



Annual Report
2016-2017



Delivered by



NATIONAL
LOTTERY FUNDED

Background

The Young Start programme was launched on 13 March 2012. The programme creates opportunities for children and young people between eight and 24 years old to help realise their potential.

Young Start supports projects that meet one or more of the following outcomes:



CONFIDENT

Children and young people have more confidence and skills



CONNECTED

Younger and older generations are better connected and have more understanding and respect for each other



HEALTHY

Children and young people have better physical, mental and emotional health



ENTERPRISING

Young people are better prepared for getting a job or starting a business

Policy Context

Under the Dormant Bank and Building Society Accounts Act 2008, the Reclaim Fund releases funds from dormant bank accounts to the Big Lottery Fund for distribution to good causes across the UK. At the direction of the Scottish Government, the Big Lottery Fund established the Young Start programme to distribute Scotland's share of this money.

The Scottish Government chose to concentrate dormant account funding on children and young people. This aim fits with the government's early intervention approach to tackle the causes behind a diverse range of challenges faced by Scottish communities.

The **Young Start** application process uses two important principles:

Getting It Right for Every Child

This approach (GIRFEC) requires that the needs, experiences and wishes of children and young people are at the heart of the funded projects. Practically, this means that projects must actively involve children and young people in planning, managing and running the activities.

Asset based

We have encouraged projects to harness and develop the assets possessed by children and young people, their families and communities – as well as project staff and leaders. Once again, applications from projects intending to build on the assets available to them (rather than focusing on deficiencies and remedies), have been looked on more favourably.

Passion4Fusion

Offering sports and art services to young people in the Edinburgh area, Passion4Fusion uses activities to build a sense of confidence and community, mainly for ethnic minority children and their families.

Youth Development Worker, Johnathan Ssentamu, says it's important to get children and their families active in their communities, with sport being the perfect tool to achieve this.

"It's a weekly programme, every Saturday, all the sessions are running in three locations.

"Young people come to the sessions, just to enjoy themselves, to have fun to build confidence and the majority of them have never been to sessions before."

Funded through the Big Lottery Fund's Young Start programme, the group have been able to buy equipment, get more coaches on board, and hire more halls to hold activities and meet the growing demand for their services.

Jonathan says the funding has played a key part in helping raise awareness of Passion4Fusion in the local community.

"Before Young Start, we were trying ourselves, and nobody actually understood us. The most painful thing was that some funders don't really understand you as a community. We're on the grassroots, we understand our community. And if we didn't have this funding to be honest, I don't know where we'd be. There would have been so many opportunities missed."

One of the reasons for the project's success is Passion4Fusion's approach to involving whole families in the children's activities, says Jonathan. "I engage with parents on a daily basis, I go out in the community. I go to people's homes because I have developed a relationship with the parents. I want them to be a part of this: I want them to understand what it feels like for their children to take

part in activities and also that they need to be integrating better throughout the communities rather than isolating themselves, staying in the house, not wanting to be seen in the community because of things like racism. The way to counteract this is to be out as ethnic minorities and be part of these communities. And I think that's something that parents really appreciate. It's beginning to take away their fears, its beginning to generate confidence within ethnic minority young people."

The project is helping to bring the local community together, with their recent gala event proving a success.

"We've got good representation of people from various backgrounds, that's something we're proud of. There are kids who have participated in other programmes who feel they aren't good enough for those clubs. But because of this programme, we've seen different ethnicities come together because it's the place they want to be. They enjoy it, and the volunteers and the coaches are great, so the community is really getting together in terms of sports. Not just the young people but also the parents now are fully involved in knowing what are we doing for this community, what can we do, how are we going forward?" says Jonathan.

For Passion4Fusion, the main benefit of the sessions is their ability to instill confidence and pride in the young people taking part, helping them to become active members in their communities

"We're empowering young people to believe: you are in the community, mum and dad are here, they are working here, they are contributing towards the economy here so be proud of yourself, be proud of your country and contribute to your community. And I think that's for us, very key."



→ Grant amount: £36,700

Passion4Fusion received £36,700 to deliver a sports and arts programme targeting ethnic minority young people living in Edinburgh and West Lothian by engaging a Young People's Development Worker to develop and facilitate the activities. The project will work with young people through community outreach and informal networks, enabling them to develop skills, raise aspirations and gain professional tuition and training through sports and artistic workshops.



“ Before Young Start, we were trying ourselves, and nobody actually understood us.... if we didn't have this funding to be honest, I don't know where we'd be.

youngstart Advisory Group

Young Start established an external Advisory Group in 2012 to inform the programme's design and delivery. The group is made up of representatives from children and young people's organisations and receives a monthly summary of the awards made. To manage demand for the funding, Young Start continues to use the two recommendations agreed with by the advisory group in early 2016:

Organisations can be awarded Young Start funding twice and must then wait two years from the end of the second award before being considered for funding again.

During the assessment, increased weighting and importance is given to young people's involvement in projects.

Advisory Group Members

Louise Macdonald Young Scot

Jim Sweeney YouthLink

Ian McLaughlan Youth Scotland

Iain Forbes Scottish Mentoring Network

Jamie Dunlop Scottish Youth Parliament

Colin Morrison Scottish Children's Parliament

Ruth Hutton Scottish Government

Alison Clyde Generations Working Together



Budget

Based on forecasts provided by the Reclaim Fund, the 2016/17 Young Start budget was set at £5,500,000. However, the timing, value and release of funds by the Reclaim Fund are not controlled by the Big Lottery Fund. As a result, this impacts the value and number of grants that can be awarded within the year.

In 2016/17 £94,318,000 was available from the Reclaim Fund to support good causes across the UK. Scotland received 8.4% of this total, equating to £7,932,000. As £6,300,000 was received in quarter three of 2016/17, the balance of funds not awarded was carried over to 2017/18.

Amount available from Reclaim Fund for apportionment to Scotland (£000)	£7,932
Overspend brought forward from 2015/16	-£134
Grant awards made 1 April 2016 to 31 March 2017	£4,558
Balance of funds carried forward at 31 March 2017	£3,231

“ To see him achieve this is incredible on so many levels ... I never imagined that his life would turn out like this. It’s a miracle really.

READ JAMIE’S STORY ON PAGE 9

Applications at a glance...



→ The quality of applications remained strong throughout the year. 284 applications were assessed and presented for decision making, with an overall success rate of 37%. These success rates are higher than previous years, and is a result of more funds than forecast becoming available in the latter half of the year.

The two most common reasons recorded for projects being unsuccessful were:

- Projects' outcomes being a less strong fit with Young Start outcomes than other applications considered (95%)
- Young people's involvement less strong than other applications considered (42%)

This reflects the high demand for funding, the focus on assessing the project's fit with Young Start outcomes, and the quality of young people's involvement in the development, design and delivery of the project.



CASE STUDY

Able2Sail - Jamie's Story

Up until he was a teenager Jamie Kearns, 20, from Kilpatrick, had absolutely no interest in sailing and had never even set foot on a boat. Fast forward seven years and he not only is the proud owner of a silver medal from the Special Olympics but is now helping to pass on his skills to other young people.

Jamie has learning difficulties and, growing up, found it difficult being around new people and making friends. Proud mum, Margaret, said, "He would often refuse to come out with us on family trips so this is all a wonderful surprise, especially as when he was little he would never venture anywhere near the water or even go on wet sand."

Jamie said, "I just thought I would give it a try so I went a few times over the summer and got into dingy sailing. We went overnight on the bigger boats which was really interesting as that was my first time on a big boat.

"Going to the club over the years has been really good and I have really improved my sailing skills and got even better at the sport. I've made lots of friends and have a lot more confidence now."

Jamie's commitment and dedication was rewarded earlier this year when he came second in the dingy sailing at the Special Olympics in Sheffield, securing a silver medal in the process. He said, "It was tough going and the whole week of competition was really hard. I was very proud of the result as it was the first time I had taken part in a competition of that size."

Margaret was there to see Jamie cross the line. She said, "Lots of our extended family came down to cheer him on so he had a real support squad there. It was a really special moment for all of us when he got his medal."

Jamie is now at West College Scotland studying Commercial Ventures but gives up all of his spare time to sailing and encouraging and mentoring other young people who are new to the sport.

Laura Carrick, Youth Forum Co-ordinator, Able2Sail, has known Jamie ever since he took to the water for the first time. She said, "Seven years ago Jamie was shy and retiring. He had no confidence whatsoever and barely said two words to anyone, especially adults. As his skill level in sailing has grown, I now see a confident young man who is secure in the knowledge that he is a competent sailor who can hold his own against anyone."

Margaret has no doubt about the difference the project has made to her son. She said, "To see him achieve this is incredible on so many levels and being involved in Able2Sail has given him a lifelong interest. I never imagined that his life would turn out like this. It's a miracle really."



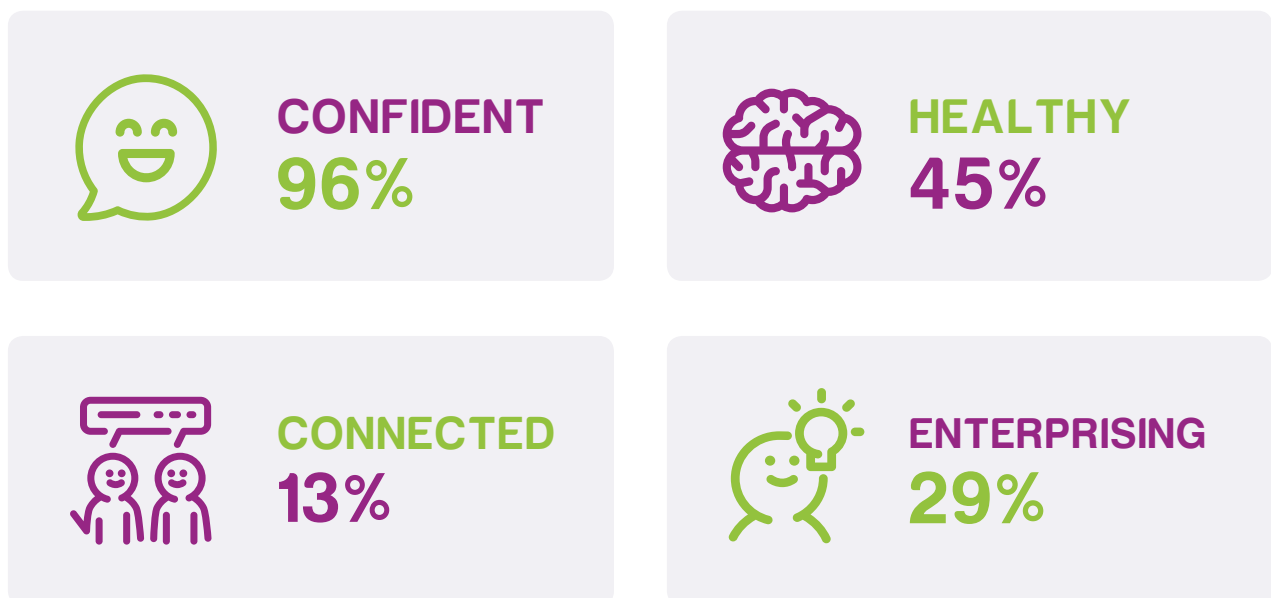
→ **Grant amount: £40,000**

Able2Sail received £40,000 to build on their Youth Forum project. Both able-bodied and disabled young people will be able to continue to take part in yacht, dinghy and powerboating sessions across west central Scotland.

Applications at a glance...

Themes and Trends

Figure One: Breakdown of awards by Young Start outcome



All Young Start projects are required to meet at least one programme outcome, with a significant number of projects meeting two or more outcomes.

There is no significant change from the previous year regarding the spread of outcomes. While the majority of awards continue to deliver the 'Confident' outcome, the proportion of projects aiming to connect across generations remains low. We have again hosted a stall at the *Generations Working Together* conference and *Generations Working Together* continues to promote Young Start to its members, as well as offering support to new 'Connected' grant holders.

During 2016/17, Young Start received applications from all 32 Local Authority areas with awards made in 30 of these areas.

No awards were made in the Orkney Islands or South Ayrshire. In Aberdeen City, Dumfries and Galloway, East Ayrshire, North Ayrshire and Renfrewshire success rates were significantly lower than the average.

While the majority of applications focused on project delivery in a single local authority area, five awards were for projects being delivered Scotland-wide.

Breakdown of Awards by Project Type

(between 1 April 2016 and 31 March 2017)

104

Total number of awards

£4,558,000

Grand total spend

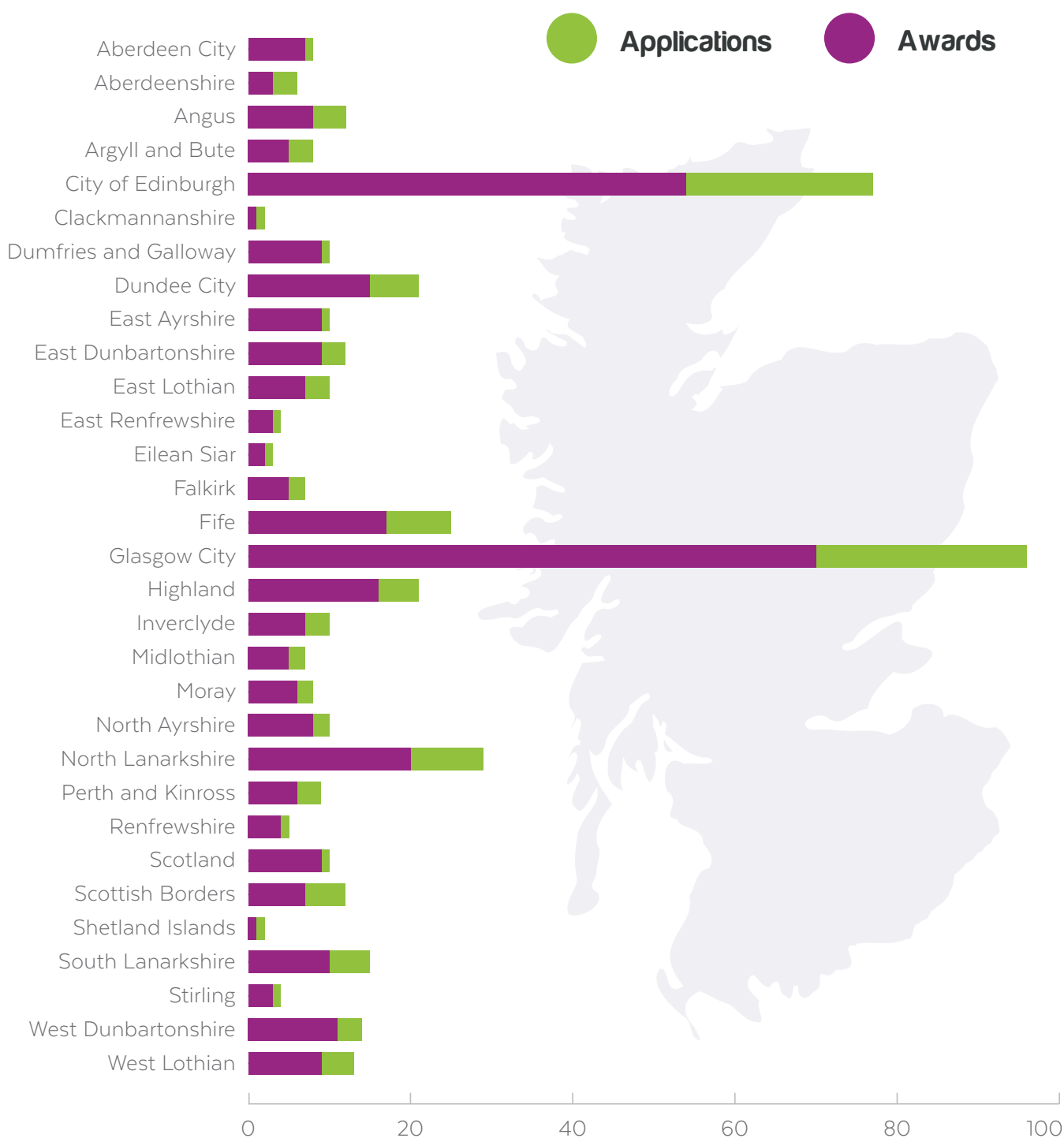
Here's how they break down...



Breakdown of awards by Local Authority (between 1 April 2016 and 31 March 2017)

In 2016/17 we made awards in 30 of the 32 Local Authority areas. We've funded a wide range of organisations have been awarded Young Start funding including small local organisations, Scotland wide organisations and volunteer centres/voluntary action centres.

Projects awarded funding to deliver work cover a broad range of themes, including: advice/information, arts, education training and development, sports, social care services, community services and facilities, relationships, cohesion, counselling, and self-help.





CASE STUDY

Scalloway Community Trust - Catriona's story

A chance visit to a new youth centre has transformed the outlook of a shy teenager from Lerwick in the Shetland Islands. Over the last three years Catriona Gilberton has accumulated over 450 hours volunteering at local projects, something that has opened up a whole new world to her.

Catriona, 15, said, "From the start the staff at the centre were so supportive and encouraged me to get involved in volunteering but it took them about six months to get me to commit. I used to be really shy and wasn't at all confident about meeting new people or being in large groups without feeling really nervous.

"I decided to be brave for once and try it and I am so glad I did as I absolutely love volunteering now and think that everyone should give it a go.

"I started off in the café making milkshakes and then I progressed on to the till. Then I was moved up to work in the tuck shop before moving on to leading all the sports activities like basketball and dodgeball. That was a big deal for me as it meant I was organising the rotas, all the teams and overseeing the games.

"Volunteering has really helped me think about all the options I have when I leave school and it's given me lots of things to think about. I always wanted to be a teacher but now all the experience I have has opened up new avenues to me in youth work and community work.

"If I hadn't found the courage to get involved I don't think I would have the circle of friends I have and I would still be that shy person struggling for her voice to be heard. No matter what I decide to do in the future, I will be able to use the confidence and skills I have gained over the past three years."

Sharon Jack, Project Co-ordinator, Scalloway Community Trust, said, "Catriona continues to grow in her confidence and ability to interact with young people all the time. From a quiet, extremely shy introvert, she is now outgoing and not afraid to speak in public or ask questions. She stands taller.

"Through her Volunteering, Catriona now has seen how Youth Work can change lives, she sees the importance of working in the community and the sense of satisfaction that can be felt by making a difference. She now understands that it is possible to follow a dream and do what you love and because of this she now knows that whatever the future holds for her, it will revolve around Youth and/or community work."



→ **Grant amount: £47,948**

Scalloway Community Trust received £47,948 to provide local young people with a range of social and recreational activities, as well as training and volunteering opportunities.

Outreach

Young Start promoted 62 outreach events in 2016/17 as part of the Big Lottery Fund's general outreach work. Events ranged from representation at funding events and conferences to workshops and one-to-one surgeries with customers.

These events allow potential Young Start applicants to meet with Big Lottery Fund staff and discuss their ideas in person. The programme was also promoted at a range of specialist events, covering topics including social enterprise, disability, and accessing funding for the first time.

From the 5,500 customer enquiries we received in 2016/17, 261 involved Young Start. This is a small rise in actual enquiries from the previous year but represents a smaller proportion of our overall customer contact (due to increasing interest in new Big Lottery Fund grants launched over this period). Around three quarters of these enquiries were from people who were considering applying for a grant.

As in previous years, the level of demand for Young Start grants remains very high. In response, we have made sure that regularly updated key messages are shared widely within the Fund. This ensures the most important issues are discussed with potential applicants — regardless of how they first contacted us. In particular, we have highlighted the comparatively low success rate to help manage expectations and demand. We have also indicated factors that improve the chances of success, chiefly the level of young people's involvement and the focus on developing local strengths.

Media

In 2016/17 nine Young Start releases were issued to print and broadcast media.

The programme received particularly strong and consistent coverage in the regional press. Highlights of national and regional press coverage include:

The Dundee Evening Telegraph

The Scotsman

The Dumbarton Reporter

The Fraserburgh Herald

The Stranraer and Wigtownshire Gazette

Angus edition of the Courier





CASE STUDY

North Lanarkshire Chiefs - Ross's story

Ross Dillon, 16, from Cumbernauld loves to play basketball but has discovered his real passion is coaching others. Now his commitment to the sport could help him to land his dream job.

Ross joined his local club, North Lanarkshire Chiefs, eight years ago to try a different sport. He explained, "I just took to basketball straight away and there was just something about it, the way it was so fast moving.

"I've played it ever since and am currently in the Under 18s National League. During the season games take us all over the country every weekend, but I still make time to fit in all my coaching commitments looking after four junior teams at the club.

"My weekends are completely taken up with playing and coaching. During the week I coach every Tuesday night and train on a Wednesday and sometimes coach on a Friday. It's hard to fit everything in but I get so much satisfaction from teaching them and seeing the difference in their game whether at practice sessions or during games. It gives me a real sense of pride."

Ross is studying for Highers and is aiming to go to Stirling University to become a PE teacher. His coaching experience has also opened up the possibility of a career as a professional coach.

He said, "The club has been brilliant at putting me on courses - coaching courses, a table official course, a first aid course and a six week coaching development course. They have given me lots of opportunities to grow and develop and it's led to some pretty exciting things. This summer our local professional club, Glasgow

Rocks, offered me the chance to come and coach in a summer camp session in the first weekend of the holidays. I was teaching the five to eight year olds and it was amazing to be coaching alongside some of the people I am used to watching on the court.

"Coaching has really increased my confidence. Now I am used to talking and giving my opinion more and am seen as a leader by the teams I coach. My future has completely changed. Before I didn't know exactly what I wanted to do or even what I would be good at. Now my heart is firmly set on something I love doing."

“ My future has completely changed

Alasdair Sinclair, Head of Basketball, North Lanarkshire Chiefs, said, "The difference in Ross over the past year has been amazing. His technical knowledge has increased hugely and his ability to manage and organise groups is far beyond his age.

"The Young Start funding has allowed the club to tailor a programme to help Ross and many others to reach their potential as coaches, officials and volunteers. Not only has it allowed us to send young volunteers on top class training, but it's also provided them with equipment and tools to ensure our club continues to develop."



→ **Grant amount: £20,580**

North Lanarkshire Chiefs received £20,580 to provide training to young people who want to become coaches, referees and table officiating volunteers. Young volunteers will also be encouraged to run a new primary development league in the club.



CASE STUDY

You Can Cook Community Interest Company

A small town in the Scottish Borders is leading the way in helping young people aged between nine and 14 years of age discover the joys of growing and cooking their own food, thanks to the You Can Cook Community Interest Company's innovative "You Can Grow" project.

Bosco Santimano, director of the You Can Cook Community Interest Company, based in Innerleithen, explained how Young Start has helped to make a difference. He said, "The funding has really allowed us to develop all the work we started with our first award. We have been really overwhelmed with the demand and there are huge numbers on the waiting lists for both activities.

"In our cookery classes we make a lot more food than is necessary so the youngsters can put it in their Tupperware boxes and take it back home. They get so much satisfaction and pride from doing that because their families can taste what they have grown and prepared.

"The gardening club teaches the kids about the best time to harvest and gives them the skills to grow a wide range of vegetables and herbs. When they see the produce they have planted beginning to grow it becomes real to them and they get excited and happy."

“ It's a win-win situation and our project is having a huge impact.

Robbie Jackson, nine, from Innerleithen, said "I've been coming here for a year now after school. I like helping to grow the plants the best. We get a lot of ingredients like broccoli, beans, potatoes and leeks

to make things in cookery class. I help water the plants and then the adults tell us what we need to do and how we can help them.

"I like seeing things grow. I help pick the stuff and we get to take it home. I have been cooking and my mum helps me in the kitchen. I've been making muffins, cakes, potato salad and apple pie. I also did the cookery classes last year and I'm going back again after the school holidays - I can't wait! The people are really nice here and I have made lots of new friends. When I am older I want to grow things and work in a garden."

Bosco explained what drives him to keep going. He said, "Giving young children the facts and experience means we are giving them a life skill. Growing food and teaching them how to cook from scratch with creativity, initiative and enthusiasm.

"The best thing about setting up this project is that no matter how much I have to deal with or get stressed by, when I get the chance to visit in person and see the joy and excitement on the young peoples' faces it makes it all worthwhile.

"The Young Start funding has given us the stability not only to continue but to expand our previous project with young people involved at the very core. It's a win-win situation and our project is having a huge impact."



→ **Grant amount: £44,806**

You Can Cook Community Interest Company received £44,806 to run a two year long growing and cooking project for local eight to 14 year olds. Activities will take place after school and during the summer holidays, making use of the local primary school's kitchen space and edible garden.

Public Affairs

Funding from Young Start was mentioned in 47 motions in Scottish Parliament and in two Early Day Motions in Westminster.

Grant Management

In total across 2016/17, 110 projects have completed their work, and their grants have been closed. Variations to grants post-award have been minimal, with £9,482 de-committed and made available to award. No complaints were received during the year. This reflects an approach whereby unsuccessful applicants are encouraged to contact their assessing officer or a funding manager for specific feedback and the efforts made by staff to support re-applications.

Evaluation

The findings from an internal evaluation in early 2015 have continued to inform the assessment and delivery of the Young Start programme. In particular, the increased weighting and importance given to young people's involvement in applications and projects, which was found to improve and develop confidence and foster engagement and commitment. As the programme has run in its current form for five years, a review is planned in 2017/18.

CASE STUDY

Alzheimer Scotland Uma's Story



Ever since she could first remember, 20 year old Umaiyalini Uruthiralingham (Uma) wanted a career in medicine. Now thanks to a unique befriending project, she has spent the last three years building up real life experience visiting people with dementia in care homes throughout Glasgow.

Uma said, "I wanted to volunteer to give me experience of working in the healthcare industry and I had always been interested in befriending. I had heard about dementia when it was mentioned in school and wanted to get first-hand experience of what a person goes through with the condition and how they live their lives.

"I went through the training and was all set to go, but nothing could prepare me for the experience of walking into the care home for the first time. The main thing I remember was the joy on people's faces when they got a visitor - the happiness seemed to come from inside them.

“ This is real life experience and I can't ever imagine not doing it.

"The first lady I was matched with was in her 60's and had Down's syndrome. It took a couple of visits before I felt that we had developed a connection and were speaking and laughing together. I visited her for about a year and it was a big thing to me - I felt that she had become like another friend. It was a really good experience for me and a real eye opener to the way that the condition affects people."

Uma soon began to realise that the visits were changing her as a person. She explained, "I would say I developed good talking skills really quickly and learned how to get people to open up to me and, more importantly, to trust me. I used to be really reserved and was never a talkative person before I started doing this.

"My friends have seen a big change in me and say that I have come right outside my comfort zone. My sense of empathy has really developed too and I have made friends with people that I would never normally come into contact with."

Now in her third year at Glasgow University studying anatomy, Uma still finds time every Saturday to continue her visits. She said, "I love it and can't ever imagine giving it up. It's been the most useful, valuable experience, both for me as a person and for me in my career in medicine.

"I love bonding with older people and I have a real insight and learning on the impact of dementia that I would never get from reading books or studying. This is real life experience and I can't ever imagine not doing it."

Sian Hunter, Volunteer Co-ordinator, Alzheimer Scotland, said, "I have no doubt that Uma will be an amazing doctor in the future. She has an insight and understanding of dementia that a lot of her peers haven't experienced. I believe that this will benefit her in her future career path and likewise the patients in her care.

"The funding from Young Start has ensured that volunteer befriending has continued in Glasgow through 2017, and that more young people, like Uma gain further understanding of what it's like to live with dementia, particularly within a residential care setting."



→ **Grant amount: £45,820**

Alzheimer Scotland received £45,820 to continue their successful befriending project. The "Forget me Not" project matches young volunteers with older people with dementia in care homes across Glasgow and West Lothian.



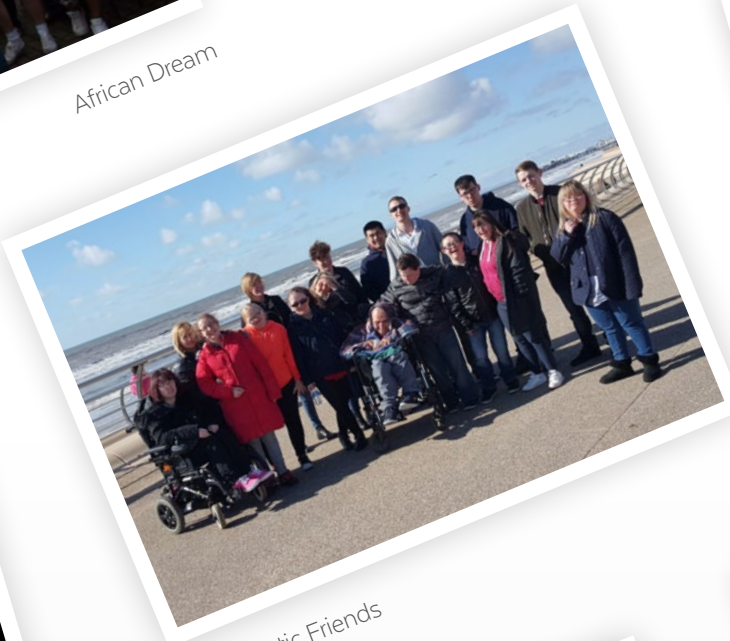
African Dream



Fairway Fife



Nordoff Robins



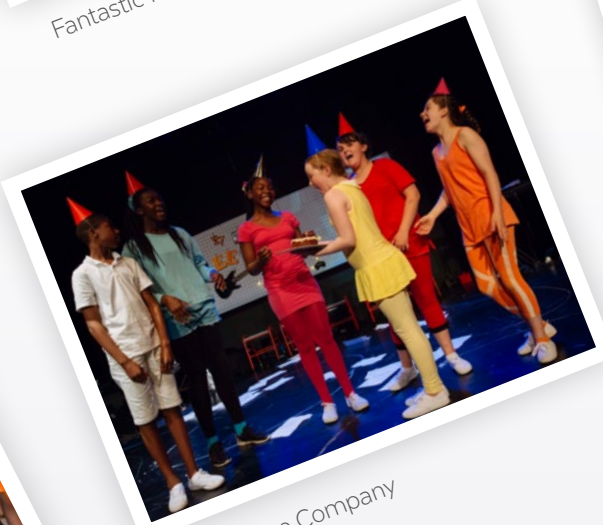
Fantastic Friends



Reeltime Music



Fairfield Dundee



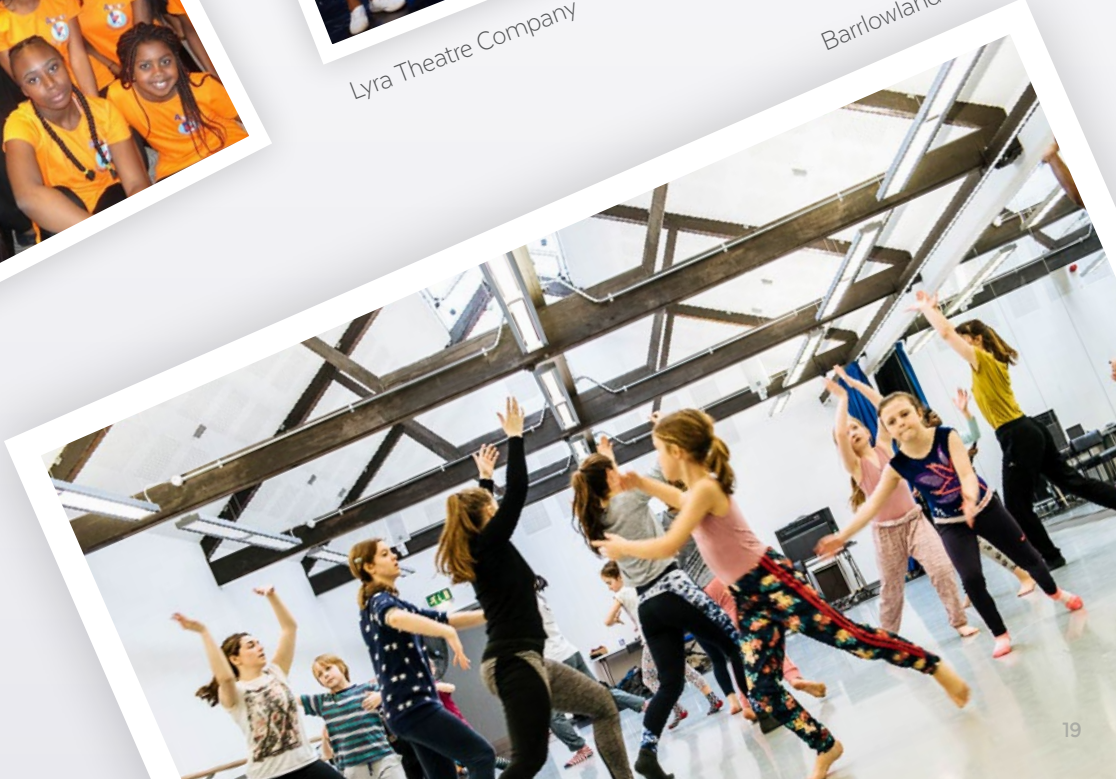
Lyra Theatre Company




Anyiso



Scottish Education Trust



Barrlowland Ballet

 No matter what I decide to do in the future I will be able to use the confidence and skills I have gained over the past three years.

CATRIONA GILBERTON,
SCALLOWAY COMMUNITY TRUST