

CASHBACK FOR CHANGE

ANNUAL REPORT 2022/23



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NB: All names and identities of participants have been removed or changed throughout this report to protect their identity.

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EXECUTIVE SUMMARY

The following is a summary of the key outcomes and achievements of the CashBack for Change program delivered by YDance and Glass in 2022/23. The program aimed to empower young people, enhance their skills, improve their health and well-being, and promote positive community engagement. The report provides an overview of the actual engagement and progress made in each outcome area, as well as the accomplishments against specific indicators.

Regarding the overall participation, our initial target aimed to involve **375** young people in the program. However, we exceeded expectations by successfully engaging a total of **611** individuals in 22/23. This remarkable outcome highlights the significant interest and demand among young people for for this project, indicating a strong level of engagement and enthusiasm within the target audience.

The data and examples provided in this report highlight the positive impact of our dance and theatre interventions on the confidence, skills, well-being, attainment, and behaviour of the young participants. The program has effectively contributed to their personal development and enhanced their prospects for positive futures. We are proud of the achievements made and remain committed to continuing this impactful work in the future.



INTRODUCTION

About YDance

YDance (Scottish Youth Dance) is the award-winning national dance organisation for children and young people in Scotland. Working through key partnerships in education, culture, health, and sport, we provide high-quality dance experiences across four main areas of work - Participation, Education, Talent Development and Sector Development.

About Glass

GLASS Performance is an international award-winning theatre company that gives voice to unheard stories told by everyday people. Founded and led by Jess Thorpe & Tashi Gore - authors of *A Beginner's Guide to Devising Theatre*.



INTRODUCTION

About the Project

CashBack for Change uses dance and drama to positively influence those 10-21 year olds that are most at risk of anti-social behaviours or entering the criminal justice system. The project is led by **YDance** in partnership with **Glass Performance**.

There are three strands to the programme:



HMYOI Polmont

Weekly dance and drama sessions in partnership with Barnardo's and the Scottish Prison Service.

YDance run Polmont Youth Dance Company as well as the Extend qualifications programme, while Glass Performance run Polmont Youth Theatre and the Theatre Lab programme. Participants are welcomed to HMYOI Polmont's Performing Arts Space to learn dance and theatre techniques, improve their physical fitness, increase their skills and gain accredited awards and qualifications.

Alternative Education

Our outreach programme targets young people in alternative schools or secure accommodation through weekly dance sessions that encourage young people to express themselves in a safe environment with some participants gaining an SQA Personal Achievement Award or Award in Dance Leadership (Sports Leaders).

Community Diversions

Through community outreach sessions, YDance artists deliver dance sessions in a range of communities across Scotland. The activities are designed to remove barriers to access, by making dance sessions safe and accessible whilst building confidence, communication, coordination and commitment in participants. This strand also contains access to achieving awards and qualifications and working on performance elements that engage with families and wider communities.

PROGRAM DELIVERY

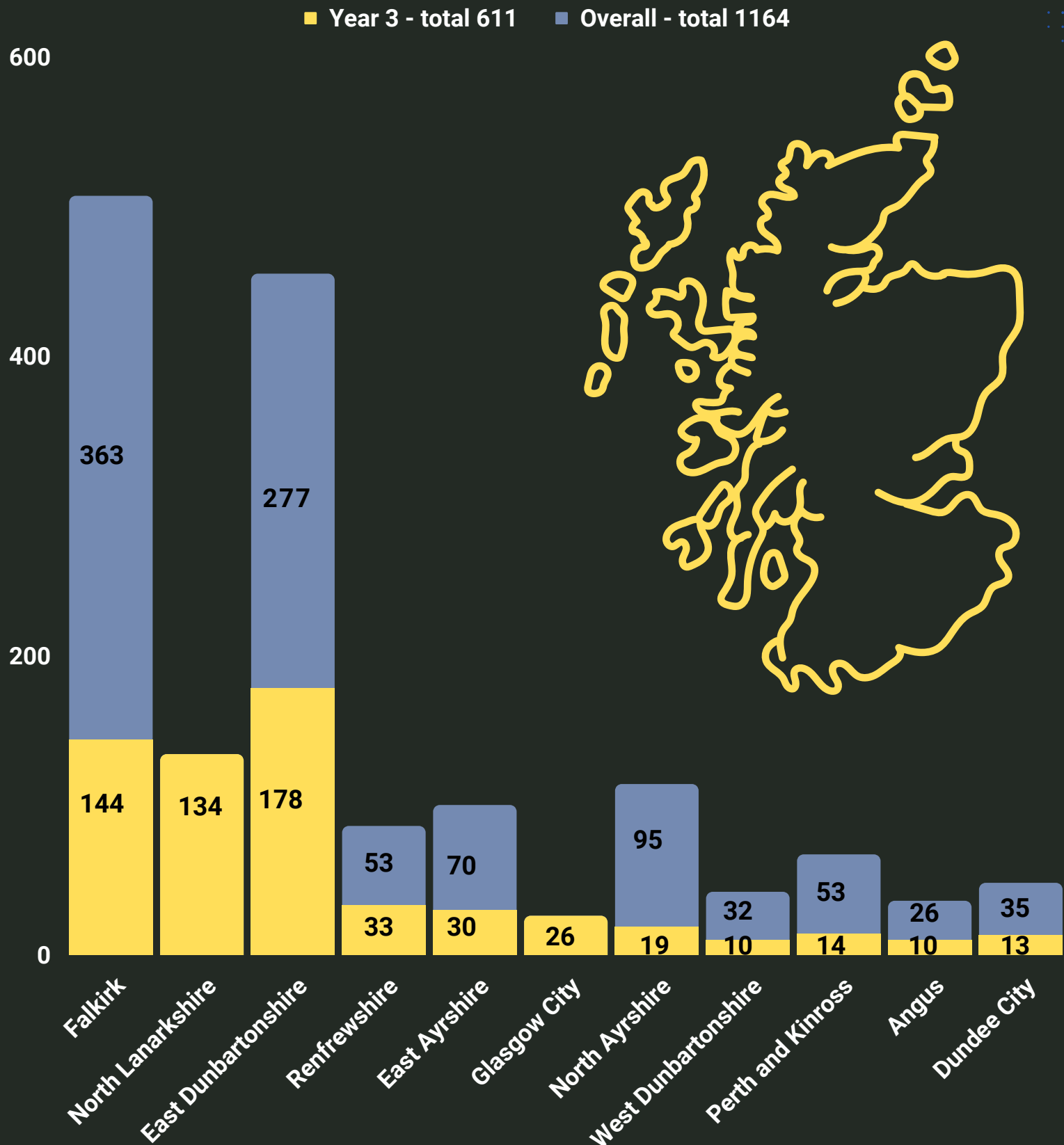
Local Authority	Group/Partner	No. of sessions in Year 3	Total hours of delivery	No. of YP engaged
Falkirk	HMYOI Polmont	34	144	144
North Lanarkshire	St. Aidan's HS	24	24	19
	Clyde Valley HS	34	34	40
	Springhill Community Group	34	34	25
	St. Philip's School	21	21	11
	Calderhead Community Group	21	21	19
	Newmains Community Group	11	11	20
East Dunbartonshire	Thomas Muir Group	10	10	20
	Twechar Group	24	24	23
	Hillhead Community Group	34	34	60
	Bishopbriggs Community Group	11	11	17
	Harestanes Group	11	11	16
	Summer Provision	10	20	42

PROGRAM DELIVERY

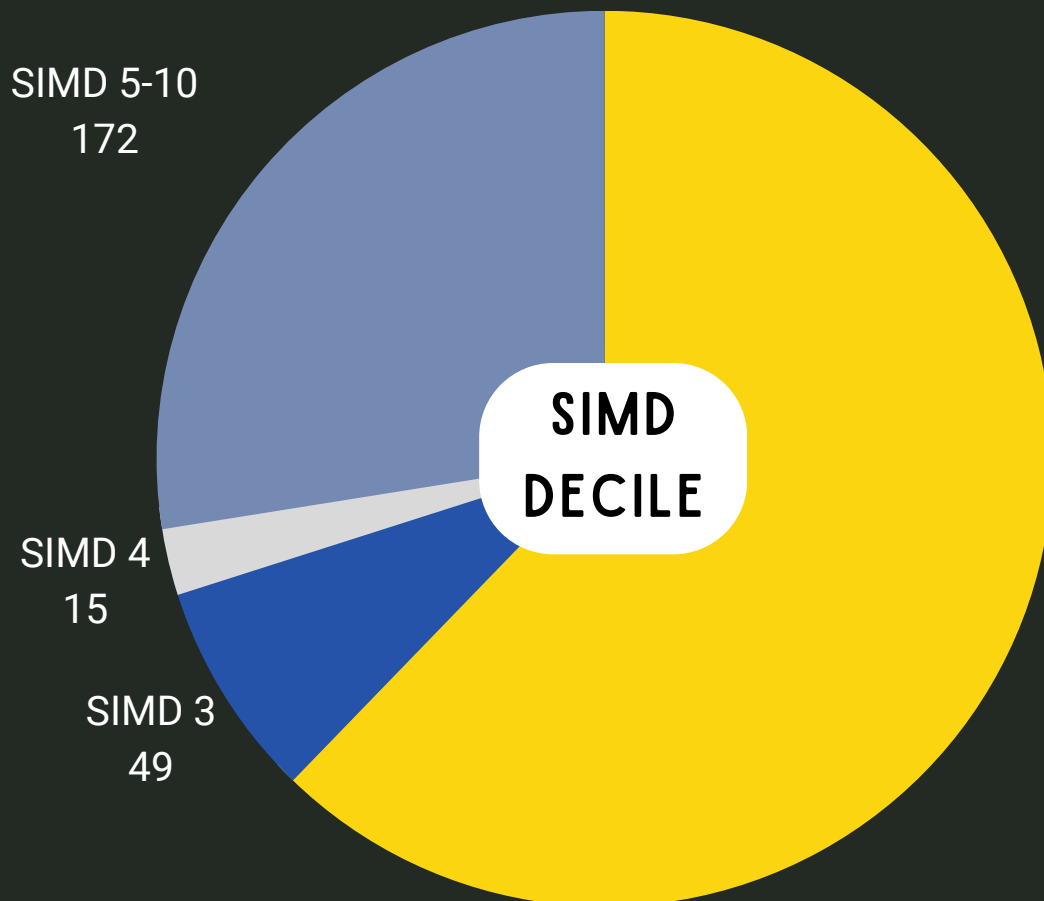
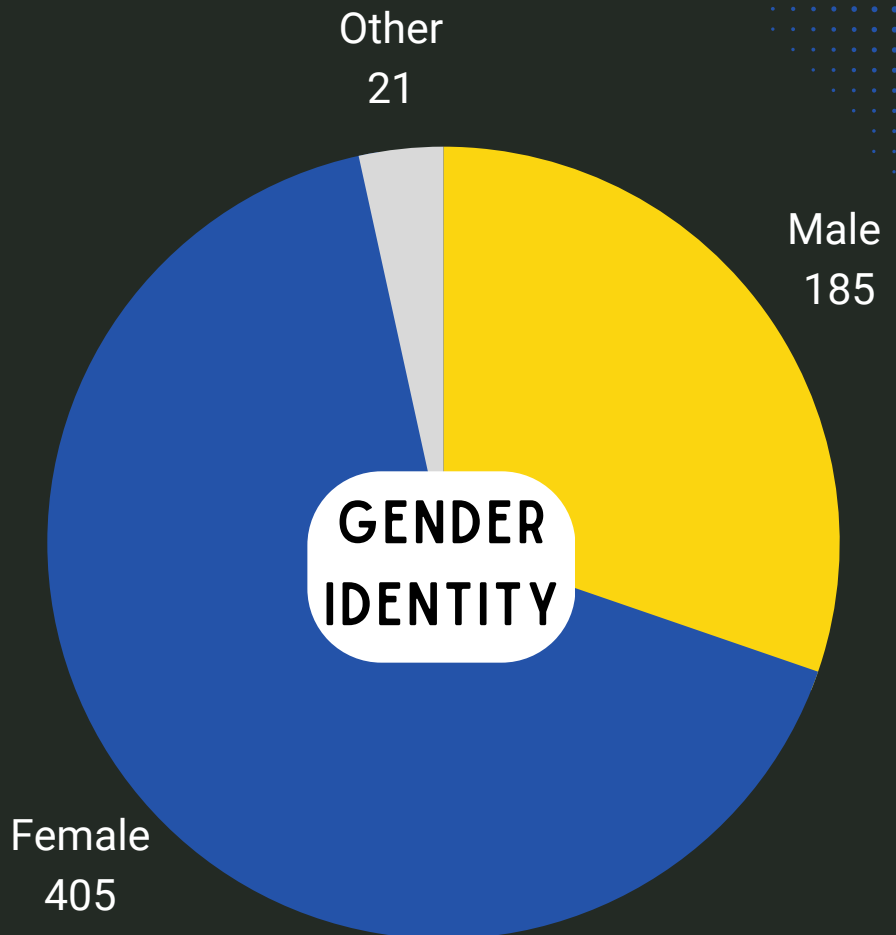
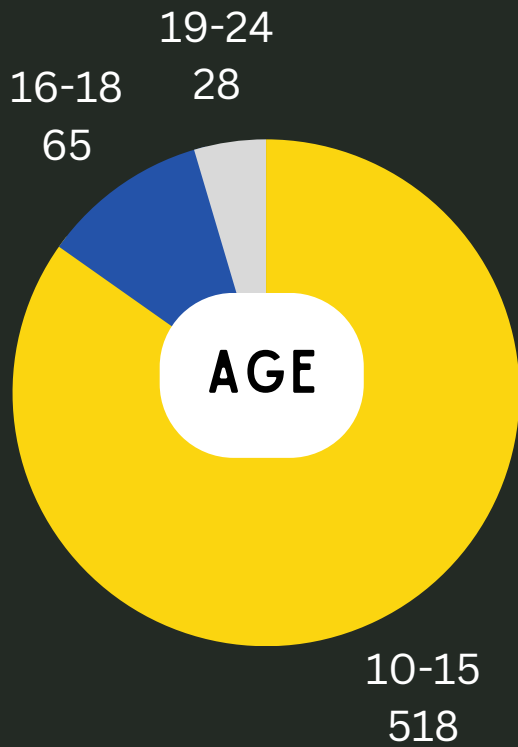
Local Authority	Group/Partner	No. of sessions in Year 3	Total hours of delivery in Year 3	No. of YP engaged in Year 3
Renfrewshire	Kibble	20	60	16
	The Good Shepherd Centre	24	24	17
East Ayrshire	Barnardo's	34	34	19
	Summer Provision	5	10	11
Glasgow City	Hillwood Community Group	10	10	16
	Summer Provision	5	10	10
West Dunbartonshire	Ardfern School	10	10	10
Perth & Kinross	YMCA Tayside	10	10	14
Angus	Rossie Young People's Trust	10	10	10
Dundee City	Barnardo's	10	10	13
North Ayrshire	Radio City School	11	11	10
	Spark of Genius Caledonian School	10	10	9
TOTALS		438	608	611

LOCAL AUTHORITY BREAKDOWN

No. of participants



EQUALITIES & RISK PROFILE



29% say that their life is affected by crime

25% have done something considered to be against the law

24% have been involved (or at risk of involvement) in antisocial behaviour

IMPACT & OUTCOMES



The following summarises the achievements of 611 participants in Year 3, highlighting the impact made across the six predetermined outcomes required for funding by the Scottish Government.

KEY: **YEAR 3** **OVERALL**
% of **611/1164** young people who achieved each outcome.

CAPACITY AND CONFIDENCE

01

Increased confidence

84% **87%**
target = 80%

Feel more resilient

84% **87%**
target = 80%

Able to do new things

77% **78%**
target = 70%

DEVELOP SKILLS

02

Report increased skills

83% **87%**
target = 70%

Achieved accreditation

37% **40%**
target = 40%

HEALTH AND WELLBEING

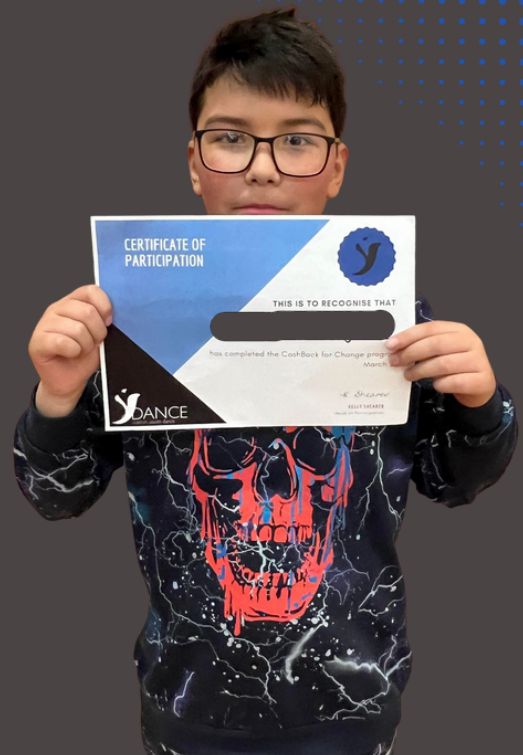
Reported improvements against the SHANARRI wellbeing indicators

81% **81%**
target= 80%

SAFE | HEALTHY | ACHIEVING | NURTURED | ACTIVE
RESPECTED | RESPONSIBLE | INCLUDED

03

IMPACT & OUTCOMES



LEARNING AND EMPLOYABILITY

04

Achieved a positive destination

29% **34%**
target = 45%

Improved attendance*

41% **43%**
target = 16%

Took part in training

20% **28%**
target = 14%

*attendance in within the context of the prison or secure units in Strands 1 & 2

COMMUNITY CONTRIBUTION

05

Feel that their contribution and links with their community or organisation and their social interaction are improving

56% **48%**
target = 40%

DIVERSION FROM CRIME

06

Feel less inclined to participate in anti-social or criminal behaviour

55% **51%**
target = 50%

Report that their participation in anti-social or criminal behaviour has reduced*

18% **19%**
target = 50%

N.B. Only 30% of participants reported prior involvement in anti-social or criminal activity .

FEEDBACK ON OUTCOMES

01. BUILD CONFIDENCE AND RESILIENCE



"YDance has changed my life phenomenally. It's given me determination, concentration, rhythm and routine. The tutor's patter is no bad and they get involved with the banter!"

- **Participant from HMYOI Polmont**

"YDance has probably been the biggest commitment of my life".

- **Participant from Community Diversions**

"G was more confident this block of Theatre Lab and came with creative ideas for the sharing, speaking up confidently in front of his peers and understanding the validity of the ideas he brought."

- **Glass Artist**

02. DEVELOP PERSONAL AND PHYSICAL SKILLS

"When I first met JA, he left the session after 5 minutes of trying the warm up. I was warned by staff that it was very unlikely to get him to speak to me. Now, at the end of term he is completely different. For weeks now he joins in fully for the entire session. He remembers complex parts of our dance and he also contributes creative ideas throughout the session. He managed to pass his PE qualification due to his time at YDance. He was so happy when he found out. He was very sad to hear that the project is ending and even suggested to put his pocket money towards bringing us back. JA has autism and so he struggles to communicate with new people. The development in his communication skills and his confidence in YDance sessions has been outstanding. He also suffers with self-harming. I've noticed that he seems happier and more outgoing each week in the sessions. Therefore, I know that the joy these sessions bring must be making a positive difference in his mental health."

- **YDance Artist**

FEEDBACK ON OUTCOMES

03. IMPROVED HEALTH & WELLBEING

"It gives you headspace. It gives you a breather when you don't like your situation. YDance makes you feel happy. It makes you feel normal".

- ***Participant from Alternative Education***

"I like this class because I always feel like I can be free"

- ***Participant from Community Diversions.***

"We do check ins and check outs in every lesson. At the start most of them will be a five or six. By the end of the lesson most will be a ten out of ten. They leave feeling so much better, I can see how these classes are really good for their mental health."

- ***Staff member from Kibble Education and Care Centre***

"Coming to drama makes me feel productive and it feels important when working with others, so you're used to being around others and it has a good mental health effect."

- ***Theatre Lab participant.***

"I have learned hip hop, jazz and contemporary. I like this. I get to talk to someone about my problems and to dance".

- ***Participant from Community Diversions***

FEEDBACK ON OUTCOMES

04. IMPROVED LEARNING AND EMPLOYABILITY

"I learned jazz, contemporary, hip hop and African dance. I think I work pretty well as a team. I love this dance class because of the people, the teacher and how I can express myself. This is the longest club I have ever been in because I love it".

- ***Participant from Community Diversions***

"I want to pursue a career now in the arts and the skills being taught are an essential part of development in here. It feels important" - ***Theatre Lab participant from HMYOI Polmont***

05. CONTRIBUTE POSITIVELY TO THEIR COMMUNITIES

"I like YDance because I've met a wide circle of other people and it's lots of exercise".

- ***Participant from Community Diversions***

"The young people consistently attend wearing their YDance/CashBack shirts - they love this sense of belonging and purpose."

- ***YDance Artist***

"This group of young people presented several challenges as there were many additional support needs within the group. Having many big personalities in the group also generated conflict and tension. As a result, the young men had to work extremely hard to cope with change and alter their thought processes to accommodate others. We were hugely impressed with how the group has built tolerance and respect of each other." - ***Glass Artist***

FEEDBACK ON OUTCOMES

06. DIVERTED FROM CRIMINAL BEHAVIOUR AND THE CRIMINAL JUSTICE SYSTEM

"I get to have a laugh, do productive things and not get judged."

- Participant from HMYOI Polmont

"JL is the longest serving member of the group and has continued to develop his confidence and performance skills. He has been a real leader of the group from the very beginning, and been incredibly clear on how important the group is for him in terms of staying away from anti-social behaviour and how he is less likely to engage in that behaviour as he wants to be part of the group. He has reported how much he enjoys being part of the group and how it positively influences his overall wellbeing as PYT gives him a chance to be himself, speak of the things he believes in and finds important and develop his performance skills when making material from his ideas."

- Glass Artist

"It's been one of the things I've looked forward to the most during the year I've been in here. It's really helped me get through it. Having something to look forward to every week and having that structure".

- Participant from HMYOI Polmont



CONCLUSIONS



Despite the challenges posed by the Covid-19 pandemic, YDance have successfully delivered against the CashBack for Communities outcomes in 2020-23. We formed positive connections with young participants, benefiting a total of 1,164 over three years.

Engaging young people in creative arts had unique benefits, fostering curiosity, new ideas, problem-solving, and imagination. Dance and theatre offer avenues for personal growth, empowerment, and positive change. It can provide an alternative path for young people at risk of offending, helping them develop discipline, self-confidence, and a sense of belonging.

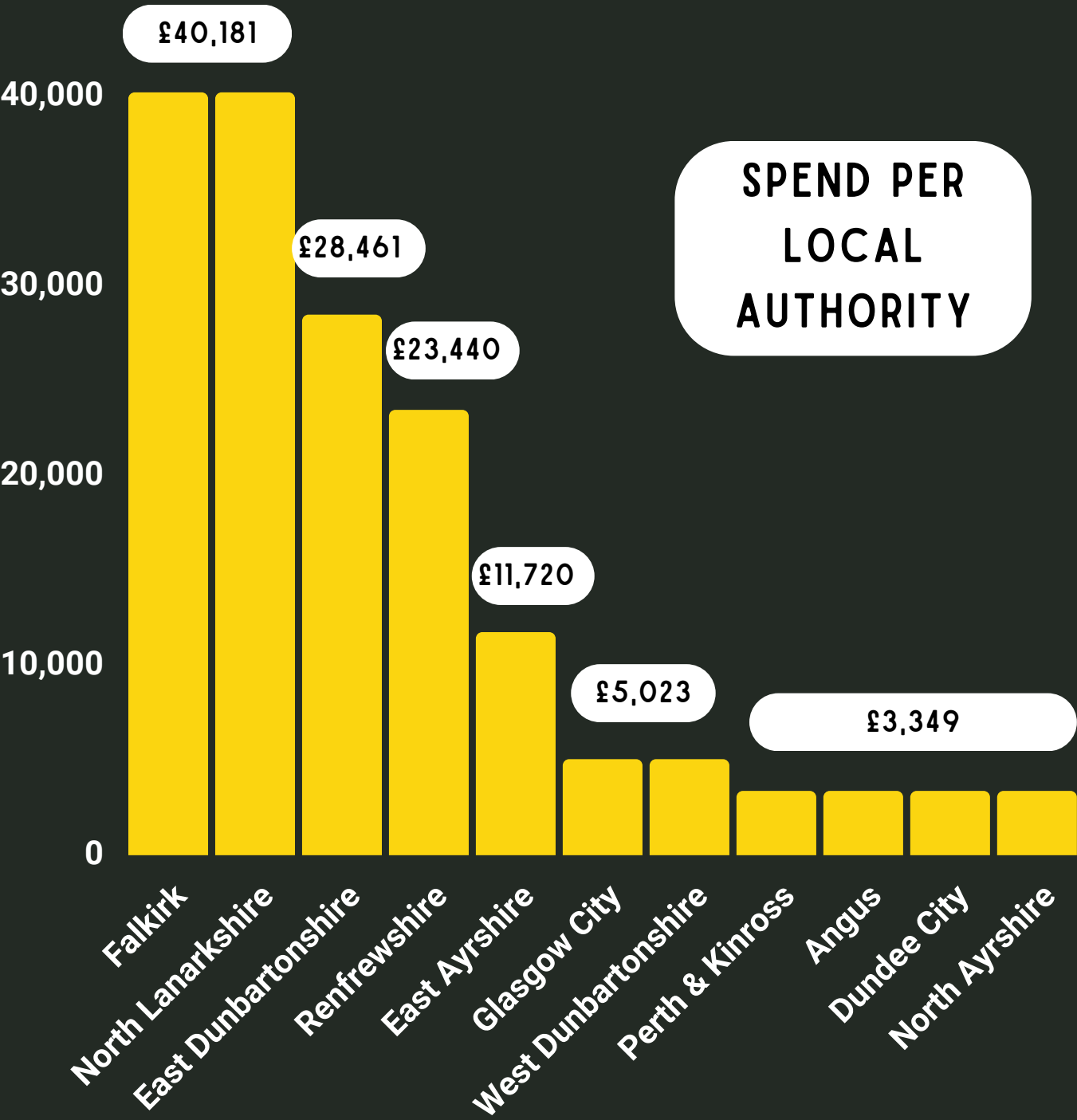
Most outcome indicators surpassed targets, except for positive destinations, falling short by 16% due to custodial restrictions. However, anecdotal evidence shows the project instilled hope and inspired positive future planning among participants. Outcome six presented challenges, as some participants did not admit to or recognise their offences. Nevertheless, those who acknowledged their involvement showed positive behaviour change.

Funding for projects like 'CashBack for Change' acted as a catalyst for transformative change, providing skills development and new opportunities for young people who need it most.

YDance is pleased to have secured additional funding through CashBack for Communities to further advance the project and build upon our achievements. The success can be attributed to our dedicated artists, who actively engage with participants and show a special interest in their development as well as our partners and collaborators.

FINANCIAL STATEMENT

50,000



FINANCIAL STATEMENT

YEAR 3 BREAKDOWN

Project Staffing	£99,935
Venue Hire	£14,460
Awards & Qualifications	£3,789
Staff Training & Development	£2,010
Travel	£17,814
Music/Materials	£4,245
Performance Design	£4,340
Management & Marketing	£14,373
External Evaluation	£7,000
Total	£167,426

PARTNERS & COLLABORATORS

CLIVE
GLASS
ARTIST

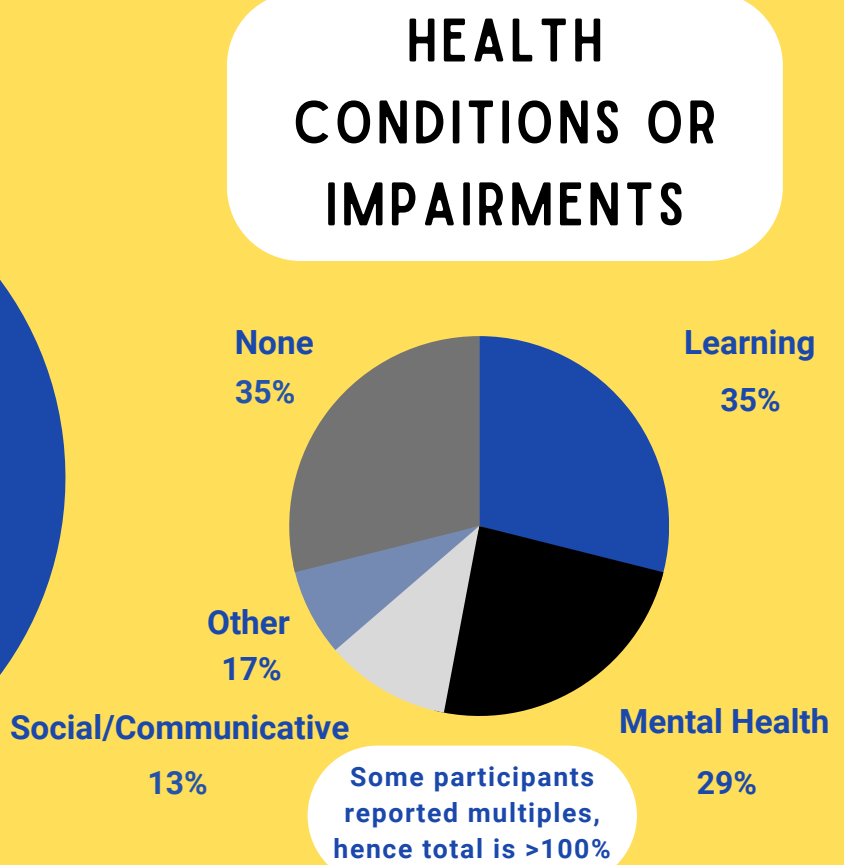
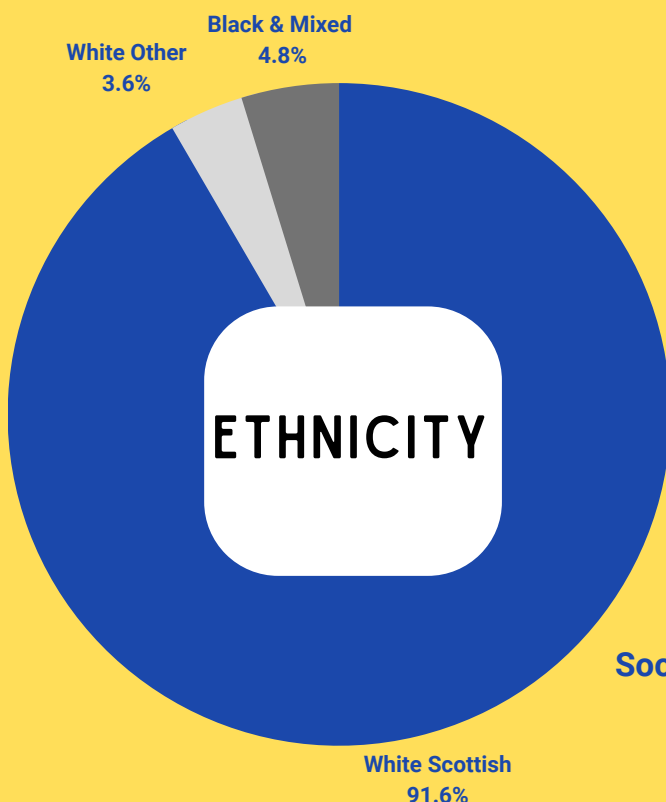
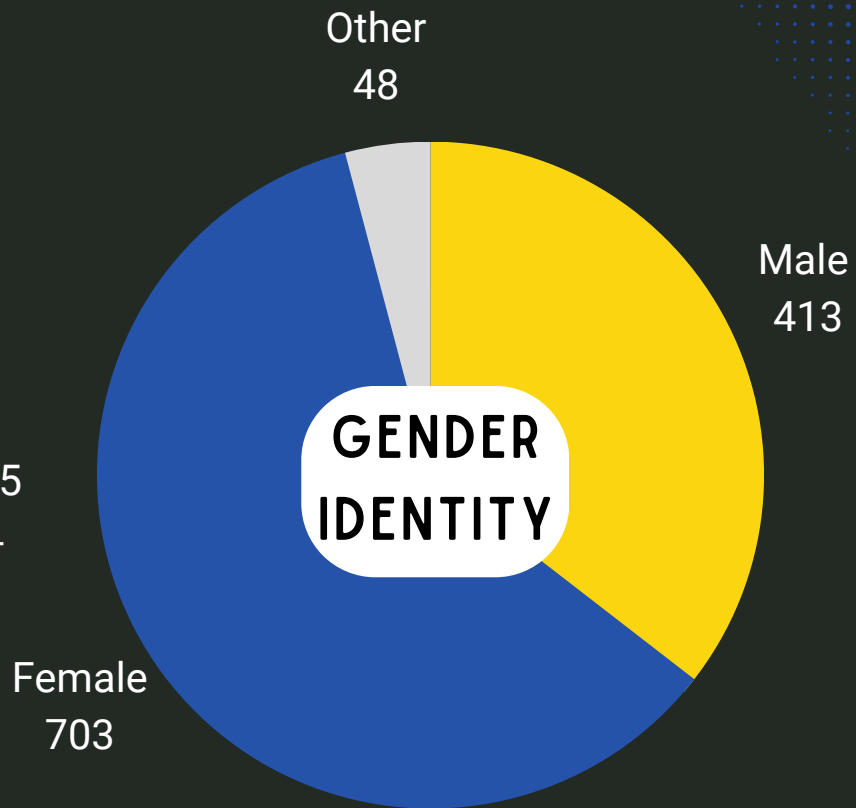
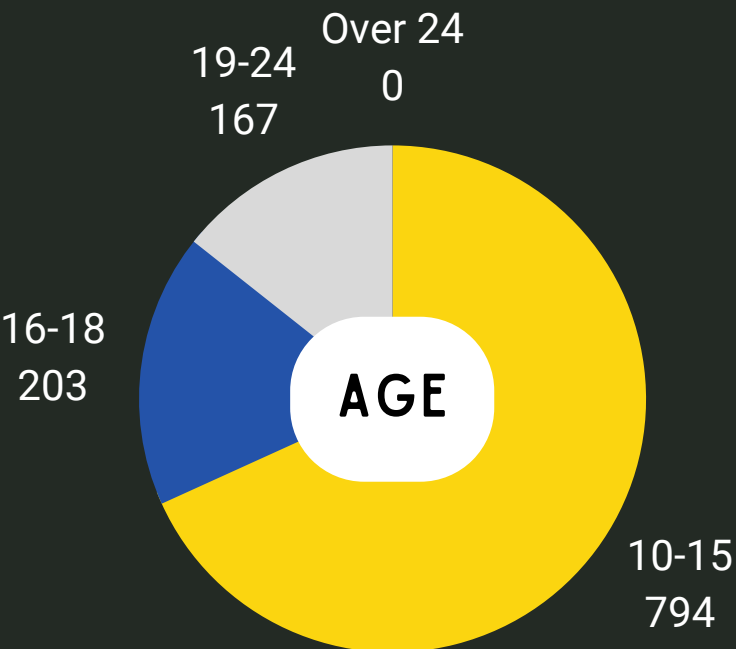


NORTH AYRSHIRE
COUNCIL

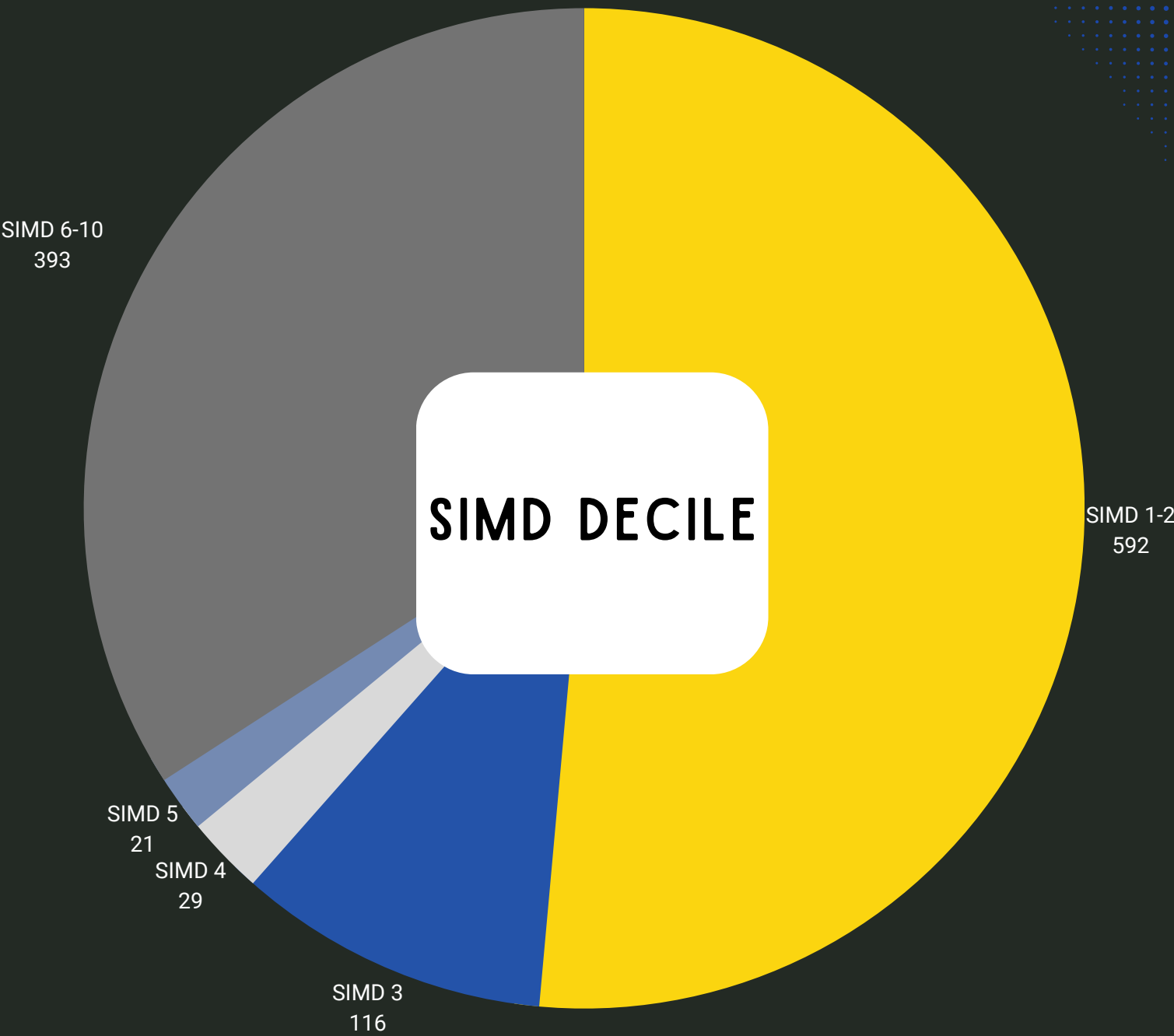


APPENDIX 1:

EQUALITIES DATA OVER 3-YEAR PROGRAM



EQUALITIES DATA OVER 3-YEAR PROGRAM



Many participants in the program were housed in secure accommodation which was assigned an SIMD decile out with the top 20% of deprived zones. Such as:

- HMYOI Polmont - SIMD 7
- The Good Shepherd Centre - SIMD 5
- Kibble Education and Care Centre - SIMD 5
- Rossie Young People's Trust - SIMD 6



www.ydance.org