CASHBACK 180

YEAR 3 REPORT

2025-2026



Youth Project

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YEAR 3 HIGHLIGHTS

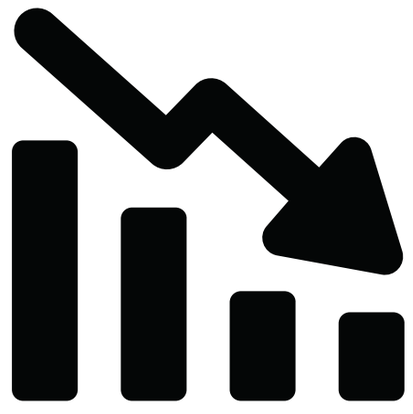
111

Young people engaged with supports



100

Participants reported a reduction in offending



83

Group work sessions delivered



121

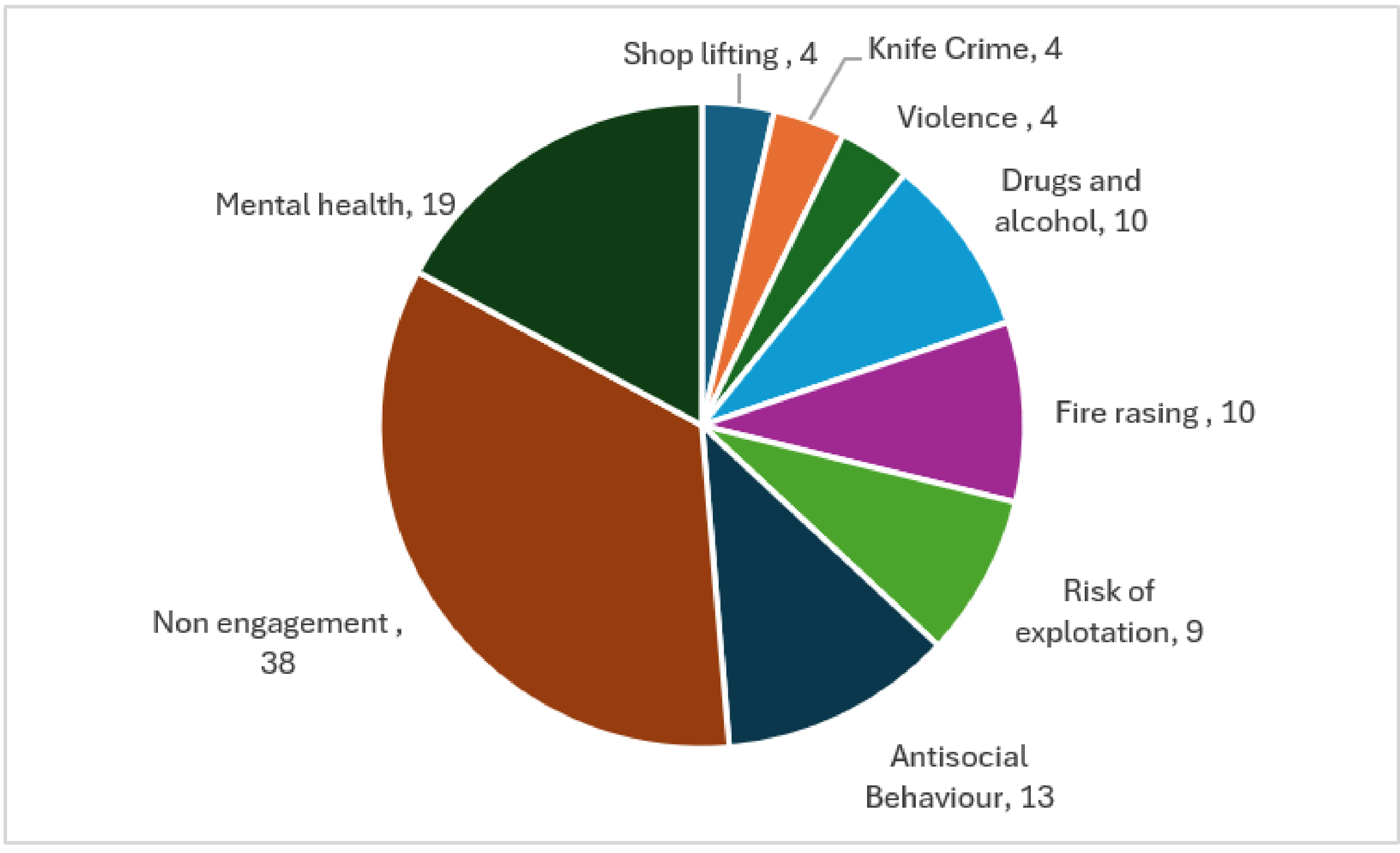
1:1 sessions delivered



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REASONS FOR REFERRAL

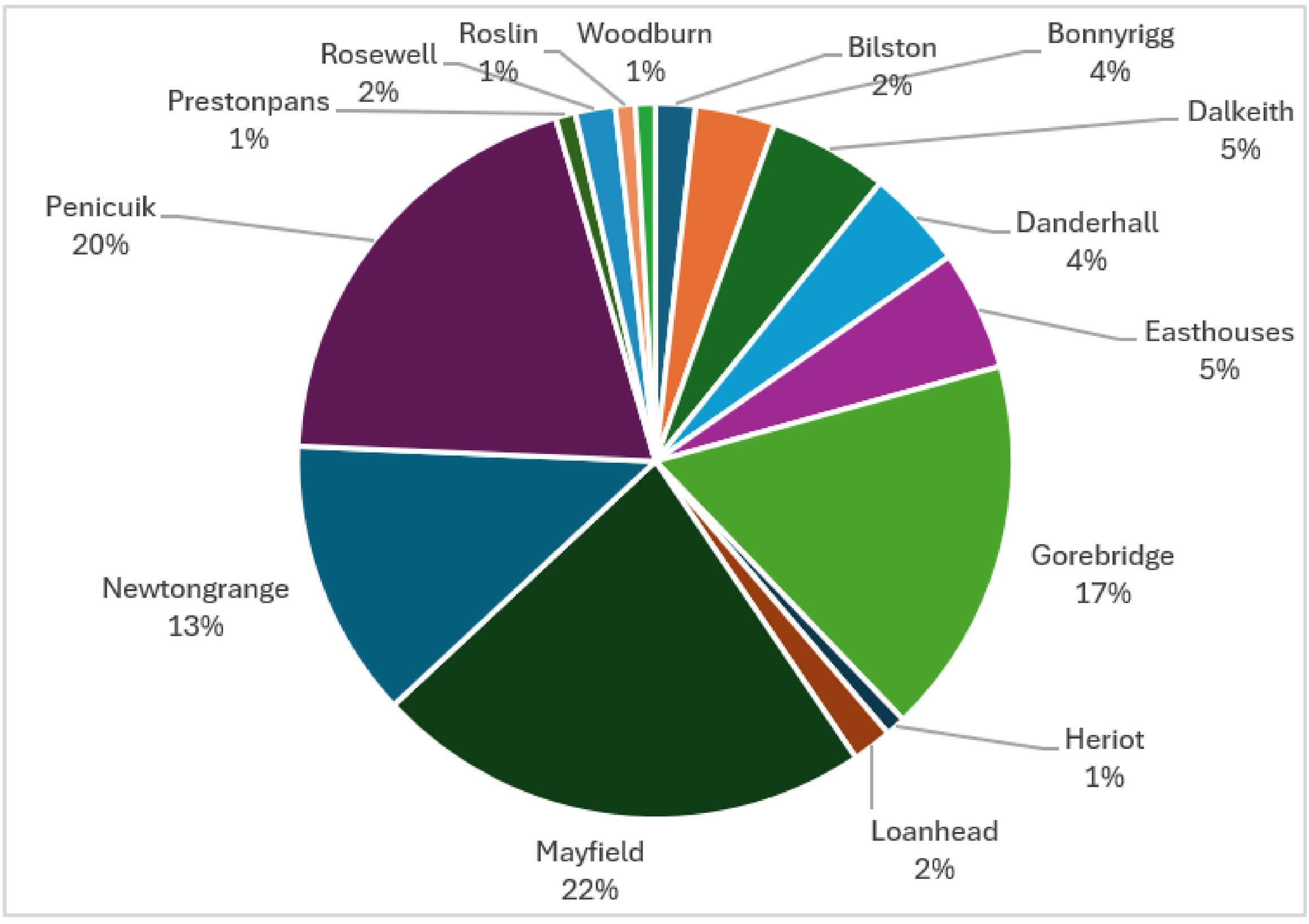
The CashBack 180 service supported 111 young people across Midlothian over the past year. These individuals were identified as either being involved in, or at risk of becoming involved in, risk-taking, offending, or antisocial behaviour. Referrals to the service were made for a wide range of reasons. The chart below illustrates the breakdown of referral reasons during Year 3.



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AREA BREAKDOWN

CashBack 180 has supported young people from across Midlothian, working in partnership with individuals and staff from six local high schools. The charts below provide a breakdown of participants by area.

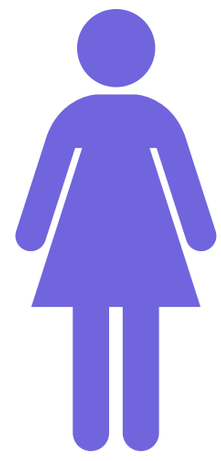


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PERSONAL CHARACTERISTICS YEAR 3

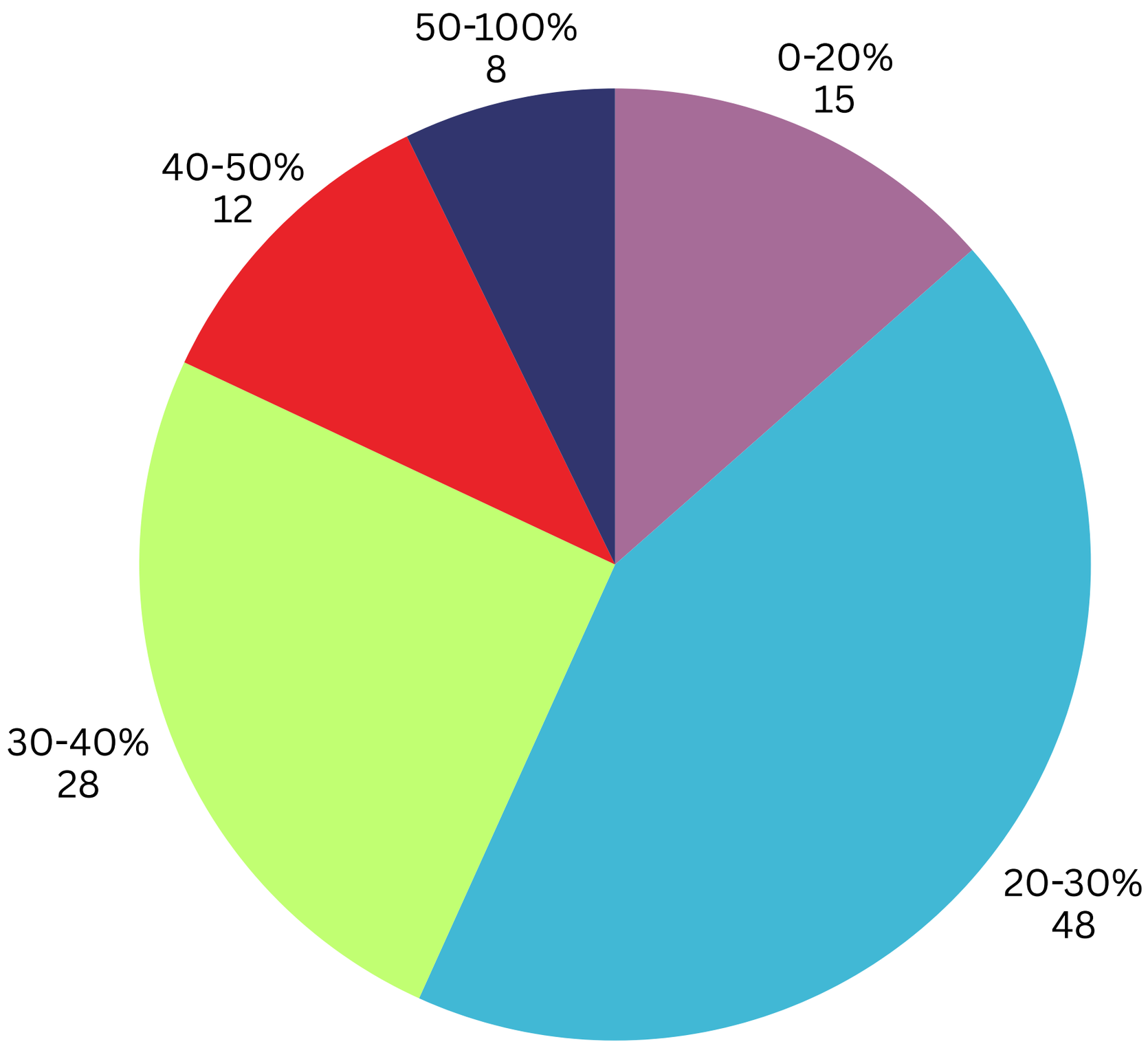
Gender

57 Males



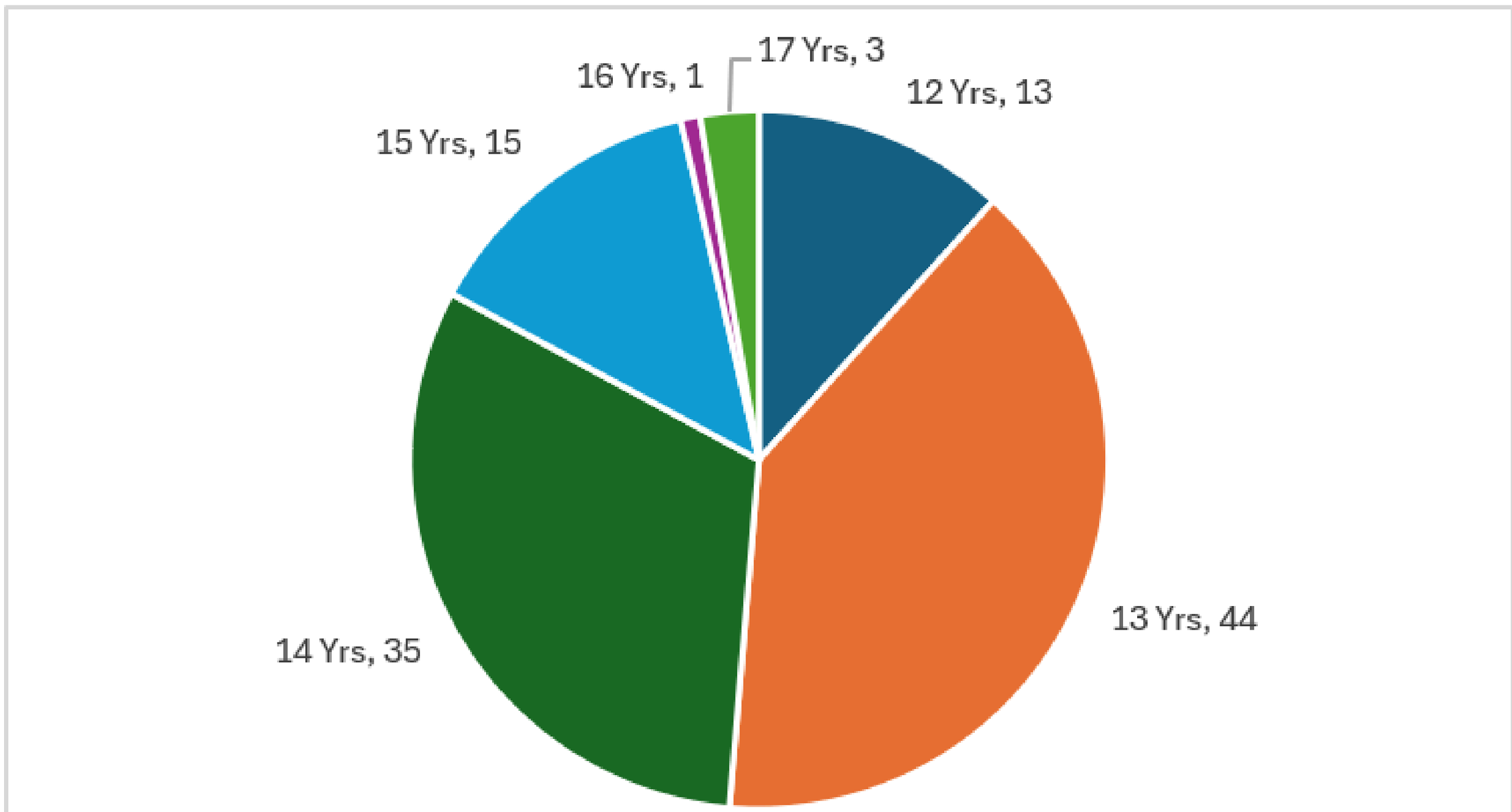
54 females

SIMD

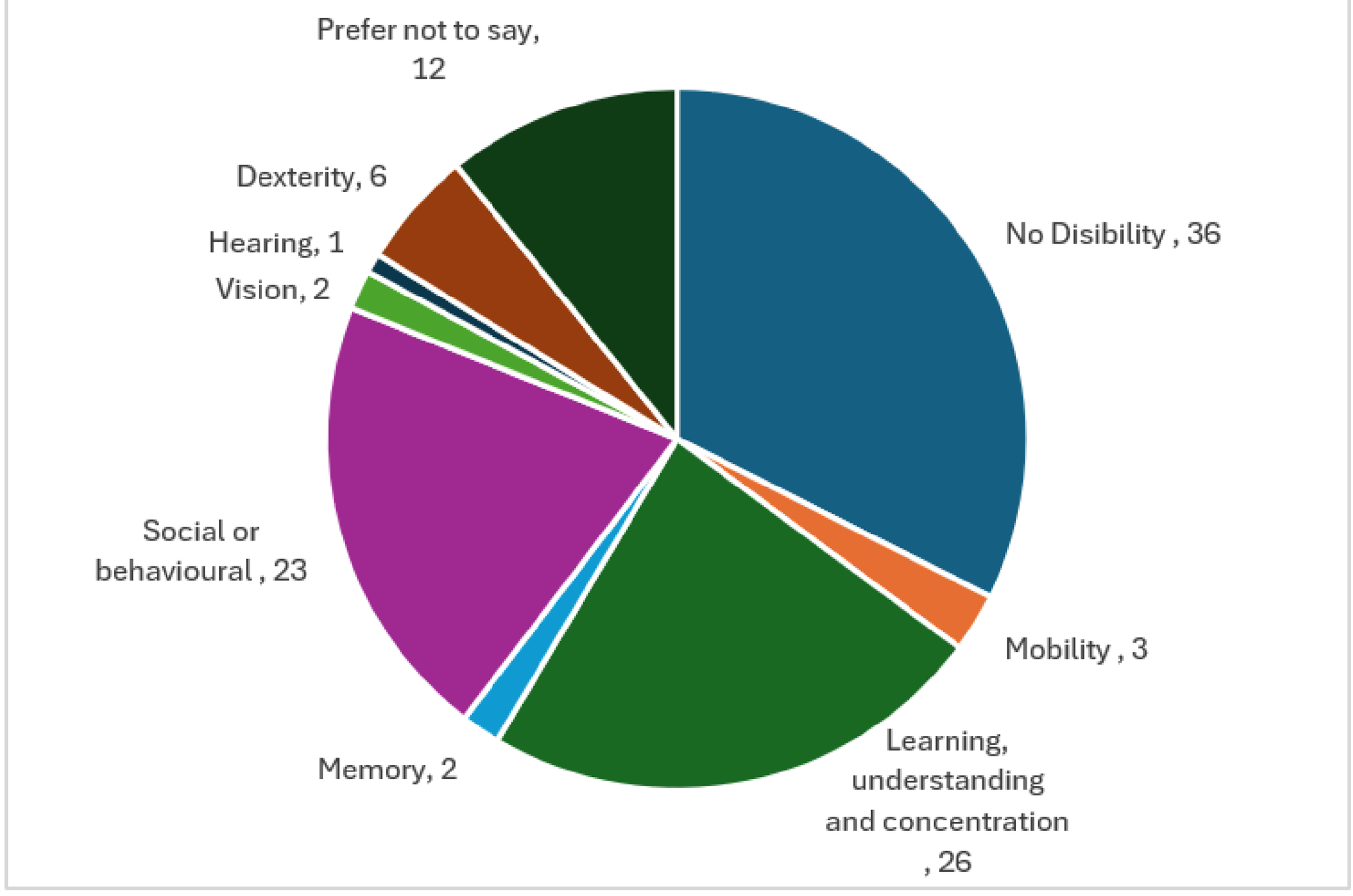


PERSONAL CHARACTERISTICS YEAR 3

Age



Disability



POSITIVE DESTINATIONS AND ACCREDITATION

49 Young people acheived accredited Dynamic Youth Awards



84 Young people reported improved educational attainment



85 Young people reported improved school attendance.



20 Young people took on volunteering roles



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COLLABORATIONS

Partnership working is an integral part of the CashBack 180 service. We collaborate with a wide range of organisations and services to deliver our programmes, strengthening young people's support networks and providing diverse opportunities for learning and development. We also receive referrals from local services and organisations, including schools and social work teams. Throughout all three years of Phase 6, Y2K staff and young people have benefited from training, opportunities, and funding provided by Youth Scotland through the CashBack programme.

We have also worked in partnership with Midlothian high schools, the Scottish Fire and Rescue Service, Police Scotland, Midlothian Council, Lothian Buses and have been members of Midlothians Community Alcohol Partnership.



Scottish Fire and Rescue Service

the coalfields regeneration trust

Police Scotland

youth Scotland

Midlothian

Lothian

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KPI'S

	25/26 actual	25/26 planned	% achieved	25/26 variance	Phase 6 to date actual	Phase 6 to date planned	% achieved	Phase 6 to date variance
Outcome 1 - Young people are diverted from antisocial, criminal behaviour and involvement with the criminal justice system								
Young people report that their own participation in antisocial and/or criminal behaviour has reduced	95	80	119%	15	291	196	148%	95
Young people report that they feel less inclined to participate in antisocial and/or criminal behaviour	95	80	119%	15	292	196	149%	96
Outcome 2 - Young people participate in activity which improves their learning, employability and employment options								
Young people gain an accreditation for a new skill	51	80	64%	-29	166	196	85%	-30
Young people report an improved relationship with their school	84	80	105%	4	247	196	126%	51
Young people's attendance at school improves	85	0	0	85	252	0	0	252
Progression outcomes after completion of the programme; the number of participants gaining/taking up:								
Modern Apprenticeship/Employment	0	4	0	-4	12	8	150%	4
Training/Work Experience	0	4	0	-4	5	8	63%	-3
College/University placement	1	0	0	1	14	0	0	14
Volunteering	20	20	100%	0	33	50	66%	-17
Outcome 3 - Young people's health, mental health and wellbeing improves								
Young people report an increase in feelings against SHANARRI indicators	110	80	138%	30	335	196	171%	139
Young people report their mental health has improved and they have a more positive outlook on life	108	80	135%	28	314	196	160%	118
Young people report they are more aware of the risks and impacts of harmful substance use	99	0	0	99	296	0	0	296
Young people report they are less inclined to engage in harmful drugs and/or alcohol use	97	80	121%	17	276	196	141%	80
Young people report their confidence has increased	106	80	133%	26	301	196	154%	105
Young people report evidence of participation in physical and sporting activities	88	0		88	265	0	0	265
Outcome 4 - Young people contribute positively to their communities								
Young people report their perception of their neighbourhood improves	100	80	125%	20	296	196	151%	100
Young people report a heightened sense of belonging to a community	92	80	115%	12	284	196	145%	88
Young people report feeling their contribution, links with communities and social interaction are improving	83	80	104%	3	261	196	133%	65
Young people report increased motivation to positively influence what happens in their community	25	0	0	25	171	0	0	171
Young people go on to volunteer, coach, mentor, support or take a leadership role in community organisations	20	0	0	20	77	0	0	77
Hours of volunteering contributed by participants	76	40	190%	36	836	100	836%	736
Community focused awards gained by participants	6	0	0	6	28			28
Outcome 5 - Young people build their personal skills, resilience, and benefit from strengthened support networks and reduce risk taking behaviour								
Young people report feeling more resilient	106	80	133%	26	310	196	158%	114
Young people report positive, supportive networks - including improved relationships with family, friends and peer mentors	95	80	119%	15	302	196	154%	106
Young people report increased access to appropriate services	100	80	125%	20	316	196	161%	120
Young people report positive changes in their behaviour	103	80	129%	23	310	196	158%	114

Due to the age range and individual needs of service users in this phase, it was not appropriate to focus on employability or training related outcomes. However, the project has remained highly effective in delivering all other outcomes. While performance was below target in areas linked to awards and employability, we have exceeded expectations across the majority of other outcome measures.

SCOTTISH GOVERNMENT POLICY AREAS

UNCRC

In the last year, our work to educate young people on their rights has continued to grow. Y2K took a lead role, alongside partners from Midlothian Council and the NHS, in organising a UNCRC professionals' event to share good practice on the work being delivered across the local authority to promote children's rights. This was a huge success.

The young people of Y2K also directed, produced, and starred in their own Sky News-style broadcast, where they shared their views on the UNCRC. The broadcast has since been showcased locally and at national UNCRC events. Our Childrens Rights and Wellbeing Impact Assessment has been reviewed annually and can be viewed on our website: https://youth2000project.com/policies-documents-2/



Fair Work Framework

At Mayfield and Easthouses Youth 2000 Project, we are committed to creating a positive and supportive working environment for all employees. As an accredited Living Wage employer, we ensure that every member of staff is paid at least the real Living Wage. We also place a strong emphasis on workforce development by offering a wide range of training and learning opportunities, both internally and through external providers.

Staff are encouraged to contribute ideas, feedback, and suggestions through regular team meetings, helping to shape and improve the service. Where possible, employees are supported to take forward areas of work that reflect their interests, skills, and professional aspirations.

To ensure staff feel supported in their roles, all employees receive regular supervision and support sessions with their line manager, alongside planned work review meetings to help manage priorities and workload effectively. As part of our wider commitment to employee wellbeing, staff also have access to the 360 Wellbeing app.

We strive to maintain an inclusive, respectful, and safe workplace where staff wellbeing and professional development are valued. The organisation has a zero-tolerance approach to bullying, harassment, and discrimination, and is committed to protecting the health, safety, and dignity of all employees.

Our full Fair Work statement can be viewed at https://youth2000project.com/policies-documents-2/

SCOTTISH GOVERNMENT POLICY AREAS

Net Zero

In the last year, we have continued to deliver a range of climate focused awareness sessions designed to encourage greater understanding of environmental issues and sustainable living. This has included opportunities for people to volunteer in our wellbeing garden, take part in environmentally focused workshops, and engage in activities that promote the benefits of spending time outdoors for both physical and mental wellbeing. Through these sessions, we have aimed to increase awareness of climate related issues while supporting healthier lifestyles and stronger connections with nature and the local community.





Best Start, Bright Futures

The CashBack 180 programme contributes to the aims of the Best Start, Best Futures policy by making sure young people can quickly access the right support at the right time. The service encourages young people to have a voice in matters that impact them, helping to build confidence, independence, and a stronger sense of involvement in their own development.

As part of our commitment to reducing the impact of poverty and food insecurity, all young people attending the service are offered a nutritious hot meal each day in a welcoming and respectful environment. We also provide access to a Health and Wellbeing Cupboard containing everyday essentials and hygiene products, available to any young person who may require additional support.



COMMUNICATIONS AND EVENTS

We regularly use our social media platforms to share updates and promote the work of CashBack 180 and our wider services. We also use our platforms to highlight opportunities available to local young people within their communities.





CASE STUDIES

CASE STUDY ONE

Before taking part in the CashBack 180 Programme, Kevin's life had started to move in a worrying direction. Previously, he had engaged well with school staff and had positive relationships at home, but over time his behaviour changed in ways that left the adults around him concerned. Weekends increasingly involved contact with the police, with incidents linked to drugs, alcohol, violence and illegal motorbike riding. What made this particularly difficult for both family and school was that the change seemed sudden. They could see that Kevin was no longer coping, but they did not yet understand why. At the route the risk taking behaviour was a young person struggling silently, and the choices he was making were beginning to affect not only his own safety, but also the wellbeing of those around him. Kevin was also becoming more disengaged from education, with low attendance and regular truancy, placing him at further risk of becoming isolated and disconnected from the people who cared about him. His referral for 1:1 support came at a critical time, when the behaviours others could see were becoming increasingly concerning.

At first, Kevin did not want support and in the early weeks, showed little interest in opening up. Instead of forcing conversations, his worker took the time to build trust slowly, using Kevin's interests and an informal, consistent approach to show that the support was there for him when he was ready. Over the weeks, Kevin began to let his guard down. He spoke about how difficult things had become for him emotionally and how his mental health and wellbeing were affecting the choices he was making. He disclosed that he had experienced a period of self harm and shared that he had felt unable to talk about his feelings, believing that as a boy he was expected to keep emotions hidden. For Kevin, sharing this was a significant turning point. Once he felt heard rather than judged, he began to engage well with supports. He started using mobile apps to track his thoughts and feelings and used weekly sessions to reflect on what he was experiencing. Gradually, Kevin began to recognise that the behaviours he had been using as an outlet were not giving him control, but were putting him, his family and his community at greater risk.

Kevin is now in a very different place. With the right support in place for his mental health and wellbeing, he has stopped engaging in the risk taking behaviours that once dominated his weekends and placed him at serious risk. He has developed healthier coping strategies, stronger self awareness and a much better understanding of how to respond when life feels difficult. He has built new friendships through going to the gym and is now spending time with peers who support more positive choices. He has also been able to reconnect with his interest in motorbikes in a safer and more constructive way by attending organised events with his dad and brother. This has allowed him to keep a strong part of his identity while reducing the harm that previously surrounded it.



CASE STUDY TWO

Before taking part in the CashBack 180 Programme, Becca's life had become shaped by instability, risk and disconnection. She was no longer engaging with school, had become distant from her family and was not connected to her wider community in any positive way. Instead, her weekends involved drinking alcohol, drug use and police involvement linked to assaults and knife crime. At home, unhealthy relationships created an environment where safety, trust and support were often missing. Without the care and consistency she needed, Becca turned increasingly to drugs, not only at weekends but during the week as well, using them to numb the thoughts, feelings and experiences she was dealing with. At the time she was referred to the CashBack 180 service, Becca was facing serious risks across different areas of her life. It became clear that the anger and risk taking behaviour was a result of feeling isolated and disconnected.

When Becca first started 1:1 support she attended regularly, engaged well and responded positively to having time set aside just for her. For a while, the sessions gave her a place where she could pause, reflect and begin to experience support that felt consistent. However, this progress was disrupted when she entered a unhealthy relationship. As that relationship began to affect her choices and confidence, Becca's engagement with support changed. She became less enthusiastic, more withdrawn and eventually stopped attending her sessions altogether. Despite this, time continued to be held for Becca each week, sending a clear message that the support remained available whenever she was ready. That consistency mattered as Becca randomly returned to a session and spoke openly about how she was feeling and what she had been living through. From there, she started to re-engage with her 1:1 sessions, as well as open access groups and alternative school groups at Y2K. As her attendance increased, so did her confidence and she began to show positive progress and improved self esteem.

Becca is now in a very different place from where she was when she first joined the CashBack 180 project at Y2K. She has developed a stronger understanding of herself, clearer boundaries and a much greater awareness of the behaviours she will no longer accept from the people around her. She also shared that she now felt less isolated and found somewhere she felt she could be herself. She has re-engaged with school and is now working towards qualifications in Maths and English, rebuilding her confidence in education. She has also been offered a place at college to study Beauty Therapy, giving her a positive destination linked to her interests and ambitions. Alongside this, Becca has distanced herself from those who were having a harmful impact on her life and has accessed support for her drug use, which she has now stopped.



FINANCES

The Year 3 budget was fully utilised in line with projected expenditure, with all funding allocated and spent within Midlothian. The breakdown below outlines the actual expenditure across each quarter of the reporting period.

	Performance (£)			
The Figures				
	Actual			Actual Year 1-3
Project Activity	**YEAR 1**	**YEAR 2**	**YEAR 3**	
1 x Full Time Project Co-ordinator @ 35 hrs per wk	34,346	35,377	36,438	106,161
1 x Full Time Project Worker @ 35 hrs per wk	24,840	25,587	26,082	76,509
1 x Part Time Project Worker @ 35 hrs per wk	10,790	11,113	11,718	33,621
Data Analyst @ 12 hrs per wk	12,570	12,947	13,335	38,852
Staff Training and Travel	400	400	400	1,200
Resources and Materials (incl cost of Awards)	400	400	400	1,200
Activities (Young People)	350	350	350	1,050
Total Project Activity	**83,697**	**86,174**	**88,723**	**258,594**
	Actual			**Actual Year 1-3**
Other Project Costs	**YEAR 1**	**YEAR 2**	**YEAR 3**	
Management and Marketing	8,400	8,647	8,902	25,949
Total Other Project Costs	**8,400**	**8,647**	**8,902**	**25,949**
Actual Totals	**92,097**	**94,821**	**97,625**	**284,543**

LEGACY AND IMPACT

Over the three years of the CashBack Phase 6 programme, the project has supported 366 young people who were involved in, or at risk of becoming involved in, offending behaviour, risk taking and antisocial behaviour. Through consistent engagement, trusted relationships, and targeted support, the service has helped young people make safer and more positive choices while improving their confidence, wellbeing, and future opportunities.

The project has become a highly valued and respected service within Midlothian, recognised for its unique approach and strong track record of supporting some of the area's most vulnerable young people. Throughout the programme, the service has achieved a wide range of positive outcomes for young people, helping them build resilience, develop new skills, strengthen relationships, and engage more positively with their communities.

The success and impact of Phase 6 has enabled the organisation to secure a further three years of CashBack for Communities funding as a Phase 7 delivery partner. This continued investment reflects the strength of the project's delivery, the positive outcomes achieved, and the ongoing need for this type of support within local communities.

Over the next three years, the project will continue to focus on supporting young people who face the greatest barriers and challenges, helping them make positive changes and work towards brighter futures. A key priority will also be the provision of safe, welcoming, and accessible spaces at the times when young people need support most, ensuring they have access to trusted adults, positive activities, and meaningful opportunities within their communities.



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