



CASHBACK TO THE FUTURE 2023-2026





LEGACY OF CASHBACK PHASE 6

Over the past three years, Impact Arts has deepened its role as a catalyst for positive change for young people and communities across Scotland. Through sustained creative engagement, strong partnerships and values-led practice, we have created lasting opportunities for young people to build confidence, skills and a sense of belonging.

Through CashBack to the Future, we have supported hundreds of young people across Glasgow, Edinburgh, Lanarkshire and North Ayrshire to access inclusive, high-quality creative experiences. Working with heritage and cultural partners such as the Hunterian Museum, Trinity House and National Trust Scotland, young people have explored history, identity and place, producing creative outputs with meaning and legacy for their local communities. Creativity has been a powerful tool for self-expression and positive life progression, with many participants moving on or re-entering education, or starting training and employment.

Our work has been shaped by listening to young people. Delivery models have remained flexible and responsive, with participant voice informing session design, timings and content. We have embedded trauma-informed practice into our planning, enhanced safeguarding approaches, and invested in staff development to ensure young people are supported with care, dignity and respect.

Organisationally, this period has been one of consolidation and growth. The Boardwalk has become an established social enterprise and community hub, widening access to space and opportunity in Glasgow. Our governance has been strengthened through new trustees and strategic oversight, while Multi-Year Funding from Creative Scotland has enabled long-term planning, staff development and organisational sustainability.

Looking back, the lasting legacy of this work lies not only in numbers reached or projects delivered, but in the relationships built, the confidence nurtured and the futures shaped. By placing creativity, youth voice and wellbeing at the centre of everything we do, Impact Arts has helped young people imagine new possibilities for themselves and their communities; laying foundations that will continue to build upon beyond the last three years.



HERITAGE FOCUS

BY HAVING A THEMED FOCUS ACROSS OUR PROGRAMME, TITLED RESHAPING HERITAGE, WE WERE ABLE TO PRODUCE SOME INSPIRING OUTCOMES AND LEARNING FOR ANY COLLABORATIVE WORK BETWEEN YOUNG PEOPLE AND HERITAGE PARTNERS IN THE FUTURE:



Heritage was made relevant to young people through identity, place, storytelling and local history



Creative activities turned heritage sites, collections and stories into accessible starting points for learning and self-expression



Young people helped shape how heritage is interpreted and shared, including through consultations and public-facing work



Strong partnerships with heritage organisations created meaningful opportunities for co-creation, exhibition and reciprocal learning



The programme showed that inclusive, relationship-based approaches can widen access to heritage for young people facing barriers



The opportunity for learning was reciprocal; heritage organisations also changed because of working with the *Re:Heritage* groups



Heritage engagement built confidence, belonging and pride in place, alongside strong heritage-specific outcomes



By our final year, 95% of participants reported improved understanding of heritage, and felt more positively about their local area

YEARS IN NUMBERS

481

**NEW
PARTICIPANTS**

1068

WORKSHOPS

53

**YOUNG PEOPLE
PROGRESSED ONTO
COLLEGE OR UNIVERSITY**

214

**YOUNG PEOPLE
IMPROVED ATTENDANCE
AT SCHOOL**

627

**TOTAL ENGAGEMENTS
INCLUDING RETURNERS**

18

SHOWCASES

365

**YOUNG PEOPLE
ACHIEVED AN
SQA ACCREDITATION**



YEARS IN NUMBERS

398

YOUNG PEOPLE REPORTED AN INCREASE IN CONFIDENCE

360

YOUNG PEOPLE REPORTED AN INCREASE ON SHANARRI INDICATORS

393

YOUNG PEOPLE REPORTED IMPROVEMENT IN MENTAL HEALTH

271

YOUNG PEOPLE REPORTED HAVING POSITIVE CHANGES IN THEIR BEHAVIOUR

394

YOUNG PEOPLE REPORTED FEELING MORE RESILIENT

37

HERITAGE SITES VISITED

338

YOUNG PEOPLE REPORTED IMPROVED RELATIONSHIPS AND SUPPORT NETWORKS

PLASTICS RECYCLING IN GLASGOW



This film documents our participant's exploration of sustainable making through plastic recycling. It captures the sorting, melting and forming process our participants followed to take donated HDPE ,and PET, plastics from waste to new objects such as necklaces, keychains and 3D printer filament. Also shown in the film is our visit to The Deep End in Govanhill, Glasgow, where they have a designated plastics workshop space, producing recycling plastic objects from key chains and carabiners to furniture. Our participants took part in a injection moulding workshop with the experts and learnt lots of new skills and facts about the changes towards a circular recycling economy.



"CashBack gave me a reason to go out the house and im very grateful for that!!"
-Participant

GOVERNMENT PRIORITIES FOR PHASE 6

Best Start, Bright Futures:

Through our CashBack to the Future programme, Impact Arts directly tackles child poverty by removing financial barriers that prevent children and young people from accessing opportunities that support their wellbeing, learning and progression. All participation is fully funded, including travel, meals and snacks, ensuring that household income is never a barrier to engagement.

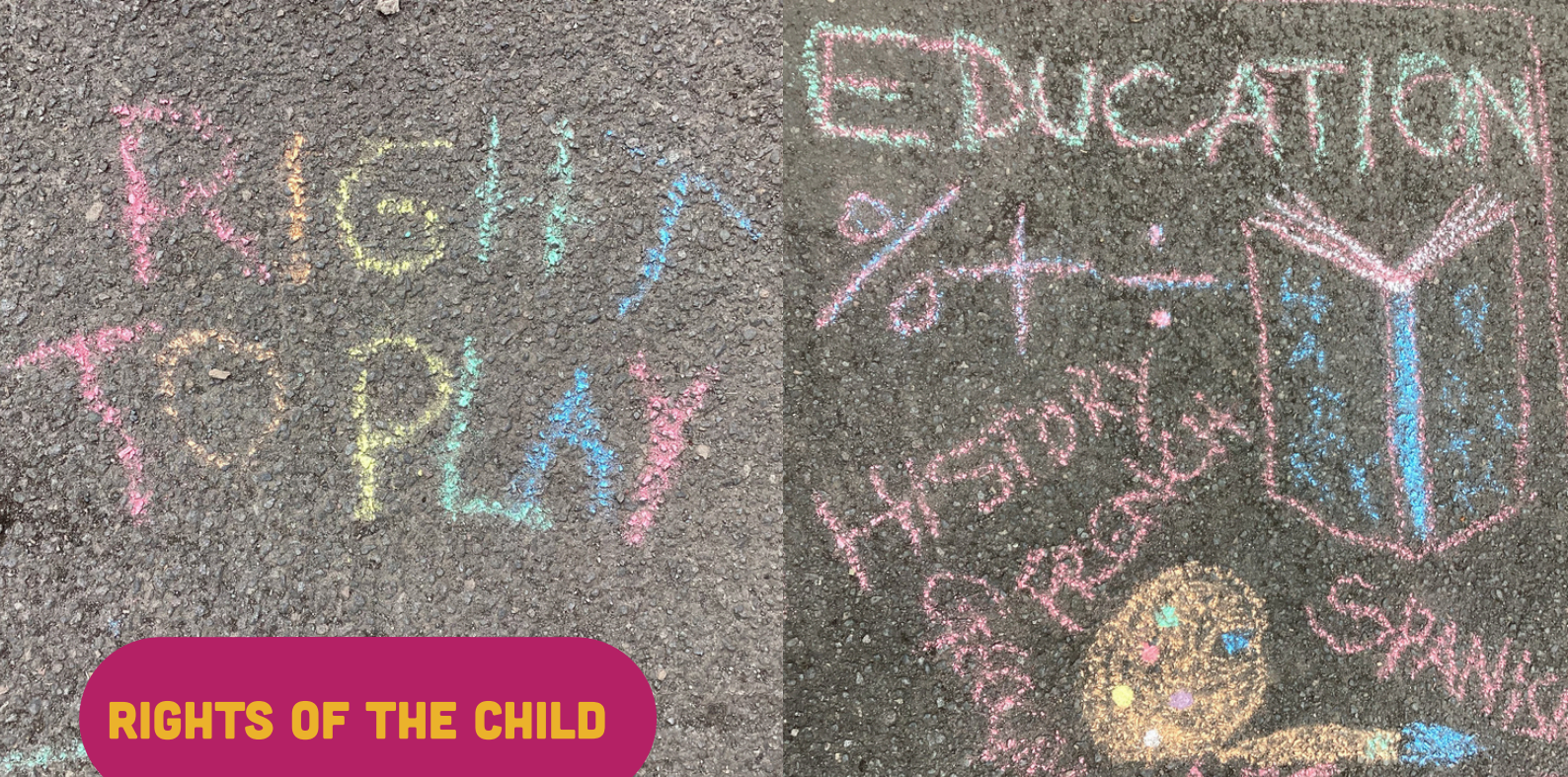
Delivered in partnership with public and third-sector organisations, the programme provides early, preventative support that reduces the impacts of poverty on children and young people. Our creative programmes build essential life and employability skills, enabling participants to gain qualifications, increase confidence and progress towards positive destinations such as education, training or employment—helping to break cycles of poverty.

Experienced youth workers create a trusted, supportive environment where young people affected by poverty can explore their interests, build resilience and overcome barriers to opportunity. By widening access to skills, aspiration and support, the programme contributes to improved outcomes for children and young people most at risk of poverty, in line with the Best Start, Brighter Futures promise.

Applying the Fair Work Framework:

Impact Arts is committed to the Scottish Government's Fair Work Framework, ensuring fair pay, effective voice, opportunity, security, and respect for all staff. Our Fair Work policy supports flexible working from day one and promotes staff wellbeing, job satisfaction and progression through regular supervision, training and professional development.

We actively encourage staff to have a voice in shaping the organisation and workplace culture. Through our creative employability programmes, we also promote Fair Work principles with participants, raising awareness of employment rights, the real Living Wage, flexible working, and the role of trade unions in supporting fair and secure work.



RIGHTS OF THE CHILD

Impact Arts is committed to embedding children's rights across all areas of our work, including programme delivery, organisational development and governance. We take a rights-based approach informed by the United Nations Convention on the Rights of the Child (UNCRC), ensuring that children and young people are safe, respected, heard and supported to fulfil their potential. Our Children's Rights and Wellbeing Impact Assessment (CRWIA) is reviewed at least twice annually at Board level, ensuring that children's rights are central to decision-making and consistently reflected across organisational policies and practice. The CRWIA demonstrates how our work contributes to key UNCRC Articles, including those identified as most important by both staff and the children and young people we work with.

In line with The Promise, our programmes prioritise relationships, wellbeing and a sense of belonging. We deliver therapeutic creative activity that supports children and young people—particularly those facing barriers or with experience of care—to build confidence, resilience and emotional wellbeing. We measure outcomes using the SHANARRI wellbeing indicators for up to 2,000 children and young people annually across 10 local authority areas.

We gather evidence through surveys, consultations and structured project reviews to ensure that children and young people's voices inform evaluation and improvement. Findings consistently demonstrate positive impacts on confidence, resilience and mental wellbeing, support positive life transitions, and contribute to reduced anti-social behaviour. All staff are trained to evaluate and report outcomes, enabling robust reporting to the Scottish Government through CashBack for Communities and supporting ongoing implementation of the UNCRC and delivery of The Promise.



COMMITMENT TO NET ZERO AND CLIMATE ACTION

Impact Arts is committed to achieving Net Zero emissions by 2045 and is an active member of the Green Arts Initiative, aligning with Creative Scotland's priorities around environmental sustainability and climate responsibility within the culture sector. Our Environmental Action Plan sets out clear actions to reduce our environmental impact across energy use, sustainable procurement, waste and recycling, travel, and organisational awareness. Delivery is supported by an internal Green Team with cross-organisational representation, which monitors progress on a quarterly basis.

Environmental sustainability is embedded within our artistic and participatory practice. Through our programmes, we integrate climate education and creative exploration, supporting participants—particularly young people—to understand the climate emergency, its social and environmental impacts, and their own role in driving change.

Across our venues we are committed to reducing energy consumption, investing in greener technology to support this.



OUTCOME 1: YOUNG PEOPLE ARE DIVERTED FROM ANTISOCIAL, CRIMINAL BEHAVIOUR AND INVOLVEMENT WITH THE CRIMINAL JUSTICE SYSTEM

CashBack endeavoured to deliver creative workshops which provided safe spaces for young people to foster positive relationships and community connections. Alongside this, we also encouraged our participants to think critically about their social impact and personal safety. Thereby, working to reduce antisocial behaviour through early intervention and preventative action; diverting young people from negative, or potentially criminal, pathways before an explicit risk is presented.

Quantitative Indicators: Participant Outcomes *Measured by number of participants (% of total cohort)

Relevant Indicator	year 3	Cumulative
Young people report feeling less inclined to participate in antisocial and/or criminal behaviour	99 (71%)	255 (53%)
Young people report positive changes in their behaviour (e.g. reduced risk taking/ increased understanding of risk/ improved understanding of rights and responsibilities)	118 (85%)	273 (57%)
Young people report feeling their community contributions (e.g. links with their community and social interactions) are improving	108 (78%)	305 (63%)

"I'm really glad I'm here, otherwise I wouldn't be doing anything, I would just be sitting at home" – Participant (Glasgow)





'I have always been interested in photography. I think coming here has helped me decide what I want to do.'

-Participant

Engagement as an early intervention method: Self-reflection and Safety

During CashBack, participants were supported to think critically about their actions, alongside the effects these behaviours can have on their own and others' wellbeing. During each project, participants constructed a group agreement: identifying a set of principles to ensure our group space remained safe and accessible. Throughout this activity, participants identified discrimination, theft, disrespect and damage to property as key antisocial actions to avoid, both in our workshops and broader society. Forming this agreement also encouraged conversations around online safety and etiquette; helping our participants further their understanding of what can be considered antisocial or criminal online behaviour (e.g. bullying, harassment and nonconsensual sharing of others' personal information).

When appropriate, CashBack also provided a judgement-free space for participants to discuss anti-social acts they had previously been involved in. These included underage drinking, substance misuse and trespassing in unsafe buildings. These disclosures were then reframed to shape conversations regarding respect, self-care, community and safety. For example, staff in North Ayrshire facilitated positive discussions regarding the risks associated with substance misuse. This helped participants recognise the negative effects these behaviours can have on their physical and mental wellbeing. Following these conversations, one participant stated: "I will stay away from these kinds of things and use art as something else to keep me entertained." Overall, 118 participants reported a positive change in their behaviour, including reduced risk-taking, following CashBack.

Behavioural changes facilitated through safe spaces: Reframing Social Impact and Tackling Boredom

Principally, CashBack looked to combat adolescent antisocial behaviour by tackling boredom and mobilising creativity through art-based workshops. These weekly sessions provide young people with a sense of routine and structure; alongside a safe space to spend their free time and explore their artistic potential.

CashBack also worked to prevent anti-social behaviour by reframing participants' perception of their local area. In North Ayrshire, participants engaged in a focus group to help design murals being constructed in Irvine; giving our young people a voice within their community. Also, this session created opportunities for staff to facilitate conversations regarding the importance of preserving public spaces. Participants identified issues with their local area and considered how public art could help improve their community (e.g. bringing colour and deterring vandalism). This also helped our participants consider how they could personally improve their local area and prevent neighbourhood degradation (e.g. avoiding vandalism).

ENGAGEMENT AS A BRIDGE TO COMMUNITY INVOLVEMENT: VOLUNTEERING AND COMMUNITY REGENERATION

CashBack participants were also given opportunities to become active citizens in their local area: deterring antisocial acts by encouraging community engagement. For example, participants in Edinburgh partnered with Lothian Council park rangers to volunteer at community litter-picking initiatives in Holyrood Park. This partnership also enabled Edinburgh participants to learn more about the animals and plants growing in their local parks. Thereby, allowing these young people to strengthen their ties to their community, while enacting positive change within their environment. Overall, CashBack participants completed 124 recorded hours of volunteer work.

Meanwhile, participants in Glasgow took part in a sustainably project, melting and regenerating discarded plastic into sculptures and keyrings. As part of these sessions, staff held discussion regarding the global climate crisis and motivated participants to think critically about ways to make their local area cleaner and greener (e.g. using less single-use plastic, avoiding dropping litter and recycling).

Conclusion

Overall, CashBack helped deter youth antisocial behaviour by encouraging creativity, tackling boredom and strengthening our participants ties to their community. We also encouraged our young people to take responsibility for their social impact by supporting them to consider the effects antisocial behaviour can have on their own and others' wellbeing.



"I would like to come back, it gives me something to do rather than sit at home on my Xbox all day." - Participant

"Through CashBack I have been able to make friends easily for the first time ever, which is really nice." - Participant

OUTCOME 2: YOUNG PEOPLE PARTICIPATE IN ACTIVITY WHICH IMPROVES THEIR LEARNING, EMPLOYABILITY AND EMPLOYMENT OPTIONS (POSITIVE DESTINATIONS)

Providing our young people with accessible opportunities to enhance their learning, employability and future employment was an integral part of our programme delivery. Participants were given numerous, diverse opportunities to develop their confidence and skills through academic accreditations, creative activities and resource signposting.

Quantitative Indicators: Participant Outcomes

***Measured by number of participants (% of total cohort)**

Relevant Indicator	year 3	Cumulative
Young people gain an accreditation for a new skill.	117 (84%)	364 (76%)
Young people's attendance at school improves.	89 (64%)	214 (44%)
Young people gain employment / a modern apprenticeship or volunteer / undertake work experience.	15 (11%)	99 (21%)
Young people gain college / university placement.	21 (15%)	53 (11%)



"I normally wouldn't like to go out on walks and be in the community but I really enjoyed the walk we did and would do it again" - Participant



"[Impact Arts Staff] identified a college course they thought suited me. I have applied for the course and now have an interview! I would never have done any of this without CashBack." – Participant

Creativity as a tool for achievement: Accredited Qualifications

As a key component of our projects, participants were supported to complete a Qualifications Scotland employability accreditation, typically at Level 3 or 4. This helped boost our participants' life chances by strengthening their CV and allowing them to develop a range of soft skills. Inclusion is at the heart of the Impact Arts mission; therefore, ensuring these more standardised elements of the project remained person-centred was essential. For example, translation support was provided for New Scots learning English as a second language and portfolio transcription was provided for sight-impaired participants. This year, 117 participants gained a Qualifications Scotland accreditation with us.

In North Ayrshire, participants accredited work was used to assist their progression towards further study and employment. As part of their Level 3 Communications work, participants were given opportunities to analyse a job advert, write a personal statement and participate in a mock college interview. This helped our young people consolidate their communication skills prior to college applications, while improving their understanding of what is expected within professional settings. Following completion of this unit, numerous North Ayrshire participants progressed onto further education: studying courses including art and design, photography and game design.

In Edinburgh, participants were enrolled on a day-course, facilitated by an external training provider, to achieve a First Aid qualification. This course helped our participants develop vital life-saving skills, alongside gaining a key CV strengthening certificate. Additionally, Edinburgh participants were supported to complete the John Muir Award for environmental engagement, where appropriate.

Engagement as a bridge to resource access: College and Community Progressions.

Participants were also supported to explore positive future pathways through appropriate resource signposting and improved access to local support services. For example, guest speakers from local colleges were invited to our workshops to discuss accessible entry pathways. While scheduled visits from Skills Development Scotland officers allowed participants to receive tailored, one-to-one progression support.

Participants also received support from Wellbeing and Opportunities staff to complete college applications. This included appropriate course identification, personal statement support, interview preparation work and providing access to digital technology. This year alone, 21 participants progressed onto further education.

Engagement as a preventative tool and early intervention method: Working with Schools.

Building relationships with local teachers enabled us to deliver CashBack within high schools, working with pupils at risk of disengagement. This enabled our project to reach at-risk young people before their total withdrawal from education. "The young people have given glowing reviews, I can really see why you are called Impact Arts. I would love it if you could continue partnering with us." – Teacher (Garnock Community Campus).

Overall, 89 of the young people we worked with this year experienced improved attendance at school, helping surpass our three-year target by 30%. This improvement ranged from attending more classes, to some participants making a complete return to school following a period of full disengagement. "'X* is enjoying school a lot and is very happy, thanks again for helping her.'" – Parent (North Ayrshire).

Conclusion

Overall, our participants were supported to build key employment skills, gain qualifications and explore positive progression pathways. These opportunities not only allowed them to take positive next steps but also develop a more optimistic outlook on their future. By making learning and resources accessible, Impact Arts helped participants to consider the possibility their future could be positive and successful. "I think the project was helpful to my personal growth and was a nice environment to strengthen my creative abilities." – Participant (Glasgow).

'He doesn't have any friends. He finds it really hard to gel with people, the only friends he has are the friends he has made here.' -Participants parent



OUTCOME 3: YOUNG PEOPLE'S HEALTH, MENTAL HEALTH AND WELLBEING IMPROVES

CashBack worked to support our participants to become healthier and happier individuals. This outcome was achieved through promoting positive behaviours, which optimise physical and mental wellbeing; alongside providing participants with a positive space to build friendships and chat through any difficulties they may be experiencing. We also used creative activities to help our participants regulate their emotions and build a range of non-maladaptive coping skills.

QUANTITATIVE INDICATORS: PARTICIPANT OUTCOMES

***MEASURED BY NUMBER OF PARTICIPANTS (% OF TOTAL COHORT)**

Relevant Indicator	year 3	Cumulative
Young people report an increase in feelings against SHANARRI indicators.	123 (88%)	360 (75%)
Young people report their mental health has improved and they have a more positive outlook on life.	115 (83%)	393 (82%)
Young people report their confidence has increased.	124 (89%)	398 (83%)
Young people report feeling more resilient.	121 (87%)	395 (82%)

"Increased Patrick's understanding of individuals on the Autistic spectrum and he formed friendships with some of the other students at the Project." - Participant's parent





"During impact arts I enjoyed getting back into art. I also enjoyed learning more about myself."

-Participant



Emotional processing facilitated through safe spaces: Wellbeing Monitoring

As part of CashBack delivery, participants were offered routine one-to-one check-ins with Wellbeing and Opportunities staff. These conversations allowed key concerns to be identified and responded to via the appropriate safeguarding channels, ensuring our young people remained safe. Additionally, these conversations also provided participants with a judgement-free outlet to discuss their worries, mental health and future hopes. This helped our participants to feel listened to and taken seriously, after many had previously felt ignored by other services. Overall, 88% of participants saw an increase in their SHANARRI indicators, and a further 89% reported feeling more confident following their time at CashBack. "Thank you so much this has been so much help and I feel lots better" - Participant (North Ayrshire).

Engagement promotes relationship building and social inclusion: Peer Relationship Development

CashBack also provided participants with opportunities to meet like-minded individuals, build friendships and engage in collaborative artmaking. Building these peer connections was incredibly beneficial to our young people, many of whom were socially isolated. For example, participants in Glasgow worked together on a 'Drawing of the Day' doodle-board over ten-weeks. This activity allowed participants to build their confidence working collaboratively, while also encouraging our young people to talk to each other and share ideas. "I made some friends during the course: they're funny, kind and supportive" - Participant (Glasgow).

Furthermore, CashBack participants across all local authority areas, built friendships and reported feeling an increased sense of community. Some of our participants made friendship bracelets together, while others had fun creating group hand-print paintings. Overall, 113 participants reported a heightened sense of belonging after attending CashBack. "I am really glad my young person has stuck with the programme and made a group of friends as she usually struggles with this. She talks about them all the time." - Participant (North Ayrshire).

Creativity as a tool for enhanced wellbeing: Health Optimisation and Therapeutic Activities.

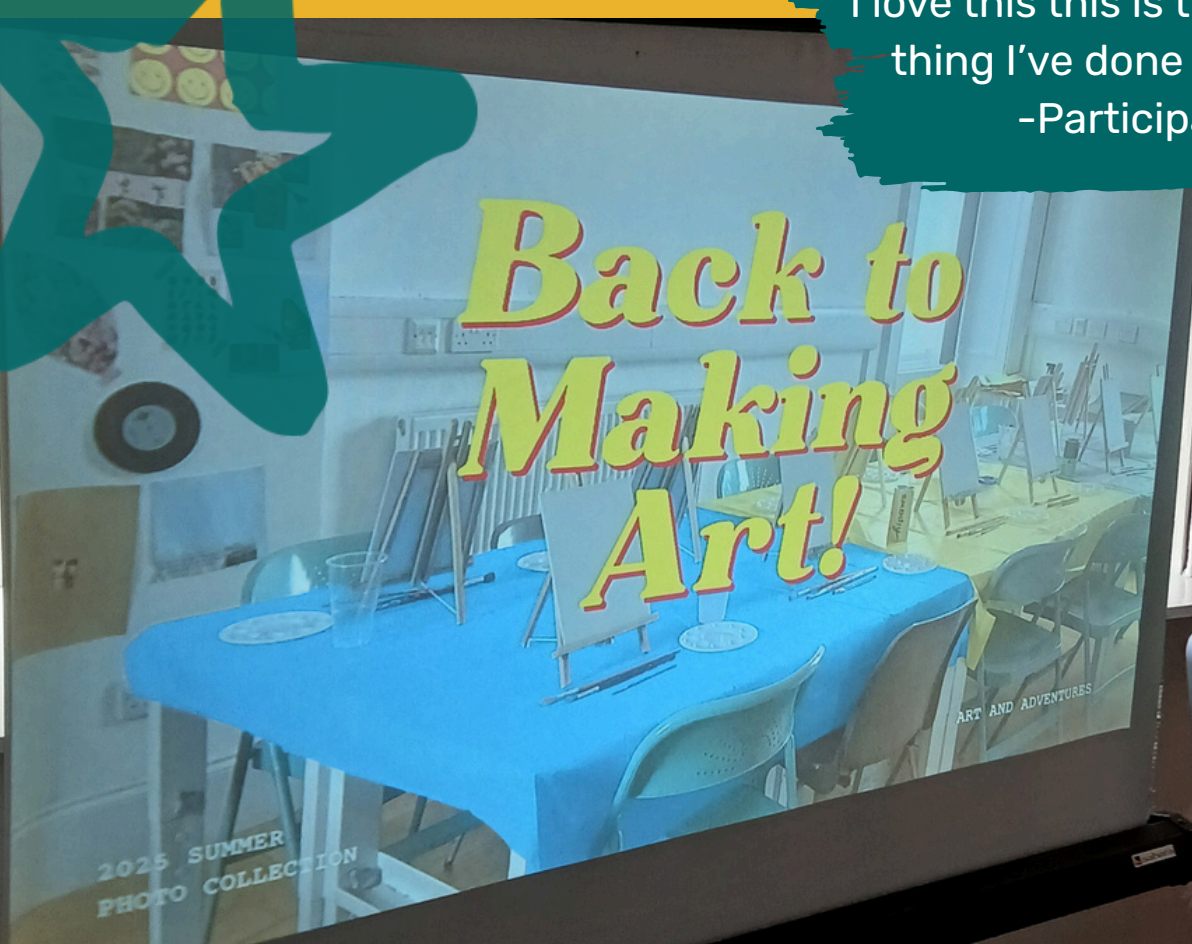
Our CashBack workshops looked to promote health and wellbeing. Each project was allocated a participant expenses budget, to ensure healthy food and drink options were available to participants. This helped guarantee our young people had access to cost-free nourishing food throughout the day. We also offered food parcels for participants to take home if required. This was a crucial provision as 41% of our participants belonged to the lowest SIMD 20.

Additionally, many staff incorporated therapeutic activities into their creative delivery to encourage emotional regulation and mindfulness. For example, participants in North Ayrshire were led through a bilateral drawing class which sought to slow down the mind and encourage calmness. Also, participants in North Lanarkshire were encouraged to take part in reflective writing activities, helping them to express and process their thoughts on paper. Overall, 121 participants reported feeling more resilient after CashBack; allowing us to surpass our three-year target by 20%.

Conclusion

CashBack helped improve participants wellbeing by reducing social isolation, fostering friendships and encouraging emotional processing. Creative staff also tapped into the therapeutic elements of art to encourage relaxation and improved mental clarity. Additionally, providing necessities like food and toiletries ensured our participants were able to look after their health whilst at CashBack; which in turn, has direct psychological benefits.

"I love this this is the most fun thing I've done in years."
-Participant



Back to Making Art!

2025 SUMMER
PHOTO COLLECTION

ART AND ADVENTURES

OUTCOME 4: YOUNG PEOPLE CONTRIBUTE POSITIVELY TO THEIR COMMUNITIES

CashBack looked to improve participants' perceptions of their communities, alongside supporting them to feel more socially connected. We also looked to improve our participants' self-worth and sense of achievement by providing them with opportunities engage in positive community projects.

QUANTITATIVE INDICATORS: PARTICIPANT OUTCOMES

***MEASURED BY NUMBER OF PARTICIPANTS (% OF TOTAL COHORT)**

Relevant Indicator	year 3	Cumulative
Young people report a heightened sense of belonging to a community.	113 (81%)	325 (68%)
Young people report feeling their community contributions (e.g. links with their community and social interactions) are improving	108 (78%)	305 (63%)
Number of hours of volunteering contributed by participants.	124 (hours)	413 (hours)

"I'm very grateful for impact arts last year, it helped me with a lot of things. I speak with the friends I made most days" - Participant





"The tutors were very welcoming.

I felt accommodated and cared for, I learned a lot from them and I appreciate their guidance." - Participant

Engagement promotes relationship building and social inclusion: Intergenerational Links

CashBack provided participants with opportunities to engage with external community groups they normally wouldn't interact with. For example, CashBack participants engaged in an intergenerational project with Edinburgh's Craft Café: a creative group led by Impact Arts within a retirement community. As part of this collaboration, Edinburgh participants submitted colourful designs to Craft Café's festive card competition. These cards were then scanned, printed and sold to raise funds for charity.

Additionally, in North Ayrshire participants were taken on a community walk with Irvine's Stroll with It walking group. On this walk, participants joined elderly community members travelling along Irvine's river path; while hearing stories about the town's shipbuilding and literary history shared by the walk leader. These stories facilitated conversations between our participants and older members of the walking group. For example, elderly walkers shared personal anecdotes of shops and bridges which used to exist in Irvine, giving our participants insight into how the town has changed over time. Many members of the walking group expressed how beneficial these conversations were in enhancing their perception of local young people. Therefore, allowing our participants to implicitly shift negative preconceptions of young people in their area simply by being themselves. This was also great for building our participants' confidence, many of whom found it challenging to speak to new people. Overall, 113 participants (81%) reported feeling a heightened sense of belonging within their community following CashBack.

Engagement as a bridge to community involvement: Collaboration with Partner Organisations

As part of CashBack, participants were taken on multiple heritage-related trips. These allowed our young people to gain a better understanding of local heritage and helped them to think critically about preserving local wildlife and history. Facilitating these trips often required collaborating with partner organisations, who often provided tours of local heritage sites for our participants. For example, our young people in Edinburgh visited Edinburgh Castle, our North Ayrshire group attended a tour of Irvine Maritime Museum and North Lanarkshire participants explored Motherwell Heritage Centre.

Additionally, Glasgow participants were invited to take part a wider collaboration with The Hunterian Museum and Art Gallery, partially facilitated through MGS Match Funding. As part of this collaboration, The Hunterian Visitor Engagement and Learning team asked our Glasgow participants to act as consultants in their long-term redevelopment plan. This redevelopment aimed to make the Hunterian more accessible and attractive to young people from all backgrounds. As collaborators, participants shared their responses to the Hunterian collections; alongside their views regarding potential barriers which could prevent young people from engaging with the heritage on display. Participants were also asked to create expressive artworks reflecting their visits to the museum. These artistic creations included a group tapestry, which was shared with the museum's curation and leadership team. "My favourite day was going to the Hunterian. I liked using items for reference and drawing them" – Participant (Glasgow).

Conclusion

Overall, CashBack encouraged community engagement in several ways. Firstly, this project allowed our young people to engage with local heritage accessibly; and play an active role in shaping how this information is shared with other community groups. Participants were also given opportunities to engage with elderly members of their communities, helping elevate loneliness in both groups; alongside implicitly improving public perceptions of local youths.

"I'm welling up hearing about how [this participant] has opened up to you and the team. I've been working with them for years and it's a credit to your organisation they felt comfortable confiding in you" – Guidance Teacher and referrer of participant



OUTCOME 5: YOUNG PEOPLE BUILD THEIR PERSONAL SKILLS, RESILIENCE, AND BENEFIT FROM STRENGTHENED SUPPORT NETWORKS AND REDUCE RISK TAKING BEHAVIOUR

CashBack aimed to help participants build key self-care and self-regulation skills: to allow our young people to live happier, safer and more stable lives. We also aimed to equip our participants with the appropriate resources, support and coping strategies; to ensure they each felt they had somewhere to turn, and the ability to cope, should they require guidance or feel at-risk.

QUANTITATIVE INDICATORS: PARTICIPANT OUTCOMES *MEASURED BY NUMBER OF PARTICIPANTS (% OF TOTAL COHORT)

Relevant Indicator	year 3	Cumulative
Young people report feeling more resilient.	121 (87%)	395 (82%)
Young people report having more positive support networks (including improved relationships with family, friends and mentors).	110 (79%)	340 (71%)
Young people report increased access to appropriate services.	101 (73%)	247 (51%)
Young people report positive changes in their behaviour (e.g. reduced risk taking/ better ability to make positive choices).	118 (85%)	273 (57%)



"I never thought on my first day I'd be capable of speaking to anyone here, but I did and it felt good."
-Participant



Engagement as an intervention method and bridge to resource access: Safeguarding and Resource Signposting

As highlighted, each CashBack project followed comprehensive and standardised participant safeguarding protocols. This involved passing all identified risks or concerns to the appropriate internal and external child and vulnerable adult protection bodies. As part of our safeguarding follow-up process, we sometimes made referrals to other NHS and third-sector support services for our young people, when appropriate and required. Alongside this, we signposted our participants to relevant in-person and digital resources based on their identified needs. We also supported our young people to advocate for their needs when engaging with external service providers (e.g. helping a young person navigate a temporary housing application in North Ayrshire). Also in North Ayrshire, Impact Arts staff were able to make a counselling referral for a young person at Megan's Space Charity. This was hugely significant as this young person's family had been trying to access support for a long time with limited success. Her mum stated: "I can't thank you enough! I am so grateful for your help, I've been trying my best to get X the support she needs, but it's so difficult to get to the right people. You all do such wonderful work and families like ours are so lucky to have you".

Creativity as a tool for achievement and enhanced wellbeing: Skills Development

Additionally, our participants were supported to build and consolidate soft skills; which helped improve their self-esteem and confidence. For example, participants in Edinburgh took part in a CV-building workshop, which involved providing each other with peer feedback. Alongside increasing their employability, this activity encouraged our young people to vocalise their opinions constructively and accept feedback, helping foster resilience and adaptability. "I loved the peaceful and inclusive atmosphere celebrating the diverse interests and skills of the neurodivergent folk involved. Continuing to utilise my creativity and writing skills has been most beneficial for me" – Participant (Edinburgh).

In North Lanarkshire, staff used story-telling themes to encourage participants to develop resilience-boosting skills: such as emotion identification and self-expression. For example, participants were encouraged to make storyboards; which provided them with a new and creative way to process their emotions, share their thoughts and receive feedback in a way which feels safe. "I've enjoyed drawing, people looking at my artwork and giving me positive feedback" – Participant (North Lanarkshire).

Emotional processing and behavioural changes facilitated through safe spaces: Encouraging Self-Care

Alongside building skills and resilience, CashBack also looked to encourage participants to keep themselves safe and avoid risk-taking behaviours. Therefore, creative staff often showed participants way to utilise art as a form of self-regulation: encouraging the use of creativity as a healthy coping strategy. In North Ayrshire, staff showed a participant struggling with panic and overwhelm how to use painting as a grounding strategy and emotional outlet in times of distress (e.g. using a large piece of paper and covering it with big, bold strokes of paint). This enabled this participant to use colour and creativity to de-escalate intense emotions which had in the past led to dangerous self-harm behaviours.

Conclusion

CashBack supported participants to refine their creative and cognitive skills; which in turn, led to them developing greater confidence and resilience. These skills included: responsiveness to feedback, self-advocacy and emotional processing. Additionally, CashBack also supported young people to build a set of self-regulation skills which they can refer to and utilise in times of stress.

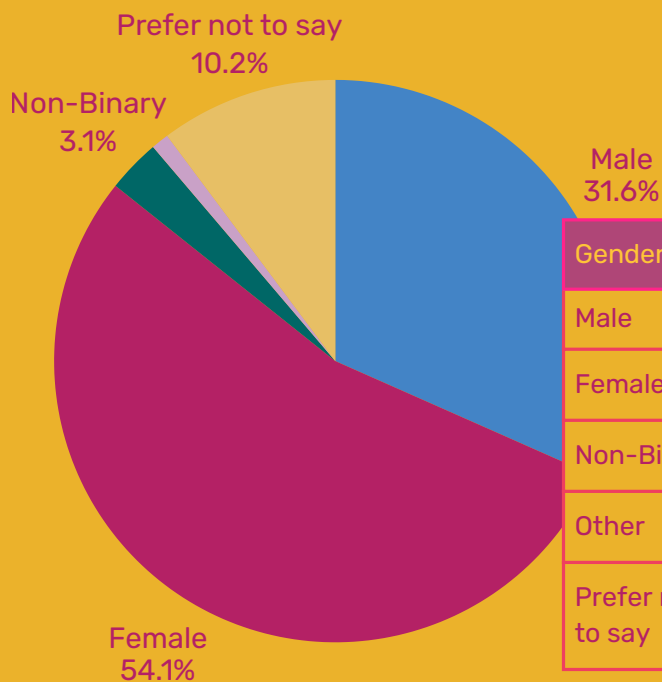
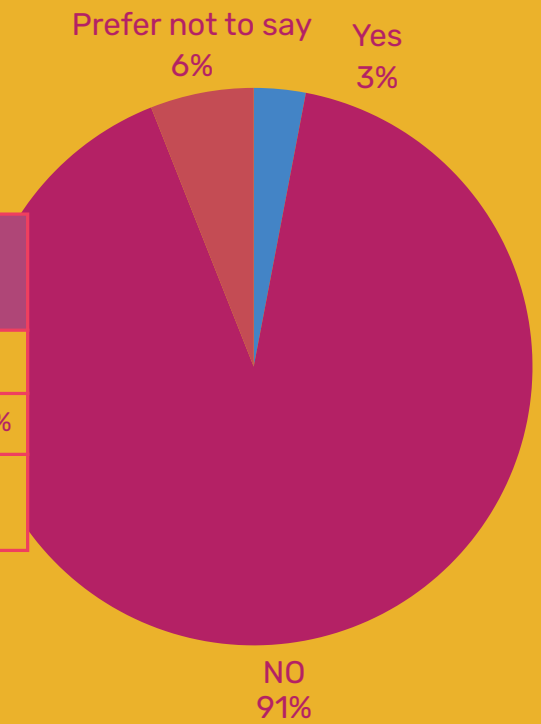
"I loved the peaceful and inclusive atmosphere and felt very passionate about seeing and celebrating the diverse interests and skills of the neurodivergent folk involved. Continuing to utilize my creativity and writing skills has been most beneficial for me." -Participant



"The project was really fun and I liked it a lot. The only thing I would change is that it should last longer" - Participant

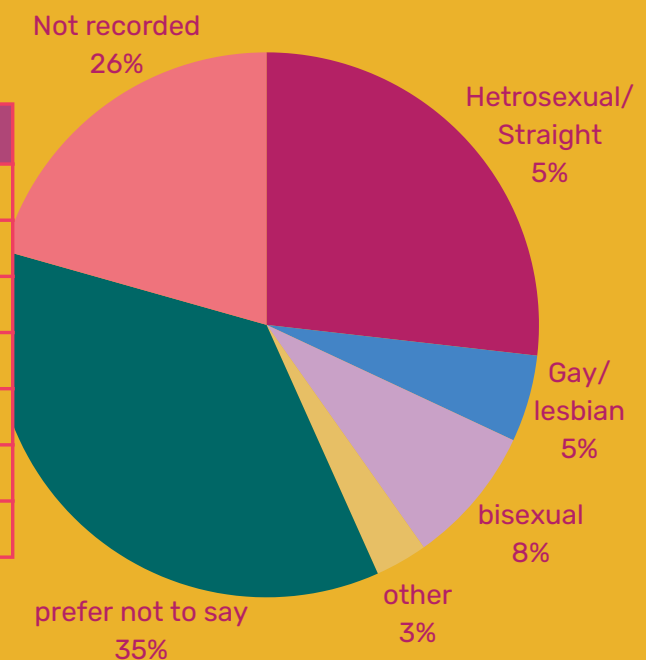
EQUALITY DIVERSITY & INCLUSION

Trans Status	Year1	Year2	Year3	Total	%
Yes	3	8	4	15	3%
No	177	145	116	438	91%
Prefer not to say	0	8	19	27	6%



Gender	Year 1	Year 2	Year 3	Total	%
Male	51	54	42	147	31%
Female	95	87	73	255	53%
Non-Binary	5	7	3	15	3%
Other	4	0	2	6	1%
Prefer not to say	16	13	19	48	10%

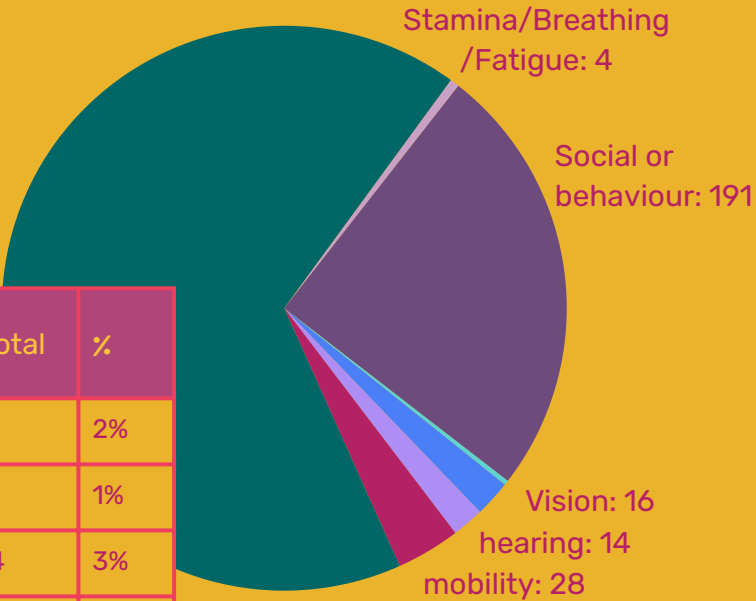
Sexuality	Year1	Year2	Year3	Total	%
Hetrosexual/ Straight	46	46	33	125	26%
Gay/ Lesbian	8	7	10	25	5%
Bisexual	13	13	12	38	8%
Other	1	12	3	16	3%
Dont know	10	0	11	21	4%
Prefer not to say	43	83	41	167	35%
Not recordeed	69	0	29	98	20%



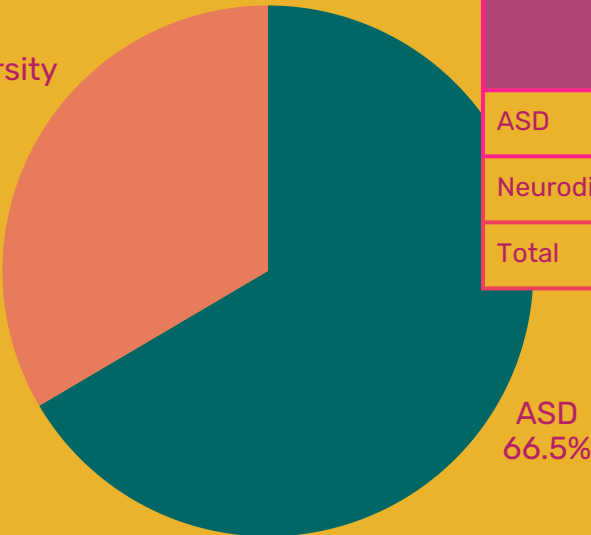
EQUALITY DIVERSITY & INCLUSION

Learning(including neurological conditions): 512

Disability Category, where declared	Year1	Year2	Year3	Total	%
Vision	3	3	2	8	2%
Hearing	2	3	2	7	1%
Mobility	3	10	1	14	3%
Dexterity		0	0	0	-
Learning(including neurological conditions)	136	53	67	256	53%
Memory		0	0	0	0%
Stamina/Breathing/Fatigue		0	2	2	0%
Social or behaviour	42	19	34	95	20%
Other	2	2	11	15	3%
Prefer not to say	1	0	0	1	0%
Total	189	90	119	398	83%
Total participants with disability	67	78	86	231	48%

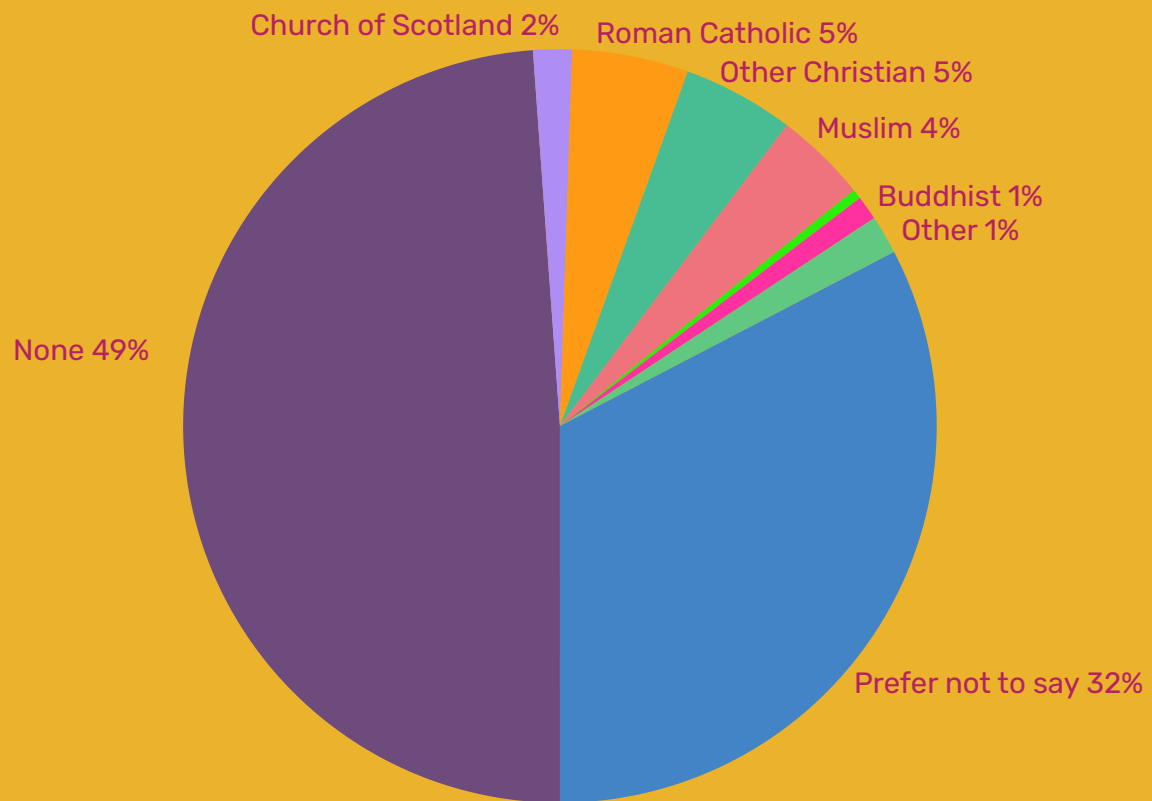


Neurodiversity
33.5%



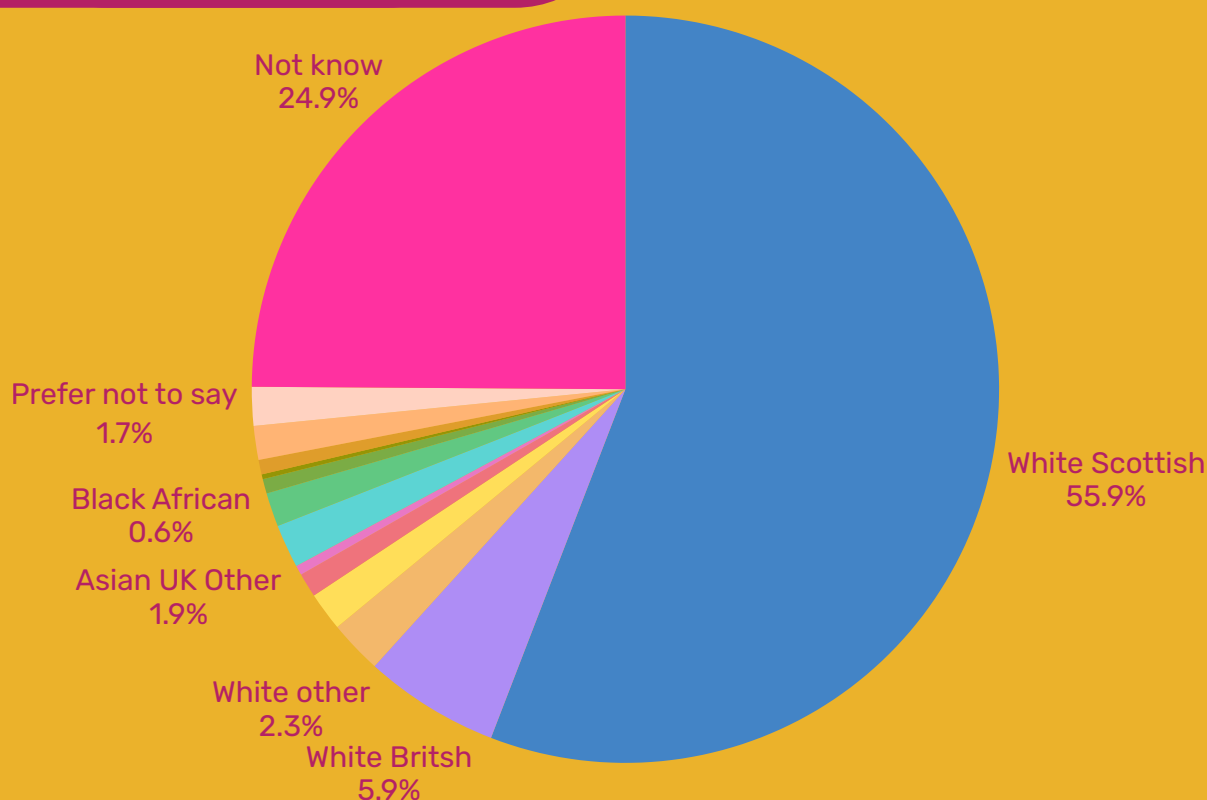
	Year1	Year2	Year3	Total	%
ASD	41	48	66	155	32%
Neurodiversity	29	37	12	78	16%
Total	70	85	78	233	48%

EQUALITY DIVERSITY & INCLUSION



religion	Year1	Year2	Year3	Total	%
None	67	68	100	235	49%
Church of Scotland	1	1	6	8	2%
Roman Catholic	9	9	6	24	5%
Other Christian	9	9	5	23	5%
Muslim	6	6	7	19	4%
Hindu	1	1	0	2	0%
Buddhist	2	2	1	5	1%
Sikh	0	0	0	0	0%
Jewish	0	0	0	0	0%
Pagan	0	0	0	0	0%
Other	3	2	3	8	2%
Prefer not to say	83	63	11	157	33%

EQUALITY DIVERSITY & INCLUSION



Ethnicity	Year1	Year2	Year3	Total	%
White Scottish	103	84	80	267	56%
White Northern Irish	0	1	0	1	0%
White British	13	9	6	28	6%
White Other	6	2	3	11	2%
Mixed Ethnic Background	1	3	4	8	2%
Asian UK Indian	0	1	0	1	0%
Asian UK Pakistani	4	1	0	1	0%
Asian UK Chinese	0	1	1	2	0%
Asian UK Other	0	2	7	9	2%
Black African Caribbean	0	5	2	7	1%
Black African	0	2	1	3	1%
Black Other	0	1	0	1	0%
Arab Scottish/Arab	0	2	1	3	1%
Other Ethnic Group	1	2	4	7	1%
Prefer not to say	2	3	3	8	2%
Not Know	51	41	27	119	25%

FUNDING SPEND

non staffing
project delivery
17.5%

management &
marketing
10%

Staffing
72.5%

Budget Heading	Spend 26/27	Total Phase 6 Spend	Awarded
Staffing	£141,846	£413,057	£413,057
Non-Staffing Project Delivery	£34,150	£99,495	£99,495
Management & Marketing	£419,555	£56,948	£56,948
	£195,551	£569,500	£569,500



LOCAL AUTHORITY SPEND



Local Authority	26/27 Total Spend
Glasgow	£64,918
Edinburgh	£47,841
Midlothian	£6354
East Dumbartonshire	£1531
North Lanarkshire	£9754
South Lanarkshire	£11,080
North Ayrshire	£51,327
West Lothian	£2746
TOTAL	£195,551





CASE STUDY



BACKGROUND

BR was referred to cashback by out of school services. In the past BR had 99.9% attendance at school for P1 – S5 and was a champion swimmer who engaged in various hobbies including sports and music. BR has autism and as he got older his heightened sensory levels started to present similarly to PTSD responses which impacted his mental health. Due to this impact BR stopped attending school and withdrew from swimming and all other activities. BR was described as extremely artistic and the referrer hoped BR could find a safe space to exercise his artistic side and feel safe to leave the house more and thrive.

PROGRESS

BR attended cashback everyday. For the first few days BR's mum attended and waited in the foyre for BR to spend breaks and lunch together. It also gave BR the opportunity to sit with a safe person if he became overwhelmed. The group visited the Huntarian museum during the second week of the programme, BR's mum decided it was best to bring BR herself and stay near the group however upon arrival BR stated he was fine and happily left his mum to join the group. During the visit BR was content and sat in front of a painting by Joan Eardley painting for 45minutes sketching the artwork.

After this BR's mum started reducing her length of time accompanying BR to Impact Arts. He was able to stay for the full days and spend lunch with the other young people in the foyer. When different trips were happening, BR's mum would take him to the venues in the morning before the trip to get him comfortable attending. On the second last day the group went bowling; BR did not need a pre-visit and travelled with the group.

BR took part in all activities and drawing games. There was one drawing game BR did not enjoy, but he communicated this with staff and still tried new drawing games. BR created lots of artwork and enjoyed trying out different art forms. He would wear gloves when working with clay to avoid discomfort. If BR felt overstimulated, he would walk around the room to regulate.





CASE STUDY



BR attended Street Level Photoworks and came back smiling, before it had been hard to tell if BR was enjoying activities but after this workshop, he began to show more joyfull emotions while attending and he was proud of all his artwork. While bowling, BR was cheering on other participants and was appeared relaxed.

BR completed an SQA Personal development: practical abilities SCQF 3 writing about his favorite Pixar mug he made using clay for his personal archive.

OUTCOME

BR attended every session of CashBack, he tried new artforms, visited new places and created lots of artwork. He made friends and was comfortable to be left alone at impact arts only being dropped off and picked up by his parents. BR was a big fan of films and would talk and share recommendations with the group.

BR attended the showcase with his dad and stepmum. The showcase was busy and noisy but he was able to get food and walk about by himself at the event.

BR's parents informed staff that BR was also becoming more comfortable outside of impact arts and was going to new places and trying more food.

BR was invited to continue on his development journey with CashBack for a little big longer, before looking for further progression with support from the Impact Arts team.

'I am going to miss this so much'

'My favourite day was going to the Hunterian. I liked using items for reference and drawing them.'

