



MIWFF
(Whole Family Support)



Clued Up/Barnardo's
Partnership
(Whole Family Support)



Youth Participation &
Volunteer Support

Annual Progress Report

1 April 2022 to
31 March 2023



Employability



YAP



Oot & Aboot

Registered Scottish Charity
SC035036
Company Limited by Guarantee
340206



Clued Up aims to provide a comprehensive, “youth friendly” substance use support and information service for young people under-26 in the Fife area, also targeting the wider issues of general well-being and lifestyle. The project provides education, prevention, early intervention and diversion for young people affected by their own or someone else’s drug/alcohol/substance use.

Serving on Clued Up’s Board are **Nick St Aubyn** (Chairperson), **Judith Kerr** (Secretary), **Patricia Plimer** (Treasurer), **Norma Westland**, **Sandra MacLeod**, **Jayne Preece**, **Jimmy Adamson** and **Angela Robertson** (joined March 2023)

Report by Nick St Aubyn, Chairperson and Laura Crombie, Service Manager

This has been a year when we have felt that everything is back to normal and Covid never existed. All our interventions are busy and young people are engaging well in the services we offer. The majority of staff have teamed up with Education this year, to work on a quality improvement project, focusing on attendance and some have produced great outcomes and innovative partnership working. We increased our staff team to help with the waiting list and this saw Laura Davies join the team. We have also secured additional funding to run a Test of Change initiative, focusing on P7 transitions for a period of two years, so watch this space for more new staff coming on board and how this work develops.

Combining outreach and employability as one team for 12 – 26 year olds, instead of running as two separate teams has proven to be a good decision and is working well. Development Workers and Project Workers are working well together in their areas to provide consistent, sustainable, support to young people and partners.

Our partnership with Barnardo’s, to provide whole family support is continuing to develop. Staff are working on building relationships, making the joint work appear seamless to families and developing how we communicate effectively with each other and families about the support on offer. Families and young people have provided feedback to the commissioners on what needs to happen moving forward with this work.

YAP (Youth Auchmuty Project) set themselves up as a SCIO in June and they are now an organisation within their own right separate from Clued Up and they managed to secure more lottery funding to continue for another 2 years. This is the start of their journey and we wish them all the best for the future.

Our Making It Work for Families partnership is going from strength to strength and this year has seen us expand to incorporate P7’s and build stronger links with Social Work teams across our catchment areas. They delivered their first family residential experience over the summer and it was so successful that another is planned for this summer.

This year the Youth Forum has entered into a very exciting opportunity in partnership with the University of Stirling, to do research on how drug deaths affect young people. This will be a long term piece of work that may take a while however the young people are very committed and passionate about the issue and have been working hard to get this off the ground.

Our new Youth Participation and Volunteer Development Worker has run two Training programmes over the year and now has a pool of adult volunteers and peer mentors who are supporting staff with street work, befriending their young people and supporting with group work. They have been involved in consultation work and have even helped promote Clued Up’s volunteering opportunities creatively by doing a carpool Karaoke.



FIFE OUTREACH SERVICE

This is an initiative run by Clued Up to provide an outreach service for vulnerable young people 12 – 26 years old living in Fife, who are affected by their own or someone else's substance use. It is funded by Fife Alcohol and Drug Partnership and Fife Council's Education And Children's Services Directorate. The Outreach Service was recommissioned in September 2021 to provide a family support Service in partnership with Barnardo's. Our outreach and employability are now combined.

Strategic Outcomes in the Brief for young people

- Improvement in children and young people experiencing a safe and more stable home environment
- Improvement in children and young people making safer and positive choices
- Improvement in children and young people's mental health and emotional wellbeing
- Improvement in young people's engagement in support services including specialist services leading to a reduction in substance use

Personal outcomes for young people

- Parents supported in adult treatment/support
- Improved family relationships
- Reduction in use of substances
- Increased awareness/knowledge of substances
- Positive peer group relationships
- Decrease in offences during time in service
- Social skills gained/improved
- Improved self confidence
- Improved lifestyle choices
- Young people engaging meaningfully with ADP Tier 3 support service



**394 young people
received support
this year**

**4308 support
sessions were
arranged**

**268 new referrals
were received this
year**

**98.% (263) of new
referrals engaged in
support**

**60% (161) of new referrals
were affected by substance
use in the family**

The majority of new referrals were made by schools with others coming from social work, self-referrals, health, addiction services, voluntary sector, residential care providers, criminal justice, parent/family and the Family Support Service.





FIFE OUTREACH SERVICE

**231 YOUNG PEOPLE ACHIEVED
876 HARD OUTCOMES**



Most improvement was shown in accessing Clued Up's services, making positive choices, showing a positive attitude, improved knowledge of substances, taking responsibility for their own actions, turning up on time, having their voices heard, increased participation, developing positive routine, being involved in the decision-making process, secured employment, increased their educational attainment, entered further or higher education, gained a qualification, progressed to a training course and progressed up the employability pathway.



**SOFT OUTCOMES – YOUNG PEOPLE
SCORE THEMSELVES 1 – 10 (10
BEING GOOD) RECORDED ON A
SPIDER WEB CHART**

A total of 135 young people had chosen soft outcomes and most improvement had been shown in the following:- improved family relationships, reduction in substance use, improved mental health, improved self-esteem, improved understanding of feelings and emotions, improved attitude to education and training, improved confidence, improved social skills, increased motivation, increased positive support networks, increased aspirations, increased resilience, reduction in levels of risk or harm and reduction in offending/anti-social behaviour.

**ACTIVITIES WERE RECORDED
FOR 146 YOUNG PEOPLE**



The top activities being engaged in one to one support, received an alcohol brief intervention, harm reduction advice given, participated in group work programmes, attended meetings relating to themselves and sexual health intervention.





FIFE OUTREACH SERVICE

Group Work

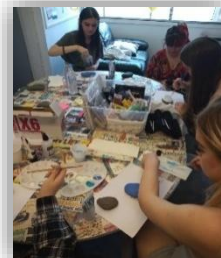
This year we again successfully provided 7 pieces of group work with a total of 49 young people participating. Group work included - 3 Easter groups (21 participants), Girls' Welfare Group (4 participants), 3 Summer groups (24 participants).

Glenrothes Girls Group

This was a 6 week summer group work programme working with a group of 8 young people. Group sessions were 1 day per week, including watersports, beach walks, outdoor picnics, rock collecting and painting and a day at Fordell Firs. This comprised of team building activities, sharing conversations and capacity building during activities. There was a focus on food poverty, which included outdoor cooking and cooking on a budget.



Young people were identified through 1-2-1 support (or other) as suitable participants for group work. Some of the young people were identified as having low confidence and self-belief and benefited greatly from the opportunity to become part of a team of others who are experiencing similar issues. Challenging them through outdoor activities allowed them to develop self-confidence as well as improving their self-esteem. Building positive relationships with others was another key aspect of this group work as some of the young people did not have the confidence and necessary social skills needed to approach others. The selection of the group spanned all 3 Glenrothes schools, to allow them to meet and engage with those out with their usual friend networks. The Programme also allowed staff the opportunity to engage with young people in an outdoor group work setting following on from the Covid pandemic and lockdown.





Madras Group

Clued Up facilitated a 6 week programme involving female pupils from Madras college. This entailed 1 to 2 periods per week discussing topics that have been highlighted over 121 sessions and peer mentoring collaborations within school. Group members were given a safe space to share their experiences. The topics included drugs workshop, self-esteem, body image, CSE talk and community police. With a 3-day residential in the Cairngorms national park.

Identified through one to one sessions and peer mentoring discussions with female school pupils in Madras. Pupils shared common concerns regarding consent and drinking in the community. This also led to low confidence and self-esteem. The sessions developed tools for the female pupils when out with peers. The aim of the group is to be able to communicate effectively within their peer group with experiences they have had and can share with others if they wish.



Easter Outdoor Group

Clued Up brought a group of young people together, some of whom know each other and some of whom do not. We looked at adhering to the outdoor access code and the appropriate treatment of different environments. We integrated some basic risk assessment when approaching potential hazards/obstacles and the benefits of working as a team.

There was also some team building activities (e.g bomb deactivation, Minefield and shelter building)

Identified through individual, one to one discussion with young people, and with no access to funding. Many of the young people have low self-esteem and confidence as well as coming from families who are disengaged and have little access (if any) to constructive recreational activities. Working and socialising as a team to overcome outdoor challenges. The young people were looking for alternative ways to spend their days during the holidays where they would otherwise be drinking alcohol or indoors playing computers. Some of the young people have never climbed a hill, completed a walk or explored the chosen areas which are reasonably local to them. The young people wanted to do something fun but challenging with some activities thrown in. We promoted the benefits of spending time and exploring in the outdoors, among nature. There was a focus on how integrating outdoors and nature into your daily life can improve your physical and mental wellbeing.





OOT '&' ABOUT



207 Alcohol Brief Interventions

Oot '&' About provided 62 sessions on Friday nights in Kirkcaldy, Levenmouth, Dunfermline/West Fife, Glenrothes/NE Fife and Cowdenbeath. An additional 2758 contacts were made with young people who did not receive an ABI through these sessions.

This type of informal engagement on the streets is particularly useful in raising awareness, as well as enabling general discussion around any issues that may be affecting the young people. It also allows workers to gradually build up relationships with young people, which is helpful because if a young person feels the need for further support, they are more likely to engage with an agency that they are familiar with.

EMPLOYABILITY SERVICE

NOLB

(No-one Left Behind)

No-one Left Behind is the Scottish Government's approach to tackling employment issues across the nation. It aims to ensure those who experience complex and multiple barriers to moving into work are not "left behind". Clued Up is one of the partners of Bright Futures @ BRAG, which receives funding through NOLB Other delivery partners are Kingdom Works, Frontline Fife, Citizens Advice and Rights Fife (CARF), FVA and Greener Kirkcaldy. With additional ADP funding Clued Up supports young people, aged 16 – 26 years affected by substance use by offering an informal, flexible and holistic approach. Staff across all partners worked closely with each other to ensure young people received appropriate support.

27 people achieved 102 hard outcomes, including – accessing Clued Up's services, make positive choices, turning up on time, take responsibility for their own actions, show a positive attitude, improved knowledge of substances.

13 young people achieved 88 soft outcomes, with the top being – reduction in substance use activity, improved mental health, increased motivations, increased aspirations, improved self-esteem.

23 young people completed 52 activities with the top being – engaged in one to one support and take them to other services' appointment.

80 received support this year

23 young people attended drop-ins

38 drop-in sessions were provided in Kirkcaldy, Leven & Glenrothes





MAKING IT WORK FOR FAMILIES (MIWF)

Making it Work for Families (MIWF) includes Clued Up, Fife Gingerbread, FIRST and CARF taking an innovative 'whole family partnership approach' to supporting families. We are engaging with families in the Kirkcaldy and Levenmouth area living in complex circumstances, with multiple barriers to progression and deep-rooted belief systems around their aspirations. The model is one of early intervention – working with everyone in the household offering a range of engagement activities to meet families' needs. The partnership focuses on families who are the greatest risk of being 'left behind' and excluded from mainstream provision – and our approach is centred around improving outcomes and life chances for young people. The initiative is funded by City Region Deal IRES programme, Gannochy Trust, Opportunities Fife and The Corra Foundation.

A total of 34 families have been supported this year

67 young people have received support from the service. **66** received one to one support.

47 were 12 – 14 years old. **34** attended group work.

21 adults got one to one rehabilitation support for their substance use and **23** for parental support.

45 adults and **9** young people received income maximisation support

8 Group work programmes were delivered.

4 family trips with
131 people
attending

11 families
engaged in family
learning

client financial gain
totalling
£29539.80

28 teatime club
sessions with 5
families attending

4 young people
consistently
involved in the
Youth Forum





MAKING IT WORK FOR FAMILIES (MIWF) Youth Forum

Clued Up and Making It Work for Families encourages young people to make decisions about the project and allows young people to have a voice in things that matter to them. This year they have, amongst other activities and sessions, participated in the following:

- Team leader interview process – fully involved in the decision-making process and influenced who the successful candidate was for hiring a MIWF Team Leader post in March.
- Wellbeing Room Open Day – organised an Open day event inviting professionals, partners and other stakeholders along to the newly refurbished wellbeing room in the office.
- Youth Beatz Festival – attended a youth friendly festival in Dumfries and Galloway. Opportunity to see musical performances, one participant had the chance to perform herself and the rest of the group were able to provide alcohol brief interventions to their peers and give out drug awareness and harm reduction information
- Dundee University Open Day – group attended Dundee University open day to look at future opportunities, increase aspirations and encouraged them to consider higher education as something that is achievable.

The youth forum continues to meet regularly with good engagement from existing members. There is always the opportunity for young people that are involved with the project to get involved in the future.



‘We feel really included being involved in decision making, we are the ones that are receiving support so we are the ones affected by the decisions made so we need a voice, I’m glad CORRA is giving us that.’

‘We know what we need and what we want and I’m glad our voices can change support for future young people.’

‘I have tried so many services before Clued Up and they never worked out but I think what the difference is that Clued Up change what they do based on our voices and what we want.’

‘As a youth forum our voices are heard a lot in the community but I like that we have had the chance to influence decisions at a bigger scale throughout Scotland’.





MAKING IT WORK FOR FAMILIES (MIWF) Group work Easter group work – young people



14 young people participated in Easter group work and attended a family focused water sports and aqua park. These were young people who had been referred to the project and it was an opportunity to build positive relationships, trust and create new experiences together.

Young people achieved relevant outcomes and reported that the group work was beneficial to them.

'I don't speak to many people at school, I made new friends at the group who I go to school with, it helps me with my classes as I feel comfier going now.'

'I had such a good time, I can't swim but I want to learn. Abbey and Jamie made me feel really comfortable and if I had a problem I know I could go to them'.

The young people continued to engage in one-to-one support successfully and the positive relationships built during the group allowed them to feel more comfortable in discussions during sessions.

Attendance group – April 2022

Issue based group work ran for 8 weeks with girls at Levenmouth Academy who were struggling with engaging in mainstream education – the group ran in partnership with Fife Council Community Learning and Development. 12 participants were identified through discussions with the school, girls who would benefit from this group work programme and potentially required sustained one-to-one support thereafter.

Feedback from guidance teacher in school:

'I'm so thankful for the girls group you ran I can fill it ten times over. It's been differently set up to any other group before because the girls want to come and the engagements there. We loved that you reminded them about the group each week and gave them ownership of it. I've got a few girls that have dealt with situations so differently since the group started. As a result, their time at school has been so much easier and happier. It's nice to see some goals and ambitions come out of the group too and them talking about what they want to do when they're older, you've planted seeds in them which are starting to grow'



MAKING IT WORK FOR FAMILIES (MIWFF)

Young Person residential – July 2022

4 young people from the Making it Work for Families project went on a 3-night residential with Clued Upstaff to Glenfinnan, Highlands. It was an action packed 4 days away with them participating in canyoning, hill walking, funyaking (inflatable white water kayaks), quad biking and wild camping amongst other activities. The young people built confidence, created new experiences together and built on the positive relationships with each other and staff.



The activities were carefully considered in cooperation with the young people. The young people going on the residential had an active and respected role in the decision-making process. Together we agreed on a plan and working within the budget we had, confirmed accommodation, booked activity providers, completed a food shop and finalised full details of the residential. This process developed their ability to work in a team, their social and communication skills and ensured that they felt included and had a sense of ownership of the whole trip. While on the residential the activities that were planned were challenging, new and exciting. The young people had to provide good peer support, encouraging each other when they were trying something new, learning to communicate and build on positive relationships. Each activity was an opportunity to increase their confidence and self-esteem, pushing them out with their comfort zones and challenging the group productively



‘Seeing my worker do it gave me the confidence to push myself out of my comfort zone and do the activities too, I didn’t think our relationship could be stronger but this made it. I don’t trust anyone but she makes it easy to trust her’.

‘I liked that we got to plan the whole residential it made me feel trusted and listened to’.





Our Place Auchmuty (YAP)

With funding from the Big Lottery, Clued Up was asked to support young people 12 – 18 years old living in Auchmuty, Glenrothes to meaningfully engage in the Our Place process, build on their capacity to contribute to their community and help them be involved in creating a better place to live by developing youth facilities and a programme of arts, music, sports and learning activities based on what they need and want.

Funding for this project should have finished at the end of February 2022 but there was an underspend in the budget. After consultation with the Big Lottery they gave permission to continue the project till the beginning on January 2023, albeit with reduced staffing.

A Steering Group was formed at the beginning of 2022 with parents, local activists and professional support from Clued Up and Youth 1st. YAP formally became a SCIO in June 2022 and they worked towards becoming a fully independent organisation in February 2023. Partnership work with Fife Voluntary Action took place to produce a development plan that both the young people and the Board of Trustees have fed into.

YAP will continue: being a presence in the community and hosting community events, exploring young people's interests and ideas, allowing them to take on more responsibility and building on their resilience without them feeling overwhelmed or unsupported. Developing the young people's transferrable skills and gain qualifications. Offering leadership and peer mentoring opportunities. Offering support and opportunities to develop skills that will be beneficial to them as they move towards further education and employment. Engaging young people from the local primary school, as well as, pupils at Auchmuty High School in Glenrothes. Although YAP no longer sits within Clued Up, the professional relationship will remain with partnership working, peer support for staff members, joint training opportunities, as well as, accessing the wealth of knowledge and experience its staff members have.

96 Young people
attended the Youth
Café.

14 Group work
programmes were
delivered

24 Young people
participated in the
Youth Steering
Group.

9 Young people
received intensive
support from Clued
Up's core service





Youth Participation and Volunteer Development

The aim of Next generation is to provide training for young people who are ready to move on from their one to one support provided by Clued Up, but have said they want to give back. We have a range of young people who are keen to move into youth work as a career and would like to volunteer with Clued Up to gain experience, and some young people who want to help others who are at the start of their Clued-Up Journey, using their experience as guidance.

This year the Youth Participation and Volunteer Development Worker has:

Supported young people through different research focus groups covering topics such as homelessness, young people and drug use and recently young people's experience of policing. These were in partnership with Abertay University, Frontline Fife and Liverpool's John Muir University. Partnered with Fife Council, who are researching the impact of Covid on young people by supporting two Clued Up young people to become researchers themselves.

12 Young have gone through volunteering training to be peer mentors

supported 15 young people to be part of focus groups

20 Young people participated in power of youth day

supported 8 young people as part of the Youth Forum

Worked with No-one Left Behind (NOLB) to support organisations Clued Up are working in partnership with to set up a participation advisory group. Provided a workshop about participation and facilitated discussions around client experience and how we can support organisations to gather client experience and feedback, as well as how to put this into practice.



We launched our "carpool karaoke" series on Facebook which saw six volunteers being interviewed by a member of staff about their experiences, and also included some fabulous singing!!

Best part about being a volunteer?

"It's really fun and it gets you out to meet people and make new friends"

"I get to help people and hang out with loads of lovely people"

"It's helped my mental health"

"all the things you get to learn and making new friends because I have made friends that are hopefully going to last a lifetime"

"It's like you are paying it forward because somebody has helped you and now you are helping someone else"

"The experience that you gain from doing the training because you can use it later in life as well"





Youth Participation and Volunteer Development

2023 saw us host our first ever Clued Up Awards ceremony. We wanted to tie together Power of youth day and Volunteers week, and what better way than to celebrate and shout about how proud we are of our young people and all they have achieved!!

Clued Up staff put young people and volunteers forward for a special recognition award and we had 40 certificates to give out. Our chair person, Nick, kindly came along to present the certificates and it was a great day had by all. We had a buffet, a live performance from our very own Kayleigh Muir and most importantly we had a moment to celebrate each volunteer and young person individually.



"Thank you so much for my award and thank you for being there for me as well. So proud of us"



Fife Voluntary Action Awards Night

Vicki was shortlisted for an award with Fife Voluntary Action at their annual Volunteer Awards- Volunteering into work! It was a fabulous night of celebrating volunteering across Fife, with lots of organizations showcasing the hard work of their volunteers and appreciating all the time volunteers dedicate - we couldn't do it without you! We are so proud of Vicki, starting out as a volunteer and now working in a similar role. She looked fabulous as always too.



We now have 11 volunteers who are out regularly engaging with young people and helping staff

Rainbow Run



Some of the volunteering team joined up with Making it work for families and YAP to run a 5K colour run with Muirhead Outreach Project! We had a great day chucking colored powder at each other and finished the 5K off with an ice-cream!





Youth Participation and Volunteer Development Peer Mentor Training

Five of our young volunteers completed their peer mentor training with Youth Scotland and Place2Be. They gave up an entire Saturday to come together and learn skills in Active listening, learned about confidentiality and child protection and on top of that gained a Dynamic Youth award! They really worked hard and have some amazing ideas that we are excited to put into action over the remainder of the year.



Our young volunteers have worked hard, some of them achieving **TWO** dynamic youth awards, and a big shout out to Rachel who is working towards her **GOLD** youth achievement award- we are so proud of you all!!



Volunteer Training

We have now completed a second volunteer training programme and have five brand new volunteers!! Our volunteers showed commitment and reliability showing up to eight weeks of training. Topics included; Introduction to Clued Up; young people and self-esteem; introduction to working with young people; young people, trauma and adverse childhood experiences; introduction to drugs and alcohol; young people and mental health; child protection and Naloxone. Big thank you to our partners who supported this round of volunteer training- DAPL, YMCA Glenrothes, With you and the Clued Up staff team- Kev, Sandie and Kirsty

Thank you

Finally, I would like to say a huge thank you to the entire volunteer team. You all show amazing commitment from befriending to shadowing staff, out and about to drop-in, you all do a fantastic job and make a real difference to the lives of the young people you meet.



THE CLUED UP TEAM

Laura Crombie Service Manager

Administration Team

Janet Mooney Business Administrator
Anne McGregor Administration Assistant

Fife Outreach Team

Kevin Scott Team Leader

Sandie Forbes Development Worker (Dunfermline and West Fife)

Laura Anderson Project Worker (Dunfermline and West Fife)

Vikki Hendry Project Worker (Dunfermline and West Fife)

Mark Henry Development Worker (Kirkcaldy and Levenmouth)

Debbie Hayes Project Worker (Kirkcaldy and Levenmouth)

Laura Davies Project Worker (Kirkcaldy and Levenmouth)

Marion McPherson Development Worker (Glenrothes and North East Fife)

Kirsty Wright Project Worker (Glenrothes and North East Fife)

Melissa Young Project Worker (Glenrothes and North East Fife)

Ashley Anderson (P7 Transitions Project Worker)

Maya Whyte (P7 Transitions Development Worker)

Youth Participation and Volunteer Development Worker

Amy Scott

Making it work for Families

Stevan Sutherland Team Leader

Abbey Taylor Development worker

Jamie Mackie Project Worker



YAP

Carol Buchanan Development Worker

Jordan Kirchacz Sessional Worker

John Rodger Sessional Worker

Funding was received from: -



Special thanks to all the young people and volunteers who have helped us throughout the year Thanks also to our funders and those who have given us donations this year.

If you would like more information about the Clued Up Project we can be contacted in the following ways -

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