

# IMPACT OF OCEAN YOUTH TRUST SCOTLAND'S CHANGE TACK WITH CASHBACK PROGRAMME



ANNUAL REPORT 2022/23

In partnership with







# CONTENTS

<b>3</b>	<b>Introduction</b>
<b>4</b>	<b>Summary of Project Offer</b>
<b>5</b>	<b>Year in Numbers</b>
<b>6</b>	<b>Who We Engaged With</b>
<b>8</b>	<b>What We Achieved</b>
<b>11</b>	<b>Evaluation</b>
<b>11</b>	<b>Inverclyde CLD Case Study</b>
<b>13</b>	<b>Kibble Education and Care Case Study</b>
<b>14</b>	<b>Spend by Local Authority</b>
<b>15</b>	<b>Cumulative Spend in Year 3</b>
<b>16</b>	<b>Communications</b>
<b>17</b>	<b>Priorities for Next Year</b>





Ocean Youth Trust (OYT) Scotland has been working with CashBack for Communities since 2014 as a partner in Phases 3 and 4. We are delighted to continue being a partner in Phase 5.

This report will summarise the third year of our CashBack for Communities Phase 5 funded programme, Change Tack with CashBack. In 2022/23 195 young people from across Scotland participated in an intensive 12-month intervention programme aimed at changing attitudes and behaviours of those most at risk of anti-social behaviours, offending/re-offending or entering the justice system; and at increasing attainment and attendance in school.

Each young person engaged in a structured programme encompassing 20 hours of land-based youth work activity led by an OYT Scotland Youth Development Worker and over 174 hours of youth work delivered in a sail training environment on board a 70ft yacht over 10 days (2 stages of 5 days each).

The programme was adapted and enhanced to deal with the fallout from the pandemic. In addition to our sailing and youth work programme, each group participated in an additional 3 dynamic outdoor activities to create more opportunities for personal development. Due to Covid-19 restrictions in Year 2, the young people camped and stayed at residential centres. In Year 3, we were able to stay on board our vessels and deliver the full programme.

Throughout the programme we explored risk-taking behaviours on land and at sea whilst developing confidence, resilience, teamwork and personal and social skills. In addition to achieving SQA and RYA qualifications, the programme encouraged young participants to make their own 'Passage Plan for Life', evaluating risk-taking behaviours and the impact these have on themselves and their communities.





Workshops

Young people took part in workshops designed to meet the Project Outcomes.

These covered topics such as 'Team Building', 'My Confidence', 'Promoting Resilience and Managing Emotions', and 'Developing Leadership', as well as sessions on the SHANNARI indicators.

Sessions before and after each voyage were designed to help the young people prepare for the experience, and discuss how they can transfer what they learned on board the boat into their own lives.



Voyages

Our Phase 5 Change Tack with CashBack programme includes two five-day voyages for the young people. This allows them to further build upon the skills they developed in the first voyage.

During their voyage, the young people participate in all aspects of the voyage from cooking and cleaning to sail hoists. They also complete their own personal 'Logbooks', in which they record their own experience and complete SQA Core Skills Qualifications at Level 3 in Communication, Numeracy, Problem Solving and Working with Others.

“The experience is totally unique. The impact on this group has been amazing. The experience takes young people right out of their comfort zone and places them in an environment that presents them with challenges that rely on working with others, communication, respect for each other, discipline and having trust in each other.”

Group Leader



Dynamic Outdoor Activities

Over the course of Year 3, we participated in a number of outdoor activities including:

- Axe throwing
- Archery
- Mountain Biking
- Raft Building
- Canoeing

These activities gave the young people a further opportunity to develop the skills they were learning in sessions, such as communication, teamwork and problem-solving, and learning to apply these skills in their own lives.





This includes young people from REACH, Glenwood High School, Inverclyde CLD, Musselburgh Grammar School, G15 Youth Project, Ardrossan Youth Forum, Stranraer Millennium Centre, Kibble Education and Care, and Girvan Youth Trust

**11**  
GROUPS

**106**  
RYA START  
YACHTING  
CERTIFICATES

**88**  
WORK  
SHOPS

Workshops were designed by our Youth Development Workers to meet the outcomes of the project. These sessions also helped the young people to prepare for the voyages, and reflect on their time on board, supporting them to make the most of the experience.

**121**  
YOUNG  
PEOPLE

**99**  
KILOGRAMS OF  
PASTA  
CONSUMED

Young people took part in a variety of outdoor activity sessions, in which they had the opportunity to learn new skills, and enjoy being physically active, all while being supported by our Youth Development Workers and the Group Leaders.

**33**  
DYNAMIC OUTDOOR  
ACTIVITY SESSIONS

**2244**  
NAUTICAL MILES  
SAILED

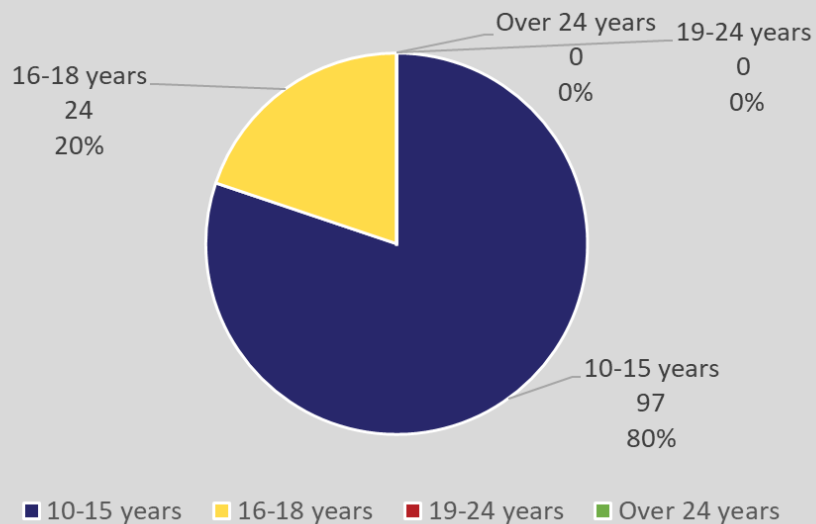
**661**  
SQA UNITS  
DELIVERED

These were Level 3 Core Skills qualifications in:

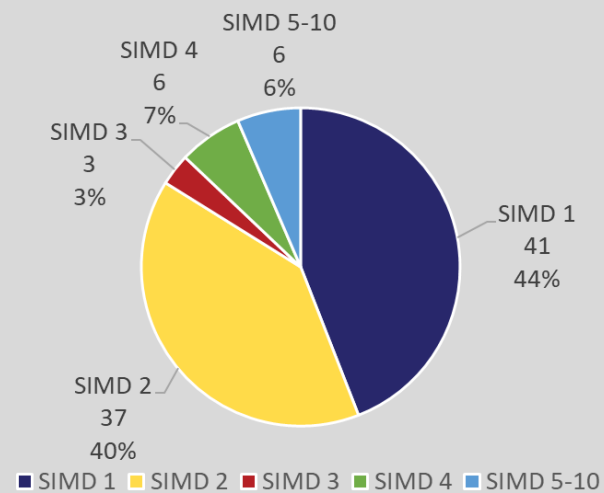
- Communication - Reading, Writing, Listening and Speaking
- Numeracy - Calculation, Using Graphical Information, and Measuring
- Problem Solving
- Working with Others



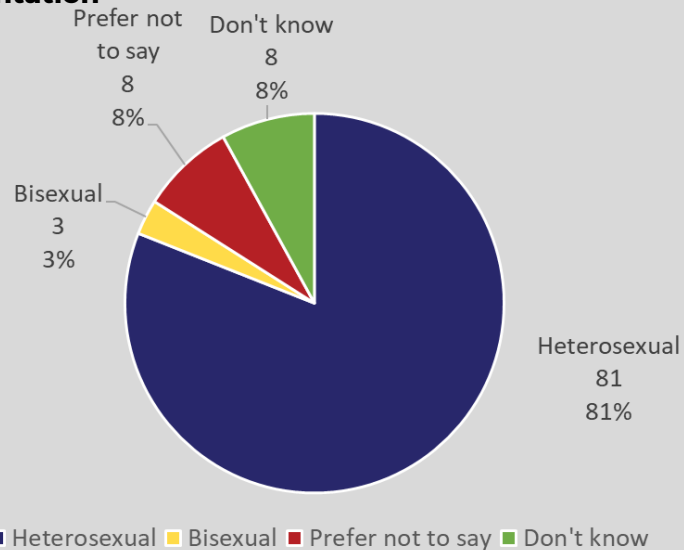
Age Profile of Participants



SIMD Profile of Participants

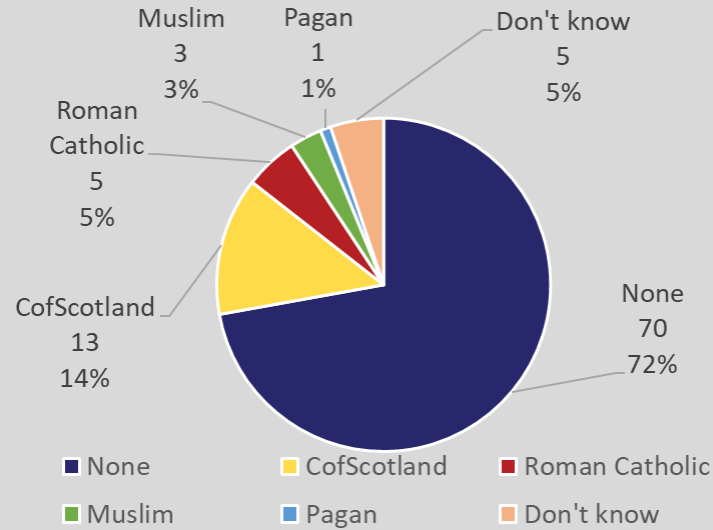


Sexual Orientation

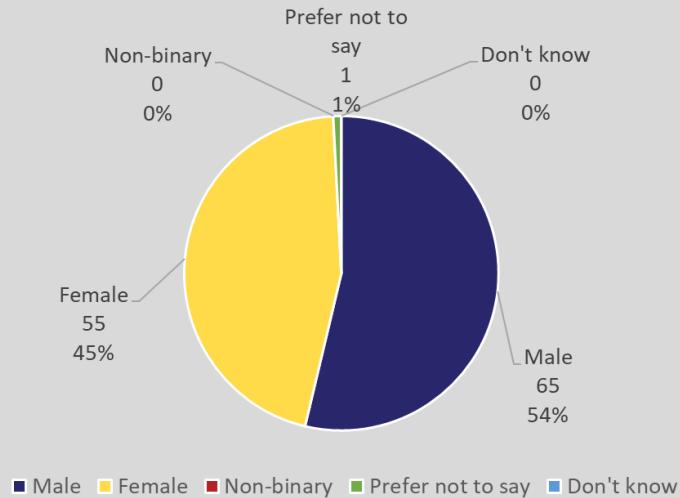




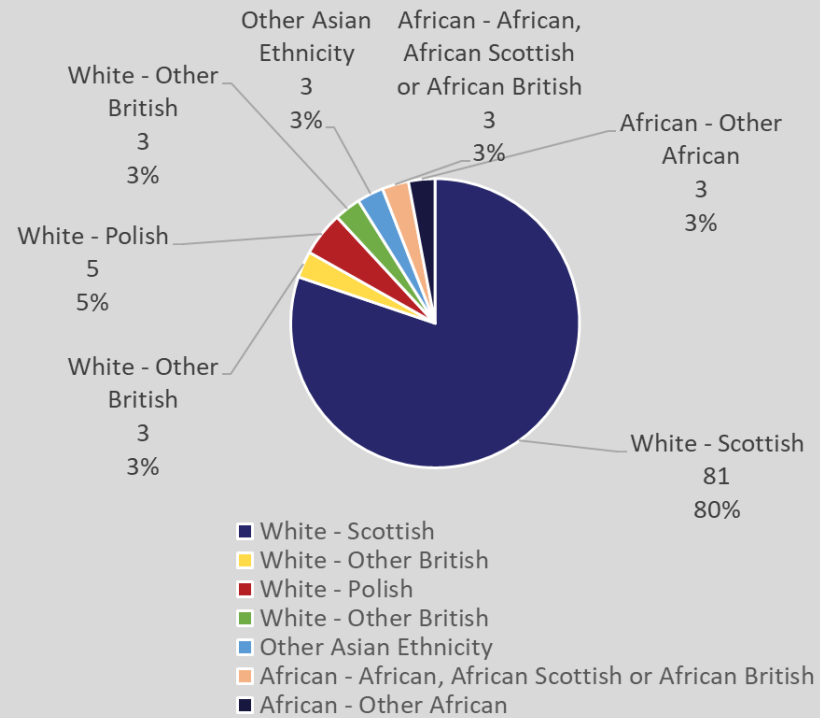
## Religious Beliefs



## Sex Identity of Participants



## Ethnicity of Participants



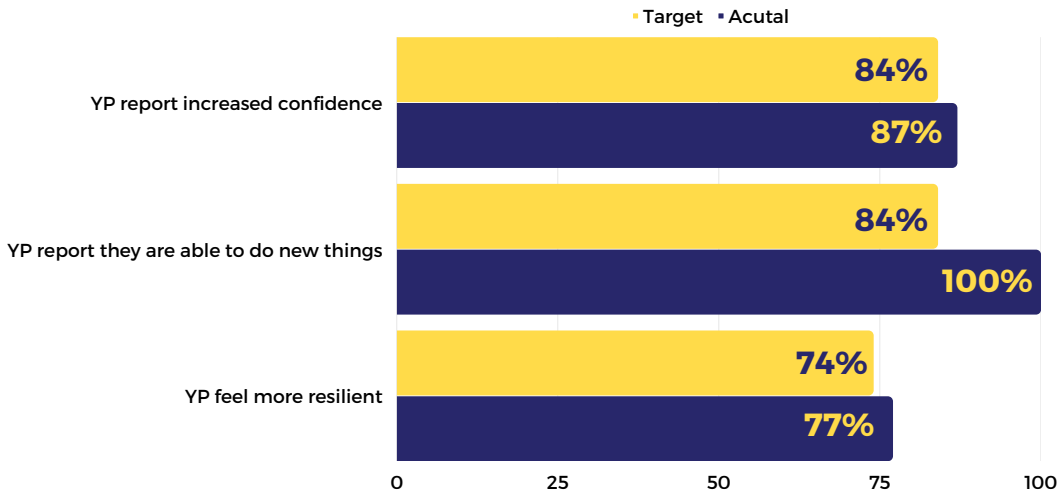


## Outcome 1: YP build their capacity and confidence

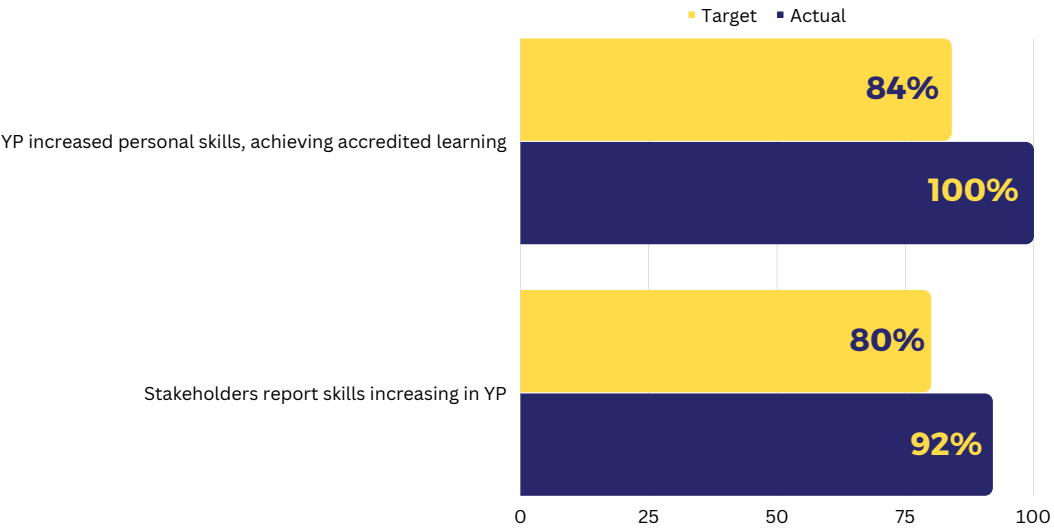
To address Outcome 1, we measured the change in confidence and resilience of the young people, in addition to examining the strength of their support networks and current levels of risk-taking behaviour.

Our Youth Development Workers (YDWs) delivered interactive workshops covering an assortment of issue-based youth topics including resilience and the reduction of risk-taking behaviours in addition to mental health and self-care, dealing with conflict, emotional health and internet safety.

During the voyages at sea, the young people were required to adopt shared tasks and responsibilities to achieve realistic goals via a range of activities - from hoisting the sails and keeping watch to cooking meals for 18 people. These in turn built self-confidence in the young people as it enhanced their social skills and they were able to see and experience the advantages of working as a team. Each young person was able to see how their individual effort made a valuable contribution to the team's success and that of the overall voyage.



## Outcome 2: YP develop their physical and personal skills



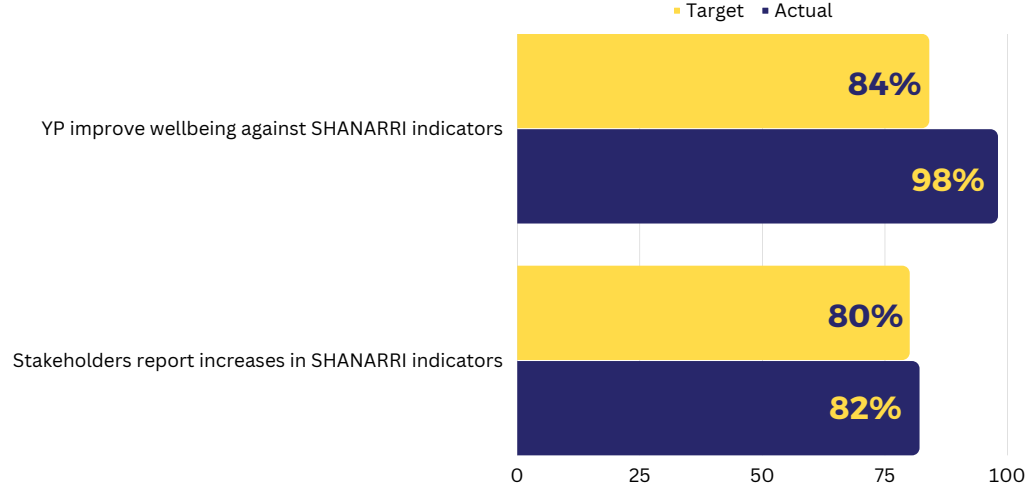
Each dynamic outdoor activity session was designed to be both physically and emotionally demanding, intentionally planned to take the young people outside their comfort zones to foster interpersonal skills and physical ability. At each activity, we introduced the group to a new skill that was relevant to the programme to ensure they would be better prepared for their residential voyage.



100% of the young people demonstrated increased skills.

While on board, the young people learned the value of teamwork. Planning and communication skills were developed through voyage planning and reading charts, deciphering weather forecasts and calculating tidal information. Communication and numeracy SQA qualifications were therefore gained in an exciting and adventurous way. The value of these qualifications to disadvantaged young people, with lower educational attainment and fewer chances of gaining employment, is significant.

## Outcome 3: YP health and well-being improves



We measured increases against SHANARRI indicators in a number of ways.

Our Youth Development Workers delivered sessions on 'SHANARRI Awareness', in which the young people learned about 'Getting It Right for Every Child' and the use of SHANARRI indicators, and discussed how this would be considered throughout the project.

This allows the young people to understand the importance of their own health and well-being. The young people then completed a worksheet designed to evaluate their progress against the indicators three times over the course of the programme.

98% of young people reported an improvement in mental wellbeing against SHANARRI indicators.

81% of stakeholders reported increases in SHANARRI indicators.

The OYT Scotland CashBack Logbooks allowed us to evaluate the young people's development against the SHANARRI indicators. Goals and achievements were recorded by the young people on every page of the log books. SHANARRI indicators also formed part of the External Evaluation remit, measuring how the voyage has affected wellbeing: how participants felt about the experience and themselves.

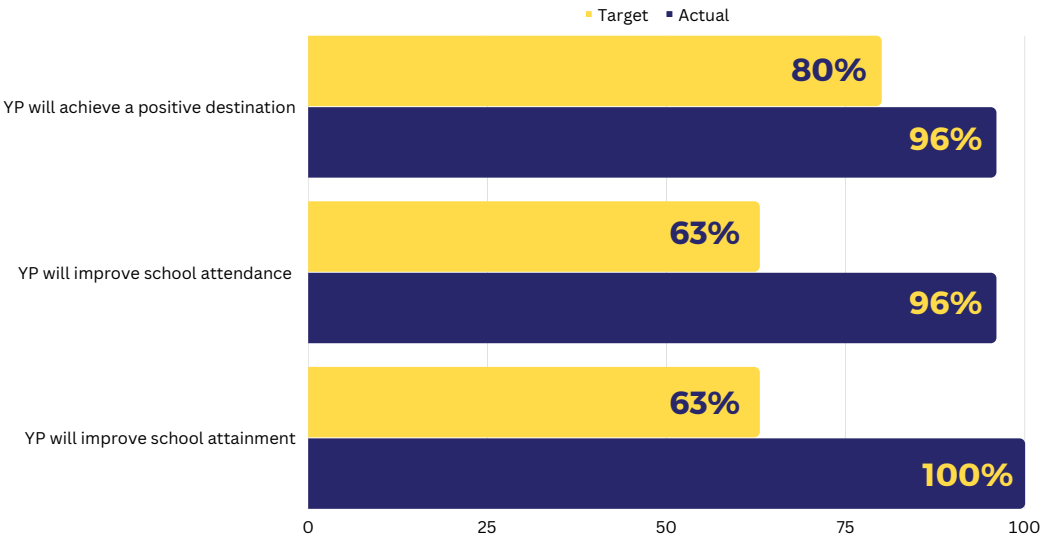
## Outcome 4: YP participate in activity which improves their learning, employability and employment options (positive destinations)

During the programme, each young person worked towards qualifications to improve their employability and attainment. Every young person received an OYT Scotland Voyage Completion Certificate and RYA Start Yachting certificate and SQA qualifications (level 3) in Communication, Numeracy, Problem-Solving, Working with Others and RYA Competent Crew Certificate. All this worked to improve their respective CVs.

Due to the age range of the participants in our Phase 5 programme (12-16), the majority of the young people we worked with in Year 3 were too young to consider further education or further training.

Therefore the focus of our programme was to improve school attendance. Our Youth Development Workers worked with the young people and our partners to identify pathways for the young to follow on completion of the programme.

96% have stated that they intend to remain or return to school following the Change Tack with CashBack programme





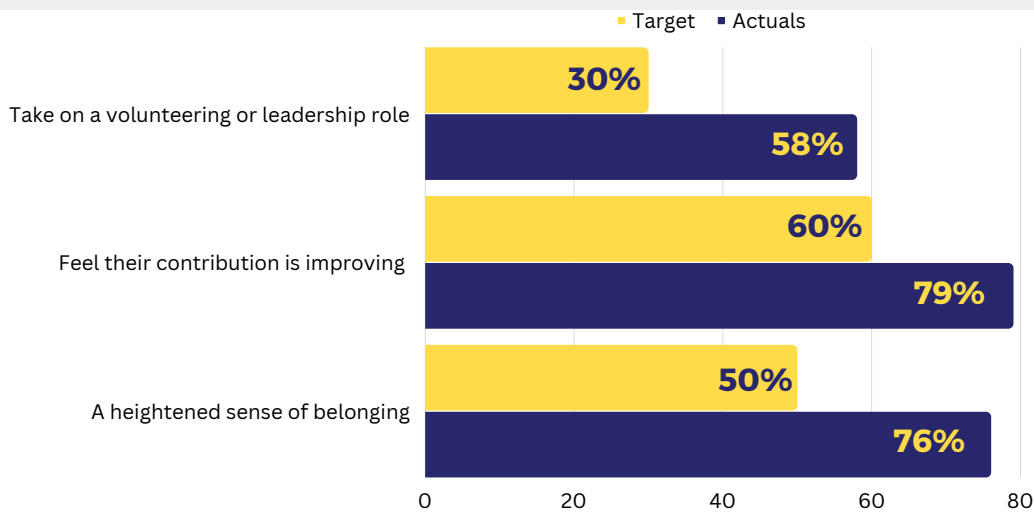
## Outcome 5: YP contribute positively to their communities

Throughout the programme, our Youth Development Workers provided extensive information, support and encouragement to the young people on pursuing volunteering opportunities.

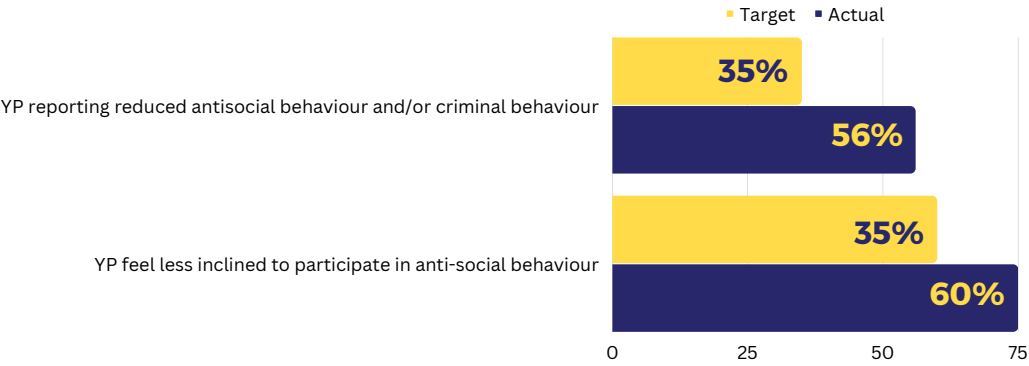
An activity plan was implemented that encouraged participants to consider their place in their community/neighbourhood and what motivations influence their decision making processes. This was reinforced during pre-voyage sessions, during both parts of the sailing voyages and at interim and post-voyage sessions in workshops.

The Youth Development Workers spoke to the young people about next steps including volunteering and training opportunities that will maximise the personal and physical skills they have developed during the programme.

Unfortunately, due to the age of participants, they were unable to volunteer for OYT Scotland, as our volunteers must be 16+

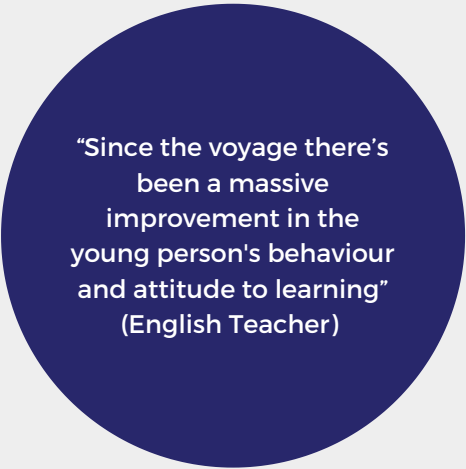


## Outcome 6: YP are diverted from criminal behaviour or involvement with the criminal justice system



The Change Tack with CashBack programme was designed to reduce levels of criminal behaviours and increase school attendance and attainment.

During the voyages, the young people had to learn to live with others, work as a team and follow instructions. This improved their ability to behave responsibly and fully participate in the smooth running of the voyage. It was evident that the young people found themselves becoming open to new approaches and ideas while adapting to new situations and people.



A heightened sense of motivation, enthusiasm and optimism remains with the young people when they returned ashore. During post-voyage workshops, the YDWs reported the young people were more amenable to the idea of staying on in, or going into further education, training or apprenticeships, or achieving future employment. Participants reported feeling more capable and more certain of their own potential at the end of the programme.

Unfortunately, we did have an issue with engagement in Year 3, with many young people struggling to remain involved in the programme for the full 12 months.

The below is taken from our External Evaluator Catch The Light's evaluation of the third year of the Change Tack with CashBack Programme.



"An independent evaluation was carried out by Catch The Light on behalf of OYT Scotland and in accordance with funding requirements. The evaluation team conducted face-to-face interviews with young people from partner organisations at two different points in the programme to discover what changes were achieved by the young people and affirmed by stakeholders such as youth workers, teachers and parents. An interactive digital survey was also used to get direct feedback on how well they felt the outcomes had been achieved.



The results presented, therefore, draw from multiple sources: checklists that were gathered by OYT Scotland staff for all groups; case studies made up of individual self-evaluations with young people; interviews with stakeholders and feedback from OYT Scotland staff.

What some indicators demonstrate is that OYT Scotland has mostly exceeded the targets, some have fallen short. It reflects that groups were unable to recruit individuals from within the funding priority groups, which impacts on the cumulative results. For instance, the young people who do not have a formal history of antisocial or offending behaviour do not need to change their recorded positive behaviour. Subsequently there is no progress to evidence against negative assumption made by the funding targets.

Rather than setting higher level targets against which subordinate level percentages are calculated, the funder requires numerical targets prior to knowing the number of participants and their demographics. Unfortunately this gives the false impression that OYT Scotland has not fulfilled all the funding requirements. However as independent evaluators we would suggest that it is more likely a case of misplaced target that would be more accurate if adjustments were made."





## Male 15 years old

I heard about the programme through the CLD group (Attainment Challenge) in school.

I fancied it because I always wondered what it would be like to face the challenges of being at sea and living on a boat for five days. I liked the idea of there being two voyages because you would get to see what it was like on the first one and that would prepare you for the following voyage.

My confidence has increased 100%. Before the voyage I was quite insular, I would overthink things and get anxious. I'm dyslexic and was bullied at school because of that. Teamwork and people getting to know me allowed me to be the person I wanted to be. I wasn't being judged by people, and my social skills improved. Since the voyage, I have been able to control my anxiety and I am more confident talking in front of the class and with people I've never met before.

I am now aware that the experience on the boat has helped me develop lots of skills that will be useful to talk about when applying for a job. I feel proud of myself for going out and doing something different and getting out of the wee box I was living in where I would keep stuff to myself, not go out or talk to people. I am also more confident about asking for help with my reading and writing.

## Group Leader

### Background

As a CLD worker within the local authority, I relate to the work around the Attainment Challenge in secondary schools. This aims to raise the attainment of children and young people living in deprived areas, to close the equity gap. I work with young people across the S1 to S3 population covering issues related to confidence, numeracy, and literacy or health and well-being.

### How was the group identified?

Having worked with OYT before I knew the benefits of the experience, they offer so I looked at bringing a group of young people together from across the schools I worked in. The isolation imposed by COVID had significantly impacted the young people that took part and many of them have never been out of Inverclyde.

### How were the outcomes met?

I was really impressed by the way relationships were formed and developed. The activities the youth worker set up prior to the voyage helped this. The young people got to know one another, build relationships and prepare for the tasks they faced on the boat.

Many of the outcomes are achieved because of the uniqueness of the OYT Scotland experience. The physical aspects along with being active outdoors encouraged a healthy, regular diet and improved sleep habits all of which had a positive impact on the young people's mental health. As part of the pre-voyage activities and the nature of the experience constantly develop skills recognised as important by employers i.e., teamwork, problem-solving, and communication.

### What were the benefits of having OYT Scotland (Youth Workers) supporting these sessions?

This is important as part of building trust and relationships with young people and staff. The pre-voyage activities were well designed and exposed young people to challenges that required teamwork, problem-solving, and communication, and this helped group cohesion and bonding.

### Are there specific benefits/challenges to the OYTS experience as a way of improving outcomes for young people?

Having a second voyage benefited young people's understanding of what is required on the boat, and this enhanced their experience. On a practical level as well, no one suffered from sea sickness. The fact the setting is a boat with all its challenges in terms of the lack of privacy, and the need to confront social and personal inhibitions means it's a great leveller. So, everyone has to work together, there's no hierarchy and that helps build stronger connections with people.



## Female 16 years old

When I was told about the opportunity, I thought this is an experience you'll never get again. I thought to myself when will anyone ever come up to you and say do you want to go on a boat trip.

The experience was much better than I thought it would be. I thought it would be boring, like just sitting and chilling not doing anything, but we were actually kept on our toes all the time. It was great. It's made a big difference in my confidence. It's helped me stand up for myself and more be confident about saying no to people who weren't good to me. Before this experience I would stay in my room a lot, on my own on my phone. When I got back after the first voyage I got involved in fund raising and went around doors to get support for McMillan the cancer charity. I don't spend time in my room anymore and enjoy socialising with people and now understand that staying in my room on the phone isn't good for you.

This has helped me understand the benefits of working as a team. When we were on different watches if others needed a help I got involved with my team and it meant we got the job done quicker and everybody felt better. The team building activities we did before we went on the boat really helped build friendships and made it easier to get along when we were on the boat.

The experience has opened my eyes to what's possible and being part of this has really changed me. It has made me realise that instead of sitting about doing nothing I could actually be doing something with my life.

It has also made me think about my behaviour and realise that instead of doing things that are stupid and can hurt someone, I can do something good instead because I'll get more from it and feel better about myself.

## Group Leader

### Background

Kibble is a specialist child and youth care charity and social enterprise that supports at-risk children and young people (aged 5-26). Many of the young people they care for have experienced trauma in their lives and due to their behaviour and social anxiety, they have significant developmental gaps and therefore can't manage in a mainstream environment.

We provide residential and community support, as well as dedicated schools and well-being services and aim to empower young people through care, education and therapeutic support.

### How were the group identified?

To ensure the young people enjoyed the maximum benefit from the experience the primary challenge was identifying a group that would get on with each other. The nature of the school means some young people don't stay with us for long and then move on to other living arrangements or work placements and that can present us with a challenge if it affects a member of the group.

### How well were outcomes met?

I would say the outcomes were met by most of the young people. Generally, the improvements in their physical and personal skills have been significant. This is shown in how they communicate with each other and the staff. It's amazing the effect of being out in the fresh air.

### What were the benefits of having OYT Scotland (Youth Workers) supporting these sessions?

Having Gillian's support was really important and beneficial. Having her involved from the start gave us a link with OYT and she was able to answer any questions we had. The pre-voyage activities she organised were great and helped build a relationship with the young people and the staff. She connected really well with everyone, and the young people were really disappointed she couldn't make the second voyage due to illness. If we hadn't had Gillian's support I wouldn't have been able to prepare them for what was expected. So her involvement was a valuable contribution to the success of the programme.

### Are there specific benefits/challenges to the OYT Scotland experience as a way of improving outcomes for young people

The OYT experience is totally unique. The impact on this group has been amazing. The experience takes young people right out of their comfort zone and places them in an environment that presents them with challenges that rely on working with others, communication, respect for each other, discipline and having trust in each other. The staff and crew are fantastic and the non-judgemental connection they make with young people allows young people to learn in a safe environment. The physical hands-on elements of the experience along with a healthy diet and sleep patterns had a beneficial impact on young people's mental health and well-being.



Local Authority	Groups	Total on Voyages	Spend
Fife	Glenwood High School	9	£18,185
Perth	REACH	9	£18,185
Renfrewshire	Kibble Education and Care	6	£12,123
Inverclyde	Inverclyde CLD	19	£38,391
North Ayrshire	Ardrossan Youth	13	£26,268
South Ayrshire	Girvan Youth	9	£18,185
East Lothian	Mussleburgh Grammer	19	£38,391
Glasgow	G15 Youth Project	11	£22,226
Dumfries and Galloway	Stranraer Millennium Centre	26	£52,535
<b>TOTALS</b>		<b>121</b>	<b>£244,490</b>

<b>Project Activity (no less than 85% on project costs - at least 75% revenue costs and up to 10% capital costs)</b>	<b>Actual</b>	<b>Target</b>	<b>Variance</b>
Vessel Running Costs	82,531	81,907	-624
Staff Costs	94,776	94,776	0
Travel for young people	6,593	3,397	-3,196
Travel for Youth Development Workers	3,698	4,681	983
Dynamic outdoor sessions	13,464	13,101	-363
Day sail shoreside accommodation	0	0	0
Certification	5,402	7,416	2,014
Workshops	1,638	1,689	51
<b>Total Project Activity</b>	<b>208,102</b>	<b>206,967</b>	<b>-1,135</b>
<b>Other Project Costs</b>			
Management and Marketing (up to 10% of CashBack funding)	24,259	24,259	0
External Evaluation (per agreed guidelines)	12,131	12,130	-1
<b>Total Other Project Costs</b>	<b>36,390</b>	<b>36,389</b>	<b>-1</b>
Minus amount carried over from Year 2 *	-4154		
<b>Total Expenditure</b>	<b>240,338</b>	<b>243,356</b>	<b>3018</b>

\*This is an amount carried over from Year 2 into Year 3, as one of the Year 2 Groups was unable to participate at the time due to Covid-19 restrictions, and instead carried over into a Year 3 Group.





Throughout Year 3 of the Change Tack with CashBack programme, we shared images of youth voyages and outdoor sessions across our social media channels (Facebook, Twitter, Instagram and LinkedIn) tagging CashBack for Communities where possible, and using the hashtags #CB4C, #youthworkonthewaves and #youthworkchangeslives.

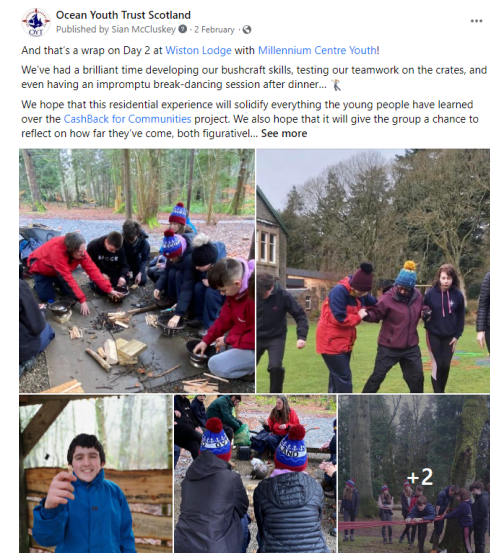
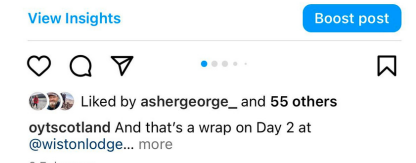
We have also shared posts from the groups during and after their voyages and outdoor activities.

Our online audience is primarily made up of OYT Scotland volunteers, young people who have sailed with us and their family/friends, as well as school and youth organisations who work with us, funders, sailing enthusiast individual donors and other supporters of OYT Scotland.

A number of press releases were issued in Year 3 of the programme, and these were picked up by the Daily Record, Greenock Telegraph, and the Oban Times.

In December 2022, we were honoured to receive the Queen Elizabeth II Platinum Jubilee Volunteering Award.

This prestigious award recognises 20 national charities whose work empowers young people aged 16-25, and who have volunteers at the heart of their operations. For OYT Scotland, this recognises the long-term commitment and support of our 200+ volunteers who work tirelessly both on and off-shore to provide transformative experiences such as the Change Tack with CashBack programme to young people.





## **Ocean Youth Trust (OYT) Scotland is thrilled to be a CashBack for Communities partner for Phase 6.**

Over the next 3 years starting from April, we will deliver our On Board with CashBack programme to a minimum of 248 young people from all over Scotland. This will be comprised of 6 groups in Year 1, 12 in Year 2 and 13 in Year 3.

Our goal for this phase is to change the attitudes and behaviours of those most at risk of anti-social behaviours, of those engaged in the criminal justice system and of those impacted by Adverse Childhood Experiences (ACEs).

Through both off-shore and on-shore activities, we hope to empower these young people with the skills, self-confidence and resilience required to change their course in life. All will again have the opportunity to undertake up to 9 SQA qualifications and their Royal Yachting Association Start Yachting Certificate.

Each young person will participate in a structured programme encompassing 32 hours of group work sessions, 8 hours of outdoor education sessions and a transformative 5-day voyage.

This programme has been designed using OYT Scotland's previous experience in delivering the CashBack for Communities programme in Phases 3, 4 and 5 as well as over 20 years of delivering youth work on the waves.

We have widened the age range in Phase 6, from 12-16 to 12-25, as many of the groups we engaged with told us that this age range was their biggest barrier in recruiting young people to take part in the programme. We are planning to widen our reach, with the aim to engage with young people from every local authority in Scotland.





