



Pilmeny Development Project
Youth Development Report for 2021 -
2022

WORK WITH CHILDREN AND YOUNG PEOPLE



The overall strategic aim is to improve the range and provision of services for and with children and young people which promotes their well-being and enables them to develop their capabilities.

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Youth Development Worker*

OVERVIEW

2021/22 saw on-going adaptations to the delivery of the youth provision due to the pandemic of Covid-19. Since March 2020 we have had to constantly adapt our practice to coincide with guidance. PDP has shifted away from digital youth groups to utilizing more outdoor spaces and re-entry back into our community space following hygiene regimes. We adapted our service to more in person sessions following consultations with parents and young people to addressing their needs within the community. We reached out and developed stronger relationships with professionals such as YMCA Edinburgh, Citadel Youth Centre, The University of Edinburgh, and we even now have a partnership with The Junction accessing young people to counselling through our Leith Community Mental Health partnership.

This year still presented challenges with on-going adaptations of sessions due to Covid-19 which we saw a huge negative impact on families in the community needing extra support. We are now able to support families and young people with more 1:1 support via our development worker getting more funding to do this role. This role allows support to families via 1:1 meet-ups, phone calls, attending child planning meetings, referring young people to other services such as counselling or mentoring and supporting them anyway possible.

We continued to attract young people from BAME communities and those with additional support needs. In addition, we have had an intake of young volunteers across our LOSP group and New Spin. This allowed young people opportunities to gain skills to further them into employment and allowed service users experiences to engage and be supported by young people in their community.

In total, we engaged in opportunities with 1,527 young people through carrying out 144 in-person sessions and 17 virtual sessions 420 of those young people with Additional Support Needs (ASN) and 85 of those from BME community in 2021/22.

We provided wide range of activities and opportunities for local young people including:

- PDP youth clubs, intergenerational activities and holiday provision for local children and young people aged 5 -17 years in Leith Walk and Leith area.
- Further development of Leith Early intervention Project/ Pilmeny (LOSP) a diversionary project for 'hard to reach' young people at risk of offending, including setting up a Facebook page for LOSP.
- Participation in CEC Leith Youth Work co production developments throughout 21/22
- PDP youth development worker has developed stronger relationships with parents, schools, and professionals including social workers, enabling us to provide a more joined up and holistic approach to better meet the needs of local young people
- On-going partnership was able to re-start with Leith Primary School, which involved two key areas of work. PDP provided 1-1 support service for young people within the school and developed a targeted after school provision for young people with ASN.

- Our Girl's health and wellbeing group – in partnership with YMCA Edinburgh is going very well and meeting the identified need of supporting local girls in the community with their health & well-being.

To develop and maintain quality provision for children aged 5-8 years (P1-P4)

PDP provides weekly youth club sessions based at PDP Resource Centre in Buchanan Street. The **Junior Youth Club** runs on a Tuesday evening from 4.45pm – 6pm. We ran three terms of 10 weekly sessions during School Term time in 2021/22. All of the three terms were face-face outdoor/indoor sessions. The club was advertised on PDP website, PDP Facebook, via local primary schools and posters in the local community. The past year has been a very positive one for the Junior Youth Club with a total of 276 young people attending throughout the year

April – June 2021- This term involved STEM sessions such as Slime and marbling art, movie night and park trips. At the beginning of each session to see how everyone was doing in lockdown. We also provided additional 1:1 conversations at the end of sessions for young people who required extra emotional support.

September – December 2021 term allowed us to carry out face-face groups, at PDP Resource Centre. This change allowed for staff and young people to build stronger relationships and allowed young people the opportunities to build up their social skills. Sessions included Halloween Party, indoor and outdoor play, Christmas crafts and a Christmas cinema trip.

January to March 2022 - we continued with our blended outdoor/indoor approach to sessions, to ensure we were suppressing the risk of infection from the virus. Sessions included: term planning with young people, celebrating Burns night, decorating pancakes, valentine's arts and crafts, outdoor group games such as octopus tig. Face – Face sessions have seen the young people build up confidence and social skills that they had previously missed due to pandemic.

To develop and manage quality provision for children aged 8 – 12 (P4 – P7)

PDP provides weekly **Intermediate Youth Club** sessions for children aged 8 – 12. These sessions were held inside and outside the Pilmeny Resource Centre. The club runs Wednesday evenings 4.30 – 6pm. Young people are given the opportunity to socialise and do activities in a safe and comfortable environment. Over the past year PDP has interacted with 344 young people.

April to June 2021- Lockdown started to lift and went into tiers allowing for face-face work to resume. We Focused on a lot of outdoor sessions to reduce the risk of covid-19. We also used this term to build on social development skills and inclusion that young people had missed over lockdowns. Activities such as group art - poster, outside games, basketball, experiments and tie die.

September – December 2021 was a busier term as we carried outdoor sessions outside PDP Resource centre. This was as a result of not many young people engaging online and young people happier to be outside even in colder conditions. This enabled the young people to have a space to come together in a safe environment. Sessions included Hot chocolate, Halloween party, fireworks night sparklers and fire safety, outside games such as adapting football, hide & seek and red river and an end of term bowling trip.

January to March 2022 - we continued with our blended outdoor/indoor approach to sessions, to ensure we were suppressing the risk of infection from the virus. Sessions included: STEM session with University of Edinburgh, DIY Valentine chocolates, pancake decorating, LGBTQ workshop.

To offer a School Holiday Programme for young people 12 – 15 yrs and children 7-11 years

The Easter Holiday Provision for 2021 was carried out over 1 week in April and provided a service for over 54 young people. PDP provided 9 virtual sessions and 3 outdoor sessions. Each session began with a check –in to see how the young people were physically and mentally coping with Covid-19 Lockdown. Activities included: Easter crafts, egg decorating, Easter scavenger hunts. The 2021 summer programme was a very lively as restrictions lessened allowing us to do provide more sessions to families. As a result, we provided a 4 week programme with a mixture of outdoor activities which included trips to Ninja Warrior, Fox Lake, art & craft sessions and a water fight. We also provided ‘youth cafes’ over August – September. The combination of outdoor and online sessions allowed us to engage with a range of young people and was very successful.

To work collaboratively with other agencies to build local capacity for meeting the needs of children & young people as per the Community Planning priorities for Leith

PDP is strongly committed to partnership and multi-agency working as a means to improve local services and opportunities for young people. Over the past year we have worked hard to ensure that we are up to date on current and local issues. We have successfully been granted funding for our Community Mental Health Consortium which we are working collaboratively with The Junction, YMCA, The Ripple, Citadel Youth Centre and Multi-Cultural Family Base. We worked to strengthen links with other organisations such as, Police Scotland, Dynamic Earth, Edinburgh Community Foods and Leith Primary School to name a few, in order to share skills and resources as well as continuing to attend local community meetings and networking meetings such as Leith Youth Services Network.

To promote the social, health and wellbeing of children and young people through collaborative work in the Leith area

Leith Open Spaces Project (LOSP) - LOSP aims to work with young people aged 12-17yrs, deemed to be ‘at risk of anti-social behaviour’. LOSP runs as an informal weekly youth drop-in provision. Throughout 2021/22 we had contact with 54 local young people.

April – June 2021 term saw a lower intake of young people as many had disengaged with our service due to Covid-19 limiting the project. We ran our weekly drop-in session outside of our centre for young people to choose to participate in. When young people came we used this space to have informal check-ins and have toasties together.

September – December 2021 term - ran our weekly drop-in sessions for young people to choose to participate in. The sessions allow staff and young people to have informal conversations about alcohol, mental health, school and relationships.

January to March 2022 We ran our weekly drop-in sessions for young people to choose to participate in. The young people enjoy PDP space to come together and meet up with friends. Sessions this term were:

New Areas of Key Youth Development Work in 2021/22:

Leith Primary School Additional Support Needs After School Provision

PDP was able to re-start this project (which was put on hold due to Covid) PDP were approached by the head teacher at Leith Primary school as there was a gap in provision and a need for a group targeting young people not engaging or struggling to engage in mainstream youth services. The After School group ran on a Monday Afternoon from 3pm – 5pm within Leith Primary (September 2019 – June

2020). Covid impacted the running of the group, but support was still offered to three families through 1:1 online video contact, back to school sensory packs and Christmas deliveries. Jan – March 22 we were able to resume this project, offering group work support to 7 identified learners with ASN. This was in school time and allowed them some respite from their class and to build up social development skills in a group setting.

PDP Girls Health and Wellbeing Group

PDP Girl's Health and Wellbeing Group had its first full successful year of the project. The group was set up via direct consultation carried out by PDP and YMCA Edinburgh, which identified a need for single gender youth provision within the Leith Ward. The Group is for ages 8-12 years and was held on Thursday afternoons as the young people asking for it to be in person. 16 local girls with 5 also referred to YMCA mentoring programme.

April to June 2021 - focused primarily on zoom with the opportunity for a few face-face sessions. Activities included: friendships, mindfulness, health/well-being, importance of having fun, emotion based art.

September to December 2021 - These sessions were held in YMCA Edinburgh & PDP centre as the girls came from both projects. The topics covered included: world mental health day, health and nutrition, stress relief, building confidence. The girls built up relationships with one another quickly and support one another during activities. Activities included: basketball, smoothie making, positivity-trees, fort making and compliment jars.

Jan - March 2022 - The sessions this term were held in PDP due to YMCA moving centre. This allowed for YMCA girls to get more familiar with PDP space and some even joined our other PDP groups. Topics covered: safety with a safe hands workshop, team building and group work, health and fitness with a trip to Ninja Warrior.

PDP 1:1 and Family Support

Community mental health funding was obtained for our development worker to expand their role to offer families and young people 1:1 support. This allowed for young people to get 1:1 support in person, over phone or social media platforms to talk about any identified unmet need, in particular many talked about poor mental health. The young people were sign-posted to relevant services in the area that can support them such as The Junction counselling service or YMCA Mentoring with 7 being mentored last year. Support to parents has also been a focus with a few identified families requiring the support. This involved visits to GP, attending child planning meetings, food bank deliveries and applying for individual welfare grants.

Intergenerational Work

PDP is strongly committed to intergenerational work and we strive to provide opportunities for local older people and young people to work together. Over the past year the Youth Team has continued to work to develop intergenerational activities including 'New Spin' which aimed to increase positive intergenerational relationships and address stereotypes. New Spin is a partnership project between PDP and Citadel Youth Centre, which runs weekly during term time and includes a wide range of activities. More information on this work is detailed in the Older People's section of this Report.

PDP Youth Work Staff and Volunteer Team

PDP youth team has worked unbelievably hard during 2021/22 by being fully cooperative and supportive to the on-going changes to youth work delivery within the pandemic. The staff team worked together to organise and deliver an exciting and varied youth programme both during term time and holidays to all the young people involved. The dedication of the youth team, both sessional staff and volunteers, has ensured that the needs of all young people during the year have been met, despite the pandemic, funding and resource limitations. Although we have seen some changes in staff and volunteers, it has of course been sad to see them go; we wish them all the best in their future endeavors we are always keen to recruit more volunteers and will continue in our recruitment drive for the coming year!

Young people feedback:

- *"it was fun to experience new things" ... "Excited to wake up in the morning to come to club to play games makes me happy"... "I made friends"*

Parents Feedback:

- *'gave my child opportunities to try new things' ... 'Helped my child build develop their social skills' ... 'Made my child happier'*

We would like to thank all our children and young people for their hard work and continued dedication to the success of the youth provision here at PDP and within the local community of Leith.

We wish all those who have left over the last year the best of luck for the future we couldn't have done it without you!



Pilmeny
Development
Project
youth groups
21-22