



Give Kids a Chance

**Annual Review
April 2008 – March 2009**

Give Kids a Chance

Is co-ordinated by NHS Grampian,

In partnership with local community networks.

Denburn Health Centre, Rosemount Viaduct, Aberdeen, AB25 1QB

Tel No. 01224 555224 (Heather) or

Tel No. 01224 555293 (Grace)

e-mail: heather.wilson2@nhs.net or grace.hanvey2@nhs.net

www.nhsgrampian.org/gkac



Mission Statement

Give Kids a Chance provides disadvantaged young people with positive, worthwhile activities in a safe environment and helps relieve boredom, raise self-esteem, confidence and personal skills.

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1. Introduction

Since the project was launched in 1997 Give Kids a Chance (GKAC) has provided over 1,000 disadvantaged young people in Grampian with access to a range of positive activities and hobbies. The hobbies and activities are the tools used to help relieve boredom, raise self esteem, confidence and develop personal and social skills.

Initially GKAC was seen as a diversionary project, designed to steer young people away from involvement in drugs, alcohol and anti-social behaviours. In recent years young people have been identified as disadvantaged or vulnerable due to wide ranging factors, many of the reasons for referral now appear to be isolation, lack of friendships, disability, looked after by family or statutory agencies. Whatever the reason, it is vitally important that disadvantaged young people are given additional support to build their social and personal skills, confidence and self esteem so that they can make best use of the opportunities available to them. By encouraging the development of these skills in the more disadvantaged young people in our community GKAC is supporting them to make appropriate life style choices and hopefully avoid risky behaviours.

Over the years the GKAC team has grown and now comprises:

- 2 full time members of staff dedicated to the co-ordination of the project
- 18 part time sessional bank staff that includes youth workers, music and sports coaches
- 11 volunteers who are escorts, drivers, sports coaches or tutor supports

2. What is Give Kids a Chance

Give Kids a Chance is a project designed to help young people built their self confidence and self esteem, personal and social skills through involvement in a range of sport and leisure based activities.

One of the key aims of GKAC is that young people will also learn through involvement with their activity choice. Learning outcomes and goals are identified when young people start attending their activity and progress towards goals is monitored regularly. Horse riding could involve stable management, gymkhanas or events.



The length of involvement will be discussed at the start of the project. This may only be for a short time depending on individual circumstances. The

selection of the activity is vital to the success of GKAC. Young people must want to be involved and to meet them half way GKAC needs to offer an acceptable, exciting programme. This can often be quite a challenge for the GKAC administrator! Being enthused and occupied by a hobby or activity can give young people a focus for their leisure time and gives them a feeling of satisfaction, pleasure and pride. These are all feelings that indicate good mental health and wellbeing and something we would wish all young people to experience.

The GKAC activity programme is based around the choices identified by the young people themselves, with new activities included wherever possible. New additions to the programme this year have included drama and the multi sport Club in Aberdeen, new activity groups have been introduced to Fraserburgh and Peterhead and gymnastics is a new option in Moray.

Scottish Ministers have a vision that all Scotland's children and young people should be: safe, nurtured, healthy, achieving, active, respected and responsible, and included. There is also a shared ambition for children and young people that will enable them to develop their capacities as successful learners, confident individuals, responsible citizens and effective contributors to society and work. In order for this to happen we all have to accept responsibility and take actions that will implement change. Some young people will require more support in order to work towards these competencies and GKAC has been working to ensure that appropriate support is directed towards those young people most in need.

Comment from Project Manager

“On 28th February 2008 GKAC received a ‘Good Samaritan’ Award from Grampian Police Diced Cap Charitable Trust in recognition of the good work done to support disadvantaged young people over the 10 years that the project had been running. The recognition from the Diced Cap Charitable Trust proved to be a great start to the next decade in the life of the project. For the commitment and dedication shown by the GKAC team of staff and volunteers to be recognised by this award was a wonderful acknowledgement of the service provided. The drive and enthusiasm of the volunteers and staff to help improve outcomes and life experiences for the young people we are supporting has been a team effort and we all look forward to meeting the challenges the future will bring.”

Heather Wilson, GKAC Project Manager



Sir Ian Wood, Patron of the Diced Cap Charitable Trust presenting the award in recognition of the projects' achievements over the past 10 years in supporting over 1,000 children and young people in the Grampian area.

3. What has GKAC done this year.

For our young people, the GKAC team of staff and volunteers have:

Offered support to 236 young people in Grampian

Co-ordinated access to 34 separate activities across Grampian

Co-ordinated access to approximately 1,354 activity sessions

In addition to the main outcomes relating to services provided for the young people there are also the day to day processes related to the successful running of the project. Many events to promote the project to professionals and stakeholder groups have been co-ordinated this year. Fundraising events have been organised by the GKAC team and we have also supported others to fundraise on our behalf. Recruiting volunteers is often a challenge but new volunteers have joined the team following events in Aberdeen and Moray.



At the start of the summer term in 2008, St Machar Academy took part in the Grampian Police, Diced Cap Delta Challenge aiming to raise funds for a local organisation that was of benefit to their community. The Charity Committee decided to fundraise for GKAC and during the course of the school year organised a range of events which raised a total of £3,300. Here we see some of the Charity Committee members receiving a Good Citizenship award in recognition of their efforts.

The Charity Committee received support from the GKAC team to promote and organise their events and we also provided them with a page on our website which is still available for anyone who wishes to visit at:

http://www.nhsgrampian.org/nhsgrampian/gra_display_simple_index.jsp?pContentID=5982&p_applic=CCC&p_service=Content.show&

4. What have the young people achieved this year

Our main aim is to see improved confidence, self esteem and personal skills in the young people we are supporting. Using a template based on the four capacities for Curriculum for Excellence; Confident Individuals, Effective Contributors, Responsible Citizens and Successful Learners we asked GKAC

tutors to comment on these factors. The forms were not completed for every young person but used with a few of our groups. The following is an example of a young person's progress. Names have been changed in each of the case studies used in this report.

Case Study 1 - Simon

Simon was referred by a community worker at the age of 15 years. After two years involvement with GKAC the tutor reported that evidence of increased confidence could be seen by increased eye contact, the young person was becoming more proactively involved and more responsive throughout the activity session. He was initiating conversation, making decisions, taking responsibility for his actions and obviously enjoying the session. He was communicating effectively by raising areas of work he wanted to explore or tackle, and setting himself targets. He was also mentoring a new member of the group and showing good team skills. His learning was evidenced by his achievement of the goals he had set himself and his commitment to attend.

His tutor also made the following comment: *"he arrived a little unsure of himself and lacking in confidence. He is now self assured, enthusiastic and confident to lead and initiate in a group. He really impressed me with the maturity he has shown in a teaching role with his peers and adults alike. He has a real passion for what he does which really comes across while working with him. I can see him going on to do great things with GKAC. Its been a pleasure working with him."*

When asked for a comment about his experiences of GKAC the young person advised that *"When I first came I was a beginner. I didn't have a clue what I was doing. After a few months I was starting to progress really well with the help of David. Now I have progressed to levels I thought I couldn't achieve before and its all down to GKAC for providing the class. If it wasn't for GKAC and its volunteers I wouldn't be here today."*

Other comments made by our tutors when reviewing the progress made by young people are shown below:

"H... is a wonderful character with a wisdom beyond his years. He is steady in his aims and realistic with his goals. He will develop into a fine young man given the right kind of support and guidance."

C.. knows that he needs to attend more regularly so that he can fully absorb what he is learning. He may have other issues outside of our awareness that may explain his erratic attendance."

S... is great fun to be with, but the downside of that is that she has difficulty being serious and fully committed. I believe she is very shy and will overcome it with more time. She enjoys her music and it has given her a solid base for her to work on if she want to.

Of the many individual achievements recorded for young people involved with GKAC one stands out from the groups. A special mention should be given to James from Fraserburgh for the many achievements he has made during this year through his swimming with Broch Seals Swimming Club. James won medals at various events throughout the year but won the “Scottish Boys Junior Championship” in November 2008. Well done to James.

5. Statistics

During this year, Give Kids a Chance was fortunate to be awarded an account with Evaluation Scotland which was sponsored by the Wood Family Trust. Part of the support offered by Evaluation Scotland involved help to review the operational delivery of the project. During discussions with Evaluation Scotland it was decided to pilot and refine a new monitoring and evaluation process working with a small number of young people initially, and looking to increase the use of this style across our work over time.

The following table gives an indication of the number of young people we have supported this year.

Breakdown of young people involved from 1st April 08 – 31st March 09 with comparable figures from previous year.

Area and allocation of places	Total No. of young people		Participants		Leavers*			
	2007/8	2008/9	2007/8	2008/9	2007/8	2008/9		
Aberdeen	150	100	172	164	128	84	44	80
Fraserburgh	30	20	26	27	13	19	13	8
Peterhead	20	15	17	18	13	7	4	11
Moray	30	20	40	27	22	15	18	12
TOTAL	230	155	255	236	176	129	79	107

*Leavers are young people who have been involved but have left the scheme during this period.

Although we have reduced the allocation of places across the areas by 75 places this is not reflected in the overall number of young people supported. The difference between total number supported in 07/08 (255) and 08/09 (236) is only 19 young people. This is due to the gradual introduction of the new monitoring and evaluation process. This has had little impact this year but will be reflected in our 09/10 statistics.

At the end of March 2009 only 129 young people were registered on the GKAC scheme, leaving 26 free places. This equates to 83% of places being allocated. This reflects a slight under usage but is still within our target aim of 75% of available places being allocated.

More detailed information on statistics can be found in the Give Kids a Chance Monitoring and Evaluation report for 2008/09.

6. Giving young people a chance

To illustrate the service provided by the GKAC team we have chosen to give short case studies of the type of referrals received. Both have been anonymised and had information removed to protect the identities of the young people involved.

Case Study No. 2 - Sally

Sally, aged 13 was referred to GKAC by a Social Worker in the Summer of 2008. Sally was referred because she was struggling to make friends at school and in the local community. It was commented that she was “left out” and ignored but often targeted by bullies. Sally was not confident in her ability to make and sustain friendships, and it was arguably her desperation to make and keep friends that ends up causing difficulties. When we discussed Sally’s expectations of being involved in GKAC she said *“I hope I can meet lots of new people and get along with them. It would be good to enjoy myself”*. This comment illustrates the need for acceptance and a poignant sense of unhappiness with peer relationships.

Sally’s family back ground also puts her at risk, with parents on benefit and having moved to a new tenancy. The family have previously been on the Child Protection Register and continue to work with the Social Work service to reduce the risk of Children’s Panel involvement. The Social Worker hoped that through GKAC Sally would be able to have opportunities to make new friends, experience a new environment where she had *“no history”* and young people have no expectations of her and that she could gain a sense of achievement through developing an interest to allow her self esteem and belief in her abilities to be built on.

Sally was not involved in any structured activities at the time of referral but stated *“I hope GKAC will give me a place so that I can get better at..... which is my only hobby”*.

This interest gave GKAC the opportunity to include Sally in a weekly group which she has attended since the referral was made. Her commitment and enthusiasm for this is demonstrated not only in a 90% attendance rate (which exceeds our standard target of 75%) but her involvement in a variety of performances. This has been a totally new experience and demonstrated her ability to learn, concentrate, take instruction, be part of the team, make new friends and deal with small problems and difficulties as they arose. She is now more confident in her own abilities to perform and interact with her peers and has fully integrated into this activity group.

Case Study No. 3 - Amanda

Amanda, is 10 years old and was referred by a school teacher from a local primary school in Aberdeenshire. The referral was made because of difficulties at home due to sibling and parental disability. Amanda had quite a significant caring role to play in the care of her family and it was felt that a social outlet would be beneficial in allowing her the opportunity to be a child without any responsibility. The referral was made in the hope that GKAC would help Amanda build her confidence, self esteem and ability to develop friendships.

The teacher wanted Amanda to *“receive support and encouragement with her activities to help in her development and wellbeing”* . Amanda had asked to attend *“horse riding or ten pin bowling”* but sadly GKAC could not offer either of these activities. The horse riding groups in Aberdeenshire were fully subscribed and ten pin bowling was not available locally.

It is often harder to organise activities in rural areas and after a frustrating search for suitable alternatives failed it was agreed with the local Community Learning & Development Team that a new group would be established. Costs have been shared between both organisations and now a thriving group are meeting on a weekly basis. Only half of the group members are referred from GKAC. The groups have been involved in cooking, crafts, computing and sports activities and plan their own programme.

The youth worker leading the group gave the following comments after this young person had settled into the activity. *“When Amanda first started the group she was a couple of weeks late, and very nervous when talking to others. She now enjoys getting to know everyone and communicates with other participants out with the group too.”*

Amanda continues to attend and has made new friendships with the other members. Her confidence has increased as her new network of friends has developed and she has gained practical skills in the activities she has been involved in.

This is also an excellent example of partnership working and sharing of resources between agencies to deliver the best possible opportunities for young people.

7 Income and Expenditure

A full breakdown of the income and expenditure for Give Kids a chance is shown in the tables below.

Give Kids A Chance				
Income & Expenditure as at 31 March 2009				
	ANNUAL	YEAR TO DATE		
	BUDGET £	BUDGET £	ACTUAL £	VARIANC E £
INCOME				
Aberdeen CHP	33609	33609	33609	0
Sponsorship	95817	95817	96426	-610
Total Income	129426	129426	130036	-610
EXPENDITURE				
<u>Salaries</u>				
GKAC Project Manager	33609	33609	33609	0
GKAC Project Co-ordinator	23316	23316	19368	-3949
<i>Sub-total</i>	56926	56926	52977	-3949
<u>Supplies</u>				
Across Area Expenses:				
Promotional & sponsorship (Note 1.)	2000	2000	-2091	-4091
Volunteers	1000	1000	1513	513
Printing & Stationery	2500	2500	541	-1959
<i>Sub-total</i>	5500	5500	-37	-5537
Aberdeen:				
Activity costs	34000	34000	26917	-7083
Transport	13500	13500	5440	-8060
<i>Sub-total</i>	47500	47500	32357	-15143
Fraserburgh:				
Activity costs	4500	4500	1880	-2620
Transport	2800	2800	781	-2019
<i>Sub-total</i>	7300	7300	2660	-4640
Peterhead:				
Activity costs	2500	2500	1273	-1227
Transport costs	2600	2600	492	-2108
<i>Sub-total</i>	5100	5100	1765	-3335
Moray:				
Activity costs	4500	4500	3398	-1102
Transport costs	2600	2600	28	-2572
<i>Sub-total</i>	7100	7100	3426	-3674
Total Expenditure	129426	129426	93149	-36277
Variance	0	0	-36887	-36887

Give Kids A Chance	
Endowment Account EA3058 as at 31st March 2009	
	£
Opening Balance	15902
Dividends & Interest	682
Expenses for a/c Mgt	<u>-49</u>
Funds Available for Activities	16535
 <u>Expenditure</u>	
Transport - Aberdeen Activities	-3283
Transport - Fraserburgh Activities	-1227
Transport - Peterhead Activities	-1297
Transport - Moray Activities	<u>-207</u> -6014
 Closing Balance	 <u><u>10521</u></u>

8 Volunteers

During this year GKAC has been supported by 17 volunteers who have all given their time freely and generously. Volunteers have donated a total of 844 volunteer hours to GKAC in the past year. Volunteer tasks have included, driving, escorting, supporting tutors to deliver activity sessions and helping out in the office. We give our grateful thanks to:

Neil Fraser	Sandra Campbell	Shona Cardno
Rachel Grant	James Soutar	Georgie Black
Jake Warden	Corinne Ooms	Joseph Ray
James McLean	Phil Horn	Martin Dunlop
Michael Molden	Peter Norcott	Jordan Beattie
Adelle Knowles	Tom Smith	

James McLean, Phil Horn and Joseph Ray have now moved on from their volunteering roles with GKAC and we send our best wishes to them for their future plans. Peter Norcott is now employed as a youth worker with the project and Martin Dunlop, a former GKAC participant is concentrating on his college work. Seven of these volunteers are registered for the MV Award

which is a volunteering award available to young people between the ages of 16 – 25 years.



GKAC volunteer Martin receives his MV Certificate in recognition of his volunteering. Martin had volunteered 132.5 hours to GKAC supporting young people in the minibus on their way to the Sooyang Do class and 180 hours to Sooyang Do by supporting the class instructor to deliver the sessions. Martin was presented with his certificate by Bruce Wood, lead instructor for Sooyang Do.

Over the 2 years supporting both organisations, Martin gave 312 hours volunteering his time.

Another huge support for GKAC is the help provided by the Volunteer Driver Project in Mintlaw. Volunteer drivers from this project support the Fraserburgh programme of activities and their mileage expenses are met by the Fraserburgh Social Work Team. We estimate that the Volunteer Driver project has given 146.5 hours of volunteer time to the project for which we are very grateful.

Total volunteer hours donated to GKAC for the year are 865.

9 Funding

This has been a difficult year for fundraising. We have been fortunate to benefit from individual fund raising, many of our corporate supporters have joined with us to take part in the sale of Spree Books or staged their own Christmas Fundraising promotions to support us. NHS Staff have been particularly supportive and never seem to weary of our constant requests for raffle prizes and support. Corporate sponsors, grant awards, and various funding applications have ensured that GKAC can continue to deliver a programme of activities. The project has been fortunate that funding is obtained from a variety of sources and does not rely on one particular funder. This diversity of income has certainly contributed to the stability experienced this year.

Give Kids a Chance would like to thank the following supporters for their contributions during this year. Their financial support has been invaluable.

Portlethen Academy	Jim Smith
Talisman Energy	Aberdeen College
Portlthen Primary School	Wood Family Trust
Community Regeneration Funding	KCA Deutag

UK Sooyang Do	Meldrum School
Meikle Mill Primary School	Scotoil Services
Ellon Primary School	Amec
Wood Group	Derek Cruden
Exxonmobil	Northfield Free Church
Moyra Brodie	Sparrows Offshore
Housing Services, Aberdeen City	Woodside Medical Group
Great Western Road Surgery	Nexen Petroleum
ABB	Conoco Philips
Westhill Academy	Midmar Supper Club
Health Improvement Fund	

Give Kids a Chance would also like to thank Aberdeen Community Health Partnership, who host the project and provide an office base within the Public Health Team at Denburn Health Centre, for their ongoing support.

In addition to our Annual Review a variety of area reports and an evaluation and monitoring report are also available and can be found on our HI-NET home page

<http://www.hi-netgrampian.org/hinet/2790.html>

or, you can contact the Give Kids a Chance team with any specific requests.

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