



PHASE 5 | YEAR 2

CHANGE TACK WITH CASHBACK



OCEAN YOUTH TRUST SCOTLAND ANNUAL REPORT



2021-22



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OUR VISION

We are extremely proud to be a Scottish Government CashBack for Communities partner, making a real difference to the lives of deserving young people across Scotland.

Our Belief

We believe that all young people regardless of circumstance or ability should have the opportunity to realise their true potential in order for them to live healthy, fulfilling lives and make a positive contribution to their community.

Our Mission

We exist to inspire young people through the challenge of adventure under sail. Residential voyages aboard our fleet of sail training vessels provide a uniquely powerful and extremely effective environment for the personal development of young people from a diverse range of backgrounds throughout Scotland.

Our Voyages

The unpredictable environment aboard our vessels presents real physical, mental and emotional challenges. It is a genuinely life-changing experience with unique learning opportunities.

Ocean Youth Trust Scotland (OYT Scotland) is a floating outdoor education centre that exists to inspire young people through the challenge of youth work at sea, and is widely regarded as one of the UK's leading youth work charities. Young people participate in all aspects of a voyage at sea - from planning, risk assessment and navigation to cooking, cleaning and boat handling. In most cases, these young people have no previous sailing experience and the voyage is their first time away from home. Residential voyages aboard our sail-training vessels provide a proven and effective environment for personal development. The unpredictable environment on board presents physical and emotional challenges that take young people outwith their comfort zone. This results in increased self-confidence, resilience and team working, enhanced social skills and a heightened sense of responsibility, while providing the opportunity for young crewmembers to gain accredited qualifications, impacting their future prospects and employability.

INTRODUCTION AND PROJECT BACKGROUND

Change Tack With CashBack draws on more than two decades of expertise delivering Ocean Youth Trust (OYT) Scotland's unique brand of youth work at sea.

Following a challenging 2020-21, when a national pandemic and enforced government restrictions prohibited much of our youth work from being delivered, 2021-22 finally brought to fruition year two of a pioneering three-year project, aimed at delivering a unique youth intervention programme. For the first time in the Trust's history, Change Tack with CashBack saw us introduce land based dynamic outdoor activity sessions and educational workshops to our award winning programme of youth work at sea. What was introduced as a response to the national pandemic became a hugely effective hybrid model of youth work that has reshaped the delivery of our youth work programme indefinitely.

2021-22 saw OYT Scotland engage with **52** young people from across Scotland. 66% of these young people were from deciles 1 and 2 of the SIMD index. These young people consisted of those deemed most at risk of entering the criminal justice system or engaging in antisocial behaviour, with the intention of steering them on to more positive destinations. During the Change Tack with CashBack programme, young people participate in **two residential youth work voyages at sea, seven educational workshops and three dynamic outdoor activities.**

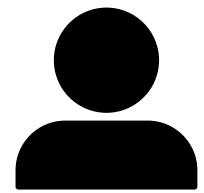
Over the course of three years, this pioneering intervention programme will support 122 young people, building life and employability skills. We will equip young people with new skills and qualifications, developing a new found confidence, aspirations and increased employability for the future, in addition to steering them away from criminal or antisocial behaviour.

EVALUATION

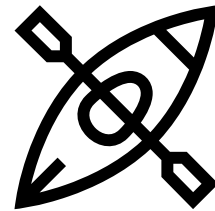
To measure the success of the programme, we recorded participation numbers, monitored demographics, evaluated and recorded individuals' development across a spectrum of predetermined outcomes. We gathered qualitative feedback from parents, youth workers, guardians, staff and volunteers. The OYT Scotland CashBack for Communities Logbooks gathered participant feedback. External, formal evaluation was undertaken by independent, external evaluator 'Catch The Light' using a sample from two of the groups we worked with.



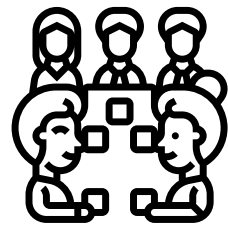
2021/22 FIGURES



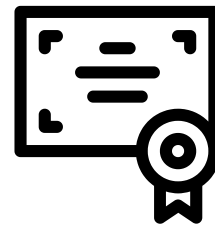
52 young
people
engaged



21 outdoor activity
sessions



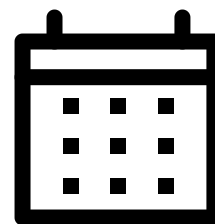
42 workshops
delivered



514 qualifications
awarded *(including
RYA and all individual
SQA modules -
between 3 and 9 per
person)*



6 groups*



36 sailing
days

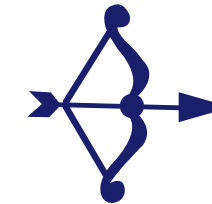
WHAT DID WE DO?



MOUNTAIN
BIKING



RIVER CANOEING



ARCHERY



INDOOR SPORTS



BUSH CRAFT & BBQ



CRATE
CLIMBING



CAMPING



PADDLE
BOARDING



AXE THROWING



RESIDENTIAL
VOYAGES AT SEA



ORIENTEERING



KAYAKING

*Although Musselburgh High School attended 3 outdoor sessions and 2 workshops in Q1, the school was unable to engage in any further activity due to newly tightened local covid restrictions. The school will return to the programme in Year 3. and will therefore form part of the Year 3 Report and responses will not be included in this report.

REACH



YOUNG PEOPLE VOYAGE 1: 7

YOUNG PEOPLE VOYAGE 2: 7*

SAILING DAYS: 6

OUTDOOR ACTIVITIES: Bushcraft, Archery, Paddle-boarding, Indoor Sports

WORKSHOPS DELIVERED: 7

QUALIFICATIONS AWARDED (RYA and SQA): 70

CHALLENGES: *Although seven young people joined the programme and completed voyage one, four young people dropped out after conflicts with their peers. A different four young people joined the programme in their place. All young people received their RYA certificates.

PORT GLASGOW HIGH



YOUNG PEOPLE VOYAGE 1: 10

YOUNG PEOPLE VOYAGE 2: 10

SAILING DAYS: 6

OUTDOOR ACTIVITIES: Indoor Sports,

WORKSHOPS DELIVERED: 7

QUALIFICATIONS AWARDED (RYA and SQA): 100

"It turns out both girls were fantastic at football and enjoyed schooling the OYT sea staff and showing them how it was done. It is amazing how you can go from being complete strangers who don't say a word to having a strong sense of community in such a short period of time."

Team Leader, Port Glasgow High School

ST PAUL'S YOUTH FORUM



YOUNG PEOPLE VOYAGE 1: 9

YOUNG PEOPLE VOYAGE 2: 9

SAILING DAYS: 6

OUTDOOR ACTIVITIES: Archery, Paddle-boarding, Camping

WORKSHOPS DELIVERED: 7

QUALIFICATIONS AWARDED (RYA and SQA): 100

"Thanks to Ocean Youth Trust our group have been able to take part in a number of outdoor activities in the lead up to their voyage in July. These activities included kayaking, standing paddle-boarding, axe throwing and archery have led to a positive change within our young people: helping to build confidence, encourage them to try new things and work together as part of team."

Eilidh Senior Youth Worker, St Pauls Youth Forum

"The experience has expanded the young people's view of the world and shown them there is an alternative lifestyle they can follow if they make positive choices. With this comes the hope they don't have to be like their Dad, Uncle or Brother."

Neil Young, Youth Team Leader, St Paul's Youth Forum

ACTION FOR CHILDREN



YOUNG PEOPLE VOYAGE 1: 7

YOUNG PEOPLE VOYAGE 2: 6

SAILING DAYS: 6

OUTDOOR ACTIVITIES: Crate climbing, Camping,

WORKSHOPS DELIVERED: 7

QUALIFICATIONS AWARDED (RYA and SQA): 60

"It's been hugely encouraging to see new relationships and friendships formed between the young people who have taken part in the programme."

Group Leader, Action for Children

"The social aspect of the programme has undoubtedly been a positive outcome. We've seen new friendships, more positive relationships and improved social skills."

Group Leader, Action for Children

Before the programme, Claire* stated: "I just feel crap all the time and I don't want to feel like this anymore." Following the CashBack Kayaking session, she said it was "the best thing I've done aw year."

GK EXPERIENCE



YOUNG PEOPLE VOYAGE 1: 8

YOUNG PEOPLE VOYAGE 2: 8

SAILING DAYS: 6

OUTDOOR ACTIVITIES: Archery, Bushcraft, Camping,

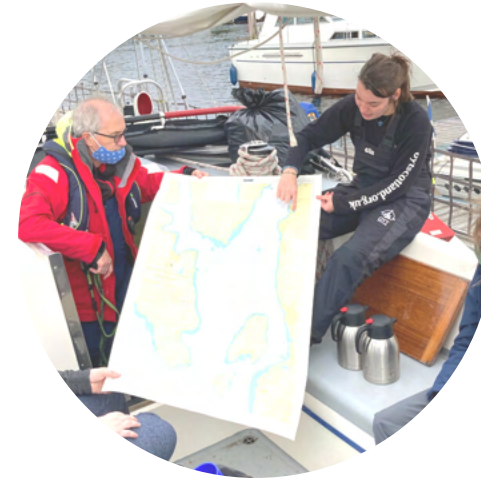
WORKSHOPS DELIVERED: 7

QUALIFICATIONS AWARDED (RYA and SQA): 80

"The young people have become better at listening to instructions, something they had to do when on the boat."

Group Leader, Glenwood High School

GLENWOOD HIGH



YOUNG PEOPLE VOYAGE 1: 10

YOUNG PEOPLE VOYAGE 2: 11

SAILING DAYS: 6

OUTDOOR ACTIVITIES: Raft building, bushcraft, Coasteering

WORKSHOPS DELIVERED: 7

QUALIFICATIONS AWARDED (RYA and SQA): 104

"Bringing the young people back for a second voyage was a first for us. This worked really well as the young people who came back were able to pick up the sailing from exactly where they left it and build upon the skills and confidence from voyage one. More importantly, the supportive community we built onboard was tangible due to the amount of time we had spent together and the relationships the young people had built with our sea staff. I hope to welcome some of these young people on board again as OYT Volunteers."

OYT Skipper on Glenwood voyage, Peta Koczy

Where did our young people come from?

Local Authority	Groups	Total on voyages	Spend
Glasgow	St Paul's Youth Forum	9	24,282.35
	GK Experience	8	21,584.31
	Action for Children	4	10,792.15
North Lanarkshire	Action for Children	1	2,698.04
East Ayrshire	Action for Children	1	5,396.08
Perth and Kinross	REACH	8	18,886.27
Inverclyde	Port Glasgow	10	26,980.38
Fife	Glenwood High School	11	29,678.42
Total Spend			140,298.00

April - June 2021

In Q1, we were still prohibited from delivering youth work at sea due to pandemic restrictions. However, we were able to successfully deliver 16 land based dynamic outdoor activities and 19 issue-based workshops, including 'managing emotions', which taught the young people coping strategies and self-care to instill better regulation of their emotions during difficult times.

The target was that eight young people would take part in each shore-based session/workshop and eight young people would sail on each voyage.

The dynamic outdoor activities were chosen specifically to work towards improving young people's physical skills while simultaneously building a supportive community within each group. These activities helped young people improve their confidence, benefit from support networks and reduce risk taking behaviours. For the first time in the Trust's history, we provided overnight camping for our groups as part of our Change Tack with CashBack programme.

At each activity we aimed to introduce the group to a new skill that was relevant to the programme and ensure that they would be better prepared for their residential voyage. For example, when mountain biking, exploring the coastline around Prestonpans, the group would take part in a workshop on nautical map reading skills session.

QUALIFICATIONS

Our Change Tack with CashBack programme introduced our new CashBack Logbooks, giving participants the opportunity to attain external qualifications, namely SQA National Qualification Core Skills Units Level 3 post-voyage, including:

1. Listening
2. Reading
3. Speaking
4. Writing
5. Measuring
6. Calculation
7. Using Graphical information
8. Problem Solving
9. Working with Others

As they progressed through the programme, the young people gained SQA and RYA (Royal Yachting Association) qualifications thus increasing their employability skills, and fulfilling the employability outcomes.

July - Sept 2021

51 young people took part in 19 activities during Q2, including 6 voyages; dynamic, physical outdoor activity sessions; and development and educational workshops. In August and September, the young people camped ashore overnight.

One of the biggest challenges with community contributions in Quarter 2 was the prevalence of social distancing restrictions around community activities due to the ongoing rules in relation to covid-19.

At the start of Quarter 2, young people were returning to school after the national lockdown of the coronavirus pandemic. This resulted in new and additional challenges for these young people, manifesting in lower than average attendance at school, difficulty in focusing, problems adjusting from the period of isolation, and social problems. This inevitable impacted our programme targets.

HOODIE DESIGN COMPETITION

12 young people, from Action for Children and St Pauls Youth Forum, took part in two Cashback Hoodie Design workshops this quarter, presented as a competition whereby the winning design would be made into the designated programme hoodie.

This creative opportunity was specifically designed to help the young people explore their creativity and to foster a sense of belonging and community. Votes for the winning design were invited across OYT Scotland's social media channels, resulting in engagement from the young people, their respective peers and communities. The OYT Scotland Instagram page saw a 5% increase in followers during this activity. It was particularly reassuring to see the positive impact on the confidence of the winning individual when informed their design had won.



Oct - Dec 2021

49 young people took part in 19 activities during Q3, including youth work voyages at sea, physical outdoor activity sessions and personal development workshops.

Each participant took part in their second voyage, nurturing the skills, qualifications and relationships they had built on the first voyage. Customarily, and prior to the Change Tack with CashBack programme, OYT Scotland has delivered only one voyage per group. The benefits of the second voyage became apparent, and is depicted in the evaluation.



Jan - Mar 2022

A brief lockdown period imposed by the Scottish Government in December/January put a stop to a number of our intended group activities in Q4. However, we continued to work with 11 participants from Glenwood High School, bringing the total to 52 for year 2.

Quarter 4 saw young people from Glenwood High School, REACH, Port Glasgow High School and Action for Children contribute to our Annual Volunteers Training Seminar at Stirling Court Hotel in February, with young people from Port Glasgow High School and Action For Children actually presenting about their experiences during a celebratory dinner on the Saturday night.

"As young people growing up in a community surrounded by crime, it is easy to be drawn into a negative lifestyle. By partnering with Ocean Youth Trust Scotland, the team has helped our young people, who were already struggling with the pandemic, to try new activities, be surrounded by positive role models and recognise their own value. The activities and voyage have been a great way to promote positive mental health, not only for them, but rippling through our community, especially seeing the proceeds of crime being used to support the area. These young people will have a voyage of a lifetime - experiencing activities that few in their area could dream of. Our partnership with Ocean Youth Trust and Cashback for Communities ensures that the young people we work with, who miss out on so much, have a positive future to look forward to."

Neil Young, Youth Team Leader, St Paul's Youth Forum, Glasgow

OUTCOME 1 - YOUNG PEOPLE BUILD THEIR CONFIDENCE AND RESILIENCE

To address Outcome 1, we measured the change in confidence and resilience of the young people, in addition to examining the strength of their support networks and current levels of risk taking behaviour.

As part of OYT Scotland's 'Cashback Toolkit', our Youth Development Workers (YDWs) delivered interactive workshops covering an assortment of issue-based youth topics including resilience and the reduction of risk-taking behaviours in addition to mental health and self-care, dealing with conflict, emotional health and internet safety. Our 'Managing Emotions' and 'Promoting Resilience' workshops involved our YDWs teaching the young people coping strategies to instill better regulation of their emotions during difficult times, and resilience in the face of ongoing or acute challenges.

During the voyages at sea, the young people were required to adopt shared tasks and responsibilities to achieve realistic goals via a range of activities - from hoisting the sails and keeping watch to cooking meals for 18 people. These in turn built self-confidence in the young people as it enhanced their social skills and they were able to see and experience the advantages of working as a team. Each young person was able to see how their individual effort made a valuable contribution to the team's success and that of the overall voyage. Equally, the land based activities took the young people out their familiar, comfort zones and presented them with new, unprecedented personal challenges in a safe, supported environment, where they were encouraged by, and found themselves encouraging, their peers. As a result, we observed many of the young people fostering new friendships and therefore growing their support networks. The discipline and flexibility to adapt to the different responsibilities on board, plus the unpredictable weather, positively impacted the resilience of young people.

Safety briefing sessions were delivered pre-voyage and while on board, reinforcing the need for the young people to keep themselves and others safe by evaluating risks and taking action when necessary. These risk evaluating skills will now be transferrable to everyday life and will effect positive change to future behaviours.

By the end of the programme, 69% who responded felt that their confidence had increased as a direct result of engaging with the Change Tack with CashBack programme.



OUTCOME 1 IN NUMBERS

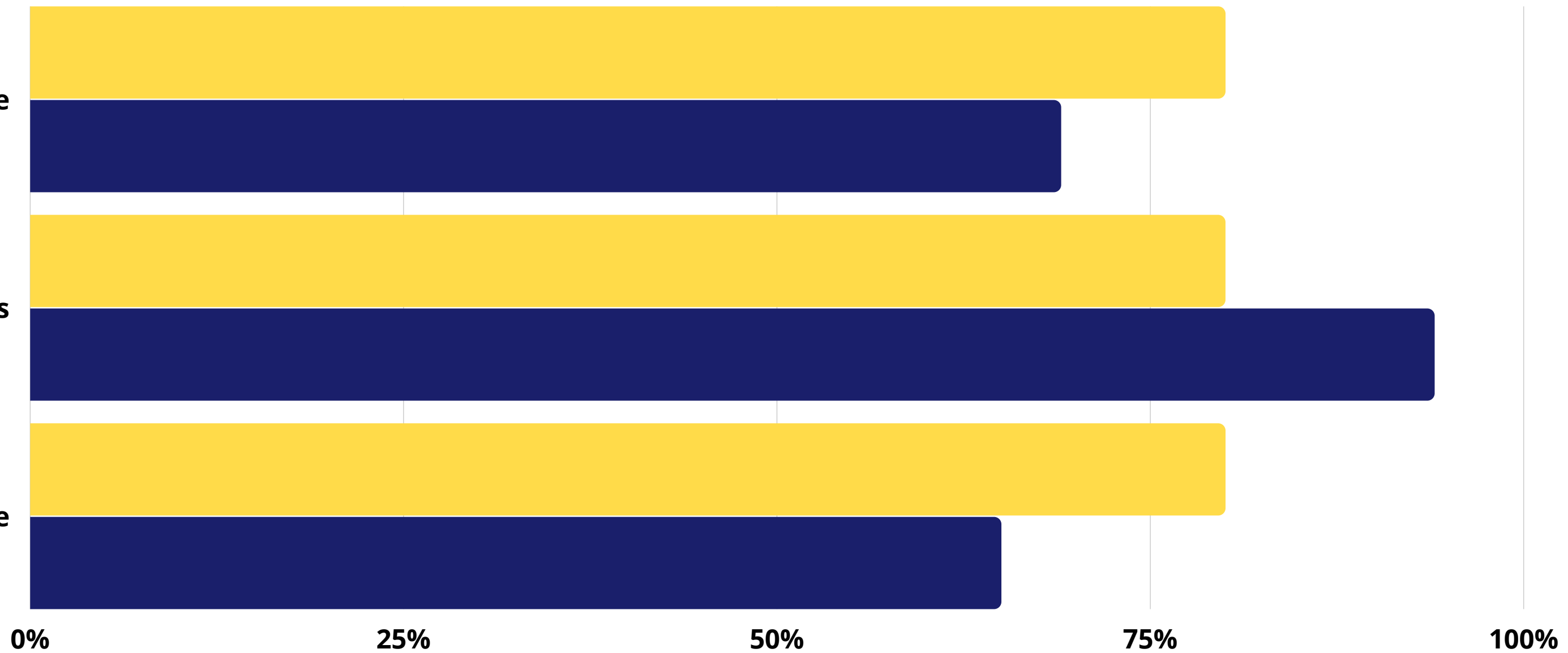
YOUNG PEOPLE PERCEPTIONS

■ Target ■ Actual

Increased confidence

Able to do new things

Increased Resilience



OUTCOME 2 - YOUNG PEOPLE DEVELOP THEIR PHYSICAL AND PERSONAL SKILLS

Each dynamic outdoor activity session was designed to be both physically and emotionally demanding, intentionally planned to take the young people outside their comfort zones to foster interpersonal skills and physical ability. At each activity, we introduced the group to a new skill that was relevant to the programme to ensure they would be better prepared for their residential voyage. For example, when cycling and coasteering, each group took part in a workshop on nautical map reading skills. All 54 participants in 2021-22 were awarded RYA Start Yachting certificates. Additionally, participants completed the coursework to earn their SQA Level 3 qualifications in communication, numeracy, problem-solving, and working with others, demonstrating achievement in accredited learning. All participants were therefore successful in increasing their skills by taking part in the voyage.

92% of the young people demonstrated increased skills, whilst 94% gained accreditation.

While on board, the young people learned the value of teamwork. Planning and communication skills were developed through voyage planning and reading charts, deciphering weather forecasts and calculating tidal information. Communication and numeracy SQA qualifications were therefore gained in an exciting and adventurous way.

The YDWs encouraged the young people to assess risks and to test boundaries in a safe environment. When mistakes were inevitably made, the YDWs encouraged the young people to reach a solution on their own or with the help of their peers. When planning and preparing to cook a meal on board for 18 people, one young person initially found this task both daunting and potentially stressful. She had no experience preparing food, calculating timing and quantities, or cooking for such a large group. However, she used the experience she had gleaned from the previous outdoor activity session to allocate tasks to her peers and share the responsibility and reported that the experience left her feeling empowered and enabled with skills she would use in future. Her peers meanwhile were required to communicate their respective likes, dislikes and preferences, and transmit this vital information, improving their communication and interpersonal skills. The physical nature of the sailing experience meant that every task required careful coordination. While on board, the young people gained an awareness of those around them, both physically and empathetically. Physical skills improved as even the most mundane tasks, such as preparing tea for their crewmates, required careful concentration and dexterity when due to the challenge of the boat moving underfoot.

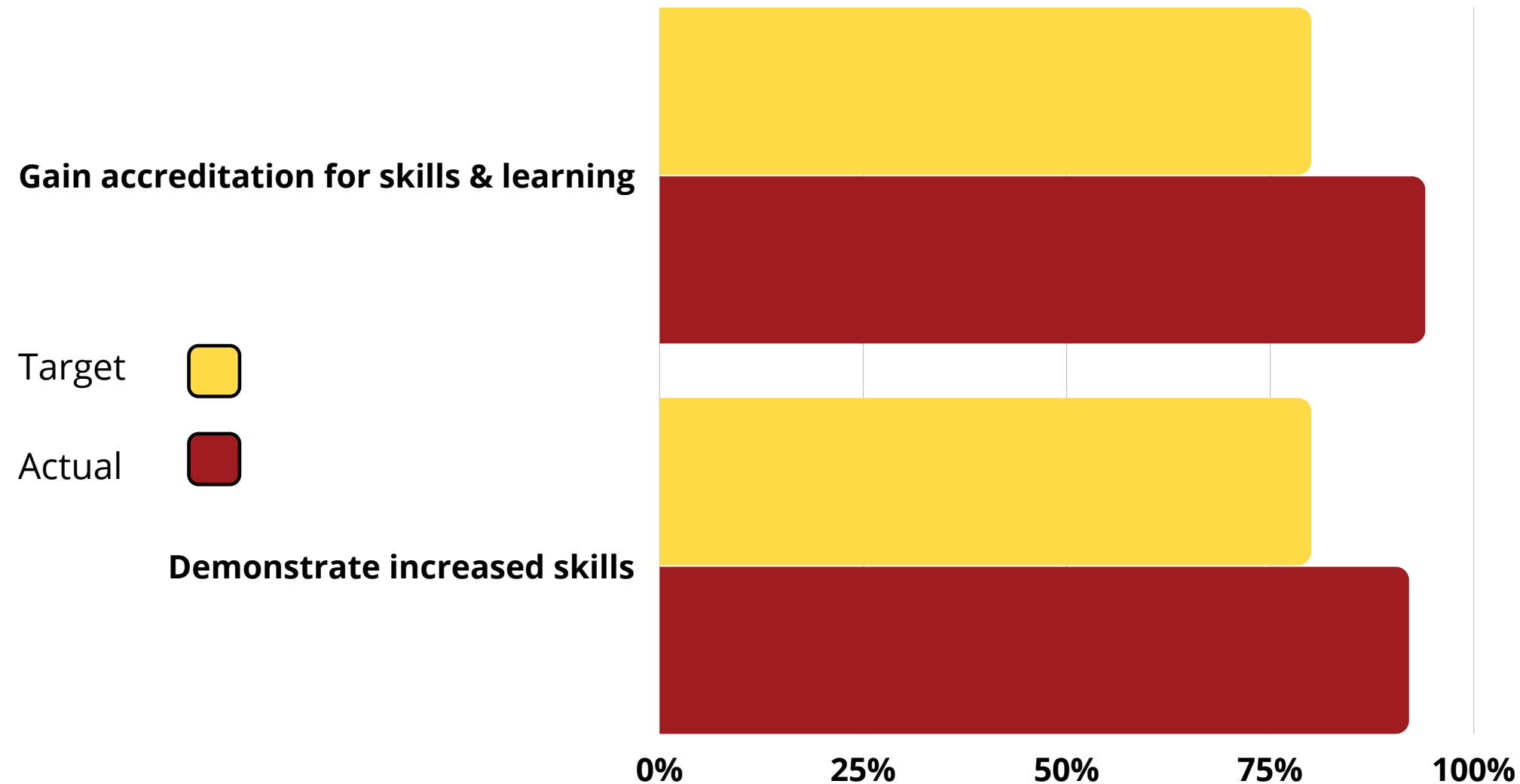
In total **514 qualifications** were awarded. The value of these qualifications to disadvantaged young people, with lower educational attainment and fewer chances of gaining employment, is significant. The CashBack logbooks and activities on shore enabled the young people to self-evaluate. Each day, the young people were asked to record a daily goal and whether skills acquired during the day could be used at home. Similarly, the daily log section tested new knowledge learned on board and where/how that knowledge could be applied at home.



"I was really worried about cooking. I don't do any of that stuff at home and I thought everyone would say what I made was disgusting! I was getting really worried but I asked others to help and we shared out the jobs. It made it much easier and everyone loved what we cooked. I'm definitely going to try cooking for my family when I go home."

**Young Person,
Port Glasgow High
School**

OUTCOME 2 IN NUMBERS



"The impact of physical activity meant the young people were begging to go to sleep and be in bed for 10.30. In terms of developing their personal skills through taking on group tasks often with people they didn't know; their team working, communication, listening and problem-solving skills were all developed."

Team Leader, St Paul's Youth Forum

"John took part in his first voyage this quarter where he not only sailed and camped for the first time, but he also completed his programme logbook. As a result, John is now on course to achieve nine SQA qualifications. This is an incredible and unprecedented achievement for John and will provide a fresh start and perspective as he is diverted further still from his previous tendencies to engage in antisocial behaviour and involvement in the criminal justice system."

Group Leader, Action for Children

"In a weird way it has helped my writing skills. It has helped me to add depth to the stories I am writing."

Young Person, Glenwood High School

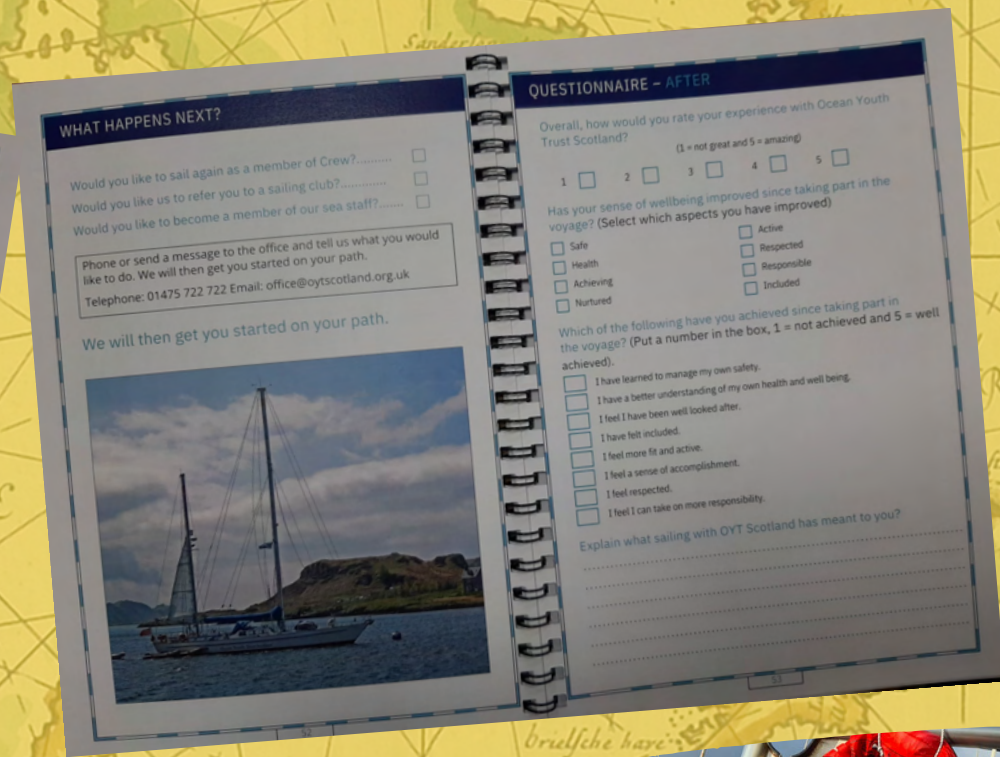
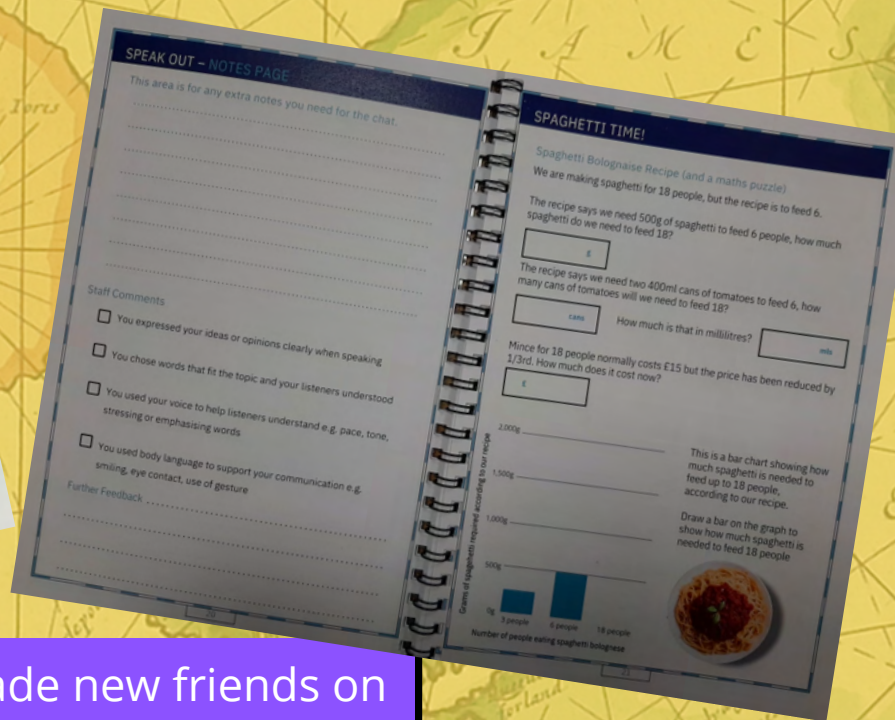
"I feel the outdoor sessions [have] had a great impact on the pupils. They have engaged and it has taught them to be part of a team, meet new people, form trusting relationships and build their confidence. The sessions also allowed staff and pupils to come together in a different setting which has created positive relationships in and around the school."

Anne Hoffman, Community Learning and Development Officer



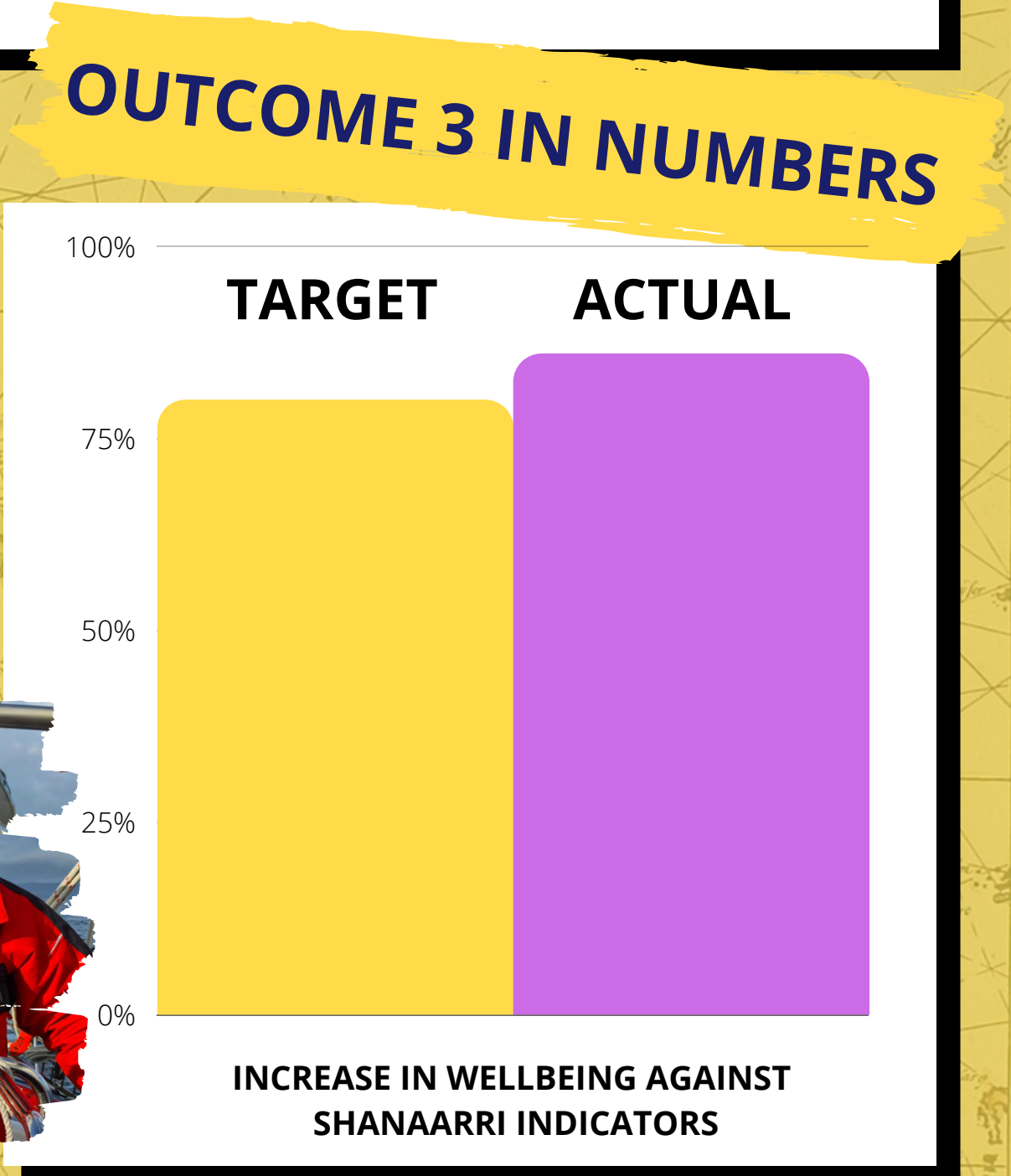
OUTCOME 3 - YOUNG PEOPLE'S HEALTH AND WELLBEING IMPROVES

YouthLink Scotland and Young Scot research illustrated the detrimental impact of COVID 19 on the mental health of young people with (39%) of children and young people aged 11-25 reporting they felt moderately or extremely concerned about their own mental wellbeing. Change Tack with CashBack was designed to address the alarming rise in young people experiencing poor or low mental wellbeing. The OYT Scotland CashBack Logbooks allowed us to evaluate the young people's development against the SHANARRI indicators. Goals and achievements were recorded by the young people on every page of the log books. SHANARRI indicators also formed part of the External Evaluation remit, measuring how the voyage has affected wellbeing: how participants felt about the experience and themselves. 86% of the young people we worked with reported an increase in their well-being when measured against the SHANAARI indicators.



"This is all because I made new friends on the boat trip." **Young person, Glenwood High School**

"Most of the jobs these young people will have access to haven't been invented yet. What we do know is there's going to be a requirement for people to be flexible, work collaboratively, be able to problem solve deal with stress and there's no better environment than being on the boat to experience that. One of the things I love about the programme is when young people reflect and record in their log books what they've done through the day they realise how much they have learned, all of which is transferable to current and future education and employability options." **Team Leader, St Paul's Youth Forum**



OUTCOME 3 - YOUNG PEOPLE'S HEALTH AND WELLBEING IMPROVES - SHANARRI INDICATORS

SAFE	The young people on the programme were taught about the importance of safety - both of themselves and others. The OYT Scotland sea staff and YDWs taught the young people to assess and manage risk. Safety was evaluated through the 'Safety Brief' in the CashBack Logbooks, which contains 'listening notes' which were signed off by sea staff.
HEALTHY	The fresh air and physical exertion on board the boat, in addition to the physically-demanding activities undertaken through the dynamic outdoor sessions, ensured the young people were active while engaged. When on board, each of the young people had to take their turn at planning, preparing and cooking a healthy, balanced and nutritious menu - for many, it being the first time they had ever undertaken such a task.
ACHIEVING	By completing simple daily tasks and achieving qualifications, each young person was able to find something they excelled at and took great satisfaction from doing well. Cooking was included in the 'Achievements' page of the Logbooks, where calculations had to be done when planning and preparing meals on board. The young people had to create a bar chart and calculate the weights of ingredients required. These were assessed under SQA numeracy units.
NURTURED	The sea staff and YDWs quickly identified individual capabilities. Strengths and talents were then nurtured by one-to-one and group mentoring, motivating the young people to set and achieve personal goals. The Logbook Diary pages had a 'Staff Comment' section to reflect the young person's daily performance and provide the 'nurturing' aspect of the SHANARRI framework.
ACTIVE	Life on board is busy and active, and the nature of the dynamic outdoor sessions typically require physical exertion. Hoisting, reefing and stowing the sails is arduous work. Active participation in chores, boat-handling, setting up camp and the outdoor sessions formed part of the 'Achievements' page.
RESPECTED	On board, in the confined space of the boat, trusting relationships formed quickly. The young people had to be mindful and tolerant of their shipmates and they learned that the success of the voyage rested on valuing and respecting one another, while feeling respected. Feedback on thoughts, feelings and experiences was invited in the 'Daily Log' section, enabling the young people to feel that they had a voice and were respected.
RESPONSIBLE	While on board, the young people were empowered to make decisions and take on more responsibility as the voyage progresses. Individuals were trusted with key roles such as safety checks and anchor watch. Daily group goals ensured the participants felt responsible, a factor evaluated in the staff comment. On the second voyage, the young people felt more familiar and confident with their surroundings and were more willing to assume greater responsibilities.
INCLUDED	Both on board the boat and during on shore activities, young people were included as much as they felt comfortable. They each became part of a community; a support network that they took with them stepping on and off the boat. The YDWs encouraged and measured inclusion is encouraged and measured through 'Your Team – Getting to know them' and 'Your Fellow Team Members' pages of the LogBooks, which were completed after the completion of team tasks.

OUTCOME 4 - YOUNG PEOPLE PARTICIPATE IN ACTIVITY WHICH IMPROVES THEIR LEARNING, EMPLOYABILITY AND EMPLOYMENT OPTIONS (POSITIVE DESTINATIONS)

Part of our evaluation process when registering the young people was to ask them what do they want 'to gain from this experience.' We were consistently answered: 'qualifications because I don't have any'. Our programme has successfully addressed this by awarding all participants with SQA national 3 qualifications. During the programme, each young person worked towards qualifications to improve their employability and attainment. Every young person received an OYT Scotland Voyage Completion Certificate and RYA Start Yachting certificate and SQA qualifications (level 3) in Communication, Numeracy, Problem Solving, Working with Others and RYA Competent Crew Certificate. All this worked to improve their respective CVs.

All those who took part in the programme have been given the opportunity to return to sail on an OYT individuals' voyage with the support of our Assisted Berth Scheme to continue developing their skills. Young people who return as volunteers can work towards additional qualifications right up to the level of Commercial Skipper.

Completing a voyage on one of our boats demonstrates flexibility, adaptability and capacity to learn new skills. Young people discover their talents and strengths, increasing attainment and attendance throughout the programme. With the support of our YDWs, each young person set themselves personal SMART goals in their LogBook development plan to match their needs and aspirations which were reflected on throughout the programme.

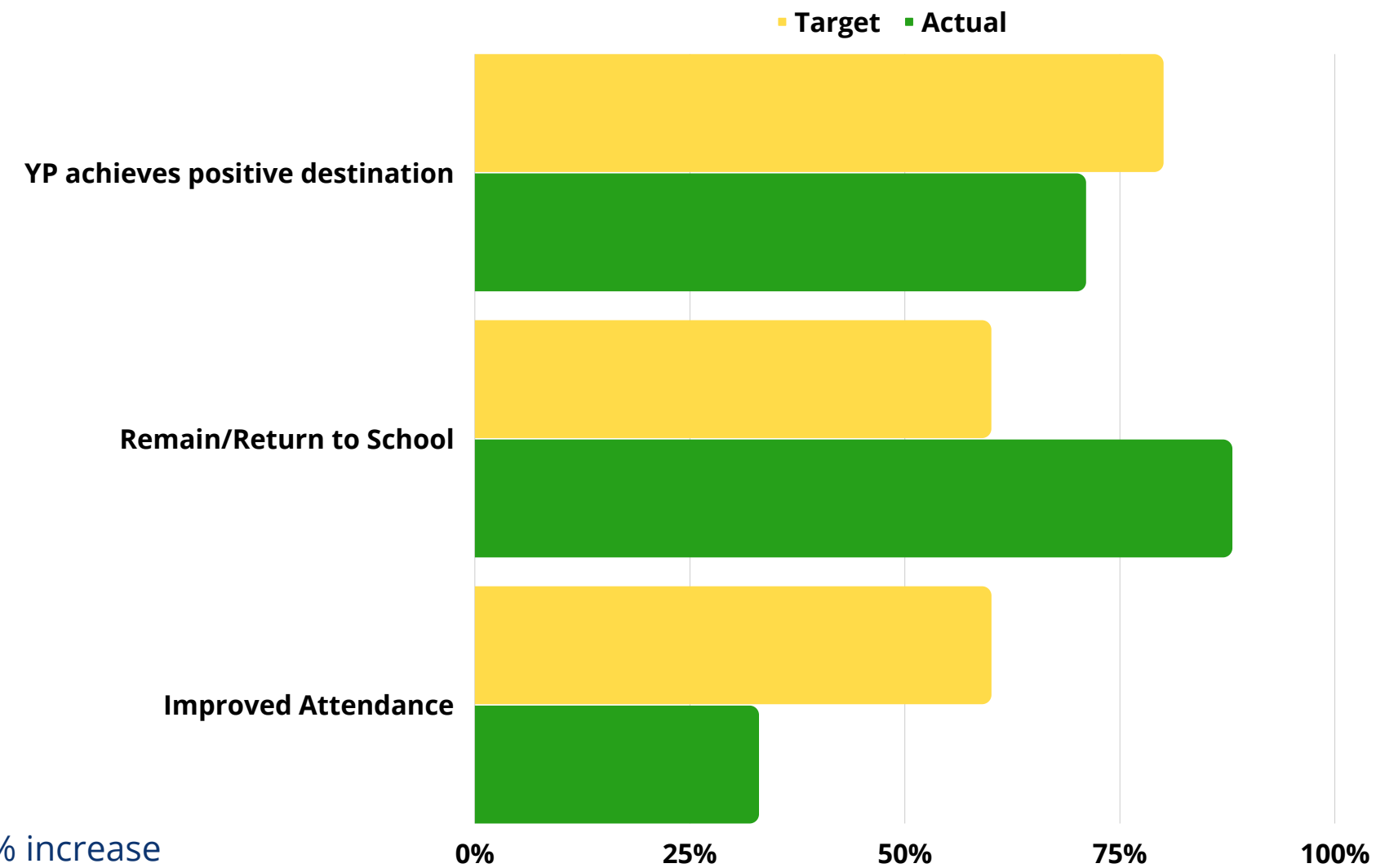
The YDWs worked with our CashBack partners to identify and encourage positive post-programme destinations for young people including opportunities to seek training/volunteering placements within their community. By Q2, one young person from Port Glasgow High had already signed up to volunteer with OYT Scotland.



"Thanks to Ocean Youth Trust our group have been able to take part in a number of outdoor activities in the lead up to their voyage in July. These activities included kayaking, standing paddle-boarding, axe throwing and archery have lead to a positive change within our young people: helping to build confidence, encourage them to try new things and work together as part of team. The group are so excited to work alongside OYT and can't wait to go on their sailing/camping adventure."

Eilidh Senior Youth Worker - St Pauls Youth Forum

OUTCOME 4 IN NUMBERS



- **71%** have achieved a positive destination
- **88%** will remain at or return to school
- **60%** have engaged in an Activity Agreement
- **33%** have improved their attendance

"I haven't had one day off [school] since the New Year. Normally I'm off twice a week at least."

Young Person, Glenwood High School

"I want to stay on more at school now and this has helped to seal that."

Young Person, Glenwood High School



OUTCOME 5 - YOUNG PEOPLE CONTRIBUTE POSITIVELY TO THEIR COMMUNITIES

Throughout the programme, our YDWs provided extensive information, support and encouragement to the young people on pursuing volunteering opportunities, specifically working closely with partner organisations, particularly PSYV, Venture Scotland, RYA and Saltire Awards. An activity plan was implemented that encouraged participants to consider their place in their community/neighbourhood and what motivations influence their decision making processes. This was reinforced during pre-voyage sessions, during both parts of the sailing voyages and at interim and post-voyage sessions in workshops. The YDWs spoke to the young people about next steps including volunteering and training opportunities that will maximise the personal and physical skills they have developed during the programme.

The YDWs encouraged participants to collaboratively identify ways to contribute positively to their own school or communities through activities such as organising activities for fellow pupils or delivering a service to a group in the community. At the OYT Scotland Annual Training Seminar in February 2022, four CashBack groups got involved with the celebratory evening dinner, presenting on their experiences of the CashBack programme and what they had learned in front of an audience of more than 100 people. Following the Hoodie Design Competition, the young people from the GK Experience gave a presentation at the GK Experience AGM. This included giving a speech and presenting photos to a considerable audience.

The CashBack LogBooks asked participants whether they have considered their role in their school or community and how they could contribute their time by volunteering to help improve their local area. As a result of the intervention programme, **4% young people** have enquired about volunteering with OYT Scotland. Results show that this positive intervention has encouraged participants to consider their motivations and means in which they can contribute in a small achievable way at their school or community. Participants were asked at regular evaluation sessions pre- and during the programme, about their involvement in volunteering and community based initiatives. We will continue to enquire as to their progress post programme (after 3, 6, 12 and 18 months) to fully evaluate its impact.

"The young people were clearly nervous, though their confidence has grown over our time together and this has allowed them to take part in public speaking at an event. The group also spoke of how the trip had a positive effect on them."

Young Person, Action for Children



"I feel part of my OYT group and the friends I made. I've returned to BB's in my community." **Young person, GK Experience**

"The camping was the best part and I now volunteer to go on outdoors trips with the youthy."

Young person, Glenwood High School

OUTCOME 5 IN NUMBERS

■ Target ■ Actual

Adopts Leadership/volunteering role



Improved community contribution



Increased sense of belonging



0%

25%

50%

75%



OUTCOME 6 - YOUNG PEOPLE DIVERTED FROM CRIMINAL BEHAVIOUR / CRIMINAL JUSTICE SYSTEM

The Change Tack with CashBack programme was designed to reduce levels of criminal behaviours, increase school attendance and attainment.

During the voyages, the young people had to learn to live with others, work as a team and follow instructions. This improved their ability to behave responsibly and fully participate in the smooth running of the voyage. It was evident that the young people found themselves becoming open to new approaches and ideas while adapting to new situations and people.

A heightened sense of motivation, enthusiasm and optimism remains with the young people when they returned ashore. During post-voyage workshops, the YDWs reported the young people were more amenable to the idea of staying on in, or going into further education, training or apprenticeships, or achieving future employment. Participants reported feeling more more capable and more certain of their own potential at the end of the programme.

At the start of the programme, we asked the young people to self-evaluate as regards their levels of criminal behaviour and involvement with the criminal justice system. Having spoken with the relevant stakeholders for further information on each young person, our YDWs monitored progress from pre-voyage, the two 2 stage voyages and post-voyage. At the end of the programme, the young people were asked to self-evaluate again. Meanwhile, positive changes in behaviour were monitored and recorded first-hand by sea staff, and by participants and stakeholders retrospectively.

At the end of the programme, 89% of young people reported feeling less inclined to participate in antisocial behaviour or offending and 48% had reduced their offending or antisocial behaviour.

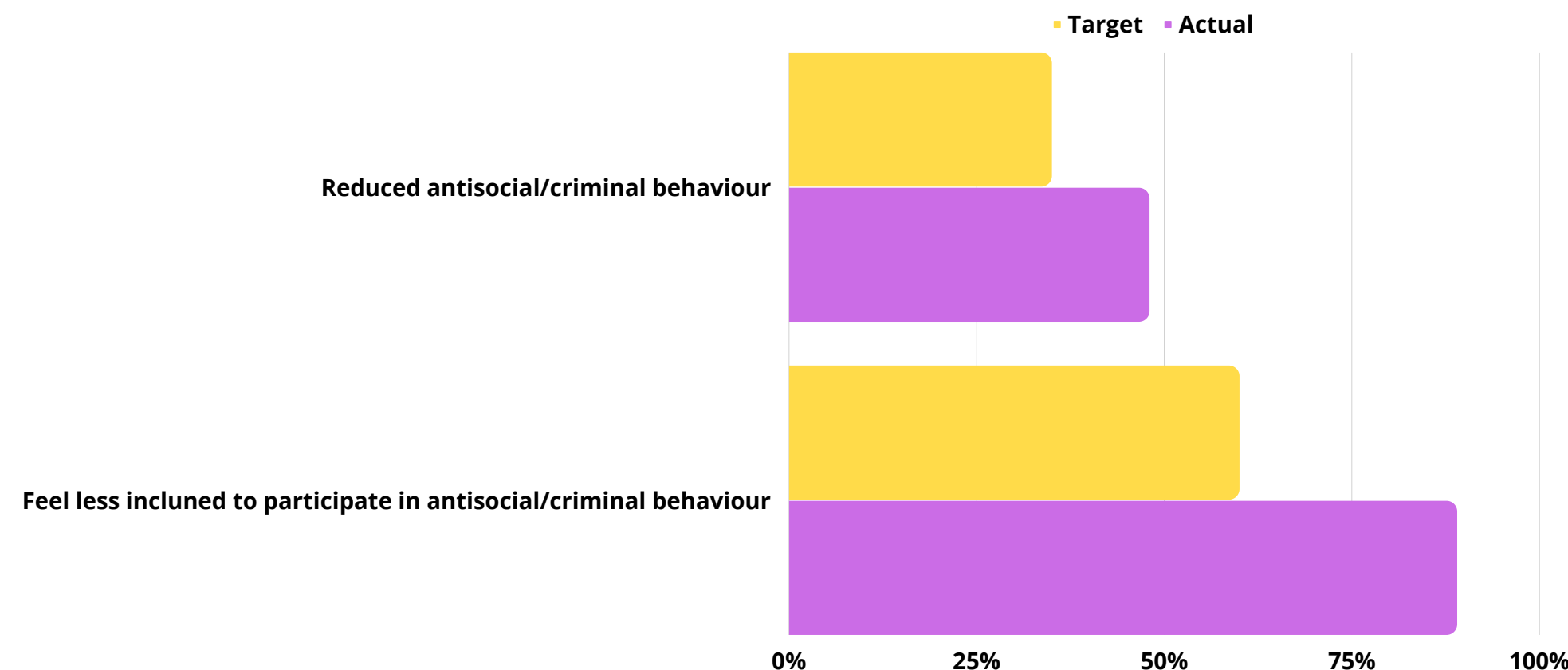
The CashBack log books contain a 'Next Steps – Plans and Goals' page. The young people were asked to set realistic goals to be achieved over the 12 months. in order to monitor participants' increased aspirations. Goals ranged from fulfilling commitments in education or at home to quitting smoking, or to avoid situations that might lead to antisocial behaviour.

During one of our sessions, a YP disclosed how he had been taking multiple drugs at the same time and how this had led to violence. Our youth worker used this as an opportunity to have a group discussion on drug awareness and informing the group of keeping safe strategies. During this session, our youth worker was able to link drug use and poor mental health in a way the group could understand and responded well to.

OUTCOME 6 IN NUMBERS



The young people were asked to reflect on risk taking behaviours and the consequences of risk taking actions both on the boats and how these apply back in their communities. They were taught, and came to appreciate that, in the sailing environment, the need for rules to keep people safe is immediately apparent and trust relationships were fostered through the programme amongst staff, volunteers and peers.



"I have been staying out of trouble since starting the programme as I don't want to go to jail as I have a conviction coming up." **Young person, REACH**

"We have endeavoured to support young people in the criminal justice system. .. These young people are not in any education or training and all of them have been involved with the criminal justice system. One of the young people, John, has been supported by Action for Children and now OYTS after leaving school at 14 and was arrested for a serious criminal charge last year. John is under a supervision order and has been placed in a children's unit after spending 3 months in a secure unit.

"I've had no charges in the last 6 months." **Young person**

"I have been staying out of trouble since starting the programme as I don't want to go to jail as I have a conviction coming up." **Young person**

"Before the trips I was always getting into trouble in school this doesn't happen as much now." **Young person**

"My social worker is saying I'm much better and my attendance in school has gone up." **Young person**

"Before the trips I was always getting into trouble in school - this doesn't happen as much now." **Young person, St Paul's Youth Forum**

"My social worker is saying I'm much better and my attendance in school has gone up." **Young person, GK Experience**

John is now participating in the Ocean Youth Trust programme and has built a great relationship with the Youth Development Worker. He has taken on a leadership role within the group and will organise food and drink for each session for all participants. John gained his first ever SQA qualification. Recently during one of our workshops he stated 'kayaking was class and I'm looking forward to sailing n camping because I have never done any of that before'.

Group Leader, Action for Children

PR & SOCIAL MEDIA

Throughout the CashBack programmes, we shared images of youth voyages and outdoor sessions across our social media channels (Facebook, Twitter and Instagram), tagging @CashBackScot and #CB4C, #youthworkonthewaves and #youthworkchangeslives.

We also shared posts from the groups during and after their voyages and outdoor activities. Our online audience is made up of OYT Scotland volunteers, young people who have sailed with us and their family/friends, school and youth organisations who work with us, funders, sailing enthusiasts, individual donors, and other supporters of OYT Scotland.

Justice Minister Keith Brown praised OYT Scotland's approach to the pandemic by adapting our programme to account for the restrictions imposed by the Government, a statement that was printed in the Greenock Telegraph: [Ocean Youth Trust hailed by Scotland's Justice Secretary | Greenock Telegraph](#)

We have 3.4K followers on Facebook, 709 followers on Instagram and 1,700 followers on Twitter.



FINANCES



There was an underspend in Year 2 of the project of £4154. Although Musselburgh High School attended 3 outdoor sessions and 2 workshops in Q1, the school was unable to engage in any further activity due to newly tightened local covid restrictions. The school will return to the programme in Year 3, and so this underspend will be carried forward to Year 3.

Vessel Running Costs:	Annual Total	Variance	Original Budget
Charts & Publications	213	-25	238
Communications	257	-6	263
Harbour Dues	2,166	-39	2,205
Fuel	1,012	-124	1,136
Food & Cleaning Supplies	5,694	188	5,506
Chandlery	864	265	599
In service repairs	1,410	-198	1,608
Insurance	1,411	0	1,411
Operational Sea staff training	235	46	189
Log books & Hoodies	5,414	2047	3,367
Annual maintenance work required to comply with MCA Code of Practice (Refit)	8,000	-880	8,880
Proportion of cost for use of Vessels: (depreciation)	4,992	-391	5,383
Total Vessel running costs:	31,668	883	30,785
Staff Costs	58,174	0	58,174
Dynamic outdoor sessions	6,406	-3,024	9,430
Day sail shoreside accomodation	11,471	-366	11,837
Travel costs @ av of 10 pp to and from each session.	2,579	-107	2,686
Travel costs for YDW in Yr 1,2,&3.	2,937	-171	3,108
10 certificates at total cost of £72 for each yp.	3,966	-661	4,627
workshops including food	2,036	-94	2,130
Management and Marketing	14,028	-416	14,444
External Evaluation: £25k max as application over £500k.	7,024	-198	7,222
	108,621	-5,037	113,658
Total Expenditure:	140,289	-4,154	144,443

PLANS FOR YEAR 3

Looking forward to year three of the Change Tack with CashBack programme, with the pandemic having ended and restrictions having been lifted, we are on course to deliver our full programme of activities. We have engaged 12 groups - each of whom will enjoy 7 workshops, 3 outdoor activity sessions and 2 youth work voyages at sea (of 5 days each). All will again have the opportunity to undertake up to 9 SQA qualifications and their Royal Yachting Association Start Yachting Certificate.

The 12 groups we have engaged are:

- **Reach**
- **Millenium Centre (2 groups)**
- **Ardrossan Youth Forum**
- **Glenwood High School**
- **Kibble**
- **Girvan Youth trust**
- **Action for Children**
- **Inverclyde CLD (2 groups)**
- **G15**
- **Musselburgh High School**



EXTERNAL EVALUATION

ABOUT THE EVALUATION

The independent evaluation is carried out by Catch the Light on behalf of OYT Scotland in accordance with funding requirements. Notably as the pandemic has made circumstances changeable, it has not always been possible to track young people exactly as was intended. Changes in staffing has also made constancy difficult to achieve.

The results presented therefore switch between the following: Checklists that were gathered by OYT Scotland staff for all six groups which accounts for 54 participants (n=54). Case studies gathered by Catch the Light for 4 of the 6 groups engaged and reviews gathered from 39 of the 56 participants (70%: n=39).

RESULTS

The outcomes diagram on the next page is an illustration of how OYT Scotland performed on achieving each of the six outcomes.

The bars contain the percentage of young people measured for each indicator. The indicators are labelled a to d and identify whether this is above or below the target.

Some indicators show that OYT Scotland has achieved above the target and others are below. There is no conclusive evidence as to why this is the case. It is hoped that as new youth workers settle into post, they will have a better understanding of the indicators and what needs to be measured in year three.

Case study reviews suggest that the progress is more advanced than indicated. Following feedback from the evaluators changes have been made to the programme and recording mechanisms to ensure that this is more accurate and relevant in year three.

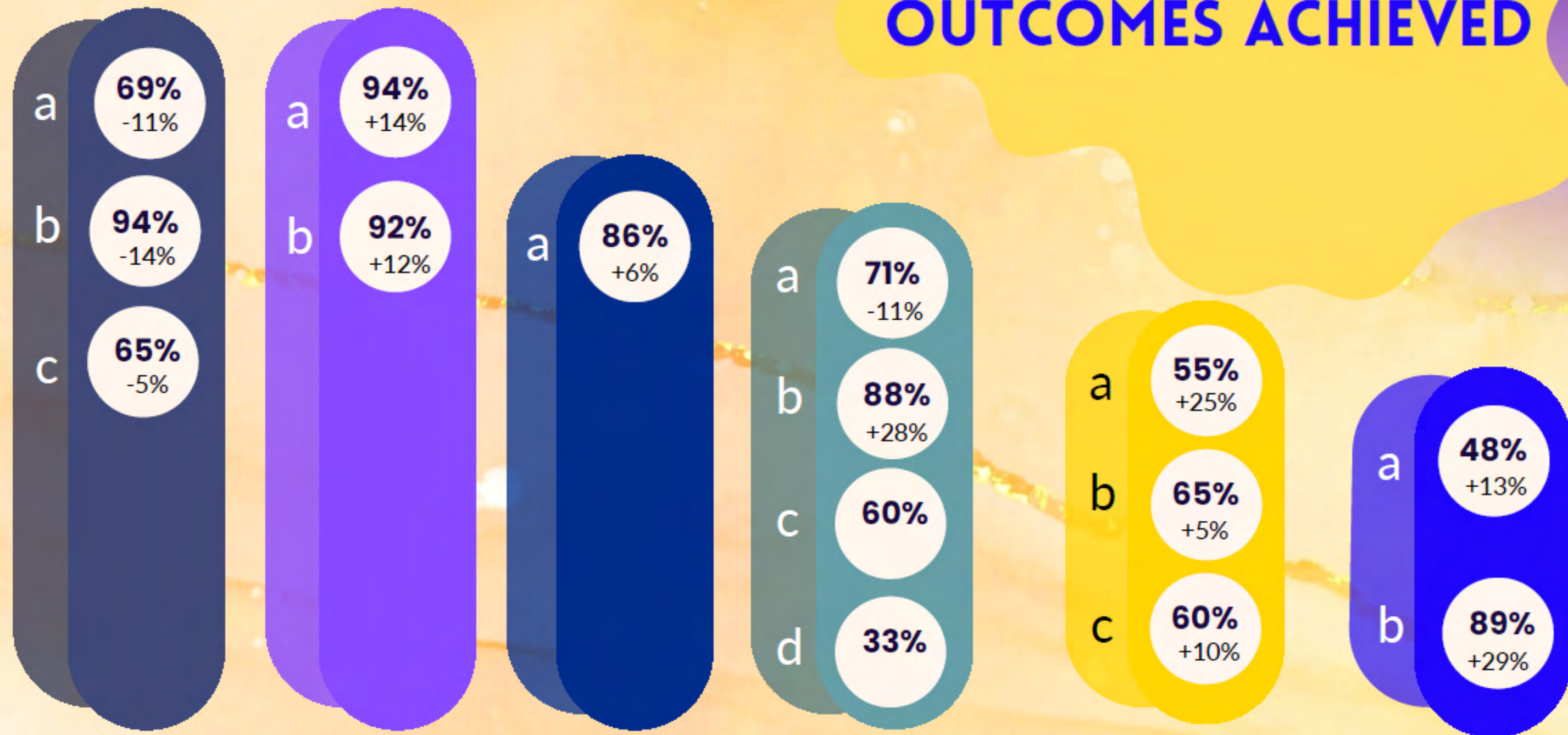


Stakeholders (100%) provided surveys and interviews to confirm the results provided.



EXTERNAL EVALUATION

OUTCOMES ACHIEVED



1

a) Increased confidence
b) Able to do new things
c) More resilient

2

a) Gained accreditation
b) Increased skills

3

a) Increased well-being
SHANARRI

4

a) Positive destination
b) Remain/return to school
c) Activity agreement
d) Improved attendance

5

a) take on volunteering or leadership role
b) feel their contribution is improving
c) heightened sense of belonging

6

a) Reduced Offending or ASB
b) Never/Less inclined to participate in ASB or offending

★
catch the light

EXTERNAL EVALUATION

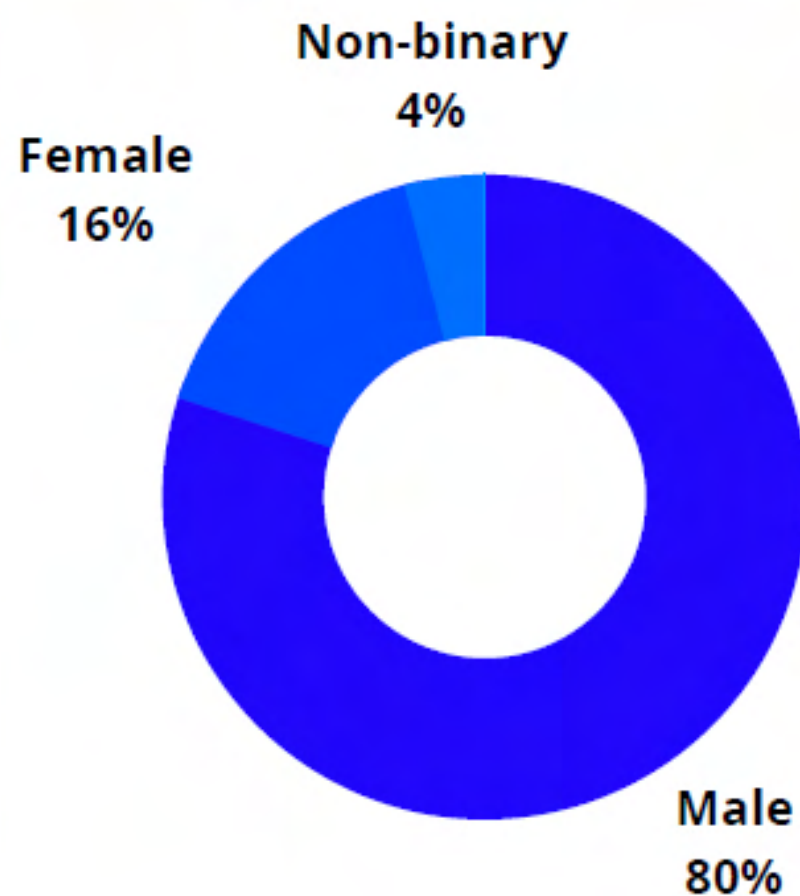
EQUALITIES

Below is a breakdown of equalities data. Data is self-reported by individuals that consent to providing equalities information. The following is based on 25 responses (n=25) in year two.

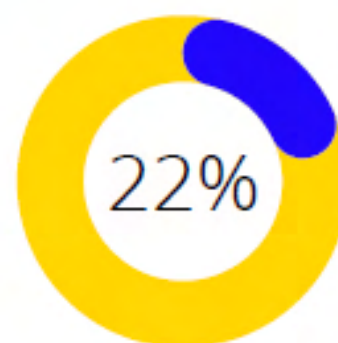
93%

The majority are aged 13-15, with the remainder aged 16-18

GENDER

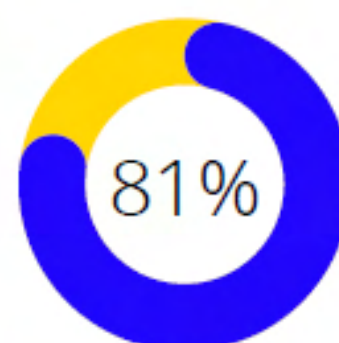


NEEDS

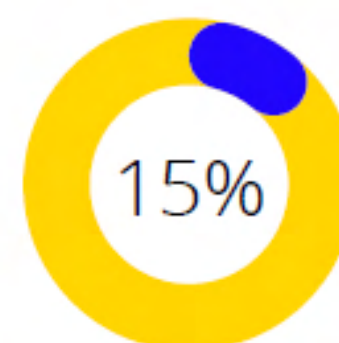


22% have a learning difficulty [dyslexia, dyspraxia or AD(H)D]; 81% are White Scottish, the remainder are White British/Polish or Other. None of the participants are Asian, Black or Mixed Race. More than 40% of participants identified as heterosexual/straight. 15% are Gay or Lesbian, 4% Bisexual and 41% prefer not to say.

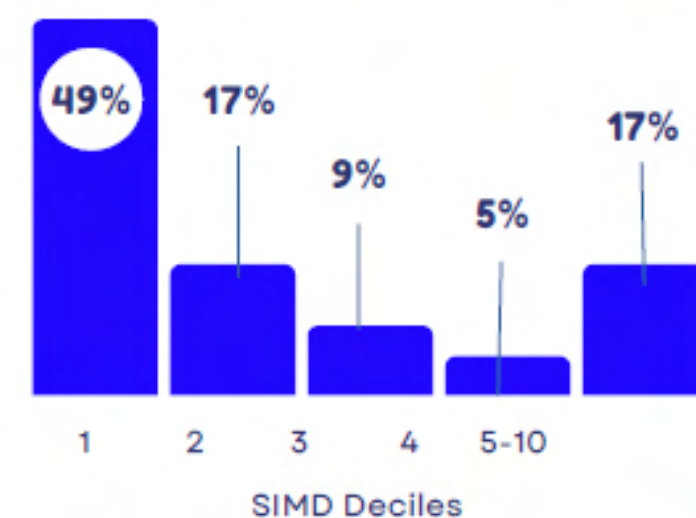
ETHNICITY



LGBTQ+



SIMD



Two thirds (66%) of participants live in deciles 1 & 2, within the most deprived 20% of datazones in Scotland.

EXTERNAL EVALUATION

catch the light

SWOT ANALYSIS

The following diagram summarises the strengths, weaknesses, threats and opportunities that will guide OYT Scotland to a successful year three of the project.

Strengths	Weakness
Reach into targeted groups and SIMD 1&2 datazones. The intensity of the programme and activities.	Limitations of the age group - makes it difficult for partner agencies to adhere to.
Threats	Opportunities
Further Covid outbreaks and the challenges of re-building after the pandemic.	Focus on providing workshops and activities that support groups to meet all of CashBack outcomes.

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Strengths

- Reach into targeted groups and SIMD 1&2 datazones.
- The intensity of the programme and activities.

The diagram features a large blue circle on the left. To its right is a white circle containing a large blue letter 'S'. Further right is a blue arrow pointing to the right, which contains the text 'Strengths' in white, followed by a list of two bullet points in white text.

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W

Weakness

Limitations of the age group - makes it difficult for partner agencies to adhere to.

W

Weakness

Limitations of the age group - makes it difficult for partner agencies to adhere to.



Threats

Further Covid outbreaks and the challenges of re-building after the pandemic.

The diagram features a large red circle on the left. To its right is a white circle containing a large grey letter 'T'. Further right is a red circle containing a white letter 'T'. The text 'Threats' is positioned to the left of the first red circle, and the text 'Further Covid outbreaks and the challenges of re-building after the pandemic.' is positioned below it.

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CASE STUDY - St Paul's Youth Forum

Group Leader

How were the young people identified?

We have worked with OYT Scotland in the past, mostly for weekend voyages. However, this is the first time we have engaged a targeted group of young people who meet the criteria set by the CashBack for Communities fund

We did a lot of internal thinking and scrutiny to ensure we selected young people we felt would most benefit from the experience and who, because of their life experience, could easily be drawn into crime. These are young people who see crime on a daily basis and a number of young people we work with are part of family groupings involved in criminal activity.

What were the challenges in this project?

Getting young people interested in the OYT Scotland experience has never been a problem. Young people love the opportunity to get out of the community and get involved in outdoor activities. We did have one young person change his mind after signing up, and that was okay with us. For me, the big difference was having the Youth Development Worker involved. The time spent building relationships with the group was really worthwhile and it gave people a chance to get to know Barry. The quality and choice of activities were fantastic. We did three outdoor trips and three land-based activity sessions during which Barry introduced and explained the voyage, helping us understand what to expect.

The fact that the learning happens on a boat is a big challenge for young people and for us as support staff. Not surprisingly, the young people expressed fears about being on the water, being seasick and how they would handle the physical tasks. The added element of camping raised questions about what that meant in terms of food, bathrooms and mobile phones - all the things that support their personal comfort zones. As youth workers, we recognised that when supporting young people to expand their experience it's important that we create a safe space for them.

What were the main benefits of the project?

The OYT Scotland experience creates the space for young people to meet and have conversations with people whom they would normally never connect with. People across a range of professions: engineers, doctors, scientists, geologists etc. It also gives the adults an opportunity to better understand young people. The voyage is a real leveller in terms of learning as it gives everyone the opportunity to come together, have conversations and share stories based on their own experiences. People become partners on the learning journey.

I can't fault the quality of the staff, they were the best sea staff I have sailed with. The biggest challenge was the impact of the pandemic. The restrictions meant we had a 3-day voyage instead of the planned 5-day voyage.

CASE STUDY - St Paul's Youth Forum Young Person

How did you hear about the opportunity?

We were told that somebody called Barry was coming to talk to us about Ocean Youth Trust and the opportunity to take part. So, the staff organised a BBQ and Barry told us what it was all about. Following that we were asked if we wanted to take part and I said I did. The main reason for me saying I would go was it was an opportunity to get a break away after all the Covid lockdowns.

Has the opportunity made a difference to you?

Yeah definitely especially making me more confident. Apart from school trips there's not a lot of opportunities to get away and especially after the lockdown just knowing that I could handle going away made me feel good about myself. Because of all the physical work you do on the boat It made me stronger. Having been on the boat I realise that not many people get that opportunity or would be able to handle it makes me feel good about what I achieved. The experience also gives me something interesting to talk about.

How was this experience different from other trips you've been on?

It was much more physical, and you had to take on responsibility as well as work as a team. For example, you had to work with other young people and adults to put up sails and do tacking. Also, you had to work all day, so it meant I was really tired at night and in my bed early.

Was there anything you did or learned that you think are transferable to other parts of your life?

Definitely working together with other people. We don't do much of that in school. So if I ever have to work in a team I will have a better idea of what I have to do and how that works. On the last day when we were getting ready to go home the weather was really calm and there was no wind. When we were told we had to put the sails up everybody was raging. I just got up to do what we were asked, and everyone just followed, and we put the sail up. Getting on and getting a task done instead of arguing about it is something I realised is a good thing,

Did your family comment on how you looked after the voyage?

They said I looked stronger and said my muscles were bigger. I fact my Dad came to see me playing football when I got back and he said I was looking better, bigger and stronger and whatever happened on the boat has improved me a bit. Hearing that made me feel proud and gave me the confidence to play better.

Did the school comment on anything?

Sort of. Since going back, I behave a bit better than I did last year.



CASE STUDY - GK Experience

Group Leader

How did you identify the young people?

The young people we work with all live in deciles 1 and 2 of the SMID index and don't thrive in mainstream education - many don't attend school. Because of this I felt that what OYTS did was a great opportunity for the young people we work with and fitted well with the Cash Back funding outcomes. So we signed up to be part of the programme. I recruited the young people and targeted those who fitted the Cash Back funding criteria specifically identifying those involved in anti-social behaviour and propensity to violence

What was the impact of the voyage on the young people?

The challenging nature of the sailing experience provided a platform for young people to learn new skills. It also created opportunities to interact and engage with others outside of their peer group. This provided a strong sense of achievement which was clearly visible with young people taking on tasks and responsibilities both for themselves and other group members.

Attempting new things that were challenging and their willingness to work in small teams under pressure meant the rewards of teamwork were clear and instant. Throughout the voyages several young people faced significant challenges which tested their resilience.

The experience has helped develop a range of transferable skills e.g. communication, teamwork, problem solving and taking responsibly. Whilst difficult to attribute all the success to the OYTS experience it has contributed to young people either deciding to stay in education and moving to other positive destinations i.e. college and work placements.

CASE STUDY - GK Experience

Young Person

I had charges for vandalism, breaking and entering and racial abuse. Every weekend I was “on it” drinking. Where I live it’s mental with the stuff that goes on. For a young guy it’s a hard place to grow up and I blame a lot of my behaviour on that (where I live). A lot of my pals are full of drugs and I plan to get out of it as soon as I can.

I was a bit of d*** at school and didn’t do anything. I have just been accepted for a 6 week employability course and the experience and the things I learned on the OTYS helped me with the interview. This experience has helped me to understand that your behaviour has consequences. On the boat there’s nowhere to “hide” and you’ve just to get on with doing what you’re asked to do.

Since coming back I’ve done a bit of volunteering here, helping to set things up for the AGM. If someone had said I’d have done this before going on the boat I say they’d be “Aff their nut” I also enjoyed the physical work it kept me busy, helped me focus and get rid of a lot of tension.

The big changes for me is that I am not as awkward around people I don’t know and have more confidence and belief in myself. I am better behaved, and I’ve learned to persist if I come up with something I’m not sure about. I never listened to people, I was always on my phone and not having my phone and being away from the world I was used to calmed me down and I really enjoyed that.

When I got back I said to myself that I had to mature up and get my head together. My mum has noticed that I am trying and said she’s proud of me. Because of that I am getting a bit more leeway and I just need to keep it up.

