

Barnardo's Scotland Year of Young People 2018 Report



SUPPORTING
year of young people
bliadhna na h-òigridh
2018

Contents

3	Foreword
4	Background Information
5	Our Approach
6	Children & Young People's Fund
11	Ocean Youth Trust Voyage
12	Create18 Funding
13	Co-design Champions Group
14	Barnardo's East Ayrshire Families Celebrating Success Event
15	Universal Children's Day / Year of Young People Celebration Day
16	First Minister 1000 Voices Event
17	First Minister Achievement Certificates
18	Legacy



Foreword



2018 was the Year of Young People and it aimed to inspire Scotland through its young people,

celebrating their achievements, valuing their contribution to communities and creating new opportunities for them to shine locally, nationally and globally.

The year of celebration came to a fitting conclusion when young people from across Scotland led the Edinburgh Hogmanay torchlight procession on 30 December. However this was just one of many fantastic arts, cultural, sporting and community activities during the year - many organised specifically for the Year of Young People.

I am proud to say that Barnardo's Scotland rose to the occasion with our Banquet of Youth event, a trip with the Ocean Youth Trust, a small grants programme to stimulate creativity across all our services and a special meeting with the First Minister. A hectic programme of events was directly shaped by children and young people themselves.

The Year of Young People has undoubtedly been life changing for many of the young people involved in its creation and delivery. The level of political involvement has also been impressive with real

engagement from the First Minister down and across all political parties. Added stimulus has been given to various debates including equal protection, children's mental health, care leavers and the age of criminal responsibility. Probably most significant though was the announcement that the Scottish Government intends to incorporate the UN Convention on the Rights of the Child (UNCRC) into law and policy this year.

There are many reasons to be optimistic that progress made in the Year of Young People can be maintained and built upon but we should not be complacent. Perhaps the key message is that we need to keep on listening to young people and take their views into account. Taking a Children's Rights and Participation approach is challenging to all organisations - if it doesn't feel uncomfortable at times then it's probably not genuine!

The coming months will continue to raise many issues of profound interest to children and young people - the implications of Brexit and the care review to name just two. It is up to all of us now to keep the spirit of the Year of Young People alive into 2019 and beyond.

All the best,

Martin Crewe
Barnardo's Scotland Director



Background Information

In 2018, Scotland became the first country in the world to dedicate a full year to celebrating young people. Year of Young People aimed to inspire all ages through its young people (8-26) by celebrating their achievements, valuing their contributions to communities and creating new opportunities for them to shine on a local and global stage.

Young people were at the heart of designing, developing and deciding what they want the year to be. The Scottish Government worked with youth partners and the events and tourism sector to deliver activities and experiences for communities across Scotland to enjoy and discover more about our amazing young people.

Year of Young People 2018 was once in a lifetime opportunity to show our young people how important, valued and proud Scotland is of them. Activity throughout the Year focused on celebrating their achievements, recognising the contribution they make to communities and creating opportunities to have their voices heard.

Aim

Year of Young People 2018 aimed to inspire Scotland through its young people, celebrating their achievements, valuing their contribution to communities and creating new opportunities for

them to shine locally, nationally and globally.

Objectives

- Provide a platform for young people to have their views heard and acted upon
- Showcase the amazing talents of young people through events and media
- Develop better understanding, co-operation and respect between generations
- Recognise the impact of teachers, youth workers and other supporting adults on young people's lives

Key themes

Year of Young People 2018 had six themes which were developed by young people. Activity was based around these themes and guided everything done across the year.

- Participation
- Education
- Health and wellbeing
- Equality and discrimination
- Enterprise and regeneration
- Culture

Co-design is about involving young people much earlier in the decision making process through a highly participative approach. It's about much more than just consultation, it seeks to engage young people with shared power and resources.



Our Approach

Barnardo's Scotland was committed to celebrating both children and young people during this dedicated Year. Whilst the Year is named and focused on young people (aged 8-26) we felt it was important to ensure that children and young people of all ages are included in the celebrations.

Our approach to Year of Young People was to support a range of opportunities for children and young people working with our Services across Scotland as well as collaborating with partner organisations to share practice, plans, and networks to ensure the aims and objectives of the Year are realised.

Co-design was a key focus of this work, allowing children and young people the opportunity to initiate and develop their own ideas.

This report highlights the exciting projects that have taken place throughout 2018 and makes recommendations for the future, based on the legacy of Year of Young People.

- Onslow Drive – 'Canvas creates ambience using nature at its best' photography project
- Nurture Inverclyde – Group trip to Flip Out
- North Ayrshire Families – Charity cycle
- Fostering Edinburgh – Banquet of Youth
- 16+ Edinburgh – Barnardo's Care Journeys; Creating Positive Destinations for Young People
- Ocean Youth Trust Voyage
- Create18 Funding
- Co-design Champions Group
- East Ayrshire Families Celebrating Success Event
- Universal Children's Day / Year of Young People Celebration Day
- First Minister 1000 Voices Event
- First Minister Achievement Certificates
- Children & Young People's Fund
 - Youth Work Service HMPYO Polmont – Best of Polmont Tournament
 - 16+ Glasgow – Camping trip to Skye



Children & Young People's Fund

Children and young people were able to apply for up to £300 from the Barnardo's Scotland YOYP Fund. These small grants were made available to children and young people who co-designed their ideas, taking the lead in shaping, developing and enjoying activities and projects as part of YOYP 2018. To apply, they had to complete an application form with information about their idea, including any planning they had done.

A small group of children and young people met to look at all the applications and make decisions on what was funded. In doing this they considered how applications met the YOYP objectives, which areas were represented overall and how children and young people were involved in the co-design of the activity or project.

Seven projects were successful in receiving funding:

Youth Work Service HMPYO Polmont – Best of Polmont Tournament

Twenty young people in Polmont became YOYP Ambassadors, and as part of their role completed a prison wide survey of activities young people would like to participate in as part of YOYP. The top suggestion was “The Best of Polmont” – a range of football, basketball, chess, pool and table

tennis tournaments for around 80 young people.

Its aim was to bring young people together to celebrate their talents, skills and abilities and encourage them to try new things. The funding allowed bibs, a chess set and acceptable prizes such as toiletries and chocolate.

16+ Glasgow – Camping trip to Skye

A group of young people decided they would like to go hill walking and camping on Skye. They planned this at a group meeting where they brainstormed ideas and discussed how to advertise and make the opportunity available to everyone.



Young people were involved in costing the activity, looking into camping options and how they would get there as well as deciding on appropriate clothing and food.



The trip was a great success with some sunny weather and beautiful scenery.

Onslow Drive – ‘Canvas creates ambience using nature at its best’ photography project

A young person residing at Onslow Drive used a digital camera to create images for the house; the images and workings were showcased in the service’s monthly newsletter. She felt that by capturing positive natural images it would have a significant impact on the health and wellbeing of her peers also living at Onslow drive. She learned to regain interest in photography and taking time out to focus on their emotional wellbeing.

“The project made me feel motivated which I haven’t felt for a long time, this is one part of my life I used to feel proud of when I took images and printed them and had them on my room walls or gave them as gifts for my siblings who I no longer live with. This funding allowed me the opportunity to not only create nice images I could keep and also display within Onslow but allowed me the freedom to continue using photography as a means to help me focus and do something enjoyable which takes me away from what is sometimes a chaotic head.”

Young person



“Since this project she has grown in confidence and since moved on to a satellite flat where she is thriving.”

Project worker

Nurture Inverclyde – Group trip to Flip Out

The children organised the group activity to Flip Out trampoline centre with support from Barnardo’s volunteers. One of the members of the group wrote the application for funding along with the Volunteer Coordinator and chose the activity.

The children were supported to organise the trip including looking at budgets, designing an invitation which was shared with families, discussing times and where to go for food. The children all worked really well together and this built their communication skills. They were very organised and creative and their self-esteem improved massively throughout the group.

“Before this group I didn’t believe in myself, but ever since the group I now believe in myself.”

Group member

“The fund made a difference because we got funding for a trip of their choice that otherwise we don’t have. It gave the group a focus and they used their skills organising the trip.”

Volunteer coordinator

North Ayrshire Families – Charity cycle

Young people were involved in the planning and organising of a charity cycle round Millport. This opportunity gave the young people a chance to plan an activity and manage a budget from start to finish and see how their hard work could impact and improve the lives of others. Young people used ipads and mobile phones to research ideas, created shopping lists and helped make packed lunches.

This opportunity gave the young people a new experience. Many of them had never been to Millport and some had not been on a ferry before.

“ I feel it has ignited a sense of adventure in the young people as they are now discussing raising money to go camping as a group. The group are very supportive of each other and one thing that stands out for me is the young people’s willingness to help other people and using what they have available to do this and think about this in a creative manner. Having this money has made a big difference as it has given the young people opportunities that many take for granted.”

Project worker

Fostering Edinburgh – Banquet of Youth

Barnardo’s Scotland Fostering celebrated Year of Young People with the ‘Banquet of Youth’ on 23rd November at Hibs Football Stadium.

The idea came from a 13 year old girl who liked the idea of everyone within the fostering service thinking about recipes/dishes that they enjoy. As food can evoke many memories, young people loved the suggestion and decided that they would like to think about recipes that are held within their cultures or bring back memories of family and use these to share with others.



The young people felt that using cooking to teach others about different cultures is a fun way to share knowledge as it uses all of your senses in creating the dish. Barnardo’s partnered with Cyrenians who ran cooking sessions with a group of young people aged 8 to 18 years. They chose the menu and practised cooking for over 100 people. On the night they prepared, cooked and served a two course meal from scratch.

This opportunity allowed the children and young people to share their recipes, bring them together and sit with their peers and foster families creating an inter-generational community experience in which food can be enjoyed and viewed positively.

The event was a huge success and children, young people and foster carers enjoyed a red carpet, mocktails on arrival, wonderful entertainment from talented young people, a delicious two course meal and some inspirational speeches. Minister for Children and Young People, Maree Todd, Director of Barnardo's Scotland Martin Crewe and Ewan Aitken, CEO of Cyrenians supported the event and were all impressed by the hard work and dedication of the children, young people and staff who made it happen.

Banquet of Youth was funded through the Year of Young People National Lottery Fund with our Young People's Fund supporting children and young people's participation.



16+ Edinburgh – Barnardo's Care Journeys; Creating Positive Destinations for Young People

As part of Barnardo's Scotland's celebration of the Year of Young People, our 16+ service in Edinburgh developed and organised a unique event focusing on young people's experiences in the care system and beyond. The event, held at the Traverse Theatre in Edinburgh, highlighted young people's voices and the realities and issues that they face during their care journey. It aimed to provoke discussion and challenge the way people think about young people's care journeys in order to improve the outcomes for our young people.

Key aspects of young people's care journeys were highlighted through the medium of Paddy Campbell's award winning play "Leaving" presented by the Curious Monkey theatre company which portrays first hand experiences of children and young people who have lived in care based on their own words.

The audience was a combination of workers, foster carers and young people from across a range of different Barnardo's services and outside agencies were given the opportunity to hear the real voices of care experienced young people, through the play, slam poetry and the opportunity to ask and answer questions of a panel of care experienced young people and those working within the system.

The panel included: Alicia Santana (Who Cares? Scotland board member and care-experienced young person), Lizzie Morton (CELCIS), Louisa Harper (care-experienced young person), Fiona Duncan (The Care Review), Sarah Lurie (Fostering Network), Norma Corlette (STAF) and Ben Farrugia (Social Work Scotland).



A dedicated Participation Worker liaised with young people and their workers to provide support and accessible information.

Young people co-designed this event, with involvement in a mix of specific activity roles pre and at the event:

- Planning direct roles and responsibilities on the day
- Presenting and introducing the plenary sessions
- Performing slam poetry
- Sitting on the Q&A Panel
- Preparing and considering questions for the panel
- Attending the event as audience members and putting questions to the panel

“...The anxiety of [realising that my old social worker had turned up to the event] settled when I realised how grateful I was to be sitting next to someone who provided me with so much love and stability whilst being in care. She was the person everyone was saying that workers ‘should’ be, so it was more happiness [I felt] than actual fear, just took a while to grasp. Thanks so much for being so supportive and kind!”
Young participant

“I was really moved by the event the other week. It definitely surfaced a lot of emotions of mine that I know I had boxed away.”
Young participant and presenter on the day

“This fund allowed us to respectfully engage fully with young people whatever their involvement or role in the event.”
16+ Edinburgh team manager

“We are very grateful for the support we received from the fund and it gave both practical support and emotional encouragement to realising our hopes and aspirations for the event.”
16+ Edinburgh children’s service manager



Ocean Youth Trust Voyage

To celebrate Year of Young People 2018, Barnardo's Scotland chartered a boat for 10 young people with the Ocean Youth Trust, a world leading youth work charity, to take part in a five day residential sailing voyage.

The young people increased and developed four capacities: self-confidence, responsibility and respect, the ability to learn from experience and the ability to work with others and be offered the opportunity to work towards a Youth Achievement Award, a nationally recognised qualification.

Supported by staff from our Children's Rights and Advocacy team, the young people came armed with a few changes of clothes, wellies, a sleeping bag and a towel and brought enthusiasm, spirit of adventure and an open mind to become crew members.

They quite literally learnt the ropes and had the chance to gain new skills such as team work, negotiation, hoisting sails, steering, keeping lookout, plotting a course, and much more. This resulted in them achieving their RYA 'Start Yachting' Certificate.

During the voyage they travelled to new places around the beautiful West Coast, made new friends and really challenged themselves in a new and unique situation living on board the yacht as a member of the crew.

Each day there were challenges to overcome and achievements to be proud of. Some highlights included hoisting the main sail, surviving a force 5 wind, cooking meals for the crew, night sailing to Holy Loch, visiting The Isle of Bute and individually taking full control of steering the boat.





Create18 Funding

A national funding programme run by EventScotland and Young Scot called Create18 gave young people across Scotland the opportunity to create and host innovative events in their community, and bring the Year of Young People 2018 to life. The Create18 funding programme was open to groups of three or more young people, aged 8-26, across Scotland to stage their own events through grants of up to £1,000 for each event.

Barnardo's Scotland Thrive and Nurture services in Inverclyde were successful in receiving funding to organise an art exhibition - B-Arty at the Beacon Arts centre in Greenock.

Organised by a group of young people, the Young Minds Combined group (participation group spanning across both services), the theme of the event was 'celebrating uniqueness'. Children and young people from across the services created their own individual or collaborative works of art which were displayed. The event ran during the Easter holidays from the 3rd-13th April.

The launch was a great success with many families and children attending along with staff from partner agencies. Still Game star Jane McCarry, a regular supporter of the Thrive services, opened the exhibition. The artwork demonstrated the creativity, diversity and uniqueness of young people in Inverclyde.





Co-design Champions Group

Barnardo's Scotland was invited to be a key partner in the Co-design Champions Group throughout 2017 / 18.

The purpose of the Co-design Champions' Group was:

- To collaborate with Communic18 to share updates and knowledge – ensuring that organisations who are planning activities for the year and who are new to co-design concepts are comfortable with the approach and understand how they can work with children and young people to develop, design and deliver their activities.
- To update Communic18 and the YOYP 2018 Co-design Delivery Team (Young Scot, Children in Scotland and the Scottish Youth Parliament) on key issues which are relevant to the co-design of YOYP.
- To provide a platform for organisations who work with children and young people in Scotland to collaborate and share practice, plans and networks to ensure the aims and objectives of the year are realised.



Barnardo's East Ayrshire Families Celebrating Success Event

The Celebrating Success event aimed to encourage and support all the efforts of our children, young people, their families, partners, key stakeholders and not forgetting our peer mentors.

Awards presented this year included:

- **Rising Star Awards:** Child/Young person who has shown progress and potential
- **Shooting Star Awards:** Child/Young person who has exceeded and achieved beyond expectation

- **Friendship Certificates/ Bracelets:** Acknowledging caring and supportive friendships
- **Achievement Medals:** Children and young people who have managed to achieve

A group of children and young people also supported us to achieve the Investing in Children Award in 2018 and will ensure we continue to engage and be fully inclusive going forward.





Universal Children's Day / Year of Young People Celebration Day

Barnardo's Scotland celebrated Universal Children's Day and YOYP 2018 on Tuesday 20th November. This was co-ordinated by the Policy, Children's Rights & Advocacy and Media teams.

All services across the organisation were invited to get involved in the day by decorating cakes under the theme of 'celebrating children and young people'.

MSPs were invited to attend their local Barnardo's Scotland service and participate in the celebration, giving them an opportunity to learn more about the service and show their support for our young people and the work of our staff in their area. Our retail stores across the country also got involved by hosting an MSP as a volunteer for a few hours as we have done in previous years.

Humza Yousaf, local MSP for Glasgow Pollok and Cabinet Secretary for Justice visited Craigton Primary School in Glasgow. It allowed Humza to see a PATHs lesson in action, PATHs is a social and emotional learning programme which is currently being run in several primary schools across Glasgow with support and coaching from Barnardo's Scotland.



In a tweet Humza said:
Thank you @BarnardosScot & @CraigtonPrimary for letting me sit in your PATHS lesson. Teaching children that it's perfectly normal & fine to have feelings & talking about how to resolve feeling angry or frustrated - reckon as an adult I could use some of those techniques!

Stirling and Clackmannanshire services brought together young people to celebrate their achievements, have a cuppa and a cake, and find out more about all the work Barnardo's are doing in the area.





First Minister 1000 Voices Event

On 12th November 2018, a group of 13 children and young people who are supported by Barnardo's Scotland met the First Minister, Nicola Sturgeon. The group ranged in age from 10 to 23, and most of the group hadn't met the First Minister before.

Children and young people had the chance to talk to the First Minister about anything that they wanted to, and the conversation included Fortnite, football and world leaders; they also taught her how to floss!

The meeting was part of the First Minister's commitment to hear 1000 care-experienced voices, to build up a picture of what is important to children and young people, and use this to try to influence other decision makers in future.

What did the children and young people ask or tell the First Minister about the care system?

- There should be more access to advocacy for care experienced children and young people
- Kinship care should be more recognised
- There should be more throughcare support
- There is a need for quicker access to CAMHS
- Care experienced children and young people need more

support with their mental health

- Teachers need more training to support children and young people with their mental health
- Local authorities should not be able to ask foster carers to leave organisations like Barnardo's
- Care experienced young people should all be eligible for the same support to access higher education
- Children and young people shouldn't have to leave care before they feel ready to do so
- Care experienced young people could need support for the rest of their lives
- Social workers, and children and young people's relationships with them, are important
- Care experienced young people worry about ending up homeless

The children and young people fed back that they had felt able to talk to the First Minister, and found it valuable. They were keen to have more opportunities to talk to her and/or to help other children and young people to have the opportunity to do so.





First Minister Achievement Certificates

The First Minister, Nicola Sturgeon, recognised achievements with a special certificate to say thank you for their contribution to the Year of Young People 2018.

All young people, aged 8-26, who volunteered or helped to deliver any the hundreds of events, projects and activities linked to Year of Young People 2018 was able to apply for a special one-off Young People 2018 Participation Certificate. Young people were also able to apply if they had contributed to the overall aims of the Year of Young People.

All children and young people who received a Youth Scotland Hi5 Award, Dynamic Youth Award or Youth Achievement Award, in 2018, automatically received a certificate.



Legacy

Throughout the celebratory activities across Barnardo's Scotland, children, young people and their workers repeatedly raised the question: 'What next?'

“ Scotland's Year of Young People might be coming to an end, but it has certainly brought some incredible highlights and produced shockwaves that will last longer after 2018 finishes.”

Scotland.org

Barnardo's Scotland's Children's Rights & Advocacy team fed this question back through a number of channels, including the Co-Design Champions Group and contact with Scottish Government staff; which resulted in some children and young people from Barnardo's Scotland services being invited to attend a 'Legacy' event in December 2018, alongside local authority partners.

“ There will be little point in the Year of Young People if we get to next December, put away the toolkits and pack away the activities with no fundamental shifts to point to or to take forward.”

Marie Todd MSP, Minister for Children and Young People

The fact that children and young people are asking 'What next?' is testament to the unique momentum they have built in partnership with our services during 2018, and it is crucial that this is not lost.

The following commitments will be taken forward nationally in 2019 to ensure that Year of Young People has a legacy within Barnardo's Scotland that is felt directly by children and young people:

- Further develop partnership with Ocean Youth Trust to give young people the opportunity to discover their potential through the adventure of sail training
- Continue to support children and young people to develop their own ideas and make decisions about how funding is allocated using a Participatory Budgeting approach
- Support children and young people to co-design a second event with the First Minister as part of the 1000 Voices Campaign
- Continue to celebrate the successes of children, young people, families and services through events, newsletters and Workplace
- Ensure that co-design principles are embedded throughout Barnardo's Scotland as a whole, particularly in relation to corporate governance

“ It must also leave a legacy that all children in Scotland grow up in a place where they are seen as a valuable part of how we make decisions.”

Bruce Adamson, Children and Young People's Commissioner