



# FOCUS

YOUTH PROJECT



19/20  
ANNUAL  
REPORT





Beefy bake



Climbing taster



Homemade burgers



Mountain biking



Outbreak trip



Pie-Face



Table tennis



PJ party



Facepainting



Trip to M&D's



Cookery night



Bingo



Pool competition



Beauty night



Swimming trip



Halloween party



Ice skating trip



Laser Quest trip



Outbreak trip



Halloween Games



Hair & beauty night



Roller-Disco



Airborne trip



Trip to M&D's



Kayaking



Flipout trip



Football



Airborne trip

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# project team

## MANAGEMENT COMMITTEE

<b>Chairperson</b>	Scott Robertson	
<b>Office Bearers</b>	Ellen Davidson Tom Bell	<i>Secretary</i> <i>Treasurer</i>
<b>Committee Members</b>	Mary Woods Caroline Todd Ellis Kerr	
<b>JFC Representatives</b>	Claire Shanks Dylan Anderson	

## PROJECT TEAM

<b>Development Team</b>	George Campbell Janee Nailen Natasha Russell Cherry D Steven Mandy Davis	<i>Development Manager</i> <i>Senior Development Worker</i> <i>Development Worker</i> <i>Clerical Worker</i> <i>Caretaker/Cleaner</i>
<b>Specialist Workers</b>	Andrew McCrory Julia Redmond	<i>I.T. Worker</i> <i>Music</i>
<b>Sessional Workers</b>	Andrew McCrory Aidan Halloran Linsey McInnes Emma West Tony Burns Julia Redmond Ben Brown	
<b>Volunteers</b>	Leeanne Cooper Eve Patton Shannon McDermott Graham Stewart Ellie Coster Claire Shanks Stephen Cooper	
<b>Duke of Edinburgh Volunteers</b>	Darren Glancy Chloe West Alana Cheeseman Boncie Grant Amy Sneddon	



## chairperson's remarks

**Scott Robertson**

*Chairperson, Focus Management Committee*

It is my pleasure to present the Annual Report in my first year as Chairperson of the Focus Management Committee. I have been involved with the Project now for sixteen years, coming through the doors as a 12 year old young person, gaining the valuable experiences and social education that all our current young people gain. I then became Chairperson of the Junior Focus Committee, volunteering as a youth worker and then joining the Management Committee as a committee member.

The Management Committee were delighted with the opening of the new Focus Gym this year, encouraging our members to keep fit, free of charge.

It has been a unique year due to COVID-19, resulting in the Project closing for the first time in its history. This is reflected in the statistics throughout this report and resulted in the postponement of our Annual Presentation Night. However, we are looking forward to resuming our services in line with the government guidelines.

A huge thank you goes to the staff, volunteers and committee members who have worked hard by providing the very best services for youth members over the past year. I would also like to thank the many people, organisations and partners who have given their support to the ongoing success of the Focus Youth Project.

Let's not forget the families and young people. Without your support and commitment, we would be unable to achieve such outcomes for the community.



“When I started volunteering, I didn't think I would enjoy it as I am shy and awkward around others but it turned out to be a lot easier to get along with the young people, it was fun.”

Alana, 16

# youth work timetable

DAY	GROUP NAME	AGE RANGE	SEX	TIMES
MONDAY	MAD SQUAD	16 YRS+	MALE	6-9PM
MONDAY	FUSION	15 YRS+	FEMALE	6-9PM
TUESDAY	NATURE BOYS	14-15 YRS	MALE	6-9PM
TUESDAY	HOMEBOYS	15-16 YRS	MALE	6-9PM
TUESDAY	BEEFY BAKES	12-13 YRS	MALE	6-9PM
WEDNESDAY	PINK LEMONADE	14-15 YRS	FEMALE	6-9PM
WEDNESDAY	DREAM TEAM	12-13 YRS	FEMALE	6-9PM
THURSDAY	DOMIN8ORS	13-14 YRS	FEMALE	6-9PM
THURSDAY	GOOFY GOOFERS	12-13 YRS	FEMALE	6-9PM

If you would like to join a group at the Focus Youth Project, please give us a call on (01698) 811925.

“When I first came to the Focus I was pretty nervous but everyone was really welcoming and kind. I enjoy my time at Focus and I can't wait for more fun”

CASEY, 13

# additional programme of activity

DAY	ACTIVITIES	AGE RANGE	SEX	TIMES
MON - THURS	FREE GYM DROP-IN	ALL MEMBERS	MIXED	4.30 - 6.00PM
WEDNESDAY	FREE MUSIC LESSONS	ALL MEMBERS	MIXED	5.30 - 9.00PM
VARIOUS	ARTS & CRAFTS	ALL MEMBERS	MIXED	6.00 - 9.00PM
THROUGHOUT YEAR	ARTS AWARDS	ALL MEMBERS	MIXED	6.00 - 9.00PM
THROUGHOUT YEAR	DUKE OF EDINBURGH AWARD	14-25 YRS	MIXED	VARIOUS TIMES
THROUGHOUT YEAR	DYNAMIC YOUTH AWARDS	ALL MEMBERS	MIXED	VARIOUS TIMES
THROUGHOUT YEAR	SALTIRE AWARDS	14-25 YRS	MIXED	VARIOUS TIMES
THROUGHOUT YEAR	OUTDOOR EDUCATION COURSES	ALL MEMBERS	MIXED	VARIOUS TIMES
EASTER, SUMMER & OCT SCHOOL HOLIDAYS	YOUTH SCHEME	ALL MEMBERS	MIXED	VARIOUS TIMES
SUMMER & WINTER	RESIDENTIALS	ALL MEMBERS	MIXED	VARIOUS TIMES

## AIM

The Focus Youth Project aims to provide a range of social, educational and recreational activities that will encourage our members, aged 12-25 years from the Viewpark area, to continue to learn throughout their lives, make positive choices and achieve their potential as individuals, as members of their community and society as a whole.

Every group negotiate a programme of activities to address their individual needs. Part of the programme will include social education workshops to assist in developing life and social skills. Last year 155\* members were involved in health related workshops on mental health, sexuality, smoking/vaping, legislation of medical cannabis, abortion laws and coming out. Additionally, 315\* members were involved in youth related workshops on non-health related workshops including Australian bush fires, student funding, World War II, climate change, how boys talk to girls, why people become friends, poverty in the UK and violence. This is a great opportunity for our members to find out facts about issues affecting them, to enable them to make informal, positive choices.

304 young people took part in various arts workshops last year including workshops on clay modelling, portrait painting, fairy doors, graffiti arts, friendship bracelets, snow globes, photography projects, slime.

Our specialist music worker facilitated 171\* free music lessons on keyboards, guitar, bass guitar, drums and singing.

Our specialist I.T. Suite gives our members the opportunity to use and develop their I.T. skills through 247\* sessions last year.

## FUNDING

The Project is funded through a service level agreement from North Lanarkshire Council. However, due to sustained funding cuts we are delighted to have obtained additional funding contributions which enables us to continue to deliver a varied programme of activities. Additional funding has been provided by Children in Need, STV Childrens' Fund, Tudor Trust, The Community Lottery Fund and Robertson Trust.



“I chose to do music lessons because I enjoyed watching my favourite artist perform and I wanted to learn how to play an instrument to be able to perform like them. I picked drums as it seemed like the most fun to play and I have a drum kit at home. I have learned more advanced drum rhythms and rudiments. I have also learnt how to read dynamics and notated sheet music. I have enjoyed taking part in music lessons picking my own songs to play but also learning exam pieces to push myself and my skills.”

JAMIE, 15

“My group night is on a Monday and I enjoy getting involved in the issue based discussions and debates as we learn so much”

JAMES, 19

“I really enjoyed doing arts at Focus. My favourite thing last year was the fairy doors project. I found it therapeutic as I had to concentrate and it took my mind off everyday thoughts/stresses, helping me cope better with my problems. I was really proud of my fairy door. I thought I'd done a great job. It made me feel better about myself and that I had achieved something.”

SHONA, 16



# what we do at a glance

## MUSIC TUITION



Free music lessons on a Wednesday night

## ARTS & CRAFTS



Explore creative skills & reorganised qualifications in Arts field

## GYM



Gym induction & membership for our members

## ISSUE BASED WORKSHOPS



Exploring issues affecting young people

## INFORMATION TECHNOLOGY



Using & developing IT skills

## RESIDENTIAL EXPERIENCE



Experiencing life out with the local community

## OUTDOOR EDUCATION COURSES



Taking part in various outdoor education courses

## DUKE OF EDINBURGH



Personal achievement award for young age 12yr plus

## SALTIRE AWARD



Volunteering Award

## DYNAMIC YOUTH AWARD



Self Development Programme

## Y.E.S. POINT



Access to YES Point library

## YOUTH SCHEMES



Easter, Summer and October Youth Schemes during the school holidays

CREATING NEW OPPORTUNITIES IN AN AREA OF MULTIPLE DEPRIVATION, THAT THE YOUNG PEOPLE ARE NOT NORMALLY OFFERED

**RUN BY A VOLUNTARY MANAGEMENT COMMITTEE**

**INVOLVEMENT IN THE CONSULTATION PROCESS THROUGH THE JUNIOR FOCUS COMMITTEE**

NINE GROUPS OPERATE ON A WEEKLY BASIS, 50 WEEKS OF THE YEAR JUST TIME OFF AT CHRISTMAS

IN-HOUSE GYM FREE TO ALL MEMBERS

**PURPOSE BUILT TRAINING AND OUTDOOR FACILITY**

REMOVING THE FINANCIAL BARRIER TO PARTICIPATE

PARTICIPATE IN PROGRESSIVE QUALIFICATION WHERE THE YOUNG PEOPLE GET THE OPPORTUNITY TO DEVELOP THEIR SKILL FROM BASIC TO ADVANCED

A YEARLONG CALENDAR OF ACTIVITIES AND COURSES FOR THE YOUNG PEOPLE TO CHOOSE FROM

PARTNERSHIP APPROACH TO WORKING IN ORDER TO MAXIMISE RESOURCES

27 YEARS PROMOTE LIFELONG LEARNING

DEVELOPING SELF-BELIEF, YOUNG PEOPLE ARE ABLE TO SET THEMSELVES ATTAINABLE GOALS AND MONITOR THEIR PROGRESS THROUGH AWARD GROUPS

SOCIAL EDUCATION INCREASES KNOWLEDGE AND SKILLS THROUGH PARTICIPATION IN ISSUE BASED WORKSHOPS, LEARNING TO WORK AS A TEAM

PROMOTING HEALTHIER LIFESTYLES

**ACHIEVING ACCREDITED QUALIFICATIONS**

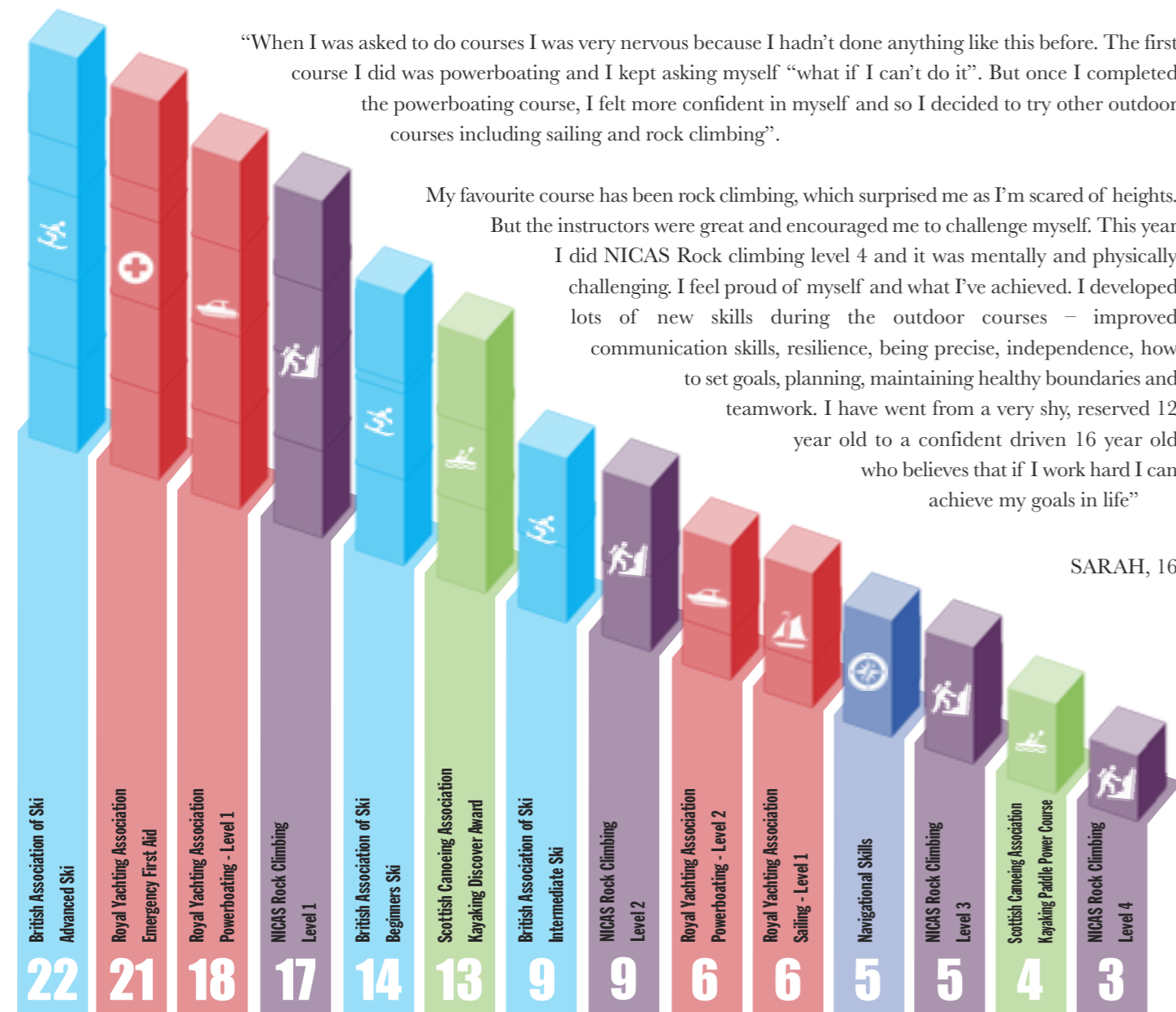
PROMOTE POSITIVE LEARNING EXPERIENCES TO ENCOURAGE THE YOUNG PEOPLE TO LEARN THROUGHOUT THEIR LIVES

# Building the capacity of our members

The Project provides various outdoor courses throughout the year to increase the qualifications of our members. We provide free courses in kayaking, powerboating, ski-ing, first aid, rock climbing & sailing. The Junior Outdoor Training Programme is funded by Children in Need.

The courses can be both physically and mentally challenging. Participating in courses improves the confidence and self-esteem of our members, while providing a fun and positive learning experience where they practice essential life skills including listening, negotiating, communication, leadership, problem solving, team work, taking part in a new challenge, co-operating with others, resilience, goal setting, time management skills and decision making skills. The end of course evaluation demonstrates the young people had fun taking part in the course, can identify new skills learned, practice life skills, increased confidence and that they are keen to take part in future courses.

## Last year, the young people successfully completed the following courses\*:



“When I was asked to do courses I was very nervous because I hadn’t done anything like this before. The first course I did was powerboating and I kept asking myself “what if I can’t do it”. But once I completed the powerboating course, I felt more confident in myself and so I decided to try other outdoor courses including sailing and rock climbing”.

My favourite course has been rock climbing, which surprised me as I’m scared of heights. But the instructors were great and encouraged me to challenge myself. This year I did NICAS Rock climbing level 4 and it was mentally and physically challenging. I feel proud of myself and what I’ve achieved. I developed lots of new skills during the outdoor courses – improved communication skills, resilience, being precise, independence, how to set goals, planning, maintaining healthy boundaries and teamwork. I have went from a very shy, reserved 12 year old to a confident driven 16 year old who believes that if I work hard I can achieve my goals in life”

SARAH, 16

\*the numbers were reduced due to Covid-19



“I really enjoyed doing ski-ing with the Focus. It was my first time trying ski-ing. We managed to ski from the top of the hill, which is something I didn’t think I could do at the start of the day. The skill I found most useful was snow ploughing”

CALLUM, 14

“I did the powerboating level one course. The best thing about the course was going fast and learning how to control the boat safely”

DAVID, 12

“Rock climbing was fun I learned how to climb the wall and be safe. I found some of the climbs challenging but I completed it and was proud of myself”

DANYA, 12



“I enjoyed doing the First Aid course. I learned how to do CPR and how to response to accidents. I was nervous at the start of the course but at the end I felt confident to give first aid”

NATASHA, 12



“I picked to do sailing as I thought it would be fun and get me out the house. I learned about the different parts of the boat and how to sail. My favourite thing was playing the games like capture the flag and simon says. It was fun”

KAITLYN, 13



# junior focus committee

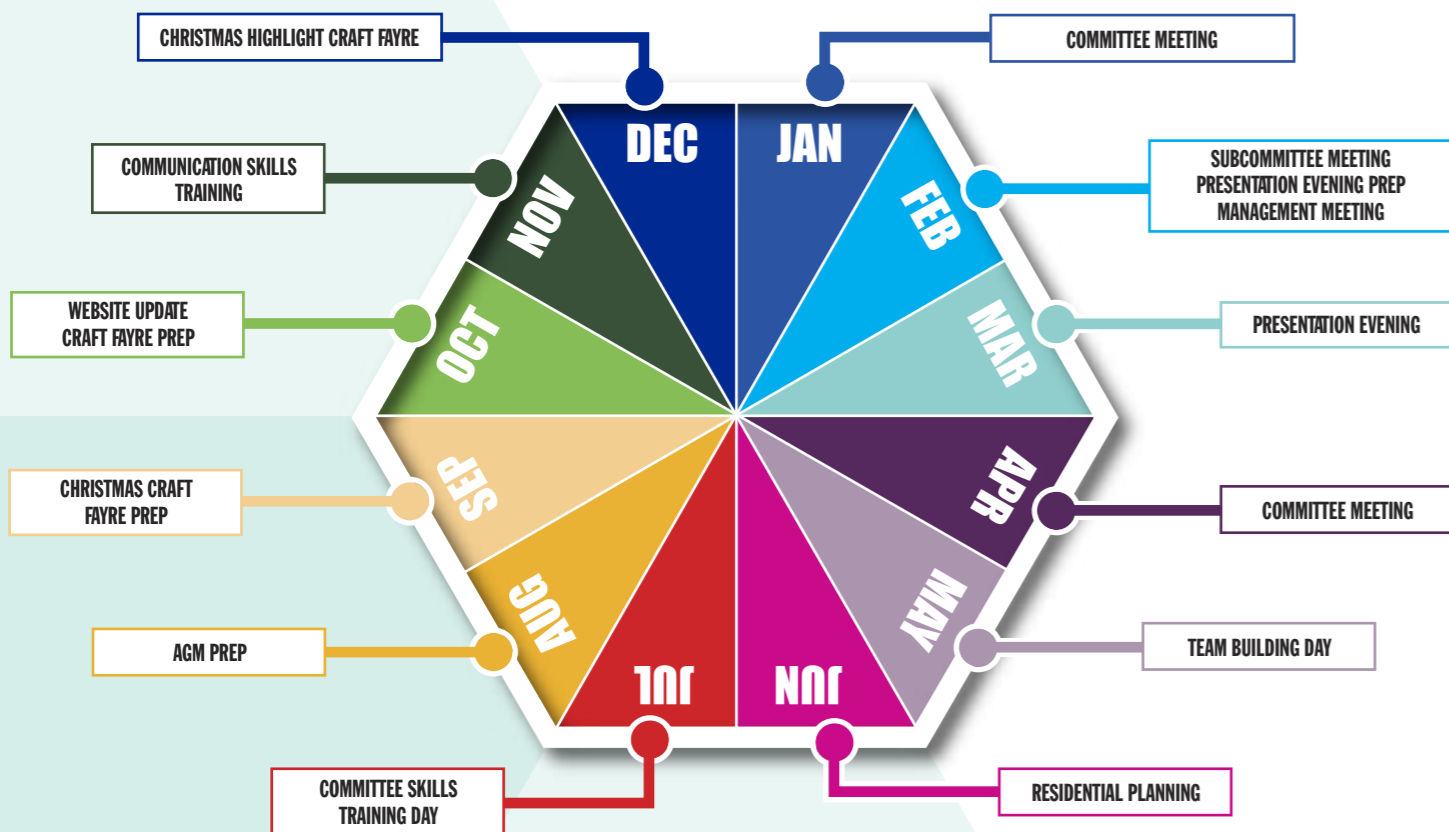
The Junior Focus Committee (J.F.C.) is made up of two representatives from each group within the Project. They meet once per month, providing each group with a platform to discuss the running of the Project and enables our group members to have their say on any ideas and feedback on the programming of the Project throughout the year. Members of the J.F.C. attend the Focus Youth Project Management Committee meetings on a monthly basis to provide feedback from our group members. This keeps the Management Committee in touch with our members needs and enables them to offer support when necessary.



The J.F.C. participates in committee skills training each year, where new members are trained on the skills required to be a member of the committee e.g. communication skills, chairperson, secretary and treasurer roles and also the responsibilities of being a member. Members of the J.F.C. have volunteered their time for various activities within the Project such as fundraising event, craft stalls, supporting at the Annual Presentation Evening and team building days.



## jfc forward planner



"It's really good to have my voice heard and to be part of the JFC to help make decisions on youth services"

DYLAN, 19 – VICE CHAIRPERSON

## DUKE OF EDINBURGH'S AWARDS



Over the past year, 22 of our members have been involved in the Duke of Edinburgh Award programme - 13 young people completed their Bronze award, 5 members who are in the process of completing their Silver D.O.E Award and 3 members working towards their Gold Award. Their aim is to complete 4 sections (Skill, Physical, Voluntary, Expedition) of the award at Bronze, Silver & Gold level. The Duke of Edinburgh Award is an excellent programme which increases the skills, confidence and self esteem of those who participate.

"The D of E was good for me as I pushed myself and never realized my limits. I was surprised at what I could do. I loved the map reading as that gave me independence and in turn made me a better team player as I had to work with the group"

CHRISTOPHER, 16

## DYNAMIC YOUTH AWARD

The Dynamic Youth Award is a peer assessed award recognizing the contributions and achievements of young people aged 10 years plus. The award has five levels - Level 1 (5-15 hours) up to level 5 (in excess of 250 hours). Last year 19 young people successfully completed the award - 9 x Level 1, 7 x Level 2, 2 x Level 3 and 1 x Level 4. The Award encourages young people to set themselves a challenge, then assess how they achieved it, what skills they used, then it is assessed by their peers. Young people's challenges varied from rock climbing to organizing activities for their youth programme.

## SALTIRE AWARD

The Saltire Awards are the Scottish Governments way of celebrating, recognizing and rewarding the commitment, contribution and achievements of young volunteers in Scotland, aged between 12-25 years. These young people will gain nationally recognized certificates, signed by Scottish Government Ministers, for the different amounts of volunteering they do.

Over the past year, we have had 4 x young people who have completed 100 hours of voluntary work, 1 x young person who has completed 50 hours, 2 x young people who have completed 25 hours and 4 x young people who have completed 10 hours. The Focus Youth Project are grateful for the ongoing commitment of these young people and their effort and contribution to the Youth Project.

"It was good to get rewarded for all the hardwork I put in for volunteering and I'll put it on my CV, so it will help when I'm applying for jobs and uni"

CHLOE, 16



## ARTS AWARD

Last year 23 young people participated in a Discovery Arts Awards, this is an excellent opportunity to explore and grow their artistic skills, inspiring them to connect with and part take in the wider arts world, finding out artists who inspire them and sharing this information with their group.



# new development focus gym

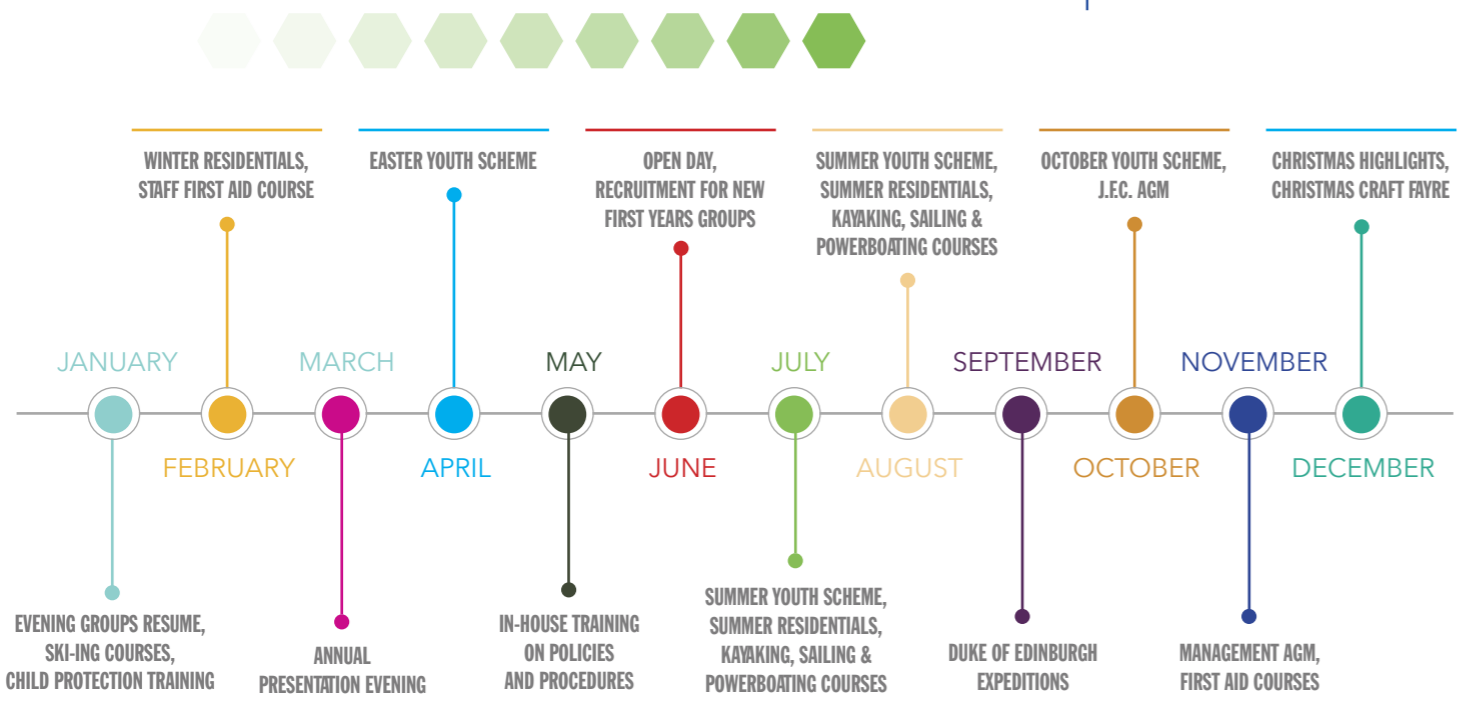
The Focus Youth Project was grateful to receive a £2000 contribution from STV Childrens' Fund. We carried out a survey with the members of the Project to find out what they would like to see the money be spent on. The survey showed that the young people didn't have access to gyms due to barriers such as transport and costs. Due to the finding of the survey we decided to create a gym within the Project for our members to use. We currently have a total of 82 members inducted to use the gym 34 males and 48 females who can all use the gym free of charge removing the barriers to participate and keep fit and active. We would like to thank STV Childrens' Fund for the kind donation and to those who donated equipment to the gym development.



"I love having access to the Focus gym. Having it available for free helps me to keep fit without paying expensive gym membership"

JOHN LEWIS, 15

## forward planner



# CASE STUDIES

### SARAH GALLOWAY

My son Corey Galloway has been attending the Focus Youth Project for the last 10 months. During this time, Corey has got to experience activities such as ski-ing, power boating, canoeing as well as 1 to 1 tuition lesson for the drums.

Corey was also put through his First Aid training which he loved and has now got new techniques on what to do if a situation ever arises and without the Focus group he would not have been able to do this.

Since attending the Focus Project, Corey has learned how to take instruction as this was not one of his strong points and this has also transferred into his home life as well.

Corey is looking forward to developing more skills and enhancing the skills he has already gained over the past 10 months. Focus Youth Project is amazing and gives the kids great opportunities that they may not have been able to do.

### SUSAN CUMMINS

My daughter has really enjoyed her time so far at the Focus Youth Group. She has experienced many new things already such as rock climbing, skiing and power boating. It's a fantastic opportunity for the young people to socialise one evening a week, experience new things and develop their interpersonal skills. My daughter looks forward to it every week and has lots of fun in the process. Thank you!

### KAREN LOGAN

My daughter Emma has been attending the Focus Youth Project for a few years now. In this time, she has achieved a number of certificates for the courses she has done including her favourite activity was ski-ing. Once she is old enough, she is hoping to participate in the Duke of Edinburgh Awards. The Focus Youth Project is a brilliant place for kids to meet new people and friends as well as building confidence and achieving awards.

### NIKKI FOSTER

My son Craig has attended the Focus Project for the past 3 years since starting in 1st year. In that time, I have seen him gain so much more confidence in himself and in his abilities in what he can achieve as a young person in today's world. It has given him a place in the community and something to look forward to every week in attending his group night and also in the activities he participates in during school holidays.

Craig wouldn't have had the opportunity to participate and gain certificates in so many courses throughout the years including climbing, ski-ing, kayaking, powerboating and first aid to name but a few. Also taking part in all his outdoor experiences and residential including camping, fishing and bush craft skills that he has learned a lot from and made many memories and gained great life skills for the future. The Focus Project has always been part of our life and it has done so much for us. It is great to see my son benefit from all the great experiences within the project. It is the heart of Viewpark and so many kids would be lost without it.



## with Thanks

The success of the Project is attributed to the ongoing support from:



### FOCUS YOUTH PROJECT

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