



Y2K Youth Project

Annual Report 2018-2019



Mayfield & Easthouses Youth 2000 Project
(Y2K)
2b Bogwood Road
Mayfield
Dalkeith
Midlothian
EH22 5DY



Telephone – 0131 454 9805

Registered as a Scottish Charity no: SC030823

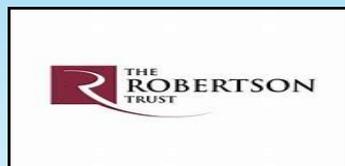
Company No: SC214081



“Broadening Horizons, Realising Potential”

Thanks To Our Supporters

Y2K appreciates all the support we have received this year financially or 'in kind':



Mayfield and Easthouses Community Council

Financial Statement

Board Members

- Mabel Currie (Chair)
- Morag MacDonald (Treasurer)
- Victoria Robb (Secretary)
- Robert Hogg
- Alexander Florence
- Patrick O'Neill
- Susan MacDonald

	Total Funds 2019	Total Funds 2018
	£	£
Income	252,919	212,242
Expenditure	209,599	222,447

A full set of audited accounts are available on request



We are Y2K

Office Team



Lee Gilchrist, Project Assistant (Digital Media),
Owen Findlay, Youth Champion, Liz Campbell Office/Finance Manager, Carol
Flack Project Manager

Youthwork Team



Natalie Paris, 180 Project Lead. Elaine McCairney, Helfy Guid Project Lead,
Lyndsey Ritchie, Youth Work Co-Ordinator. Vikki Pryde, Helfy Guid /180 Project
Worker. Calum Montgomery, Y2K+/180 Project Worker.

Y2K Youth Project

Pumphouse Trust

John Watson



Gordon Fraser Charitable Trust



The Woodward Trust

Annual Report 2019 — Chairs Welcome



Welcome to Y2K's Annual Report 2018/19

Y2K celebrated *2018 Year of Young People* from a strong position, continuing to achieve a good degree of success with our fundraising strategy, securing and managing income from several major funders. A big focus has been the development of our *180* project which offers early support and prevention on youth offending and antisocial behaviour. This much-needed service is already making a difference and we have high hopes of achieving real impact for the whole community

In October Y2K was awarded *Best Community Project* in the 2018 Herald Diversity Awards and in February 2019 we were runner up for the *Community Based Youth Work* category in the Youthlink Scotland Awards. While our focus is not on awards but on outcomes for the young people in our communities this recognition has meant a lot to everyone in the organisation as well as to our supporters.

As anticipated the more we can offer by way of daytime and weekend services the greater the uptake. We have continued to build strong relationships with local schools over the past year. We have a presence at Newbattle High School, three days a week running group work programmes and providing 1:1 support across our various services. We enjoy partnerships with Dalkeith, St. David's and Lasswade High Schools and have collaborated with local primary schools to deliver small group programmes for P7 pupils.

Youth Voice and Choice



We have a system of Youth Reps voted in by peers to ensure the voices and choices of the membership are represented across the organisation. Evening drop-ins are an ideal time for reps to organise pop-up meetings, carry out peer consultations and participate in peer pal mentoring or running the 'Y2Kitchen' building volunteer experience/hours. Reps meet fortnightly and have subcommittees (fundraising, marketing and publicity). Late 2018 we began planning with outgoing reps to move into new 'Youth Champion' roles with mentoring responsibilities within the various services. These young people have expressed an interest in becoming peer mentors for new services we hope to introduce at Y2K. Through the added resource of the *Guid 2 Go* project we will offer support and training to a wider range of young people to participate in youth awards, become youth reps or Youth Champions and to have the opportunity to progress towards their goals.

Consultations with current Y2K+ clients evidenced that:

- 100% of the young people felt more confident
- 57% felt less anxious and upset
- 78% of the young people felt happier
- 86% of the young people felt better able to speak about their problems
- 86% felt that things had improved at school
- 64% of the young people felt they had improved relationships with peers
- 50% of the young people felt better able to manage their emotions
- 72% of the young people felt more included
- 100% of the young people felt that they had benefited from the supports at Y2K+



Our youth workers continue to work alongside local community police teams encouraging improved relationships and linking with the local fire service to raise awareness of the implications of fire-raising to our young people. It is our aim for families and community members to feel more reassured that when their young people are out and about, they are safe and not making choices which will negatively impact on their lives and the lives of others. We are also keen to develop new and innovative opportunities for intergenerational work and our *Mayfield Explorers* project has been promoting this connection.

As Chair of the Y2K Board I would like to thank everyone who has contributed to our work over the past 12 months, especially the staff, volunteers, young people and board members.



Mabel Currie, Chairperson

Y2K+ Youth Project

Our Mission

To support and encourage young people in Mayfield & Easthouses to be healthy and happy individuals through our delivery of holistic youth-led services.

“Broadening Horizons, Realising Potential”

Our Vision

Our vision is for young people in Mayfield & Easthouses to be healthy and happy, feeling safe and secure to become confident, fulfilled individuals.

Y2k+

“Having someone to talk to has really helped me and I feel I have got a lot from the support sessions”

“Y2K+ has helped me let things go and move forward”

“I feel reassured now. I have never had someone to speak to and now I can talk without being judged.”

“It feels great to have someone to open up to and let someone know what’s going on in my head.”



Involve U

In 2018 *InvolveU* offered young people, 11-18 years, the chance to access open-door drop-in services 3 evenings per week (Tues, Wed & Fri) 6.30-9.30pm. Unfortunately, due to local authority cuts announced in December, we were forced to reduce the service to two evenings per week as of January 2019. We are delighted that thanks to new funding from National Lottery Community Fund - Young Start we will be re-opening the third evening drop-in as of mid October.



Our drop-ins offer a unique service, with programmes devised around the expressed needs of the young people involved. Through participation, they can develop transferrable skills increasing confidence and building resilience to improve communication and enhance life chances. Drop-ins run at a time when other youth provision is closed, evenings being a time young people often engage in risky and/or self-harming behaviours. *InvolveU* drop-ins offer a range of positive diversionary activities, social and personal development opportunities.

Y2K delivers its aims through the following services:

- **InvolveU Drop-ins**
- **Y2K+**
- **Helpy Guid**
- **Go Girls**
- **180**

2018/19 Programme/Activities:

- ***Helpy Guid 2 Go***
10 week programmes promoting health & wellbeing
- ***Guid 2 Go Fridays***
After school boxing training, cooking & activities
- ***Mayfield Explorers***
Partnership project with National Mining Museum
- ***Nae Butts / Peer 2 Peer***
Tobacco Action projects
- ***Go Girls / Funday Mondays***
Young women's service



Annual Report 2018/2019



As the InvolveU/180 pilot and fledgling 180 programmes have continued to develop, our service offering an early support and prevention approach to youth offending has gone from strength to strength. Since Sept 2018, 180 has worked with 57 individual young people from across Midlothian east, within group work and 1:1 sessions. 28 of these young people have successfully achieved Dynamic youth awards through their participation in the programmes.

Quotes from professionals:

- *"This is a very well structured programme which has a very positive impact on the young people involved."*
PC Iain Anderson
- *"This programme has given young people the chance to think more about their actions, supporting them to make better informed choices about their lives and futures."*
Additional Support for Learning Assistant, Lasswade HS
- *"All the young people who have been involved in the sessions have made changes to their outlook or behaviours. These have been small for some but all progress is positive."* Deputy Head Lasswade HS

Quotes from young people:

"Taking part in this programme has helped me to think more about my future. I don't fight any more and try and keep focused on school." 14yr old boy

"I would really recommend the 180 project to other young people. Its made a big difference to my life. I didn't think it would but I am so much happier and more aware of what the consequences of my choices are." 15yr old girl

180 Project



Annual Report 2018/2019

48 young people completed HG2G programmes and most have achieved Dynamic Youth Awards and/or Saltire Awards . More than 100 participants benefitted from dropping into programmes or joining in HG2G activities . They have expressed feeling an improvement in their general wellbeing & participation in physical exercise. 92% of young people participating in HG2G noted improved confidence and self-esteem through the various activities and inputs to the project.

“I have had so much fun and got to try things I would never have been able to do without Y2K giving us this opportunity”

“Before, I spent my time fighting, smoking and drinking because I was bored. Now I am always busy and there are things for me to get involved with. It’s made a big difference to me”

Mayfield & Easthouses Youth 2000 Project (Y2K)

Mayfield Explorers



Annual Report 2018/2019

Go Girls



Our Funday Monday group has run weekly with eight young women (18-24), all with a mild to moderate learning difficulty. The group offers diverse, fun activities aimed at developing skills, increasing confidence and reducing isolation. As a result of their participation the young women have now all successfully achieved an accredited Dynamic Youth Award presented at a graduation ceremony held in the project.

Go Girls also worked within Newbattle HS delivering targeted group work and 1:1 supports on a referral basis. We have worked with girls on a range of issues including mental health issues, family bereavements, gender identity and body confidence. Each week a youth worker met with the girls in school, to provide person centred, tailored supports. Girls set their own goals that were reviewed on an ongoing basis to ensure that positive change and achievement was monitored and identified.



Guidance teachers identified that a core group of girls in S2 were engaging in risky behaviours and it was believed that they would benefit from taking part in a group work programme to explore the consequences of their choices and behaviours within a supportive, non-judgemental setting. The girls took part in an eight-week programme within school that covered issues such as sexual health, personal and online safety, alcohol awareness and healthy relationships.

Mayfield & Easthouses Youth 2000 Project (Y2K)