - in ALL weathers - where they can connect with nature and each other has been invaluable for my son. During his time in the outdoor boys group this year friendships have grown. A curiosity in the great outdoors has been piqued and confidence in his ability to enjoy the outdoors has soared. As he gets older we have found that a lot of the traditional forest schools/ kids holiday activities are aimed at the younger age group whilst teens and tweens go largely uncatered. The activities that do remain are prohibitively expensive and are almost impossible to access. However, it's at this age where I feel activities offered by the boys group are of paramount importance, and I've been thankful to NBYP for filling the gap.'

- A parent

Some of the boys group members went on an overnight stay at Comrie Campsite – you can see their trip here ;

<https://www.youtube.com/shorts/LjvjElhqJJs>

CASE STUDY



A young person, aged 14, has been attending NBYP since 2021. She began attending Girls Group and quickly got involved with lots of other groups and activities including Out'n'About project, fundraisers, Girls group and holiday programmes. At first, this young person didn't know many people at the youth project and found it quite difficult to interact, However, after attending a few groups and trips over the holidays she quickly built her confidence and found it easier to have conversations with peers and youth workers. Youth workers have noticed a huge difference in her confidence and communication skills over the years. This young person is always

so polite and is the first to offer their help, whether that be at a fundraiser on a weekend or tidying up after an activity. More recently, she took part in our Ocean Youth Trust voyage which she described as *“one of the best experiences I have ever had in my life”*. Here is a video of this young person speaking about her experiences of NBYP and a very exciting opportunity that has come about from her OYT experience.

<https://youtu.be/ovhsEH3JTD4?feature=shared>

This young persons mum said *“My daughter started going to the youth project straight after lockdown unfortunately she didn't have a house hold/family she could meet up with and our family lived out with our catchment area she was also diagnosed with Hypothyroidism at the same time so she felt really uncomfortable going outside, the youth project was a great start getting her back out and meeting up with her own age group and her confidence and mental health grew each week.*

She has done lots of Easter & Summer activities with them cinema and meals out, Blair Drummond Safari Park afternoon teas and getting tips from the hairdresser to name a few. Without being able to access funding through the bursary, we wouldn't have been able to sign her up for so much in the holidays. She was lucky enough to be chosen to go on the residential sailing trip with Ocean Youth Trust Scotland earlier this year and she had an amazing time making new friends and loved how cosy the hoodie was, the crew noticed my daughter stood out from day one she was invited back to volunteer once she turned 16 years, so she joined the Sea Cadets that are based in Dunbar but to her surprise they have invited her back next April with them!

Without all of the help and hard work the youth project staff do this would not of been possible and we are extremely grateful for everything they do for her and all the youths in the area.”

OCEAN YOUTH TRUST VOYAGE

This voyage took place in August 2024 so would have just missed out on being included in this years report, however, we have decided to include it as it has been referred to in Case Studies, fundraising etc.

10 young people and 2 youth workers spent 5 days at sea and gained their SQA Royal Yachting Association Sailing qualifications. Sail training and youth work on the waves had a significant impact on the lives of young people. One young person has been invited back to become a volunteer Bosun and has been supported to also return with a bursary place. The trip was made possible through young people fundraising and donations from the North Berwick Rotary Club and the group leader doing a sponsored walk. Young people also made monthly contributions towards the total cost.



Young people were given a chance to apply for the opportunity, as well as youth workers targeting young people based on individual circumstances and need. Low-income household and/or single parent household, disengaging from school learning and/or struggling in a classroom environment, low self-esteem, at risk of or engaging in anti-social behaviour or poor mental health were all reasons for targeted work and referral. The voyages are important diversionary youth work tools to reengage the young people most at risk and improve their overall outcomes.

There had been regular meet ups in the lead up to the trip, with a focus on team building, sharing ideas and designing a team hoody. Once on board, fun team building games that experienced OYT crew facilitated really helped build on existing relationships and the crew started to feel 'more like a family'. The space was so confined, that there really wasn't much choice in the matter! We quickly became used to the routines, the environment and having to work well together, respect one another and each do our bit to ensure the safe running of the boat.

"This was a life changing opportunity for me and I am so lucky to have got to go. The OYT staff were all really nice. It was pretty mental at times with the boat nearly on it's side when we were sailing but it was class and I'd do it again. Thanks to everyone who let me go and for making it a well good week"

You can see the trip here ; <https://youtu.be/zm74iY3fmBA>

PRIDE 2024 EVENT



8 young people joined us this year for a trip to Edinburgh Pride. The group attended the march which started at the Scottish Parliament and headed up the Royal Mile. After the march, the group went to the Pride Youth Space which was hosted by Cannongate Youth and LGBT Youth Scotland. The young people really enjoyed the event and felt a part of the LGBTQ+ community.

"I absolutely loved going to Edinburgh Pride with NBYP. I have never been before and always wanted to go but it wasn't something I felt like I could have gone to by myself. It was amazing to be surrounded by so many people, bright colours and music. I want to go back every year!"

- Young person, 16

DISCO'S



In April, as part of their Community Impact unit, pupils from our Princes Trust Achieve class organised a disco at North Berwick Community Centre to raise funds for NBYP. The disco was a huge success with 32 young



people attending, we always get great feedback from the Disco's and it gives the young organisers a great sense of achievement too.

SPECIALIST YOUTH WORKER - funded by East Lothian Council



This was our specialist youth worker's second year in the role which was funded by East Lothian Council as a result of the adverse impact that covid has had on young people. The SYW's main role is to work in partnership with the North Berwick Coastal Ward schools to support young people with their learning and development through targeted 1:1 support and group work. The four main outcomes of this role are engagement, prevention, transition and wellbeing. The SYW has continued to engage with the cluster primary schools to implement early intervention and supports as well as working in partnership with NBHS. Partnership work with the schools has included the delivery of Cool, Calm and Connected to 60 S1's and Princes Trust Achieve to 12 pupils, 1:1 well-being walks with 16 young people and resilience and transition groups to 22 pupils. As well as the partnership with schools, over the year, our SYW has worked with 41 girls at Girls Group, 10 young people at ZAP, 8 young people at our Life Skills group and an 179 at Drop-in's.

Young people from the Learning for Life group, who also engage in 1:1 work and other groups at NBYP, were asked how the SYW has supported them and they said the following:

- Good advice, good to talk to when I need advice.
- Reliable, trustworthy, understanding.

- First person I would go to for support.
- Helps us to achieve goals.
- Supports us with where to go for more specific advice/support.
- Gives us a break from formal learning but we are still learning lots of new and valuable things for life.

"I can talk to Beth (SYW) about all my feelings, and she is very trustworthy. She helps me a lot with my work in Princes Trust and at Learning for Life group too. She has helped me get through a lot of things such as when I lost my uncle. She helped me a lot and I can talk to her about relationships and friendships."

- Young person, 14

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"Beth(SYW) is a very caring and understanding person. She is very reliable and she is always there to support me. I have known her since S2 and I know if I have any issues I can go to her as I feel very close to her and I can trust her."

- Young person, 15

Overall, 80% of young people who have worked 1:1 with the SYW, reported an increase in their overall wellbeing, including feeling more achieving, supported, respected and safe.

PARTNERSHIP WORKING

North Berwick High School

The partnership with North Berwick High School is fundamental to the work of the Youth Project. Youth workers work closely with teachers, support workers and the Guidance team to take referrals for young people, create plans for the young people we are working with and to identify need for small group work which we deliver in school time.

Through GIRFEC staged assessments meetings, the Youth Project is now seen as part of the solution. – getting it right for every child, NBYP also attend the Child Planning Locality Framework meetings, HUB meetings, and Guidance meetings regularly.

We delivered Princes Trust Achieve and John Muir Awards.

22 Young people were supported with their transition.

We delivered workshops as part of the Meaningful May week.

Cool, Calm and Connected was delivered to 58 young people.

'North Berwick High School truly values the partnership working we have with the NBYP. We have seen this continue to go from strength to strength and so very much appreciate the trust and collaboration we have built together. Our young people hugely benefit from their engagement with our local youth workers – this includes wellbeing walks during the school day, inclusive groups that run after school or drop-ins, trips organised by the NBYP, and we are united in our belief in the potential of all our young people. We work together to support young people to address life's challenges critically and creatively and young people choose to participate in youth work. We also have a bi-monthly Locality Forum and are delighted that the NBYP are able to contribute so positively to these solution-focused meetings for young people identified as requiring additional support to engage positively in school and our community. Pupils are full of warmth and enthusiasm when they share with us their experiences of youth work and in particular, the committed staff of the NBYP. I could not be prouder of this partnership.'

- Michelle Moore, Headteacher at North Berwick High School

North Berwick Rotary Club

The Project Manager often visits the Rotary Club to update them on the work of the Youth Project and has close links with their Youth Lead Rotarian who is kept informed. Discussions allow a good understanding of the work at the Youth project and identify areas where Rotarians can support the work.

Police

We meet with the School Police officer which is paramount to supporting and identifying young people. Where appropriate we share information with Police and Wardens.

STAFF AND VOLUNTEERS

The Project is led by a full time Project Manager, responsible for the strategic direction of the project, finance and fundraising and also manages the youth work team and supports the full-time Lead Youth worker with youth work aspects of the project and a full time Specialist Youth Worker. The Project also employs 6 sessional staff and is heavily reliant on volunteers.

Some of the young people go on to be volunteers and several of its sessional staff started as volunteers. The Project Manager started as a young person.

The Youth Project has a very supportive Board, which includes the High School Deputy-Head, an ex High School teacher, an ex-School Counsellor and people with a real commitment to young people and the community.

STAFF TRAINING

The staff and volunteers had access to training courses throughout the year. We strongly support our staff and volunteer team to continue their personal development.

EMBEDDED IN THE COMMUNITY

We are passionate about working in our community to build relationships which benefit the young people, our organisation and those in the wider community. In the past year through our various projects and opportunities we have continued to embed into the North Berwick Coastal Community which has benefitted all. Below are some examples of how we are engaging with the wider community, schools and groups.

CHILD PLANNING - our youth workers are often invited to be a part of the child planning process and we are seen as part of the plan for many young people.

NBCDC – Our manager is a Director of the NB Community Development Company.

CPLFT – Our manager and specialist youth worker attend the Child Planning Locality Framework meetings.

NBC&YN – Our manager attends the Children and Youth Network meetings where she is also a Vice Chair.

CHURCH YOUTH WORK - we have a great relationship with the Church Youth worker which has been invaluable, especially to ensure that young people are getting appropriate supports from their trusted adults.

SPORTS HUB - when appropriate we attend Sports Hub meetings which has afforded us and the young people incredible opportunities with the many sporting clubs in NB including the Tennis Club, Table Tennis Club, Rowing Club and Rugby Club

NOLB HUB MEETINGS– We attend regular HUB meetings to identify young people in need of support

PSG MEETINGS – Our Specialist youth worker attends weekly school guidance meetings and is seen as part of the solution when looking at supports for young people identified at NBHS

ABERLADY Youth Events – working to support youth events which have been set up by community members but benefitted from having youth work support.

YOUTH LOCAL ACTION GROUP – Northern Star – ideas around a YLAG

SUSTAINING CHOICES – engaging in the action for the NBCC

BASS ROCK COMMUNITY GROUP - we are thankful to the community group for always engaging us in project and fundraisers which we have also benefited from

FRIENDS OF THE EDINGTON – We are incredibly thankful to the Friends of the Edington who support us immensely in the Mental health and wellbeing work that we do.

LEUCHIE HOUSE – Employability visits and home to the NBYP Bees

NB COMMUNITY CENTRE COMMITTEE – We are grateful to the committee for allowing us to hold intergenerational meals, discos and other larger group work in the centre.

NBCAP – Our manager attends Area Partnership meetings and NBYP have been supported by the Area Partnership members through receiving funding.

ROTARY – we continue to work closely with the Rotarians who are a constant and welcome supporters of NBYP

EAST LOTHIAN RANGERS - working with our Out'n'About project

LOCAL PLACE PLAN – Our manager worked on the early stages of the Local Place Plan, ensuring that young peoples voices were included in the plan.

FAMILIES TOGETHER – We have a close relationship with the area families together worker who attends the Youth Project drop-in's weekly and has supported young people on holiday programmes and trips.

The SPACE Dunbar – supporting the Board of Directors to explore issues that young people face and to engage young people with consultations.

COASTAL COMMUNITY CONNECTIONS & ABBEY CARE HOME – Intergeneration work

NBCC – we engaged with the North Berwick Community Council throughout the year and opened the Cafe in the Lodge serving home baking and drinks at their Picnic in the Park event.

PICNIC IN THE PARK EVENT - Young people catered for the Picnic in the Park event and fundraised by selling homebaking

ELYC – 3 young people benefitted from access to a free week long course to learn to sail, gaining accreditation with East Lothian Yacht Club, NBYP helped to identify young people that would benefit most.

PARK RUN UK - Young people enjoyed getting involved in the Park Run at Archerfield Estate

SCOTTISH SEABIRD CENTRE – Workshops, visits and boat trips in the summer
MENS SHEDS - worked with our John Muir Award group to reinstate and fix benches at the NBHS outdoor classroom
COASTAL COMMUNITIES MUSEUM – visits and engagements in their exhibitions
FIRTH OF FORTH LOBSTER HATCHERY - **workshops**
SCOTTISH BADGER ASSOCIATION – Workshops and sessions
ALCOHOL FOCUS SCOTLAND – focus group – In partnership with WHO to develop a toolkit around alcohol digital marketing
NO KNIVES BETTER LIVES – focus group – issues facing young people relating to violence prevention and girls violence
MYPAS - Workshops and sessions
VENTURING OUT – Outdoor activities for Out’n’About and holidays programmes
MARINE CONSERVATION SOCIETY - Workshops and sessions
HONEYBEE SANCTUARY - workshops
SURFSKATE - Sessions
lorienteering and EAST LOTHIAN ORIENTEERING CLUB - Workshops and sessions
SHAPED NATURE - Session
LAND ART AND EUROPEAN LAND ART FESTIVAL - workshop session and day to the festival

“NBYP continues to support the young people in partnership with NBHS, their knowledge of our young people is an invaluable resource in identifying interventions and support for our young people on the Child Planning Framework. We hugely appreciate the input provided by the YP staff at CP meetings. The young people benefit immensely on their wellbeing walks and during the group intervention work. The school also continues to work in partnership to deliver the Prince's Trust Award.

NBHS is so lucky to have a service provider like NBYP right on our doorstep to support interventions with our young people and we'd be lost without them, thank you NBYP!”

- Patricia Shepherd, Principal Teacher Pupil Support, NBHS

FUNDRAISING

North Berwick Rotary Club



As always, the North Berwick Rotary Club supported the work of NBYP but donating twice during the year. One donation of £700 for the Ocean Youth Trust Voyage which took place in Aug 2024 and will feature in the 2024 – 25 Annual Report and £600 for the Gullane Youth Club. We are always incredibly grateful to the Rotarians for all of their hard work and dedication to the NB Community.

Burns Club

We are very grateful to the Burns Club who chose NBYP as one of their charities, donating £350! Thank you so much.

Coffee Morning



We held a coffee morning to raise general funds for NBYP and the girls Blackpool trip, we are always lucky to have so many people come along to support our coffee mornings and love to see lots of people in the community. We raised an amazing £591.

Girls Painting at Mary King's Close Blackpool Fundraiser

Some of the members of our Girls Group were invited to paint at Mary King's Close to raise funds for their Blackpool Trip. The girls worked hard in the cold and made the outdoor space look much tidier and well kept. Thanks to MKC for letting the girls loose!



Josh Quigley Mental Health Event



World record breaking athlete, Josh Quigley donated his time to deliver a talk to the community about his journey – a tale of determination and grit and pure, raw human endurance.

After hearing Josh's talk one of the young people shouted from the crowd 'good to learn about it (mental health) and how to deal with it...never give up and follow your dreams' We are also thankful to the Glen Golf Club who allowed us to host the event there, free of charge.



PICNIC IN THE PARK – with North Berwick Community Council



NBCC invited NBYP to cater at the Picnic in the Park event that they hosted. This was an exciting event which allowed the young people to raise funds and be a part of their community. Young people asked the community for donations of



homebaking and baked themselves and also learned basic health and hygiene and cafe skills whilst

handing money, preparing hot drinks and serving cake. The young people and the community along with their disco raised a whopping £1492

Other donations

We were blown away this year with the amount of people who wanted to do sponsored events or give donations to NBYP after hearing about the work that we do. It makes a huge impact to be able to have some unrestricted funds and we are so incredibly thankful for everyone's kindness. Big shout out to;

North Berwick Triathlon

Douglas Smith Charitable Trust £1,000 donation

Mikey McKinnon and the andyandalexofficial live stream team for raising £200

Andyandalexofficial fundraiser £1,000

Natalie Adams for walking the entire coast of Arran to raise funds for the Ocean Youth Trust Voyage, a smashing £1,250

FUNDING



The Youth Project would like to thank the following funders, who gave grants during the year. Without them none of this would be possible.

East Lothian Council – Service Level Agreement, Specialist Youth Worker, Holiday Hunger, employability

North Berwick Coastal Area Partnership – Cookery, Gullane Youth Club, Girls Group

North Berwick Trust – Lead Youth Worker, full time position

Better Breaks – Respite residentials

Young Start – Out'n'About Project

Foundation Scotland – Learning for Life

Co-op Community fund – Drop-In and Gullane Youth Club

Children In Need – ZAP group

Cash For Kids – Easter programme

Essentia Foundation