

////// DANCE
CASHBACK
ON TRACK
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2023-2024

ANNUAL REPORT

**CASH
BACK**

FOR COMMUNITIES



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

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→ EXECUTIVE SUMMARY

Building upon the learning from the **CashBack for Change** programme (2020-2023), the **CashBack on Track** programme, led by YDance, has made significant strides in leveraging dance to empower young people in Scotland. Across four strategic strands —**Alternative Education, Community Diversions, Youth Custody, and Family Connections**—the programme has focused on diverting young people from antisocial behaviour, enhancing their learning and employability, improving health and well-being, fostering positive community contributions, and nurturing personal skills and resilience.

This report provides an overview of the actual engagement and progress made in each outcome area, as well as the accomplishments against specific indicators.

With the active participation of **635 individuals** across **13 local authority areas**, the programme has demonstrated its wide-reaching impact and effectiveness.

Moving forward, the **CashBack on Track Programme** is committed to expanding reach, deepening impact, and strengthening partnerships to continue empowering young people to lead positive, resilient, and fulfilling lives through the transformative power of dance.





→ 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 -

ENGAGE | LEARN | PERFORM | CONNECT

ABOUT THE PROGRAMME

The overarching aim of **CashBack on Track** is to use dance to nurture the development and wellbeing of young people in Scottish communities so that they can live positive, resilient, and fulfilling lives. The programme is delivered across 4 strands:

→ ALTERNATIVE EDUCATION

Targeted work with young people who are not in mainstream education and those who are Care Experienced

→ COMMUNITY DIVERSIONS

Working with trusted partner organisations in communities where young people are facing inequalities owing to their socio-economic status

→ YOUTH CUSTODY

In HMP YOI Polmont, working with young prisoners aged 16-21

→ FAMILY CONNECTIONS

Specialised programmes for young parents and their pre-school children and for young carers and their siblings

To find out more about Cashback on Track, visit our [webpage](#).



→ PROGRAMME DELIVERY - YEAR 1

635 participants total

LOCAL AUTHORITY	PARTNERS/GROUPS	NO. OF SESSIONS	NO. OF YP
ANGUS	Angus Young Carers	24	18
	Rossie Young People's Trust	24	11
DUNDEE	Barnardo's Tayside	21	22
EAST AYRSHIRE	Barnardo's East Ayrshire	22	28
	Ayrshire College (HIVE)	14	47
EAST DUNBARTONSHIRE	EDLC / Active Schools	132	100
EDINBURGH CITY	Clovenstone Primary School	9	23
FALKIRK	HMPYOI Polmont	24	66



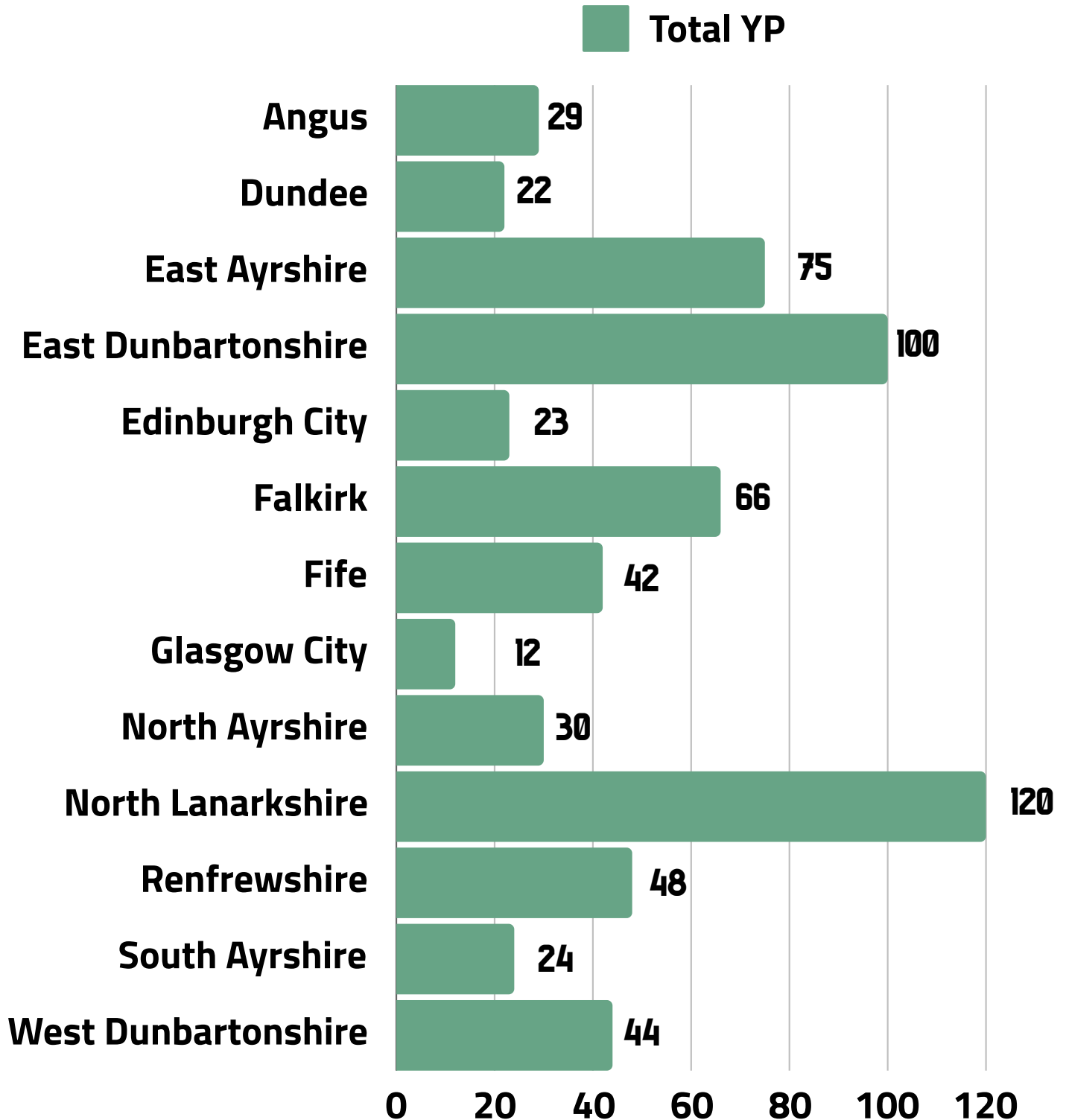
→ PROGRAMME DELIVERY - YEAR 1

LOCAL AUTHORITY	PARTNERS/GROUPS	NO. OF SESSIONS	NO. OF YP
FIFE	Fife Active Schools	20	42
GLASGOW	Achieve More Scotland	10	12
NORTH AYRSHIRE	Ayrshire College (HIVE)	14	30
NORTH LANARKSHIRE	Clyde Valley High School	24	32
	North Lanarkshire CLD	34	77
	St. Philip's School	24	11
RENFREWSHIRE	Kibble Education & Care Centre	24	24
	The Good Shepherd Centre	24	24
SOUTH AYRSHIRE	South Ayrshire Active Schools	20	24
WEST DUNBARTONSHIRE	Spark of Genius Skypoint	24	44



→ LOCAL AUTHORITY BREAKDOWN

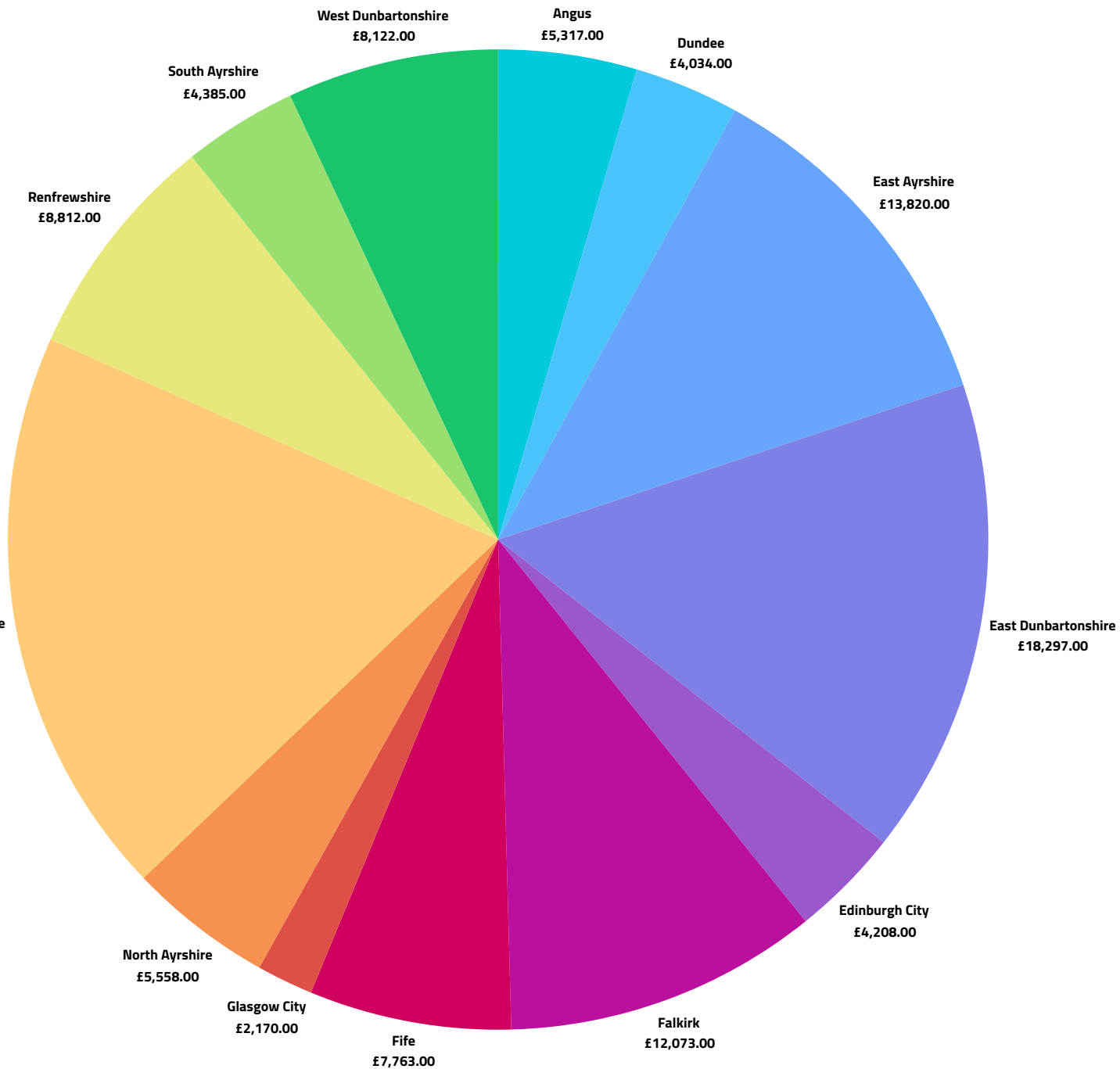
No. of Young People per Local Authority Area





LOCAL AUTHORITY BREAKDOWN

Spend per Local Authority Area



Total Spend = £116,495



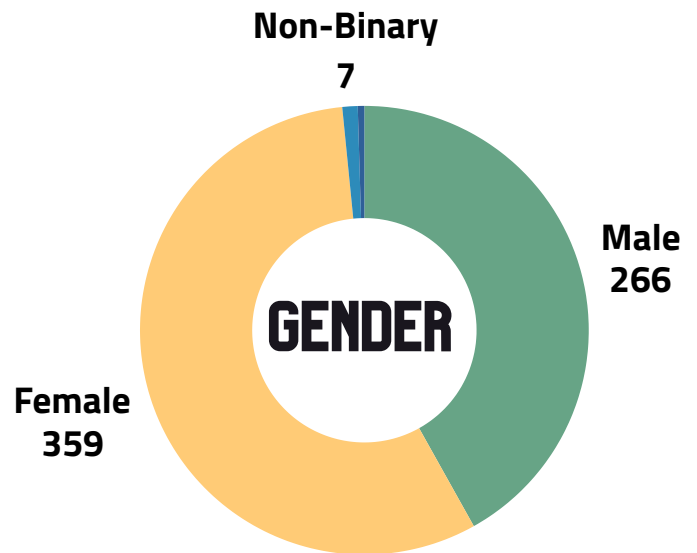
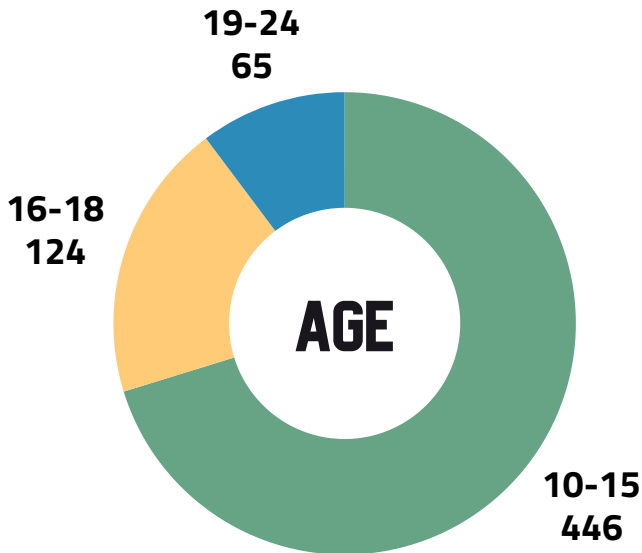
➔ FINANCIAL REPORT 2023-24

	BUDGET	ACTUAL	VARIANCE
Project Staff	£66,340	£72,816	+£6,476
Freelance staff	£11,800	£2,450	-£9,350
Travel and transport costs	£14,300	£15,001	+£701
Venues, materials and production costs	£10,900	£12,658	+£1,758
Awards Certification	£1,950	£2,070.00	+£120
Total Project Activity	£105,290	£104,995	-£295
Marketing	£1,500	£1,500	-
Management	£10,000	£10,000	-
Total Expenditure	£116,790	£116,495	-£295*

*Underspend will be taken forward into Year 2 (2024-25).



➔ EQUALITIES & RISK PROFILE



SIMD



54% of participants live in the top 20% of deprived communities

Full breakdown:

- 345 from 0-20%
- 57 from 20-30%
- 50 from 30-40%
- 62 from 40-50%
- 121 from 50-100%

**N.B: 112 participants are housed in secure care/custody in areas between SIMD Deciles 4-10*

DISABILITY STATUS



45% of participants consider themselves to have a disability

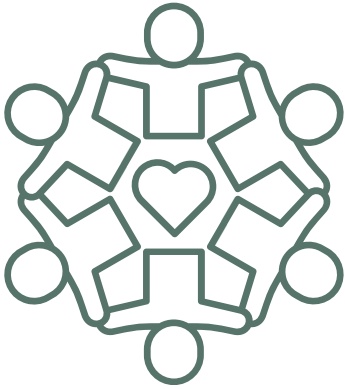
Full breakdown:

- 5 with Visual Disability
- 3 with Hearing Disability
- 4 with Mobility issues
- 128 with Learning, understanding or concentrating issues
- 1 with Memory issues
- 13 with Stamina, breathing or fatigue issues
- 120 with Social, behavioural or emotional issues
- 11 with a disability not listed
- 153 without any disabilities



→ EQUALITIES & RISK PROFILE

ETHNICITY



6% of participants come from a Global Majority background

Full breakdown:

- 597 White
- 16 Mixed/Multiple ethnicities
- 5 Pakistani
- 4 Indian
- 1 African
- 9 Black
- 1 Other Ethnicity not listed



102 participants are Care Experienced



37 participants are Young Carers



21 participants are Young Parents






17% of participants reported previous involvement in Antisocial Behaviour





→ IMPACT & OUTCOMES

The following summarises the achievements of 635 participants in Year 1, highlighting the impact made across predetermined outcomes & indicators required for funding by the Scottish Government.

Outcome	Progress and Indicator(s)	Original targets	Variance
Participation	635	213	+422
 Young people are diverted from antisocial, criminal behaviour and involvement with the criminal justice system.	298 YP (47%) feel less inclined to participate in antisocial and/or criminal behaviour <i>N.B: Only 17% report prior involvement</i>	149 YP	+149
 Young people participate in activity which improves their learning, employability and employment options (positive destinations)	183 YP (29%) gain accreditation for a new skill 156 YP (25%) achieve "other" positive destination <i>College, University, Modern Apprenticeship, Training, Employment, Volunteering or Formal Work Placement</i>	149 YP 127 YP	+34 +29
 Young people's health, mental health and wellbeing improves	505 YP (80%) report increases in feelings against SHANARRI indicators <i>Safe, Healthy, Achieving, Nurtured, Active, Responsible, Respected, Included.</i>	149 YP	+356



➔ IMPACT & OUTCOMES

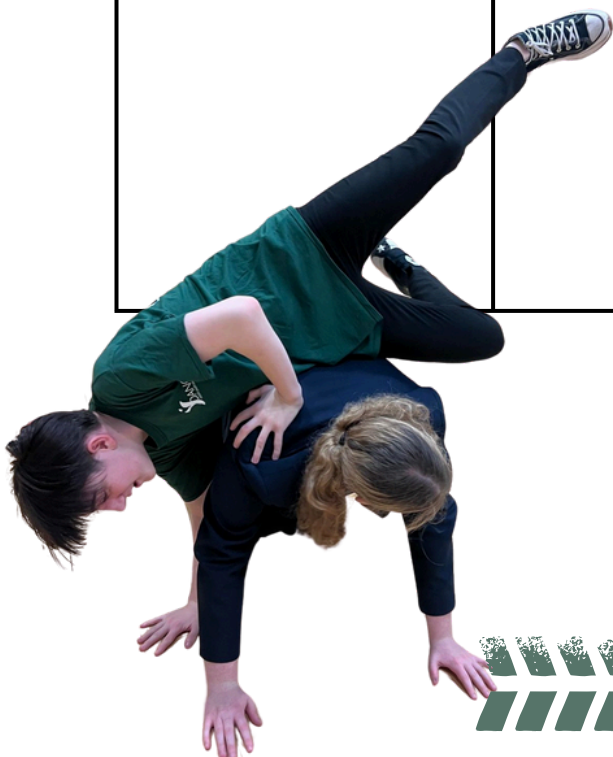
Outcome	Progress and Indicator(s)	Original targets	Variance
 <p>Young people's health, mental health and wellbeing improves</p>	<p>399 YP (63%) report their mental health has improved and they have a more positive outlook on life.</p>	<p>149 YP</p>	<p>+250</p>
	<p>465 YP (73%) report their confidence has increased</p>	<p>149 YP</p>	<p>+316</p>
 <p>Young people contribute positively to their communities</p>	<p>317 YP (50%) report their perception of their neighbourhood improves</p>	<p>149 YP</p>	<p>+168</p>
	<p>391 YP (62%) report a heightened sense of belonging to a community</p>	<p>149 YP</p>	<p>+242</p>
	<p>366 YP (58%) report feeling their contribution, links with communities and social interaction are improving</p>	<p>149 YP</p>	<p>+217</p>



→ IMPACT & OUTCOMES



Outcome	Progress and Indicator(s)	Original targets	Variance
Young people build their personal skills, resilience, and benefit from strengthened support networks and reduce risk taking behaviour	386 YP (61%) feel more resilient	149 YP	+237
	335 YP (53%) report positive supportive networks	149 YP	+186
	355 YP (56%) report positive changes in their behaviour	149 YP	+206





→ FEEDBACK ON YEAR 1

Some quotes from our delivery partners and from the people who matter most, our participants:

"It's different to what I expected. A good different. I thought it was going to be us learning a dance the whole time but it's more creative." - Participant from Youth Custody Strand

"I used to be too anxious to get the bus into Dundee but now I find it easy and get excited before dance. Being here and making new friends made it less scary going to interviews and speaking to new people. I'm so much happier now." - Participant from Alternative Education Strand

"Everyone here is a young carer so we know how each other feel, we can come to dance and just switch off and have fun with each other." - Participant from Family Connections Strand

"Every week I go home and show my mum my new dance, I always practicing and make sure I know it for next week." - Participant from Family Connections Strand



"Kids were so motivated and positive after the two sessions delivered, that I have even had parents telling me in the playground this morning." - Depute Head Teacher, Alternative Education Strand

"It was nice to watch the group gel with yourself. They were keen on you leading them, which for these students is a massive compliment, you had the right approach with them and their wellbeing." - Staff member, Youth Custody Strand

"I love how I have been able to add to my CV a qualification through something that has been so enjoyable." - Participant from Community Diversions Strand

"Every week I leave dance I feel so much happier. Sometimes in the morning or on the bus I don't want to come but I know when I get here I feel way better and enjoy seeing everyone. I have never stuck at a club before this." - Participant from Community Diversions Strand





➔ INDIVIDUAL CASE STUDY - EVAN



BACKGROUND:

Evan, a twenty-one-year-old male, has been part of the CBoT project at HMYOI Polmont and attending YDance sessions for over two years. His journey from challenging circumstances to a focused and motivated individual highlights the profound impact of the programme.

EARLY CHALLENGES:

Evan faced significant hardships from a young age. Losing his mother at 11 years old led him to alcohol and drug use. Influenced by his older brother, Evan engaged in petty crimes and was excluded from mainstream schools, attending alternative education centres instead. Social services attempted to place him in secure units, prompting him to run away for over two months.

YDANCE IMPACT:

Initially, Evan did not take CBoT seriously, attending his first session under the influence of drugs. However, YDance's strict policy against intoxicated participation became a turning point. Consistently participating with enthusiasm and focus, Evan demonstrated exemplary behaviour throughout his time in the programme.

PERSONAL GROWTH:

Evan's involvement in CBoT led to significant personal achievements. Reflecting on his first performance, he said, "A huge achievement was the first YDance show I performed in. I felt proud I remembered the steps and being part of a team." His contributions included thematic, music, and movement ideas, showcasing a range of dance styles.

AWARDS AND FUTURE GOALS:

Through CBoT, Evan earned his SQA Personal Achievement Award [SCQF 2] and an Award in Dance Leadership [SCQF 4]. He expressed his excitement, stating, "It gives me something to focus on," and looks forward to team-teaching with YDance staff. Additionally, he participates in drama and music lessons, aspiring to join a pantomime after his release.

BEHAVIOURAL TRANSFORMATION:

A major milestone for Evan was moving to Iona 3, the hall for the most responsible young people in the prison, after two years of exemplary conduct. He remarked on the peaceful environment, contrasting it with his previous involvement in conflicts. His positive attitude is evident during YDance sessions, where he rates his enjoyment as "12 out of 10" and actively recruits others despite peer ridicule.

CONCLUSION:

Evan's story illustrates the transformative power of CBoT, helping him overcome challenging circumstances and look forward to a positive future. His journey from difficult beginnings to a motivated and enthusiastic participant underscores the programme's impact on reducing anti-social behavior and fostering personal growth.



➔ SUPPORTING SCOTLAND'S PRIORITIES

Contribution to Scotland's 2018-2032 Climate Change Plan

In our initial application for funding, we committed to addressing environmental considerations at all stages of project planning and development. Over the first year, we have implemented several strategies and initiatives that align with and contribute to **Scotland's 2018-2032 Climate Change Plan**. Below is a detailed account of our actions and their impact.

Travel Reduction and Efficient Driving

We have significantly reduced travel by adopting virtual meetings and remote collaboration tools whenever possible. For essential travel related to delivery, we have implemented efficient driving methods to minimise carbon emissions.

Monitoring and Reporting

We continuously monitor and report our carbon footprint using **Creative Carbon Scotland tools**. This has enabled us to track our progress and identify areas for improvement in our environmental practices.

Local Engagement and 20-Minute Neighbourhood Principle

Our projects are designed to be held locally, adhering to the 20-minute neighbourhood principle. This ensures that participants, where possible, can attend without needing transport, thereby reducing the carbon footprint associated with travel. We actively collaborate with local partners to engage in and promote local environmental initiatives, fostering a community-centric approach to low carbon lifestyles.

Environmental Audits and Ongoing Assessments

Prior to commencing our projects, we conducted a comprehensive environmental audit to ensure our plans were designed to minimise carbon impact, in line with the **YDance Environmental Strategy and Action Plan**. We perform ongoing assessments at the end of each project block to reassess and refine our approach, ensuring continuous improvement in our environmental performance.

Green Initiatives in Project Execution

We run our projects using green initiatives such as recycling, using reusable water bottles, and utilising existing costumes. These practices are embedded in all aspects of our work to minimise waste and promote sustainability. Additionally, we incorporate themes around environmental issues into our projects whenever possible to raise awareness and inspire action.

By integrating these practices into our operations, we are making a meaningful contribution to Scotland's 2018-2032 Climate Change Plan. Our efforts not only reduce our own carbon footprint but also educate and empower our participants and communities to adopt sustainable lifestyles, supporting the broader goal of achieving net zero emissions.



➔ SUPPORTING SCOTLAND'S PRIORITIES

Alignment with Scottish Government's Fair Work Framework

YDance is dedicated to upholding the principles of the Scottish Government's Fair Work Framework, ensuring that our workplace practices reflect fairness, inclusivity, and respect for all staff members. Our commitment to the Fair Work First policy is evident through our adherence to the following criteria:

Effective Voice: We actively promote open communication and transparency within our organisation, providing various channels for staff members to voice their opinions and concerns.

Payment of the Real Living Wage: As an accredited Scottish Living Wage employer, we prioritise the well-being of our staff by ensuring fair compensation for their work.

Investment in Workforce Development: We continuously invest in the professional and personal development of our staff through training programmes, mentorship initiatives, and career advancement opportunities.

No Inappropriate Use of Zero Hours Contracts: We oppose the use of zero-hour contracts and provide job security by offering permanent and long-term contracts to our employees.

Action to Tackle Gender Pay Gap and Create a More Diverse Workplace: We undertake fair and transparent recruitment processes, ensuring diversity and inclusion in our workforce.

Offer Flexible and Family Friendly Working Practices: We provide flexible working arrangements and family-friendly policies to support the work-life balance of our staff from day one of their employment.

Oppose the Use of Fire and Rehire Practice: We oppose the use of fire and rehire practices, advocating for fair and respectful treatment of all staff members.

Through our **Fair Work Strategy and Action Plan**, we aim to foster a positive workplace culture that prioritises the wellbeing and development of our staff. By aligning with the Fair Work Framework, we demonstrate our commitment to creating a supportive and inclusive environment where every individual can thrive.





➔ SUPPORTING SCOTLAND'S PRIORITIES

Alignment with United Nations Convention on the Rights of the Child (UNCRC)

YDance is deeply committed to promoting, respecting, protecting, and fulfilling the rights of children and young people in line with the **United Nations Convention on the Rights of the Child (UNCRC)**. Our efforts to increase awareness of the UNCRC among our staff and stakeholders are evident through the following initiatives:

Integration of UNCRC Principles: The CashBack on Track project places children's rights and wellbeing at its core. Through robust internal and external monitoring and evaluation, we ensure that young people participating in our programmes can openly express their views and opinions.

Promotion of Positive Opportunities: CashBack on Track aims to increase positive opportunities and activities available to young people in their local communities. By diverting them from antisocial and criminal behaviour and enhancing their learning, employability options, health, and wellbeing, we empower them to contribute positively to society.

Children's Rights and Wellbeing Impact Assessment (CRWIA): Our CRWIA for CashBack on Track outlines how the programme impacts children's rights, particularly targeting vulnerable groups such as those living in poverty, care-experienced youth, young parents, and young carers. We address various UNCRC articles, ensuring equal access to cultural activities, education, non-discrimination, freedom of expression, association, and more. You can find our [CBoT CRWIA here](#).

Alignment with SHANARRI Wellbeing Indicators: Our programme prioritises the safety, health, achievement, nurturing, activity, respect, and responsibility of young people. Through trauma-responsive approaches, physical activity promotion, goal-setting, inclusion, and empowerment, we create a supportive environment where young people can thrive.

Moving forward, we will continue to monitor and review our efforts to uphold children's rights through the CashBack on Track programme. By bi-annually assessing our impact and engaging with our stakeholders, we remain committed to promoting the well-being and development of children and young people across Scotland.





➔ SUPPORTING SCOTLAND'S PRIORITIES



Contribution to the Scottish Government's Child Poverty Delivery Plan/ Best Start, Bright Futures

In Year 1, CashBack on Track has made significant strides in aligning with the **Scottish Government's Best Start Bright Futures (BSBF) plan**, aimed at addressing child poverty and supporting families across Scotland. Here's a snapshot of how our project has contributed under the following themes:

- **Providing Opportunities for Work:** Our targeted approach has reached seven of the ten local authorities with the highest rates of child poverty. By fostering resilience and support networks, we have empowered young people, enhancing their prospects for entering and sustaining work.
- **Supporting Families to Lead Dignified Lives:** Through our **Family Connections** sessions, informed by Early Childhood Development and Attachment Theory, we have strengthened the bond between young parents and their infants. This initiative aims to maximise support for families to lead dignified lives, particularly those vulnerable to Adverse Childhood Experiences (ACEs).
- **Supporting the Next Generation to Thrive:** CashBack on Track has focused on increasing confidence, positive leadership, and offering flexible pathways to accreditation for young people. By providing targeted support, we aim to break cycles of poverty and low-paid employment, ensuring that the next generation has the opportunities they need to thrive.

"It has been so nice to see the bond grow between parent and child, becoming more comfortable in the sessions and trying whatever is asked of them." - CBoT Dance Artist





➔ PRIORITIES FOR YEAR 2

As CashBack on Track enters its second year, we are focusing on enhancing impact, ensuring sustainability, and delivering meaningful outcomes for young people and their families across Scotland.

Strengthening Support for Families

- Family Connections Expansion: Support more young parents and infants to foster early childhood development.
- Enhanced Collaboration: Partner with more organisations to provide comprehensive family support.

Fostering Personal and Professional Development

- Accreditation Pathways: Offer diverse pathways to accreditation for better educational and employment opportunities.
- Workforce Development: Invest in staff training to enhance support for participants.

Promoting Wellbeing and Resilience

- Holistic Approach: Continue trauma-informed activities to promote overall wellbeing.

Increasing Participant Engagement and Voice

- Feedback Mechanisms: Improve feedback systems to incorporate participants' voices in programme development.
- Youth Leadership: Encourage more youth leadership roles to empower participants.

Measuring Impact and Improving Practice

- Robust Evaluation: Strengthen evaluation processes to measure impact and identify improvements.
- Data-Driven Decisions: Use data to inform programme adjustments and ensure strategic outcomes.

Aligning with Strategic Frameworks

- UNCRC Implementation: Promote and protect children's rights as per the United Nations Convention on the Rights of the Child.

In Year 2, CashBack on Track will focus on deepening impact, expanding reach, and enhancing support, aiming to create lasting positive change and build a brighter future for the communities we serve.



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