

# Give Kids a Chance

**Annual Review  
April 2009 – March 2010**

Give Kids a Chance

Is co-ordinated by NHS Grampian,

In partnership with local community networks.

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## **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. Comment from Project Manager**

Give Kids a Chance helps young people between the ages of 10 – 18 years realise their potential by providing supported access to a range of sport and leisure activities. Many of the young people referred to GKAC are isolated or excluded within their own communities and are unable to take part in out of school activities. The reasons preventing their involvement in youth groups, clubs or activities in their areas are varied but the most common reasons given by professionals are isolation, exclusion, economic or social disadvantage, substance misuse issues in the local and risk issues associated with anti-social behaviours. One of the most common comments made by the young people in relation to their expectation of GKAC is their need to “meet new friends” and be involved in doing something.

Increasing numbers of young people referred to GKAC have difficulties making and sustaining relationships with their peers. 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 that will be available to them in later life.

The length of involvement will be discussed at the start of the project and may only be for a short time depending on individual circumstances but many young people remain involved with GKAC for a number of years. 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 we need to offer them something that they want to do.

This is often very challenging for the GKAC administrator as activity choices are often dependent on what is available locally. Many rural locations do not have the range of activities that are available in Aberdeen and this can cause disappointment or delays.

One of the main aims of GKAC is that young people will learn through involvement with their activity choice. Learning outcomes and goals are identified when young people start attending their activity and progress towards goals recorded. For many young people the regular attendance and involvement in an activity is a huge achievement that will give them the confidence to try other things. For others it is the start of a long involvement with GKAC that will continue for many years. Economic and social disadvantage is one of the most common reasons for referral to GKAC and many young people would not be able to experience their activity choice or continue it without the support of the project.

This leaves a huge dilemma, do you introduce a young person to an activity that has the potential to make an impact on their social and emotional well-being then withdraw it after an identified period or do you aim to provide this access on a long term basis? This is one of a number of questions that will need to be considered by the GKAC Advisory Group in the near future. The GKAC Advisory Group will be co-ordinating a critical review of the service to identify areas for development or redesign during 2010.

Although income has reduced the number of referrals received continues to increase, particularly in the Aberdeen and Moray areas. The GKAC team are committed to supporting as many young people as possible but appreciate the project cannot continue without further investigation into service delivery and possible re-design. This will take place during 2010 when a questionnaire will be circulated to ensure we can identify priorities for 2011.

It is now 13 years since Give Kids a Chance was launched in Aberdeen. Work has focussed on improving self esteem, confidence, practical and social skills for each of the 1,162 vulnerable young people who have been supported by the project during this time. It has been harder to deliver the service in recent years due to increasing costs, lack of volunteers and staff and in some areas lack of appropriate activities for young people to attend. However, despite these problems the GKAC team of staff, volunteers and activity providers have used creative ideas to provide opportunities that have ensured that young people continue to benefit from the service. Without the support of the staff and volunteer team GKAC would not be able to function and that support should never be underestimated. We are indebted to our team of 16 staff and 15 volunteers for their commitment to GKAC during this current year.

## **2. What has GKAC achieved this year?**

A comprehensive Evaluation and Monitoring Report and individual Area Reports have been produced that provide a full breakdown of statistics. These documents are available on the GKAC Hi-net home page at <http://www.hi-netgrampian.org/hinet/2790.html> A summary of the key features is shown below:

- 198 vulnerable young people have been supported by GKAC this year.
- On 31<sup>st</sup> March 2010, 130 young people were registered on the scheme, which equates to 84% of available places being allocated.
- 68 of the 198 (34%) young people supported this year were new referrals.
- 31 (46%) were female.
- 37 (54%) were male.
- The most common reasons for referral this year were:
  - Isolation and / or exclusion from peer group
  - Economic or social disadvantage
  - Living in an area with a history of substance misuse
  - At risk of entering a cycle of anti-social behaviour or juvenile crime.
- 41 separate activities were available across Grampian.
- Approximately 1,481 activity sessions have been offered to young people across Grampian.
- 18/68 (26%) of new referrals had a diagnosed disability.
- 32/68 (47%) of new referrals were received from social work sources.

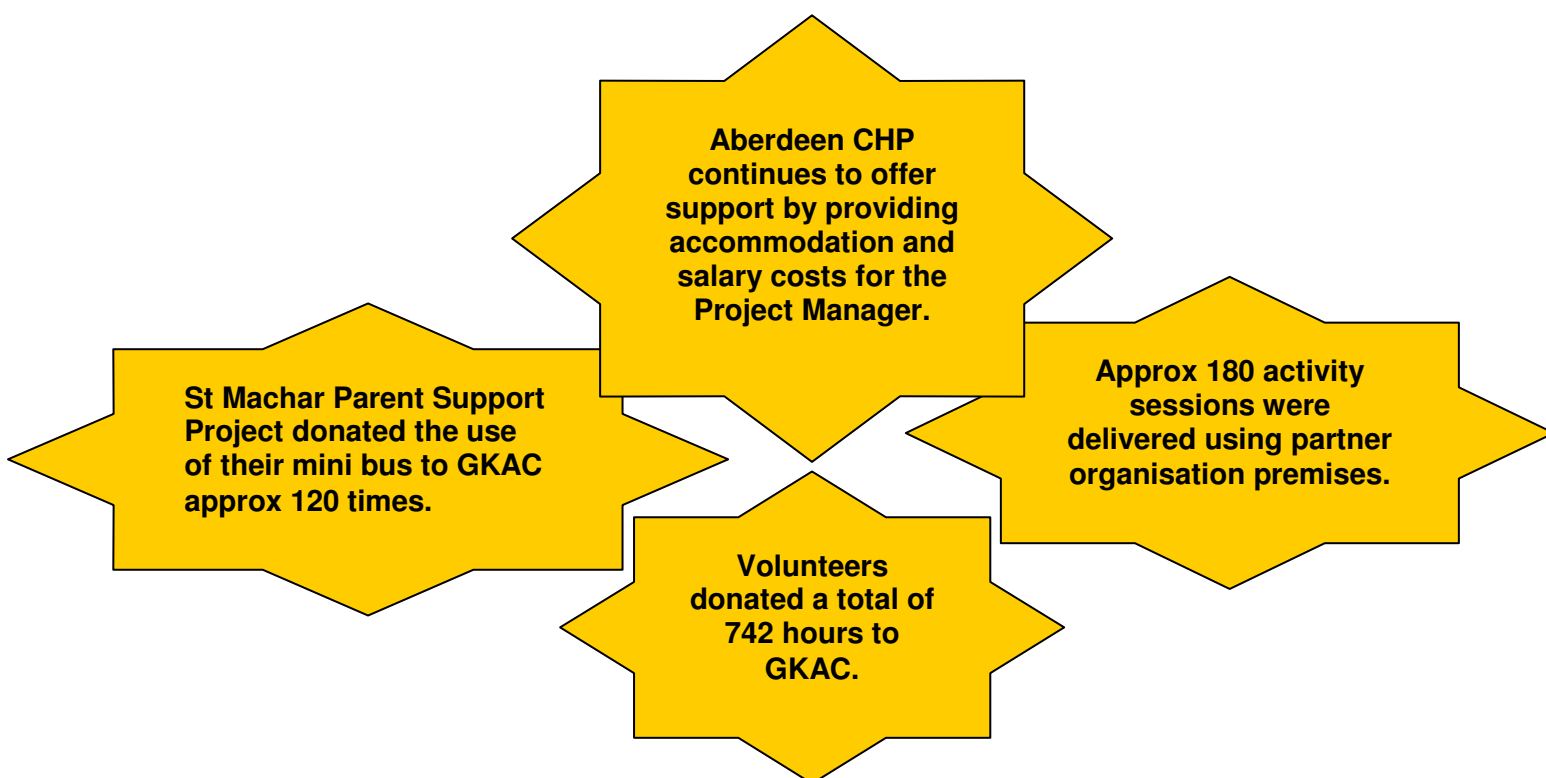
### 3. Breakdown of new referrals received

The allocation of places to areas was reduced in 2008 to allow better evaluation and monitoring of young people. During 2008/9 the reduction in young people from 255 to 236 was minimal but the following year, 2009/10 the project has worked with only 198 young people. This reduction has allowed more detailed evaluation and monitoring.

Area and allocation of places	Total number of young people				
	2007/8	2008/9/10	2007/8	2008/9	2009/10
<b>Aberdeen</b>	150	100	172	164	137
<b>Fraserburgh</b>	30	20	26	27	22
<b>Peterhead</b>	20	15	17	18	16
<b>Moray</b>	30	20	40	27	23
<b>TOTAL</b>	<b>230</b>	<b>155</b>	<b>255</b>	<b>236</b>	<b>198</b>

### 4. How have our partners helped us?

Without the support of our partners in the community GKAC would not be able to function. Although the number of hours donated by volunteers has dropped from 865 in 2008/09 to 742 in 2009/10 volunteers still continue to contribute to the delivery of the project. Community projects in Aberdeen continue to allow free access to their premises as we work to support the young people from their areas.



## 5. Surveys

Surveys of professionals and young people have been undertaken this year. Comments have been very positive and a full breakdown of the responses has been included in the Evaluation and Monitoring Report.



A survey of young people undertaken during Dec 2009/ January 2010 had the added incentive of a prize. Every response was entered into a free prize draw for a Wii Sports Resort Pak. This gift was donated to GKAC anonymously and was a great incentive for the survey. The photo shows a smiling Chelsea accepting her prize.

More evaluation and monitoring and statistical information is available on request from the GKAC team or by visiting <http://www.hinetgrampian.org/hinet/2790.html>

## 6. What have the young people achieved this year?

During this year every tutor was issued with a questionnaire and asked to comment on the progress young people had made. The reports received were issued to parents and they were also invited to comment. It is impossible to summarise the responses as each young person is viewed and treated as an individual. The reports were well received by parents and the contents have been used to inform progress reports for health improvement colleagues in Grampian. The following short highlights will illustrate some of the most outstanding achievements for young people this year.

### Aberdeenshire



James was referred to GKAC in October 2004 as a quiet wee lad who didn't have many opportunities for social contact out with his attendance at School. James was interested in swimming and GKAC were asked to support his attendance at the Broch Seals Swimming Club. With the help of Marie Cheyne, the Club Head Coach, James quickly settled into attending the regular weekly sessions and eventually was skilled and confident enough to enter competitions and galas. Over the next few years James achieved success in numerous disability swimming galas and was Scottish Boys Junior Champion in November 2008.

In July 2009 James travelled to Leicester to take part in the Special Olympics Summer Games as part of the Grampian Swim team. James won 2 gold and 1 bronze medals at the Special Olympic Games. James continues to train with the Broch Seals Swimming Club. We are very proud of the progress James has made and send our very best wishes for continued improvement and success in his swimming.

## Moray

Training in Taekwon Do helps young people to develop a sense of self-esteem and confidence within themselves and the physical training aids co-ordination, suppleness and concentration. Caitlin has been training since September 2008 and won a 3<sup>rd</sup> place bronze at the Scottish Championships in 2009. Both girls are working through the grading system at the Taekwon Do School and have made lots of new friends. Both aspire to reach black belt level.



**Khodi and Caitlin**

## Aberdeen

Abe Solomon started tennis lessons at Westburn Tennis Centre with Give Kids a chance in February 2008. Abe was selected for the Aberdeen City Squad in 2008 and has now moved up to the District Squad. During this last year he has been a runner up in the North East under 12 Tournament and a winner in a Hydro Electric Active Children tournament held in Elgin. Abe is a member of the Cults Lawn Tennis club where he now trains and regularly travels to Edinburgh for training and matches. Abe has a great future ahead of him and we send our best wishes to him for future success

Not all young people will achieve such outstanding success as those featured in this Annual Review. Most young people just want to be part of a group, meet new friends, or want something to do and for most of them their key achievement will have been to participate. To excel in your chosen activity is a remarkable achievement and certainly shows the hidden talent that requires just a little nurturing to come to the surface.

## 7. Income and Expenditure

Income generation is always a challenge for GKAC. So many funders are looking for new innovative projects to support and GKAC wants to continue funding the young people we are already supporting. To provide a seamless service for young people it is essential that we have funding in place to allow for continuity with as little interruption as possible.

**Table 2: Breakdown of income and expenditure during past 4 years**

	<b>31.3.2010</b>	<b>31.3.2009</b>	<b>31.3.2008</b>	<b>31.3.2007</b>
<b>Income</b>	131,611	130,036	149,633	140,658
<b>Expenditure</b>	100,674	93,149	96,604	99,019

For a full copy of the GKAC Audited Accounts for the year ended 31<sup>st</sup> March 2010 please contact [heather.wilson2@nhs.net](mailto:heather.wilson2@nhs.net) or download a copy from our HI-NET home page.

## 8. Thank you to our funders

Give Kids a Chance is grateful to all our funders who have made generous contributions to our work during 2009/10.

Ritson Smith	Scotoil Services Ltd	Aker Offshore
Portlethen Academy	Stena Drilling	Cash for Kids
Fairer Scotland Fund	St Machar Academy	Northfield Academy
Wood Family Trust	Danestone Primary	Conoco Phillips UK
Woodside Medical Group	Aberdeen Property Leasing	Great Western Road Medical Practice
Talisman Energy	MacPhee of Glenbervie	Sparrows Offshore
Granite City Choir	Wood Group Engineering	

Support for GKAC has also been received from Aberdeen, Moray and Aberdeenshire Community Health Partnership Health Improvement Funds.

Give Kids a Chance coordinates two fundraising projects each year. The sale of Spree Books in the Summer time raised £805. Our Christmas Fundraiser which runs during December encourages supporters to donate items to hampers which are then raffled to raise funds for GKAC. Often supporters include donations in lieu of sending Christmas Cards. Last year this project raised £5,300.



Aberdeen Property Leasing  
Director Alan Pirie and Laura  
Howie present a cheque for £802.



Granite City Choir presents  
their cheque for £600.

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

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