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TD1  
YOUTH  
HUB

# Annual Review



2016



# TD1

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Charity No. SC022005  
Company No. SC207926

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Peter Croan, Elizabeth Pope, Anne Bain, David Romanis, Huntley Wells, Karen Lawson

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Rory Burton .....	<i>Activ8 Coordinator</i>	Jonavan Barnes .....	<i>Youth Worker</i>
		Kris Chapman .....	<i>Youth Worker</i>

## Chairman's Remarks

All too often the words “partnership working” roll off the tongue and are dropped into a document or conversation very much as a tick box exercise for organisations. The provision of youth work in Galashiels and the Borders is, I am pleased to say, an exemplary model of how collaboration, when planned and implemented correctly, can ensure the sustainability of service and has been shown to be pivotal in allowing the organisation to fulfil and meet the needs of young people in our community.

Let us be under no illusions, the challenges of sustaining the provision of youth work are significant against the backdrop of economic problems facing all areas of third sector service provision. However, the Board at TD1 Youth Hub are convinced that the strategy, adopted over four years ago, to work in a collaborative approach with others in this sector has proven not only to be correct but is also attractive to funders and stakeholders alike.

I pay tribute to all our funders and stakeholders for their continued support and belief in what we do, to our trustees for the governance role that they play and to the wonderful staff and volunteers who demonstrate commitment and dedication, delivering a fantastic programme of youth work in Galashiels and wider District. I am very proud of the leadership shown by our Manager, Douglas Ormston and it is fantastic to see his recognition resulting in an appointment to the Board of Youth Scotland, well done!

I hope you enjoy reading about some of the tremendous examples of youth work and partnership working in this report.

**Peter Croan**

## Manager's Remarks

I am very pleased to be able to present 2016's review of the work that TD1 Youth Hub has been doing, once again it is a year that we can be very proud of in terms of the positive outcomes and stories of young people fulfilling potential and being given opportunities to change their lives.

The dedication of the staff team throughout the year has been incredible and they never cease to amaze with their ability to regularly go above and beyond what is expected, the third sector can be an incredible difficult place to work due to the instability of funding and short term contracts, however it is testament to them and their professionalism that they consistently deliver a high standard of work.

The organisation is in a very stable place at the moment and this is largely due to the support and partnership of our funders, big or small, long or short, national or local, every single penny and contribution to TD1 Youth Hub goes to supporting our work here in Galashiels, all I can do is offer my thanks for their trust and support.

This year has been one of partnership, working with others to make best use of resources so we can offer the best service we can to all young people. We have worked hard to maintain our very strong relationships with Galashiels Academy and Community Learning & Development amongst others, however we have also built up new ones like with LGBT Youth Scotland achieving the LGBT Charter Mark, delivering a joint project with Borders Additional Needs Group (BANG) and working with the Scottish Fire & Rescue Service to offer young people amazing opportunities.

We are in a privileged position working with young people, it is one which we never take lightly and this is our motivation to ensure we fulfil the mantra – youth work changes lives.

**Douglas Ormston**

# ACTIV8 PROJECT

## ACTIV8 PROJECT

The Activ8 project, which is funded by BBC Children in Need, has had a very busy and successful year. From the offset the project wanted to introduce as many different physical activities and sports to the young people as possible. With careful planning and working with local organisations and clubs, the young people have been lucky enough to take part in activities such as surfing in Dunbar, having our very own boxing classes at Galashiels Boxing Academy, climbing in the biggest indoor climbing arena in the world and taking part in instructor led parkour lessons.

By taking part in these physical activities young people have grown in confidence and developed their communication and teamwork skills with each other over the course of the year. In many cases the project has witnessed young people coming together and creating friendships that otherwise they might not have done without these opportunities.

■ *"I have taken part in nearly every activity TD1 has put on for the past year. Our weekly cycle ride and football game gives me something to look forward to during my week. For me my favourite activities have been trying surfing, boxing and taking part in events such as our 5k runs and Color Me Rad event. I have also learned a lot about how important my overall health and wellbeing is."*

*– Young male aged 14*

The project has also enabled young people to take part in local and national sporting events such as the Gala 5k run and Color Me Rad event. The young people also helped organise their very own Zorb football event



to raise money for Sport Relief. Events such as these have proven important as it has encouraged the young people to be a part of their community whilst showing them just what kind of events are out there for them to enjoy and take part in.

A main priority of the project this year was to help the young people we work with develop an awareness for the importance of a healthy lifestyle. As well as consistently raising the issue during our activities we have used our ever popular fitness club to get across the importance exercise has on their health and wellbeing as a whole. The fitness club consisted of beginner gym classes, strength and conditioning classes and providing them with our very own nutrition and fitness booklet to read and work through.

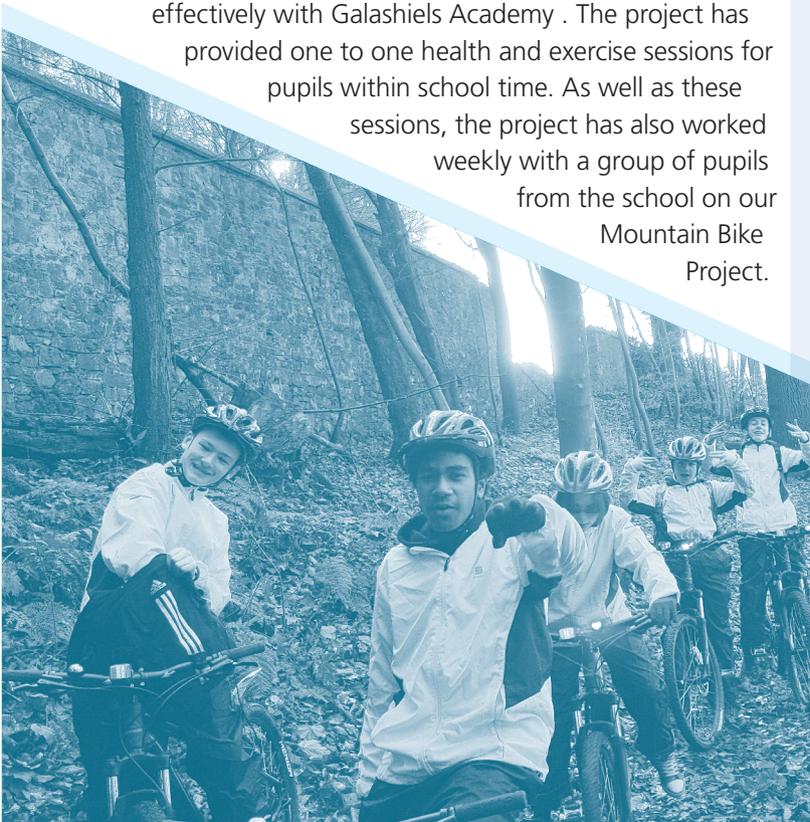
The Activ8 project has also worked very closely and effectively with Galashiels Academy . The project has provided one to one health and exercise sessions for pupils within school time. As well as these sessions, the project has also worked weekly with a group of pupils from the school on our Mountain Bike Project.

After being awarded a grant from Cycle Scotland, TD1 was able to buy 6 mountain bikes and a whole range of cycle and maintenance equipment. This project has turned out to be a great success and has allowed us to take weekly cycle ride and bike maintenance classes for the young people of TD1 and groups from Galashiels Academy.

■ *“Pupils from Galashiels Academy have been working with TD1 Youth Hub’s Activ8 Project through their cycle provision, all the pupils have engaged brilliantly with the programme as a result of the high quality of leadership of the TD1 staff team. The project has also been very well resourced and the partnership with TD1 has been especially effective in terms of motivating the pupils.*

*The group have all participated fully in practical sessions both on the bikes, but also in terms of bike maintenance. There has been a noticeable improvement in the attitudes of the individual pupils in school and they have demonstrated significant progress in their ability to cooperate and work as a team. This type of partnership work is a positive example of Curriculum for Excellence in action and working together for the benefit and development of the pupils.”*

**- Mr R. McDowell,  
Deputy Head Teacher,  
Galashiels Academy**





## YOUTH DEVELOPMENT

We have been working in partnership with Scottish Borders Council Community Learning & Development Team on a project called Community Youth Voice (CYV). The aim was for young people to get to know their community better and see changes they can make where needed, this work is carried out with the funding from The Health Lottery through the HealthEngage fund and Scottish Borders Council CLD team, through this project we were able to provide opportunities for young people to gain confidence, develop and improve their skills and gain volunteer hours through Saltire Awards.

One of the ideas the young people came up with was finding out what the community was like before they were born, with this in mind we got in touch with Waverley Care home where we arranged a visit to go up and hand Christmas cards out to the elderly and spending time to chat to most of the residents there.

■ *"C.Y.V went on a visit to Waverley Care Home and it was an eye opening experience to us all as we realised how different life is now than a few decades ago. We were really surprised listening to the older people about how difficult their days can be, but them seemed to like us being there, one of them said "I appreciate how you are all willing to take time out of your life to come out here and do something like this, it's made my day"*

*We gave residents Christmas cards each, they got really emotional as some mentioned they only receive Christmas cards of the same people each year and it was nice to get one from someone they didn't know, a way of knowing that there are people out there thinking of them. A lady started talking about how she doesn't get much visitors as she is from Edinburgh so she also appreciated us coming to visit". When the lady said this, this made me feel really proud about being a part of C.Y.V Group to be able to do things like this."*

**– Young Girl Aged 13**

The Care Home were equally pleased to be able to host the young people, they were really very helpful in accommodating our visit and since then we have been talking about how to expand it and do joint things between the older people and young people to bring the generations closer together, creating a better community spirit and building bridges between generations.

■ *"I would like to take this opportunity to thank you and the young people that came to visit our residents over the Christmas period. I have to say I was sceptical about the level of interaction we would see, I thought the young people would be shy and quiet and not engage with the older people and I worried that the residents would be confused and withdrawn, preventing engagement.*

*What we witnessed was a breath of fresh air! Our residents lit up when the young people engaged them in conversation. The young people were confident and initiated a good level of conversation, one of our residents were given a Christmas card by the young people – it made our hearts melt, she had a huge smile and was so happy to be getting a card. She treasured the card showing it off to all the staff and talked about her visitors for a good while afterwards!*

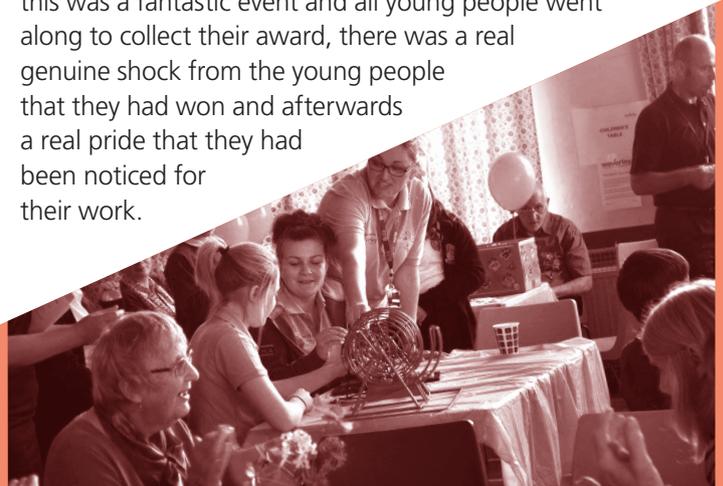
*All the residents thoroughly enjoyed their visitors – it brightened up their day and they are looking forward to more visits. I hope now that we have established a connection that we can facilitate many more visits."*

**– Susan Chisholm - Waverley Care Home**

The C.Y.V Group also applied for YouthChex a local group who supplies a small amount of funding for groups in the local area. We applied for £200 to arrange a trip to Fox Lake to work on team building skills and encouragement. The group applied for the funding themselves with little support from staff, they had to research the costs and how we would get there, etc. We were all delighted when we found out they had been successful with their application.

With the C.Y.V Members working within their community giving up their own time C.Y.V has accumulated just over 677 Volunteer Hours through Saltire Awards. The young people worked very hard on the bin issue within the Langlee community coming up with solutions to the issue, as they had identified that there was a litter issue in the community and spoke with people in the council to try and improve the situation.

C.Y.V were nominated for the Community Group category at the 2016 Annual Inspire Awards, and won, this was a fantastic event and all young people went along to collect their award, there was a real genuine shock from the young people that they had won and afterwards a real pride that they had been noticed for their work.





## VOLUNTEERING

Over the last year TD1 Youth Hub has supported 22 young people and individuals into various different volunteering roles. Between all the volunteers they managed to accumulate 1,447 hours, which if these volunteers were paid the living wage comes to a monetary value of over £12,000! The value of volunteers to the organisation is immense and without them the work that we try to do would be a lot more difficult.

This was achieved by the funding that was granted from Voluntary Action Fund. This allowed us to support young people and individuals find suitable volunteering roles which helped them gain skills and experience within the sector. We have supported many young people by providing them with College placements and helping them work towards gaining Saltire Awards, as well as providing college placements we have also helped an individual gain the skills and knowledge that have taken him from being a volunteer with us to now having secured a few paid youth workers hours with us as which has given him the confidence and background to now secure full time employment with another organisation in the 3<sup>rd</sup> Sector.

**TD1 Youth Hub** currently has five volunteers who predominantly help out during



the drop ins, they're roles all vary and include duties such as planning and organising activities, supporting staff during drop in, engaging with young people and generally helping out with the day to day running of each session. Each volunteer is a great value to us and we rely upon the support from volunteers to keep things moving.

**Tweedbank Youth Group** has seven Youth Leaders, one college placement as well as two regular volunteers. The Youth Leaders are working towards achieving Saltire Awards. They are doing this by running different activities each week with the group as well as choosing and preparing snack for each session. Their input and support is invaluable to help Tweedbank continue to accommodate so many young people.

**Community Youth Voice (CYV) CYV group** have 5 young people who volunteer an hour of their time each Friday to come together and discuss ways of making their local community of Langlee better.

**Borders Youth Group (#BYG) #BYG** has 5 Parent volunteers who attend each session. On top on the Parent volunteers over the last year two young people from TD1 Youth Hub have attended several of the sessions to volunteer their time. The

young people showed keen interest in gaining more skills and experience with working with young people with Additional Needs as this was a large part of their college work. Each young person expressed how inspired they were by the young people that they met and that they were really glad they were given the opportunity to go along.

■ *"I joined TD1 as a volunteer last January. I looked at working with the young people and supporting them through any issues they may have in life. I am currently a 4th year undergrad student and am interested in what young people have to say and also issues that they face through stages in life. Volunteering at TD1 allows me observational awareness of the diversity of the young people in Galashiels.*

*This has also supported me further in my final year at university with my dissertation. When at TD1 I was awarded a research scholarship looking at poverty and homelessness in Galashiels through the eyes of the young people through photographs. The staff and the young people at TD1 have been so supportive through my research and also with two exhibitions of the images gained in the research.*

*In my role at TD1 I have been accepted like a member of staff and family to all who are there. The young people are helpful and accepting of myself when I attended the drop ins. My role is small to me but very beneficial to all at TD1 and has supported me to where I would like to be in the future with my research and studies."*

**– Yvonne Smith, Volunteer**



## THINKING DIFFERENTLY PROJECT

The Thinking Differently Project has been going throughout most of 2016, its purpose is to provide young people who are at risk of using alcohol or other substances a way to cope with their life choices through making positive interventions rather than end up turning to alcohol or substances. By building up resilience, confidence and building up positive relationships we believe we can support young people to make positive life choices and improve their life chances by “thinking differently”. To give an example of the work that has been happening see the below case study.

Zack is a young man who has used the TD1 drop-in regularly for a number of years and he has built positive relationships with staff that he trusts. Zack has participated in the “Amplify” music group that TD1 run as this was his big passion, he had spoken to us and stated that he was due to leave school and that he wanted to go to college to study music and that Borders College did not have any courses that interested him. We helped Zack find a course that suited his requirements but this course was in Edinburgh which threw up a few potential challenges for him.

*Zach has some difficulties with visuospatial reasoning and sequencing of time. He can understand digital information in relation to time but is not able to process time presented visually on a normal clockface. He was unable to process train or bus timetables because of the way the information is normally presented. His communication skills*



were excellent but he suffered from low self-esteem and lacked confidence.

Firstly as the application process was time sensitive, we helped him apply for a place on the course at Edinburgh College, which resulted in him being asked to attend for interview, we spoke about the interview process and looked at the audition aspect of the interview and ensured that he was fully prepared and knew that we were on hand to provide support.

Once we heard that he was successful in gaining a place, we then looked at the challenges that Zack faced and worked out a plan, as to how we could help him overcome those challenges. We spoke about the concerns from others about his ability to manage independently. By talking to him we were sure that these issues were not necessarily a barrier and we could facilitate a solution that would allow Zack to attend the course of his choice.

We anticipated that visuospatial issues would cause significant difficulty with using public transport to and from college, we identified the easiest way to travel would be by bus to Edinburgh bus station and the tram to college and reasoned that a few trial runs would give Zack the confidence to make these journeys himself as he could identify the bus that went to Edinburgh and by what time on his phone that he must be on that bus, the tram stop directly outside the bus station removed any potential pitfalls that could occur with regard to getting lost etc.

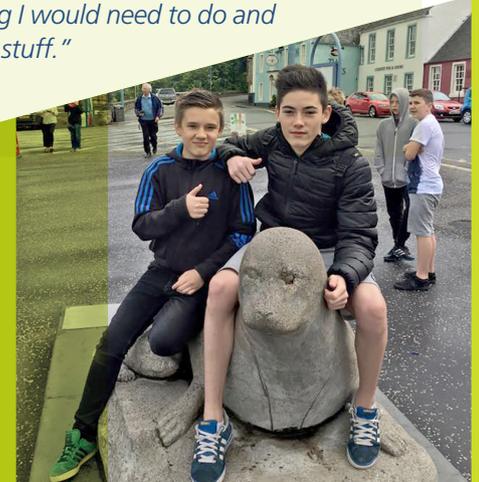
We also helped Zack apply for a travel bursary and his EMA. Zack started college in September and has managed to overcome all of the obstacles that some professionals had indicated may have been beyond his abilities. He has thrived at college, his

attendance and time-keeping have been excellent and we are rightly proud of Zack's achievements. This is a young man who potentially could have been involved in negative lifestyle choices and stuck in a rut doing a course or job he wasn't interested in, where as now he has the motivation and knowledge to achieve all he wants to achieve.

■ *"The support from TD1 was absolutely invaluable in helping this young man secure, and maintain, his place at Edinburgh College. He was provided with support to prepare him thoroughly for his interview and also taken to his interview on the day. Most importantly, he received regular input throughout the summer after leaving school to work on important life skills, such as timekeeping and organisation which has undoubtedly helped him maintain his attendance. I'm delighted to regularly hear how much he is thriving on his chosen course."* **David Crighton,**  
**Pastoral Teacher, Galashiels Academy**

■ *"I found the TD1 support really useful and I wouldn't have been able to apply or go to college if I hadn't had TD1's help. Through taking part in the music project this gave me an opportunity I had never had before, playing music with my friends. This really made me realise that music was my passion and what I wanted to do, but I didn't know how to pursue this as there was no music courses at the local college. TD1 helped me apply and showed me everything I would need to do and how to get there and stuff."*

**Young man,**  
**aged 16**



# DROP-INS



## DROP-INS

One of the most important parts of our services is our drop-in, throughout 2016 we were open 6 nights a week and provided a service 52 weeks of the year. This regularity of contact is absolutely vital to being able to build up positive and strong relationships with young people where they have a trusting adult they can talk to, but also the knowledge there is somewhere safe where they can spend time with their friends, or in some cases make new friends.

The drop-in's currently see on average 30 young people per night, this can often rise and fall dependent on what else is going on that night, the weather and other factors, the age range is from 11-18 year old, however we have seen the participants of the drop-ins generally more in the 13-17 age bracket.

Throughout the year we seen over 250 different young people access a drop-in evening at least twice, the important factor about the drop-ins is that it is not a club, where we have members, it's a youth work principal that young people choose to take part, they choose to come in and they make the choice whether its once a day, once a week, once a month or once a year! Regardless of how often or how little a young person accesses the drop-in they will be treated with respect, understanding and given the space to feel included.

Often through the drop-in is where we will be able to alert young people to other services, projects or activities that are taking place and they

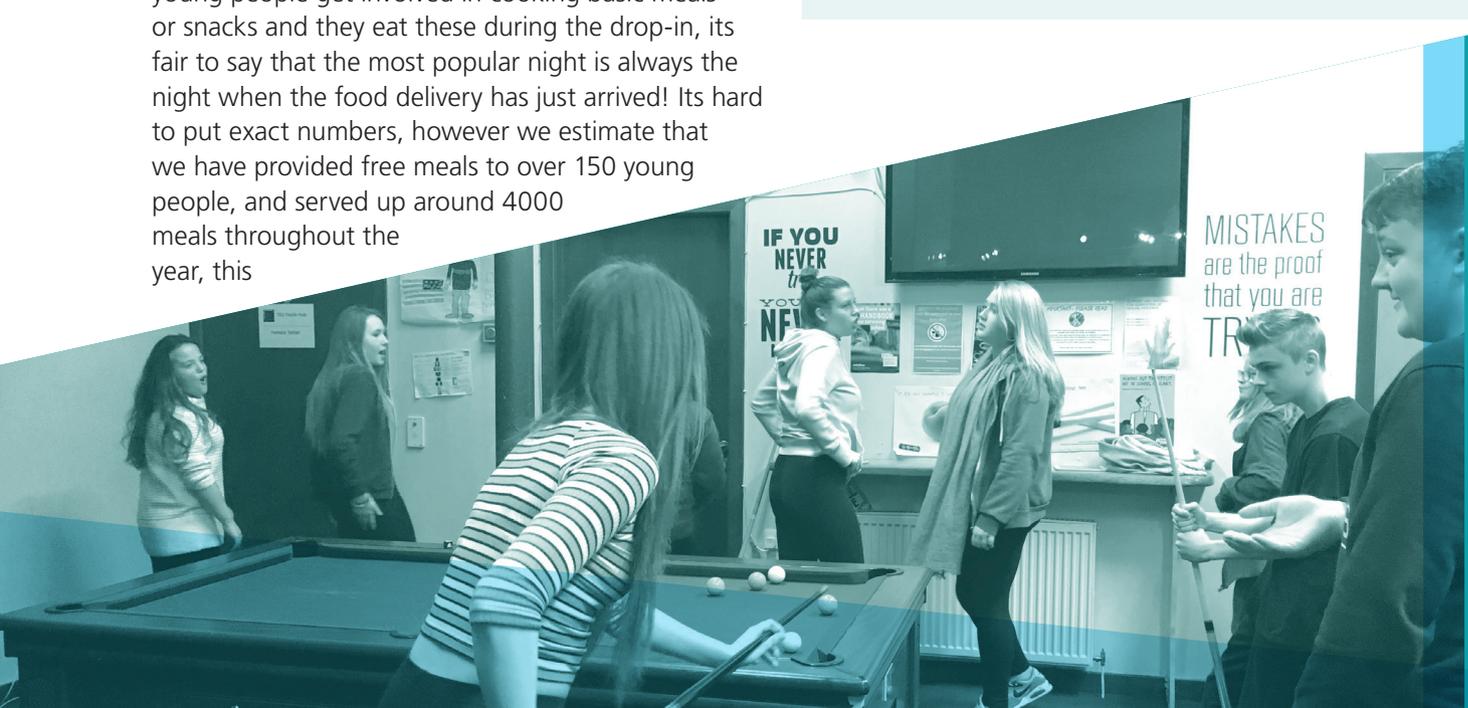
can choose to find out more or take part. One of the biggest things we do throughout the year is our summer programme, where we run three activities a week, every week throughout the summer holidays. The activities this year were all designed through input by the young people and over 60 different young people took part in an activity over the summer holiday, which included surfing, go karting, trip to Edinburgh, horse riding, Ryze, Transgression, mountain biking and much much more. These activities were all free and each one was designed to provide a new experience, a challenge or a learning opportunity so that there was a purpose for each activity.

In partnership with NHS Borders we run the C-Card service for young people over the age of 13 and upon the achievement of the LGBT Charter Mark we have undertaken various activities which challenge and work around inclusion. One of the most important things we do at every drop in however is we provide free food, this is through our partnership with FareShare, young people get involved in cooking basic meals or snacks and they eat these during the drop-in, its fair to say that the most popular night is always the night when the food delivery has just arrived! Its hard to put exact numbers, however we estimate that we have provided free meals to over 150 young people, and served up around 4000 meals throughout the year, this

service we provide in some cases is absolutely vital to some young people, as for some who live on their own it can often be their only cooked meal that day, for others it is their only other meal outwith their free school meal.

■ *“The TD1 Drop –In has been of great benefit to the work in school as it has allowed us to have a much more rounded picture of where a young person is at. By working in partnership we have been able to plan shared outcomes and develop strategies which go towards meeting the academic, emotional and social needs of many those who require that extra support to achieve their potential. By sharing information and offering a blended partnership approach to mainstream education, we are able to further meet young people’s learning needs outside of a traditional school setting.”*

**Mark Smith,**  
**Community Learning & Development**





## MUSIC PROJECT

We are delighted that this year we received news that through our partnership with Youth Scotland we were selected as The Big Music Project Hub, the only one in the Borders, where this would give young people interested in music amazing opportunities to take part in activities to develop their skills, confidence and passion.

A group of four young people went to Stirling for the day to meet up with other Music Champions from across Scotland and play together and learn about how they can improve themselves and help others. This project will allow music to be accessed by a wide range of young people from beginners to advanced players by providing music tuition, instruments and practise space to jam!

## FIRE BRIGADE

Around Easter 2016 we were approached through Scottish Borders Council Community Learning and Development (CLD) to see if we could meet with the Scottish Fire & Rescue Service (SFRS) to discuss ways to look at involving young people in the SFRS work. Following a meeting between the three agencies we agreed a proposal of a piece of work which would happen over the summer holidays.

The main thing which was taken away from the meeting was the



importance to keep the project local, so as best to meet the needs of the young people involved and to ensure the best possible outcomes. A project was established through talking to young people about what they would be interested in doing, what operationally the SFRS could provide and what support we could offer along with CLD. This project would be one full day a week throughout the summer holidays, where young people selected would attend Galashiels Fire Station and a programme developed which would see the young people working alongside the local fire fighters, joining in with the watches to undertake practises such as water rescue, cutting cars, hose drills, ladder drills, etc. All this would be delivered by local crews so as to help build up the relationships between young people and the fire service.

The group ran successfully over the summer, with 7 young people out of the 9 who started it all completing the course and taking part in a successful presentation in front of various officials from the council and other services. Through the support that CLD brought the young people were all able to start Youth Achievement Awards, whilst our support was instrumental in bringing the group together and ensuring that the learning they had during the course was reflected in their individual journeys.

We are pleased that this group hasn't been a one off, there have been regular visits by groups of young people to the fire station meeting all the crews however all the watches have also popped into our drop-in sessions to continue to build up relationships with all the young people, this has been hugely beneficial.

In addition along with CLD we have been delivering some introductory youth work training to



all the crews at Galashiels Fire Station to better arm them for working and understanding work with young people.

There has been development from this group as well, which you can see outlined in the quotes and this is a massive positive as well. The partnership will continue to grow as there is an energy and synergy from both sides to continue to build up the relationship as it is mutually beneficial for both organisations providing amazing opportunities for young people in the town.

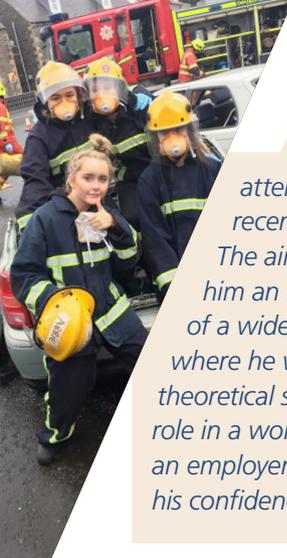
■ *"The experiences I have had through being part of TD1 have been amazing, I never ever thought I would end up considering a career in the fire service, but being part of the summer project with the fire service really made me realise that it is something that I could do. I learnt so much new things over the 6 weeks and I am really chuffed when they asked if I wanted to join in with the retained team training on a weekly basis to keep my skills and knowledge up to date, so that when I turn 18 I can apply formally. Being part of a team is something that I really enjoy, I am so grateful to TD1 for giving me the opportunity, supporting me to make the most of it and everything else they have done"*

**Young man aged 16**

■ *"The SFRS partnership with TD1 has been a positive experience for both organisations and continues to develop on the strong foundations built through last year's summer programme. To highlight one of the success stories of the partnership so far, one of the*

*(continued over)*





(continued)

attendees from the summer programme last year recently started a mentoring programme with us. The aim of this mentoring programme is to provide him an opportunity to increase his attainment of a wide skills base in a vocational environment, where he will exercise and increase practical and theoretical skills developing his understanding of his role in a workplace and responsibilities he has to himself, an employer and others. Ultimately this will increase his confidence in social situations by developing his

communication skills and promoting an understanding of individual contribution and its value.

The SFRS along with TD1 now look to continue this strong partnership and develop further on the good work already done through the delivery of our second summer programme this year along with engagement in other recreational activities that TD1 provide to the young people throughout the year.”

– **Scott Forbes,**  
**Watch Manager, Scottish Fire & Rescue Service**

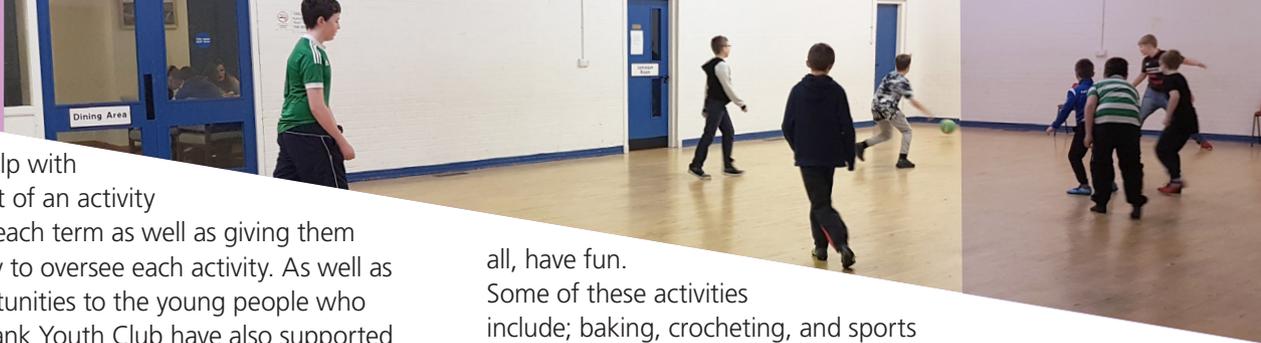
## TWEEDBANK & FOCUS YOUTH CLUBS

Over the last year we have worked hard to ensure better partnership between TD1 Youth Hub and other volunteer led youth clubs within the town which is mainly focusing provision to 8 – 12 year olds delivering a service on a weekly basis. Working in partnership with these groups, one of our youth workers attends every session for the Tweedbank and Focus Youth Clubs providing support to the volunteers however also providing additional opportunities to young people using our networks and skill set.

**Tweedbank Youth Club** which is every Friday night during school term for 8-12 year olds from 5pm – 6:30pm has a very strong number of 25-30 young people who all attend regularly. The young people have participated in a variety of different activities from Bubble Football to a great end of term afternoon at Mikes Military Mayhem. To continue to make sure that all the young people have fun and gain the most they can from attending Youth Club we have given seven older young people the opportunity to become Youth



YOUTH CLUBS



Leaders, who help with the development of an activity programme for each term as well as giving them the responsibility to oversee each activity. As well as providing opportunities to the young people who attend, Tweedbank Youth Club have also supported a number of college placements for students who are studying Child Health & Social Care. Tweedbank Youth Club currently has one student on placement at the moment and supported two other placements last term.

Tweedbank Youth Club made two visits last year to TD1 Youth Hub to help the former Primary 7's familiarise themselves with the building and staff so that it makes it easier for them to access TD1 Youth Hub when they move onto High School.

■ "TD1 support Tweedbank every week mainly through providing a youth worker who attends every week, they have a great rapport with the young 8-12 year olds who regularly attend and they all interact very well. This is a great partnership, which is important to connect Tweedbank to Galashiels and it helps the flow and confidence of the young people from a Youth Club to TD1 Youth Hub."

**Georgina Boggs,  
Volunteer Chairperson Tweedbank Youth Club**

**Focus Youth Club** meets every Thursday night at the Focus Community Centre, over the last year this has been increasing in numbers month to month and a programme of activities which challenge, interest and stretch their imagination. The Focus Youth Club is an activity based group, allowing the young people to learn new skills, experience new things, express their voice and above



all, have fun.

Some of these activities include; baking, crocheting, and sports activities, such as dodge ball.

The Focus Youth Club also engage with the community on a monthly basis, from litter picking, trying their hand at some gardening with the help of Gala in Bloom or experiencing a night in the life of a radio presenter at TD1 Radio.

TD1 are also supporting a young person to undertake their Duke of Edinburgh Award. They are completing their Volunteer portion of the award by supporting the staff on a Thursday evening or the nightly running of the Focus Youth Club. They, with the support of the staff, are planning to run their own activity for the young people to take part in.

■ "In the time that The Focus Youth Club and TD1 have been working together I have found this extremely beneficial for our youth club. In the past year the number of young people who attend have increased and they all seem to be enjoying the wide variety of activities we are able to provide due to the two organisations working together. I feel that they have brought new ideas and input to the group and are a great addition to the Focus Youth Club and management committee."

**– Angela Lamont, Focus Youth Club Youth Worker**





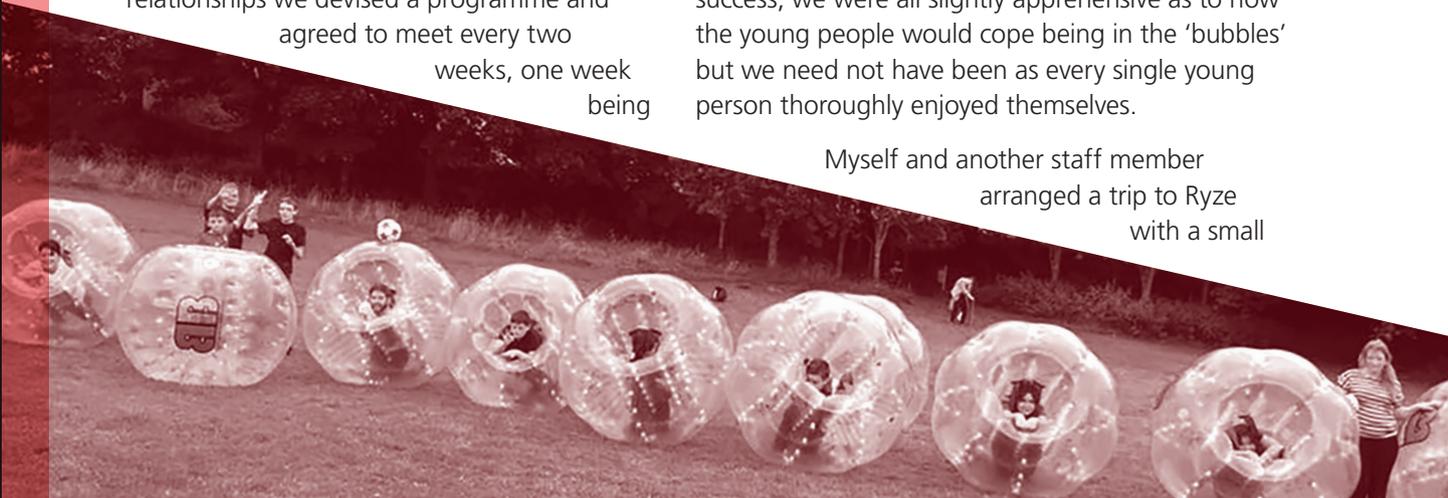
Over the last year TD1 Youth Hub have been working in partnership with Borders Additional Needs Group (BANG) to help develop a fortnightly group aimed at young people aged 11+ with complex additional needs, young carers and their families. We have done this by bringing a youth work approach when working with these young people by allowing them the freedom and control around the sorts of activities they do which gives them the independence and sense of leadership away from the family and child oriented environment that BANG has. This project has been supported through funding by Scottish Borders Council CLD team.

We started out by joining BANG at their monthly meetings to get to know the young people and gauge what sorts of things they'd like to do once the group was set up. Once we had formed these relationships we devised a programme and agreed to meet every two weeks, one week being

the Saturday with BANG and the other being a Sunday away from BANG. This quickly developed as it was clear that the young people were benefitting more from having the centre to themselves as well as providing a much calmer atmosphere than when both groups were together. It was then agreed that the group would meet fortnightly on a Sunday.

The young people designed a logo and named the group which is now known as **#BYG (Bang Youth Group)**. #BYG has 10 young people who now regularly, each session has a few various different activities planned so that everyone can participate in an activity that is best suited to them a few examples of these would be; pizza making, indoor curling, boccia, arts & crafts, spray painting & different themed days (Halloween, Christmas etc). As well as these activities #BYG have participated in some bigger more challenging sports, we held a morning of Bubble Football which was a great success, we were all slightly apprehensive as to how the young people would cope being in the 'bubbles' but we need not have been as every single young person thoroughly enjoyed themselves.

Myself and another staff member arranged a trip to Ryze with a small





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group from #BYG, this was great for the young people as they got the afternoon away from family and the chance to be a young person away from the responsibilities they have at home.

The development of #BYG has been a great success and we are really looking forward to engaging with more young people. We aim to work with schools and other organisations to ensure that young people across the Borders are made aware of our programme that we have developed for the next four months.

■ "I feel the workers are more our friend than a youth leader. She is very friendly and I loved going to VOMO video project, bowling and Ryze. I ask my Mum every Friday if BANG is on because I like it that much!"  
– **Young male, aged 14**

■ "I have 4 boys that attend BANG (#BYG). The youth leaders are really enthusiastic in learning about my son disability and are really good with my other boys that are young carers. It is great that my boys can be all together, play and be happy which is not always the case at home with their disabled brother.

Activities like the Bubble Football were great for my son getting this opportunity, the workers have the patience of a saint with my other teenage boys, but they say they get on so well with them as they are always happy and fun. Don't think BANG could ask for a better person to help!"

– **Parent of young person**



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