

# 5 CashBack Small Grants Case Studies

Appendix 1

CashBack Small Grants Scheme Evaluation Year 1

July 2014

## TouchDown UK – West Fife Saints (CFYPS)

### What was the CashBack SGS grant used for?

CashBack SGS funds were used to invest in American Football equipment for use across three new groups set up in south Edinburgh, Clackmannan and Dunfermline.

This story focuses on the West Fife Saints and their achievements with the young people and the coaches involved.

### What did you hope young people would get out of the activities?

Increased self confidence and self worth: relationships with peers, young people getting involved, more positive self image, and a can-do attitude.

Increased commitment and involvement in the club/sport: loyalty, club ethos and values, turning up regularly.

New skills development (American Football is a new activity for young people involved).

Individual health and fitness benefits from being active

### How were the activities resourced?

£2,000 from CashBack SGS.

£1,000 from Co-op Community fund and Thomas Mason Foundation.

Voluntary time of leaders and coaches (approx 972 total hours).

### Who was involved?

In WFS's, a total of 26 young people have been involved with a core group of about 12 turning up regularly.

Young people are between 14-18 years, with a mix of boys and girls.

Also involved were approx 9 voluntary coaches and the group co-ordinator, and parents help out with registration and generally supporting the sessions.

### What were the activities?

American Football coaching x 29 weekly sessions. Sessions include: throwing and catching; agility drills; replicating set moves in full kit; learning how to tackle and block safely.

Emphasis is on developing young people, participation, fun and inclusion (not about winning!).

Young people interested to go further are introduced to local clubs.

Young people also involved in designing the club logo.

### TOOLS USED TO COLLECT FEEDBACK FROM YOUNG PEOPLE AND LEADERS.

West Fife Saints held a social event where they shared pizza and watched footage of their play before working together on feedback about their experiences of the group.

Young people used an adapted Activity Form for self-evaluation, and voluntary coaches completed their own self-evaluation. In addition, young people worked in groups using the H Form method to review: How good are West Fife Saints sessions?

### SUMMARY

TDUK were successful in establishing a new group – the West Fife Saints, where young people and leaders embraced the club ethos of development, participation and inclusion. This led to young people increasing their confidence, skills and fitness on and off the field, and voluntary coaches developing how they work with and support young people. TDUK learnt from feedback and plan to transfer this to other groups.

### What young people say they got from the activities:

Young people reported increased fitness, and making new friends.

*"I like the environment, the people are good and I can be myself" "Makes you feel part of a team" "It's fun and very physical" "It's a great sport surrounded with great people"*

### What voluntary coaches say about their experience with WFS:

Coaches reported an overall positive experience working with young people.

*"Being able to pass on 30 years of experience to a new generation is a humbling experience"*

*"Seeing players that have never played before coming back for more, and develop week on week"*

*"It's been a great experience to learn from the other coaches and get to know the game better" (young coach)*

### What leaders say about the legacy from the group:

Leaders were pleased to learn that young people and coaches valued the club ethos of 'developing young people' as opposed to winning. *'they seemed to get what TDUK was about'.*

## 2<sup>nd</sup> Polmont Company (Boys' Brigade)

### What was the CashBack SGS grant used for?

CashBack SGS funds were used to invest in 2 large patrol tents to allow the Company to offer the traditional BB camp.

2<sup>nd</sup> Polmont have been re-establishing themselves with the appointment of new leaders, and re-building the programme.

This story focuses on how the company used the patrol tents to develop camping as a core activity and experience for young people in the Boys' Brigade.

### What did you hope young people would get out of the activities?

An enjoyable, fun experience  
New friendships built  
Teamwork – especially through the tent work in mixed age teams.  
Responsibility of older boys  
New activity – some boys were new to camping.  
Encourage boys to want to keep coming to the BB

Also, young trainee leaders gained experience leading the group and were responsible for the costing and purchase of the tents.

### How were the activities resourced?

£800 from CashBack SGS.

£250 from company funds.

Voluntary time of leaders (approx 90 hours).

### Who was involved?

12 boys ranging from P7 to S5 (11-15 yrs) were involved in the camp. This is an increase on the last camp, but with 3 boys not involved they aim to get everyone along next time.

Also involved were 3 officers (voluntary) and 2 young trainee leaders involved in the KGVI Leadership Award.

### What were the activities?

Planning for the camp involved: fundraising, buying the patrol tents; and communication with parents.

A week-end camp involving traditional camp activities and other locally organised activity like canoeing.

A tent squad of six share tasks of pitching, and preparing for tent inspection – a whole new experience.

### TOOLS USED TO COLLECT FEEDBACK FROM YOUNG PEOPLE AND LEADERS.

The group used the postcards to get the boys to say what being involved in the Boys' Brigade meant to them. The postcards were sent to senior members of BB.

At a briefing meeting for parents and boys prior to the camp the group used the People Tree to get the boys to explore their feelings about the camp before they went. The people Tree was re-visited at the end of the camp to see if their views had changed as a result of the camp experience.

### SUMMARY

2<sup>nd</sup> Polmont Company invested in equipment to enhance and develop a long term camping programme. Camping under canvas clearly provides a wide range of experiences: for the new camper, for the tent squad working together, for building friendships, and for leadership opportunities. Most importantly for this group is establishing camping as a core activity to attract boys into the BB, to motivate existing members and give them goals to aspire to. The Company have experimented with different evaluation methods and benefited from the feedback they have received.

### What young people say about the activities:

*"When camping under canvas was first mentioned it sounded fun, but also a bit outdated ... during planning it was clear that there were serious benefits ... the tents are much bigger than expedition tents ... up to six boys share a tent and the duties ... this encourages boys to work together, be disciplined and take pride in the tent."* (Trainee leader)

### What leaders say about the camp:

*"boys can't sit back, they have to work as a group in the tent, their teamwork has improved"* (Leader)

*"We are trying to achieve something more than a yearly camp. I believe we are beginning to do that successfully. The tents we bought with the CashBack money have helped us move closer to our goal"* (Trainee Leader)

### What leaders say about the legacy from the group:

The Company aim to establish spring and summer camps as a core activity every year, giving the boys something to look forward to and to aim for.

*"Doing things that were a bit different appealed to me as a boy and kept me coming back year after year".* (Trainee Leader)

## 7<sup>th</sup> Aberdeen & 1<sup>st</sup> Newtonhill Girls' Brigades

### What was the CashBack SGS grant used for?

A weekend away at Nethy Bridge Outdoor Centre for 2 Girls' Brigade groups from different GB companies and backgrounds.

Daytime activities were instructor led and the evening activities, led by GB leaders and girls, continued the elements of team building and fun.

### What did you hope young people would get out of the activities?

Empowerment to plan and make decisions about the trip.

Team building/ team work.

Build confidence / overcome fears.

Opportunity to try new things.

Fun.

Make new friends with other GB girls.

Want to stay in the GB.

### How were the activities resourced?

Bag pack organised by GB (£220)  
Participants paid £80 each  
£1,787 from CashBack SGS.  
Voluntary time of leaders (approx. 365 hours)

### Who was involved?

5 girls from 7<sup>th</sup> Aberdeen and 6 girls from 1<sup>st</sup> Newtonhill Girls' Brigades.

7 leaders.

Outdoor centre staff.

### What were the activities?

Planning the weekend.  
Kayaking.  
Raft building.  
Spider's web / ropes.  
King Swing.  
Abseiling.  
Skiing.

### TOOLS USED TO COLLECT FEEDBACK FROM YOUNG PEOPLE AND LEADERS.

The H- form was used after the weekend to encourage reflection on the legacy of the outdoor weekend for them personally and for their GB group. The girls looked at the photographs from the weekend to remind them of all that they had done and experienced.

### SUMMARY

**This project successfully brought 2 different GB groups together for an adventure weekend. In addition to their personal achievements, the girls have continued to benefit from the friendships made and the confidence gained on the weekend. The GB have more young leaders who will help to ensure the future of the group for other girls.**

### What young people say about the activities:

*"I got to try new things. It boosted my confidence. I got to stand up on a boat."*

*"I liked meeting new people and getting to know the leaders outside the usual environment."*

*"Conquered some fears."*

*"Had fun and a good laugh."*

### What leaders say about the trip:

*"Good to see girls gaining confidence."*

*"Good bonding outside of Girls' Brigade."*

### What leaders say about the legacy from the group:

Mutual support – *"girls met girls from the other GB group who are doing their D of E too. They have kept friends and are about to go through their D of E Gold Award together."*

Retention and more young leaders - *"Two of the girls who went on the trip have gone on to be leaders."*

Connectedness - *"Helps at Divisional meetings because the girls have met before at Nethy Bridge."*

## Whitacres Community Academy (Youth Scotland)

### What was the CashBack SGS grant used for?

CashBack SGS funds were used to invest in arts and crafts equipment and specialist input.

The group currently offer sports activities and they wanted to provide an alternative option, as not all young people want to do sport.

They planned to run a session a week for a total of 40 weeks. At the point of writing this case study the sessions had not finished.

### What did you hope young people would get out of the activities?

Increased self confidence and self worth – seeing young people's personality shine through, young people's success stories.

Arts and crafts activities giving young people a way to express themselves.

Young people taking on responsibilities – helping out with young groups, starting to volunteer with the club.

### How were the activities resourced?

£2,000 from CashBack SGS

Voluntary time of leaders (approx 80 hours).

### Who was involved?

Young people from disadvantaged backgrounds in the Greater Pollok area of Glasgow. This area is in the bottom 5-15% of communities in Scotland for health care, education, income and crime rates.

The project attracted about 26 young people (7-16 yrs) with a core group of 12 attending most of the sessions. Additionally, a second group of special needs young people (6) and their siblings (10) started using the arts and crafts activities within their group.

### What were the activities?

Arts and crafts were organised around themes including card making, picture framing, sewing, drawing, designing certificates and hammer beads etc.

The older young people (3) took on leadership roles in the group. One girl introduced additional dance activities within the sessions.

The special needs group also got involved with the arts and crafts activities.

### TOOLS USED TO COLLECT FEEDBACK FROM YOUNG PEOPLE AND LEADERS.

The group monitored participation of young people across the sessions, and used a simple evaluation form at the end of the activity themes to get feedback.

There were challenges for this group doing evaluation where participation in the sessions was very fluid, and the age range broad. The group have been establishing contact with parents to get their views and get them more involved with what their children were doing. The programme is still to finish so there is scope for including the voice of the young people and how they feel they have benefited.

### SUMMARY

Whitacres Community Academy introduced an alternative arts and crafts activity programme for young people. This has been extended to a special needs group and their families with much success. Some of the young people have also taken on leadership roles. This group work with difficult to engage young people so an open approach enables young people to join in when they want. Over the long term the group have provided structure and an opportunity for these young people to express themselves. This is a good foundation for future developments.

### What leaders say about the benefits of the group:

The sessions were successful because of the variety of activities on offer, including dance and other fun games.

The approach worked well and provided clear development for some young people.

*"One was not interested in football but really engaged with the arts and crafts."* (Leader)

The group work with hard to engage young people who would otherwise be on the streets smoking, drinking, and fighting at a young age (9-12 yrs).

*"The group helps to build a foundation by giving young people a bit of structure and a long term plan. It is a diversion from other less positive activities."* (Leader)

### Legacy from the group:

Discussions with parents of the special needs group highlighted its value and importance to the young people. The arts and crafts have been particularly successful with this group and there are plans to continue.

Arts and crafts activities are more costly to sustain than sports groups. The CashBack grant has provided a helpful starting point, but there may be a need for a small charge in the future.

## Wishaw Guides Senior Section

### What was the CashBack SGS grant used for?

For taster fun, fitness and healthy eating sessions for Wishaw Senior Unit and to enable them to participate in an outdoor activity weekend for all senior sections and guide units in the area.

Wishaw Senior Section has 8 girls and 2 leaders.

### What did you hope young people would get out of the activities?

#### Fitness/healthy eating session

Fun and enjoyment  
Take more exercise  
Eat more fruit

#### Outdoor weekend

Overcome individual challenges  
Gain confidence  
Learn to work with others  
Experience different meals  
Remain in Senior Section

### How were the activities resourced?

£400 from CashBack SGS.  
£300 from fundraising.  
£360 from weekly subs.  
Voluntary time of leaders and a parent.  
Fitness instructor – 1 session.  
Outdoor centre staff

8 girls participated in the fitness /healthy eating sessions.

54 young people, 8 leaders and 1 parent participated in the outdoor weekend.

### What were the activities?

Keep fit  
Zumba  
Trying new fruits  
Making fruit smoothies  
High ropes  
Abseiling  
Zip wire  
Fencing  
Obstacle course  
Initiative exercises

### TOOLS USED TO COLLECT FEEDBACK FROM YOUNG PEOPLE AND PARENTS.

People Tree – used on the last night of the outdoor weekend

Post cards – given to parents after the outdoor weekend

### SUMMARY

**An excellent example of how a combination of a small amount of money, enthusiastic volunteers, and the support of instructors can help young people to achieve personal outcomes and live healthier lives.**

### What young people say about the activities:

A taste for fitness classes:

*"Can we do it again, but not next week!"*

Gained in confidence:

*"I felt proud, made lots of friends and gained confidence."*

Overcame personal challenges and fears:

*"Before, I was feeling nervous, excited, ambitious, terrified, wanted to face my fears. Now, I can do anything I want if I put my mind to it."*

A desire to stay in the Senior Section:

*"Loved it again, can't wait for next year."*

### What leaders say about the project:

*"Girls want more fitness sessions – we'll build fun into it to encourage them."*

*"Girls ate well at camp, and didn't bring so much junk food with them."*

### What parents say young people got from the activities:

*"Made her more confident and outgoing."*

## Dalbeattie Scouts – teaching Scouts to ski

### What was the CashBack SGS grant used for?

A ‘taster’ session at the indoor Ski Centre in Glasgow which involved a 2 day overnight trip staying in a Scout Hall, and a visit to the local Whitelees Windfarm. And..... following the ‘taster’, an opportunity for older Scouts to attend a 3 day trip to Glen Shee which included 2 days full Ski School. The Cashback SGS award made a significant difference to Scouts’ ability to afford and attend the event.

### What did you hope young people would get out of the activities?

Broadened horizons and chance to experience something new, exciting, and challenging

Increased confidence.

Increased independence being responsible for self and others on the slopes

Learn new skills – skiing; team work.

Help to retain Scouts.

### How were the activities resourced?

£2,000 from CashBack SGS.  
£80 per head for the Glen Shee trip.  
£200 fundraising.

Voluntary time of leaders – approximately 720 hours in total.

### Who was involved?

- 32 Scouts and 6 leaders participated in the Glasgow trip.
- 16 Scouts and 4 leaders participated in the Ski School weekend.

Dalbeattie has limited access to the facilities of cities like Glasgow or Edinburgh. Only 1 of the 32 Scouts had been skiing before.

### What were the activities?

Skiing.

Snowboarding.

Visit to wind farm.

Evening entertainment e.g. 5 a-side football

### TOOLS USED TO COLLECT FEEDBACK FROM YOUNG PEOPLE.

Photographs at the ‘taster’ and Glen Shee weekends.

### SUMMARY

**This CashBack Small Grants project is a great example of how the fund helps to subsidise new and challenging positive activities for young people and thus increases access to participation. The project also demonstrates progression within a safe and supported environment. The Dalbeattie Scouts had a taster session on indoor skiing and snowboarding enabling them to experience the sports before committing to a weekend away to Glen Shee where they honed their new skills on real snow. The progression from nursery slopes to a long Green run over the course of a weekend shows that they gained in confidence and developed their snow sports skills. The group is planning to do more skiing lessons to build on the success of this project and with a view to continue to offer exciting and challenging opportunities that keep young people coming back to the Scouts.**

### What leaders say about the project:

*“By Sunday afternoon we had managed to get everyone skiing down one of the longer Green runs at Glen Shee and everyone was bursting with excitement and enthusiasm despite being tired and very cold!”*

*“Overall it was a great experience for the Scouts and the Leaders as they learned significant new skills, learned to work as a team and support each other in often treacherous and challenging conditions.”*