

THE MAGAZINE OF YOUTH SCOTLAND'S NETWORK

New Year 2010

magnet

NEWS • TRAINING • RESOURCES



WITH THIS ISSUE: Progression Routes for Young Leaders - A Youth Scotland quick guide

Youth Scotland is the network of Youth Clubs and Groups in Scotland. Working with a network of locally-based area staff, Area Associations and local authorities we provide training, information and support to part-time, full-time and voluntary youth workers and the young people they support. For more information about Youth Scotland, please visit www.youthscotland.org.uk

WELCOME

Happy New Year from Youth Scotland.

As Scotland gears itself up for the 2014 Commonwealth Games, Youth Scotland looks forward to working with the Scottish Government and partners to ensure that young people and volunteers are involved in shaping a lasting legacy of activity and positivity.

This edition of Magnet includes a feature on the Network's work around Community Safety. Whilst all the programmes provide frameworks to develop skills, confidence and team-building, the community focus encourages young people to feel a sense of ownership and responsibility to their local area that can have ripples of positive effects. I would urge you and your group to get involved!

One of our core functions has always been to provide training and support to full-time, part-time and voluntary workers. As more young people take on these roles we felt it was necessary to highlight the progression routes that enable this process. This edition's supplement, 'Progression Routes for Leaders' is intended to be a useful and practical guide to how the various Youth Scotland programmes can support young people to progress from being service users to service providers.

And finally, after meeting many of you at a number of successful events at the end of last year, the Youth Scotland team felt inspired and encouraged by the energy and commitment to quality youth work that was shared by so many in the Youth Scotland network. We remain committed to deliver the services and support required to enable workers to continue the great work they are doing.

Carol Downie, Chief Executive

Network Congress and AGM

On 21st – 22nd November, representatives from Area Associations along with Youth Scotland staff, Area Coordinators and Board members attended a residential weekend which included workshops, showcasing and consultations around some of the actions to be taken forward from the Membership Review. “I thought Congress was very beneficial,” said one delegate. “I have a clearer sense of Associations and Youth Scotland's role and a feeling that determined efforts are being made to develop Youth Scotland and Association links.” Congress also included Youth Scotland's Annual General Meeting, in which Youth Scotland welcomed new member of the board Donald Gorrie, and said goodbye to a long standing board member Rees Gallacher. The Annual Report 2008/09 was also presented, which this year will be distributed in electronic format. View the report at www.youthscotland.org.uk

PPSS 2009

This year's Practical Problems Sensible Solutions training conference took place on the 31st October and 1st November at the Hilton Edinburgh Airport Hotel, and was attended by over 100 workers from across Scotland.

Rory MacLeod, Head of the CLD Standards Council, delivered an insightful and inspiring speech and the event also saw the launch of the new Girls on the Move DVD and the toolkit 'Raising your game'. Workshop topics included Social Networking, Conflict Resolution, Emergency First Aid as well as a very popular Special Effects Make-up session!

If you would like more information about Youth Scotland training events happening throughout the year, visit the training calendar at the Training section of www.youthscotland.org.uk.



PVG Implementation Update – Consultation in progress

As you will be aware, a new registration system for those working with children and young people, and with vulnerable adults, is being introduced by the Scottish Government, following the Protection of Vulnerable Groups (PVG) Scotland Act 2007.

Seven draft Scottish Statutory Instruments (SSIs) and other documentation regarding the PVG Act have now been posted on the government website. Youth Scotland is currently reviewing the documents and will be setting up a consultation group with representatives from the Network to co-ordinate a response. All responses must be received by 2nd February 2010.

If you would like your comments noted for inclusion please contact Suzanne West at suzanne.west@youthscotland.org.uk. To view the drafts or comment on them directly, follow this link: www.scotland.gov.uk/Topics/People/Young-People/children-families/pvglegislation/Consultation09

The updated Safe and Sound pack, which will be available this year, will include the requirements of the Act.

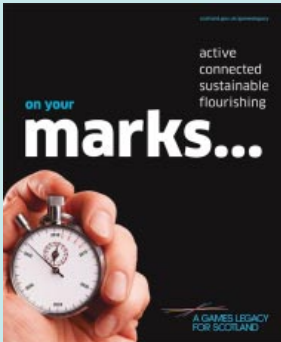
Youth Scotland playing a part in the Games Legacy for Scotland

At the Youthwork Week Conference on the 3rd November, Keith Brown MSP, Minister for Schools and Skills, officially launched the Youth Legacy, part of the wider Commonwealth Games Legacy. Young Scot are leading on this project, in partnership with Youthlink Scotland and Youth Scotland.

The 3 key elements of the Youth Legacy are continuing youth engagement on national issues and on local legacy planning (through Community Planning Partnerships), a Young Ambassador's Programme involving 2-5 young people from each local authority area and a campaign to showcase young people's positive contributions.

“This is a tremendously exciting programme that will put young people at the heart of promoting the Games and its legacy”, said Keith Brown MSP. “The development opportunities will be memorable and will contribute in a unique way to young people's achievement under Curriculum for Excellence. It also offers the youth sector the chance to strengthen its own partnerships as you make your own distinct, yet collaborative, contributions to making this Youth Legacy a success to 2014 and beyond.”

A 'Games Legacy for Scotland' can be downloaded from the Resources section of the Youth Scotland website. Watch this space, and the Youth Scotland website, for details of Youth Scotland projects that will form part of the Youth Legacy in the year ahead.



Involvement Training – training the leaders of tomorrow

Based on the old Senior Member Involvement Training Programme (SMIT), Youth Scotland's Involvement Training programme is often recognised as a structured first step to **developing young people as leaders in their own communities**. The programme is a three stage process which includes:

- 1) Tutor training for workers
- 2) A residential project for young people
- 3) The practical delivery of a project for young people in their own community

In the Autumn of 2009 Youth Scotland ran a number of successful programmes that trained workers to deliver the programme with their own groups, including residential weekends in Aviemore, Perthshire and Castle Douglas.

“I thought that IT training is brilliant,” said one young participant, “Overall it gives you so many great new skills and it's definitely training to jump at the chance to do.”

A one-off cost of £400 for Youth Scotland affiliated groups (£500 for non-affiliated), covers 2 places for workers on the tutor training as well as 5 places for young people and/or workers on the residential weekends. If you are interested in delivering Involvement Training with your group, please see the Youth Scotland training calendar for the next available tutor training dates.



A project designed to increase physical activity levels among girls and young women

Update

The Girls on the Move programme has recently launched a promotional film, which highlights the experiences of young women that have taken part in the project's successful Leadership Programme. A great resource for workers as well as any young person considering taking part in a Leadership Course, this video can be viewed online at www.girlsonthemove.org.uk.

Girls on the Move is also busy preparing for its national training event, On the Move. Aimed at young female leaders across Scotland, the event will offer a range of training and workshops tailored to participants at both beginner and intermediate levels. For more info, please see the website.

And finally, as the next funding deadline of the **1st March** approaches, Girls on the Move has been celebrating the fabulous work that has already taken place in funded groups and projects throughout 2009. See the Girls on the Move newsletter for some inspirational case studies, and some top tips if you are considering applying for funding. Keep active!



Community Safety

The Youth Scotland Network is committed to supporting young people to feel safe in their local area and play a prominent role in their own communities. In this special Magnet feature, we take a look at the range of both established and new Youth Scotland projects taking place across the country that support a community awareness and a community safety message. For information about any of these programmes, please visit www.youthscotland.org.uk

The NO MESSIN'! programme – Powered by Network Rail

Network Rail's NO MESSIN'! programme invites youth groups across the UK to come up with their own ideas about how to tackle issues that make them feel unsafe in their own communities, and your group can get involved!

Workers and group leaders can download a Planning Pack from the Youth Scotland website, which details how to support a group of young people to agree on a local problem or issues that they can tackle, and also how they can involve other young people and adults in the community. The groups that come up with the best ideas will be awarded with a grant of £200 towards the costs of their project, and the opportunity to attend an all expenses paid 3 day residential to develop their ideas and skills.

Safe in my Place

A new resource, entitled 'Safe in My Place', has also been developed for all workers to introduce themed work around Community Safety. Produced in partnership with Network Rail's No Messin' initiative, the pack was developed with the help of *respectme* and piloted with young people from Dean Youth Club, whose ideas and attitudes towards community safety have informed the content.

The activity pack itself includes themed statements on Crime and the Law, Bullying and Gangs, Travel and Transport, Things to do/Place to go and Press and CCTV. Safe in my Place provides a fun and interactive way of supporting young people to share their opinions about their community safety in a group setting. A useful tool for youth workers, it can form the starting point for focussed community safety youth work.

Order Safe in My Place through the Youth Scotland website.



Bike Club

Youth Scotland is excited to be involved in an inspirational cycling programme from CTC Charitable Trust, ContinYou and UK Youth.

What is it?

Bike Club is a programme that aims to build cycling into the daily lives of children, young people and their families. The programme is centred on young people, basing everything it does on their needs and interests. Bike Clubs can give young people freedom, independence, a way of travelling from A to B, improved health and well-being, adventure and lots of fun. The programme is designed to be safe and sustainable. It can be a means of engaging young people and offering up new opportunities.

Who is it for?

Bike Club aims to include and involve a wide range of people, reaching out to families and all members of the community. Bike Clubs will help parents to feel more confident about letting their children use their cycles for getting to school, and for extended services and leisure activities.

Currently, the Bike Club project is based around eight areas in England. Managed by the Bike Club consortium, which consists of CTC Charitable Trust, ContinYou and UK Youth, this year Youth Scotland will come on board to roll out the project in Scotland.

For more information, keep an eye on the Youth Scotland homepage or visit www.bikeclub.org.uk



respectme Anti-Bullying Week projects

Youth work has an important role to play in developing the confidence of young people to deal with bullying behaviour. Last year, Youth Scotland worked in partnership with *respectme*, Scotland's anti-bullying service, to encourage and support young people's anti-bullying campaigning at a local level.

This included projects from five Youth Scotland affiliated groups from Edinburgh, Glasgow, the Borders, Shetland and Stirling, who were each awarded £1,000 by *respectme* to promote Anti-Bullying Week in their local area.

Brae Youth Club, working in partnership with Shetland Islands Council Youth Services, organised a 'Demolishing the Divides' disco, attended by over 70 young people. In Glasgow, two groups of young carers from opposite ends of the city came together to take part in anti-bullying drama workshops.

Other projects included a Question Time Session from 6VT in Edinburgh, workshops, questionnaires and an art competition organised by Callander Youth Group and Helensburgh's Backchat Youth Group's performance of a drama, dance and puppet show.

Congratulations to all the groups involved, and keep an eye on the Youth Scotland website for more anti-bullying week opportunities this year.



Momentum

Momentum is UK Youth's motor vehicle and road user education package, using young people's enthusiasm for cars and motorbikes as a way of engaging them in quality youth work. The programme supports young people to learn about safe and responsible road use and vehicle ownership, and is open to young people aged 15+.

The programme runs over a minimum of 30 hours and includes inputs from youth workers, a qualified driving instructor and an experienced mechanic. There are also opportunities to involve representatives from Road Safety, the Police, the Health Board and local businesses.

Youth Scotland offers a one day training course for workers interested in delivering the Momentum programme within their group. To find out more, contact George Cherrie on 0131 554 2561 or email george.cherrie@youthscotland.org.uk.



Momentum in Lewis and Harris

Lewis and Harris Youth Clubs Association (LHYCA) has been delivering the Momentum project to local young people since 2003. Due to the high statistics of road fatalities in the area, there was a real need to deliver a message of safe and informed road use, and address young people's attitudes towards driving. 54 young people complete the programme each year, which takes the form of a residential programme based at the Association's Scaladale Outdoor Centre. Young people's achievements on the programme are also accredited by Youth Achievement Awards.

The Royal Society for Prevention of Accidents (RoSPA) produced an extremely positive evaluation report on the programme in June 2009, concluding that, "the volunteer workers that deliver the Momentum Project in the Eilean Siar play a significant role in developing positive attitudes and practical skills which allow the young people who attend to be better equipped to deal with the challenges of driving safely."

"The success of the Momentum project in the Western Isles is due to having a national programme provided by Youth Scotland which has the flexibility to be adapted to local needs," said Neil Macarthur, Chair of LHYCA, "This, combined with the commitment of volunteer youth leaders and the support from Northern constabulary, the community safety partnership and the Local Authority road safety officer has allowed Lewis and Harris Youth Clubs Association to make a difference by delivering a serious message in a fun relaxed way."

2008 was the first year since records began in which there were no fatalities on the road in that area.



BBC Children in Need: Small grants that make a big difference

Finding the right funding source for your project can be a difficult, daunting and time-consuming process. BBC Children in Need Scotland have been working closely with Youth Scotland to ensure that groups are aware of the funds that are available, and crucially, how they can access them.

It would be difficult not to know about the annual BBC Children in Need fundraising extravaganza in November that stars Pudsey Bear. However, many youth organisations are not aware that they are a priority to receive much of the money that is raised.

"68% of all local applications for small grants in Scotland were successful this year, but we want to make even more grants," says Fraser Falconer, Head of BBC Children in Need in Scotland.

Fraser continues, "Many local youth organisations need help with general running costs, activities and equipment costs in particular, and we hope that they will make use of our new small grants programme. We designed this specifically to help local volunteer led organisations in their work of making a positive difference to the lives of disadvantaged children."

This year, BBC Children in Need awarded a grant of £9,500 to Shakespeare Street Youth Club in Maryhill, Glasgow, continuing their long relationship with the organisation. The grant pays for two part-time staff and various club activities, including a girl's night project focusing on the issues and needs of the female club members. Manager Stewart Bell has been running youth clubs at 'The Shakey' since 1983, and knows the big difference a small grant can make.

"The funding provided by BBC Children in Need is essential, as the activities it pays for are a real highlight. They give the young people something to look forward to."

BBC Children in Need has made many changes to its application process, and there are now four closing dates for grant applications throughout the year. The next deadline is **15th January 2010**, with subsequent deadlines on **15th April**, **15th July** and **15th October**. Applicants can now complete the form online, and choose to apply for a small or main grant. A small grant can be anything from a few hundred pounds up to ten thousand pounds.

Seton Boy's Club in East Lothian has also benefitted from funding from BBC Children in Need. They received a one year grant of £4,910 towards the costs of training facilities, balls, football strips and other running costs for a young people's football club. This grant enables all club members to take part in structured exercise at least twice a week.

The Club currently has 14 teams spread across the age spectrum from 8 to 18 years old, coached by a total of 42 volunteer coaches who have gained or are currently attaining a recognised SFA Coaching Certificate. It encourages healthy living, and the activities help develop young people's communication and co-ordination skills. BBC Children in Need is very keen to encourage youth organisations in Scotland to apply for funding. Recent grants made to projects in Greenock, Inverclyde illustrate the long term commitment of the charity towards funding quality youth work.

Greenock Sea Cadets District and Corps is one such organisation who recently received a grant of £23,450 to fund the purchase of a rigid inflatable safety boat. A video about the Sea Cadets and how their grant from BBC Children in Need has helped the young cadets can be seen on the BBC Outdoors website: www.bbc.co.uk/scotlandoutdoors.

As part of their strategy to attract new applications, BBC Children in Need plan to visit youth and community organisations in South Ayrshire, Falkirk and South Lanarkshire in the near future.

To find out more about these visits, or how to apply for a grant, please call the BBC Children in Need office on **0141 422 6111** or visit www.bbc.co.uk/pudsey.



Focus on... The new Citadel

For over 30 years, the Citadel youth centre has been a key provider of quality youth services in Leith, Edinburgh. Now, thanks to funding of around £830,000 from a number of sources including the Townscape Heritage Initiative, the National Lottery, Edinburgh Council and crucially, the support of the local community and management committee, the Citadel has been completely re-vamped with state of the art facilities.

The new building has an art room, lounge and group-work area, sports hall, cafe with a computer area, disabled access and facilities and a lobby/chill-out area. Currently the Citadel runs a number of projects including five youth clubs per week, the Futureheads employment drop-in, group-work programmes in local schools, a group for young mothers and expectant mothers as well as offering additional individual support for young people experiencing difficulties.

"The best thing about the new building is that the young people have a sense of ownership of it as being their space," explains Melissa Dunn, Citadel Project Worker. "The Citadel is well established within the local community and young people come here because they enjoy the range of activities on offer and know it is a safe place in which they are made to feel welcome and their views valued."

"I have lots of fantastic memories of the Citadel over the past 5 years and I will treasure them forever," said 18 year old Rachel, "I hope the Citadel will continue to offer their fantastic services to many young people for many, many years to come." "The new, hip Citadel rocks", added Lucy, 19.

With plans in the pipeline for a possible extension to the new building, the future certainly looks bright for youth provision in Leith.

Do you have news from your own group or project? If you would like to be featured in future editions of Magnet, send details of any new programmes, projects or initiatives to meg.watson@youthscotland.org.uk



FUNDING NEWS

Peter Vardy Charitable Fund

The Peter Vardy car dealership is currently funding applications that support underprivileged young people in Motherwell, Perth, Kirkcaldy and Edinburgh. www.petervardy.com

Unlimited

A UK-wide £1.5 million disability arts commissioning fund, for deaf and disabled groups and individuals. www.artscouncil.org.uk/funding/unlimited/

UnLtd Awards

Provides practical and financial support to social entrepreneurs, including Sport Relief Awards for those aged 11-21. www.unltd.org.uk and www.unltdsportrelief.com

Lloyds TSB Foundation – Petition against closure

Sign the petition against the suspension of the Lloyds TSB Foundation grant programme at <http://petitions.number10.gov.uk/LloydsFoundation/>

For the very latest snippets and funding opportunities, make sure you are signed up for Youth Scotland e-news. Subscribe at www.youthscotland.org.uk/ebulletin/ebulletin.htm

Snippets ↓

The impact of tobacco on young people: Are they really informed?

ASH Scotland/STCA Youth and Tobacco Conference, 25th March 2010, Dynamic Earth, Edinburgh

For anyone working with young people in a range of youth settings including youth work, education and health.

Cost: £60 per delegate. Register your interest with Marion McGovern at marion.mcgovern@ashscotland.org.uk For more info, contact Emma Cepok at emma.cepok@ashscotland.org.uk.

Power 2010

Power 2010 is a campaign to give everyone a say in which reforms are needed to make our democracy stronger. In January 2010 the best ideas from a UK-wide poll will be put to a public vote, with the top 5 becoming the Power2010 pledge. The aim is for as many people as possible to sign the pledge. Encourage the young people you work with to get involved in the campaign and help change politics for the better.

www.power2010.org.uk

Hepatitis C Prevention Training Opportunities

Training opportunities for workers who engage with vulnerable young people are being offered through an innovative new project by Scottish Drugs Forum.

The training aims to raise workers awareness of Hepatitis C - a life limiting and potentially fatal virus acquired through blood to blood contact such as tattooing, body piercing and injecting drug use. By attending this Scottish Government funded training, workers will be able to cascade information and prevention messages to young people, with the aim of impacting on future infection rates.

For further information on this **free** training see the enclosed flyer with this mailing of Magnet or contact Graham Mackintosh, Hepatitis C Young Persons Intervention Development Officer, on **0141 221 1175** or graham@sdf.org.uk

NEW Resources from Youth Scotland

Raising Your Game

Launched in October 2009, 'Raising your game' is a free toolkit for improving volunteer practice in local youth groups and organisations. Developed as part of Youth Scotland's lead role in the Scottish Government's Volunteering Action Plan, it has been designed as a partner to the publication 'Growing better youth work' and provides a framework to enable youth groups and organisations to support and develop leaders and volunteers.



The toolkit adopts a simple 3 stage process, involving a group self-assessment activity, action-planning tasks and reflection and evaluation. It has been developed as a do-it-yourself activity toolkit, **but we recommend you attend an initial briefing session to help you get started.**

For details of briefing sessions taking place in your area, see the Youth Scotland training calendar on the website or contact Michele Meehan, Training and Communications Manager at michele.meehan@youthscotland.org.uk

Bored Meetings

The popular Bored Meetings resource pack has had a make-over for 2010! The pack includes a variety of resources and activities designed to



support workers and young people to develop the skills and confidence needed to participate in formal and informal decision-making structures and improve group decision-making skills. With updated content and a fresh new design, this is a must for effective youth participation.

Please note – Youth Scotland also provides training to accompany the Bored Meetings resource. See the training calendar on the Youth Scotland website for dates in your area, or contact Philip Ritchie, Youth Participation Development Worker at philip.ritchie@youthscotland.org.uk

Youth Scotland produces a range of resources for youth workers and young people. Details and prices (where applicable) for all resources can be found on the new Order Form, which can be downloaded from www.youthscotland.org.uk

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All contact details for Area Associations can be found on the 'Network' pages of the Youth Scotland website - www.youthscotland.org.uk/network/network1.htm

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