



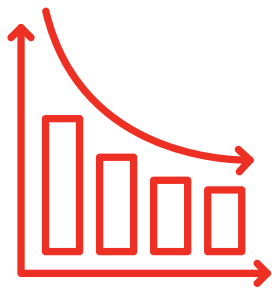
CashBack 180 Year 2 Report

2021/2022

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96 Young people to date have engaged with supports.



64 participants reported a reduction in their involvement in offending/anti social behaviour

65 Group work sessions delivered

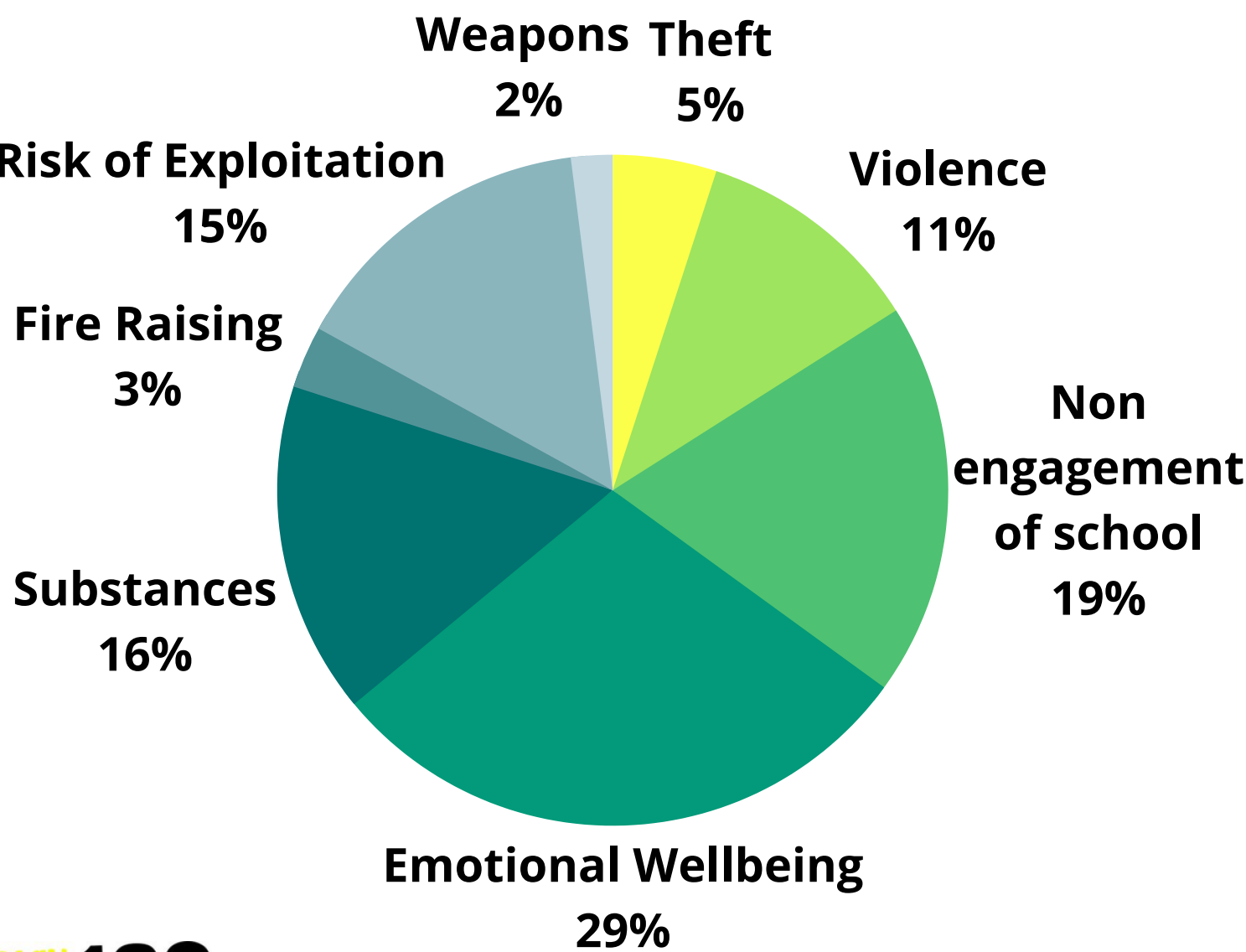


145 1:1 sessions delivered

"About our young people"

Over the last year the CashBack 180 service has supported 96 individual young people across Midlothian, who had been identified as at risk of or already involved in offending, anti social and risk taking behaviours. Young people were referred to the service for a diverse range of reasons, the chart below provides a detailed breakdown:

Referral Reasons

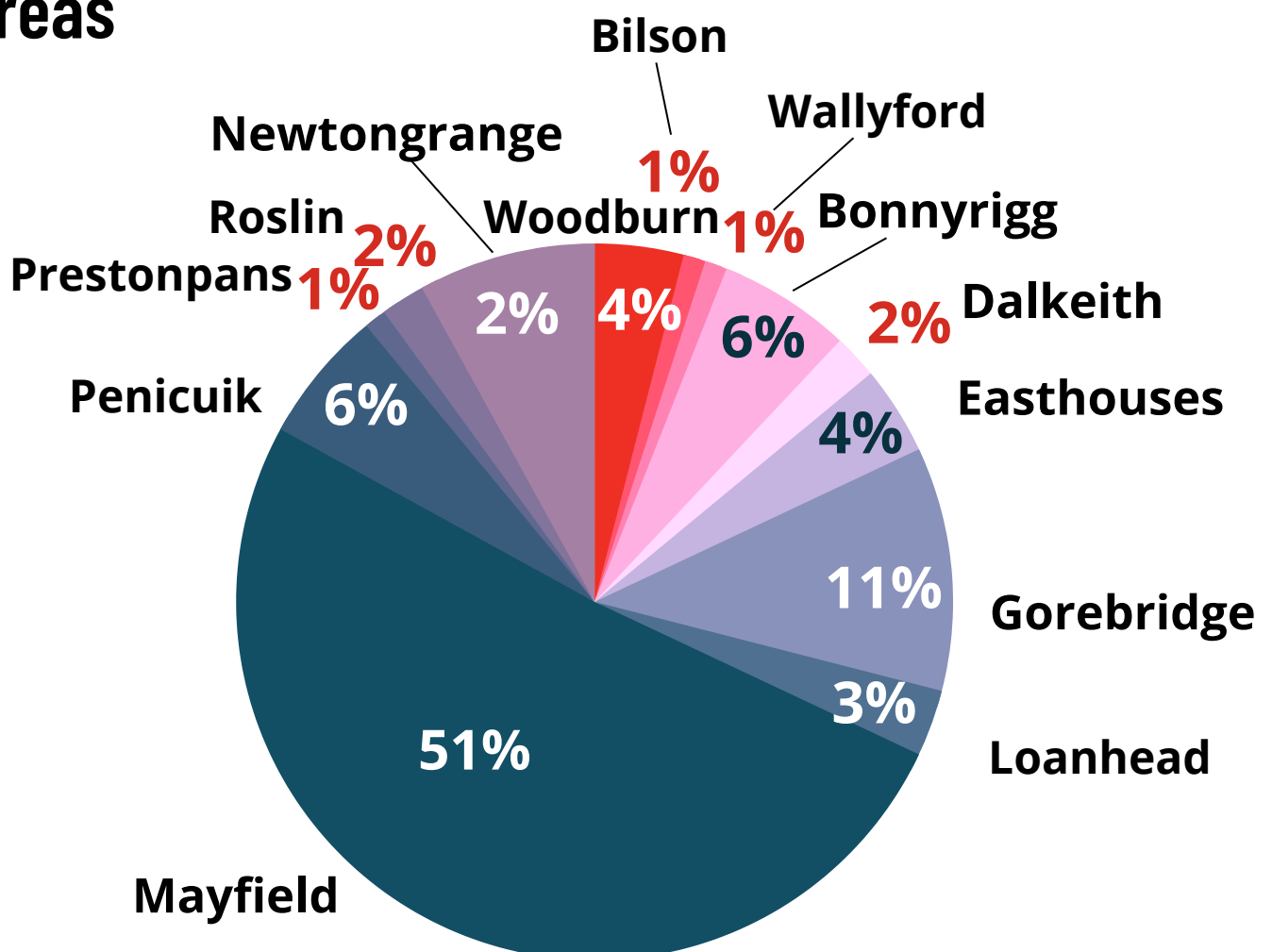


More about our young people

This year we have worked with young people from six Midlothian secondary schools: Newbattle, St Davids, Dalkeith, Beeslack, Lasswade and Penicuik. Our supports and programmes were delivered during school times, within the school building and Y2K youth project, and were factored into the young peoples daily timetables. For those who were school refusers or where the young person had left school, supports were arranged at times appropriate to them and were delivered at Y2K or within the community.


In year two, the CashBack 180 service has delivered supports to young people living across Midlothian. Please see a breakdown below:

Areas




Service User Feedback

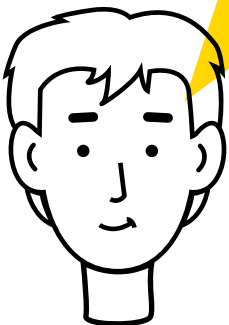
The most important voices are those of our service users. We are committed to involving young people in planning and development processes to ensure our service continues to meet their needs and wishes. We ensure that young people are central to the decision-making effecting their lives and futures and that they are aware of their rights. We have received extremely positive feedback from young people who have accessed the service.



I have learned to control my anger a lot so I am not putting holes in my door anymore. I now feel more confident to try things I like to do.



I am getting on so much better at school now and I give advice to my pals using what I have found out from taking part in 1:1's



I want to be a youth worker now because of the support I have had from this service.

Personal Characteristics

Gender

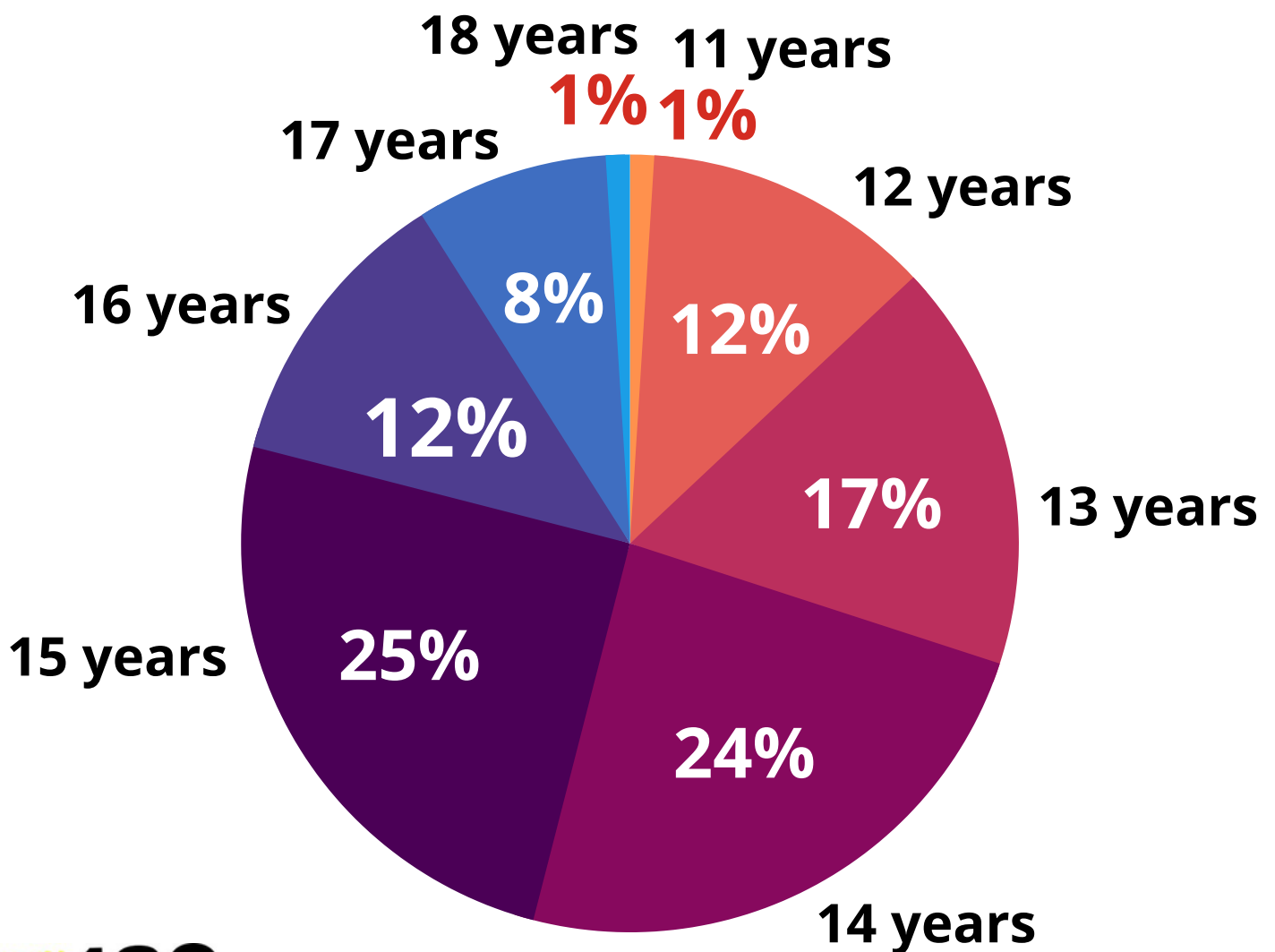


56%
Male



44%
Female

Age



Positive destinations and accreditations

All CashBack 180 service users over the year have been actively encouraged and supported to explore the next steps in their individual journey. Young people were supported to set their own goals and targets which ranged from re-engaging with school, moving on to college or further training and volunteering. A breakdown of positive destinations achieved over this reporting period is as follows:

66 young people reported improved school attendance

59 young people reported improved educational attainment

3 young people secured employment

5 young people completed voluntary work, within Y2K and the community

58 young people achieved accredited Dynamic Youth Awards



Collaborations

To meet the needs of our young people, we work with a range of partners within statutory and third sector organisations. This collaborative approach to the delivery of the CashBack 180 services, has resulted in improved relationships between young people and police as well as increased support networks. Young people have expressed that they enjoy inputs into our programmes from our partners as it provides them with well balanced information as well as keeping our programmes of support interesting and enjoyable. Over the last year we have worked with the following partners:

- Youth Scotland
- Police Scotland
- The Fire and Rescue Service
- Health in Mind
- Midlothian Council
- MyPas



Outcome 1: Young people build their capacity and confidence

Indicator	Actual
Young people report their confidence increasing	77
Young people feel able to do new things	85
Young people feel more resilient	79
Other stakeholders report increases of confidence in young people	94%
Young people report positive supportive networks	78
Young people report positive changes in their behaviour	63
Other stakeholders report perceived positive changes in the behaviour of young people	89%

Outcome 2: YP develop their personal and physical skills.

YP will gain accreditation for learning and skills development	58
Young people report their skills are increasing	70
Other stakeholders report skills increasing	91%

Outcome 3: YP's health and wellbeing improves.

Young people improve wellbeing against SHANARRI indicators	85
Other stakeholders report perceived increases in SHANARRI indicators among young people	97%

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

Young people progress to a positive destination	74
Young people will improve school attendance	66
Young people will improve school attainment	59
Positive destination breakdown, young people progress to: Employment	3
Further Education (including remaining/returning to school)	65
Training	1
Volunteering	5

Outcome 5: YP contribute positively to their communities.

YP taking on a volunteering role	6
Number of hours of volunteering by YP	147
Number of community focused awards gained by participants	3
Young people feel their contribution, links with communities and social interaction are improving	71
Other stakeholders perceive that young people's contribution, links and social interaction are improving	94%
Participants' perception of neighbourhood improves	72
Participants have a heightened sense of belonging to a community	64
Participants have increased motivation to positively influence what happens in their community	50

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

Reported anti-social behaviour and/or criminal behaviour may reduce in area concerned	75
YP report own participation in anti-social and/or criminal behaviour has reduced	64
YP feel less inclined to participate in anti-social and/or criminal behaviour	74

Case Study One

Time for change

CashBack 180 is delivered by Mayfield and Easthouses Youth 2000 Project (Y2K). It provides one-to-one and group support for young people across Midlothian. Young People have an opportunity to develop valuable skills and learn about making positive life choices.

In this case study, a group of young men from Newbattle High School tell us about why they chose to engage with Y2K and what they have learned through their participation.



Like other people in the school that you hear their stories and what they've done when they've been drunk or they've been in a fight and when you see them in school you just wouldn't expect that, and I reckon there are other people who could come to this and get the same understanding.

A chance to change

CashBack 180 was viewed by the young men and trusted adults at school as an opportunity for change. They were encouraged to engage with the programme and recognised that their choices and behaviour leading up to their engagement with Y2K was not acceptable.



I got charged by the police for assault back in December, and the school thought it would be best for me to come here to help make sure I wouldn't do it again.



My behaviour in school, and in class, it was pretty disgusting, just being stupid and mucking about.



I came along because of my attendance, it's not good, skipping school and stuff, usually a couple times a week.



I just wanted the chance to turn my behaviour around.

Expectations and experience of CashBack 180

The young men described initial scepticism about what to expect during the programme. However, everyone in the group enjoyed their experiences with CashBack 180 and engaged with sessions that made them stop and think.

"I thought honestly it was going to be some pish about how I need to turn it around or I've got nae future, but it's not been like that at all."

"The session on alcohol gave us another perspective on drinking, the dangers, like this could happen, that could happen kinda thing. You just don't think about it."

"The thing where there was like gangsters telling their stories and how they went down the wrong path of drugs and alcohol, gets you thinking, well I don't want my life to turn out like that."



Making change

The opportunity to discuss, share and reflect on past behaviour and choices, and the chance to think about actions and consequences has led to the young men making positive change.

"As much as I can still be a bit of a **ick, it has helped me to think about my actions, and understand my actions and the consequences"

"It's made me think about the consequences before I di something bad. It's helped me to think twice and try to stop myself from doing something."

“ I'm not skipping school as much, it's helped me realise that I'm just losing out on education.

“ I think some of my teachers will have noticed an improvement in class.

“ It made me realise how easy it is to hurt someone that badly, and that quickly, just a few punches, especially when I'm a lot bigger than a lot of people my age.

A place for frank conversation

The group also reflected on how it was easier to talk about sensitive subjects and be completely open with Y2K staff, rather than with teachers.

"It's better than trying to do this sort of thing in PSE. [Y2K staff] are easier to talk to and they understand it better."

“ I wouldn't have shared as much as I've spoken about or about the things that I have done with any of the teachers. So I can talk to [Y2K staff] about something I've done, I realise it's been stupid and I see that now, and talking it through with them means it doesn't need to keep getting brought up.



Risky business - preventing the escalation of harmful behaviour

Fiona McDonald, Head of House at Newbattle High School, explains why the support provided by CashBack 180 is so important for the school, why the delivery model works, and positive changes she has seen in the young people.



Because of the risk, I think we felt that the group itself was just at risk of somebody getting really hurt. And when they reach that point, that's always when Y2K comes into our head, where there is a risk of something, either dangerous or detrimental happening to these young people.

Case Study Two

Time for change

The tailored group work offered by CashBack 180 provides effective, engaging support for students to get their behaviours in school and the wider community back on track.

Risky behaviour outside of school and disruptive behaviour inside school led to staff identifying the need for Y2K to deliver group-based support to a group of friends.



They are a friendship group, so we decided to target them as a friendship group, because they had been involved in a number of issues, primarily in the community, but just after school, and if not, you know, direct perpetrators of violence, certainly on the periphery of it.



There was a real difficulty in engaging the group and having discussions around making more positive choices. And because Y2K have such brilliant relationships and a great standing in the community, the idea was if we could bring them together as a friendship group, in a really safe environment to have open discussions about kind of risky behaviours to see if we could see that positively in the community.

Clear improvements in behaviour, maturity and engagement

Since their participation in CashBack 180, teachers have found the group more open to constructive conversations and have observed improved attitudes and behaviour in school.

“We’ve seen a reduction in the silly behaviour in the corridors, and I think that’s largely down to them. I think the group take a lot of pride in the programme that they’ve gone through, I think they took a lot out of it, I think they have matured as a result. And therefore we do have more positive conversations with them. - Fiona McDonald

Y2K’s support is highly valued at Newbattle High School. CashBack 180 staff are respected for their ability to quickly forge trusted relationships with students, their knowledge of challenges and issues in the local community, and for offering a safe environment that supports young people to have open and honest conversations.

“I think that the way that they’re able to really positively engage the young people and almost develop more of a compassionate sense around some of these issues, that that’s the thing that makes the difference there.”

Why the CashBack delivery model works

Y2K’s support is highly valuable at Newbattle High School. CashBack 180 staff are respected for their ability to quickly forge trusted relationships with students, their knowledge of challenges and issues in local communities and offering a safe environment that supports young people to have to open and honest conversations.

"I think that the way they are're able to really positively engage the young people and almost develop more of a compassionate sense around some of these issues, that's the thing that makes the difference there." - Fiona, McDonald

"As soon as one programme finishes, we endeavour to run another one. And it's very much about identifying a friendship group, a particular issue that we want to target. And Y2K work with us on that. Y2K has already been in touch with me about a group they'd like to run in August because of situations that the community is aware of. So it is very much a rolling programme here at Newbattle."



“I think in the school, they’re sort of viewed as trustworthy adults who pupils can have, I think, really safe conversations about difficult topics. Y2K just have such a strength in building those relationships from the get go. So yeah, it’s just so valuable to us. I couldn’t really overstate that. - Fiona McDonald

The Figures

Project Activity	Performance (£)		
	Actual	Target	Variance
1 x Full Time Project Leader @ 35 hrs per wk	28,488	28,118	-370
1 x Full Time Project Worker @ 35 hrs per wk	22,102	22,698	596
Activities (Young People)	20	0	-20
Volunteer Expenses	453	576	123
Staff Training and Travel	557	375	-182
Resources and Materials (incl cost pf Awards)	932	569	-363
Total Project Activity	52,551	52,336	-215

Other Project Costs	Performance (£)		
	Actual	Target	Variance
Management and Marketing	4,736	4,736	-0
External Evaluation	2,664	2,125	-539
Total Other Projects Costs	7,400	6,861	-539
Total Expenditure	59,951	59,197	-754



A Word from The Lines Between

Following a challenging first year of programme delivery where COVID 19 restricted Y2K's access to schools and hampered their ability to engage with young people, the second year has been a success. Demand for CashBack 180 has continually increased, reflecting the growing support needs among young people and the growing awareness and reputation of Y2K across schools and statutory services in Midlothian.

Overall, CashBack 180 is performing strongly against intended outcomes, exceeding all targets in each outcome category. Considering that the CashBack 180 project engages with young people at most risk of disengagement with education or involvement with the criminal justice system, the performance demonstrates the quality and effectiveness of the support provided; and its significance for the young people who participate.

A significant enabler of this is the ability of Y2K staff to quickly develop trusting relationships with young people and provide an environment where they feel safe and able to discuss things openly and honestly.

Y2K are in a strong position as they move into the 3rd year of CashBack 180 delivery with the support offer well established across Midlothian. Staff are confident that they will meet their targets for the number of young people supported across the three years of the programme and expect to meet or exceed outcome targets.

A potential challenge for CashBack 180 is likely to be increasing demand for the support they provide, particularly when combined with the growing complexity of support needs among young people, which often involves further action and activity beyond that funded through the Cashback for Communities programme.

Over the next year, we aim to continue working with our partners and our young service users, to identify those who would most benefit from the supports on offer through the CashBack 180 service. In our final year of this funding period we will carry out our own consultations with young people to support us to develop and explore options for expansion of the service in response to identified needs.

Year two, has been a positive period for us and as a result of our ability to respond and use creative approaches to the increased needs as a result of the Covid crisis, we were able to quickly and effectively return to face to face delivery of our services. Our positive and established relationships with young people and partners made this a smooth process, however the needs had increased significantly.

We are now looking forward to our third year delivering what has quickly become a much valued and relied upon service for young people within Midlothian, providing bespoke and person centred supports, helping to prevent young people from involvement in criminal and risky behaviours and respond to identified needs in the community.

