



Fife



£354,462

funding delivered
in 2023-24



798

young people supported
in 2023-24

The following CashBack partners aim to support young people in Fife in this funding period (2023-26):

- Access to Industry
- Ocean Youth Trust Scotland
- Scottish Football Association
- Scottish Rugby Union
- Scottish Sports Futures
- Starcatchers
- Venture Trust
- YDance (Scottish Youth Dance)
- Youth Scotland

Read on for project details and case studies. Visit the [Fife](#) impact page on our website for a breakdown of project activities and spending by year.



Scottish Government
Riaghaltas na h-Alba
gov.scot

**CASH
BACK**
FOR COMMUNITIES

Partners supporting young people in Fife



Access to Industry

CashBack Passport provides skills-based employability training and one to one holistic support to young people aged 16-25 residing in HMP YOI Polmont and in communities across Scotland. Enables young people to gain skills regardless of length of sentence or nature of offence.



Scottish Sports Futures

CashBack Changing Lives provides a range of programmes in areas of multiple deprivation to deliver multisport and youth work programmes to improve young lives. Includes street work, programmes for young people who are disengaged from education, and volunteering opportunities.



Ocean Youth Trust Scotland

On Board with CashBack is a programme aimed at changing the attitudes and behaviours of young people aged 12-25 most at risk of being involved in the justice system. Each young person participates in group work, outdoor education, and youth work aboard a 70ft yacht.



Starcatchers

CashBack for Young Parents supports families in areas of deprivation and dealing with the impact of sexual violence and coercive relationships. Includes one to one support, group sessions, and a positive relationships course at high schools led by young people with lived experience.



Scottish Football Association

CashBack Achieving Goals uses the 'Power of Football' to provide routes to learn, build confidence and skills, volunteer, and gain qualifications. Includes tailored 'Football Champions' (P5-P7) and 'Football Leaders' (S3-S5) strands in areas of social deprivation to gain skills and leadership.



Venture Trust

CashBack Green Futures is a trauma-informed, needs-led, employability service for disadvantaged young people. Provides community and one to one support, including developmental and environmental activities. Builds core skills through outdoor adventure activities.



Scottish Rugby Union

CashBack Schools of Rugby provides both curricular and extra-curricular rugby activities in deprived areas to support positive behaviours. **CashBack Community Rugby** provides behavioural change workshops for 16-25 year olds most at risk of involvement in the justice system.



YDance (Scottish Youth Dance)

CashBack on Track uses dance to nurture the development and wellbeing of young people aged 10-25. Strands include programmes for care experienced young people, community diversion, young offenders in HMP YOI Polmont, and young parents/carers and family members.



Youth Scotland

Generation CashBack is run with Scouts Scotland, Girlguiding Scotland, and the Boys' Brigade. The programme supports disadvantaged young people to benefit from community-based youth work through group work ('Grow') and leadership and peer mentoring ('Lead').

Case study: K's story

Scottish Sports Futures

Scottish Sports Futures deliver CashBack Changing Lives in Fife. It provides programmes in areas of multiple deprivation to deliver multisport and youth work programmes to improve young lives.

Before joining, K was struggling with their mental health and wellbeing, which was affecting their relationships. They were disengaged from education, not physically active, and experiencing low self-esteem.

The hook was K's interest in sport, which initially helped to build rapport with the staff team.

Over time, K's confidence improved. With the team's support, they have put in the time to understand and plan towards their **goals for the future**.

K has reintegrated in the community, attending local youth groups, volunteering and improving relationships with teachers. K is now on track to gain further qualifications at school, and has created a CV.



Image: Scottish Sports Futures

Case study: A's story

Starcatchers

Starcatchers deliver CashBack for Young Parents in Fife. The project supports families in areas of deprivation and dealing with the impact of sexual violence and coercive relationships. It includes one-to-one and group support.

When A first attended a session with her baby H, she was experiencing barriers to accessing local support. This was compounded by severe anxiety and feeling “out of place.”

At first, she was hesitant and would sometimes stop H playing in ways that could be seen as messy or destructive. Over time, she has developed confidence, peer relationships, and engages with H in the moment.

“I like it here. Mums don't get enough credit. I feel like I can trust you all as well. I feel confident enough and trust you. **It's a safe place for me and for her.**”



Image: *Starcatchers*

“I feel like my anxiety has calmed down. I couldn't talk to someone without turning bright red. I can talk to someone right away now. I feel like it's made a big improvement for me. [...] I feel like I don't need to hide. I can be a bit more out there.”

Recently when A felt overwhelmed in a busy room, she was able to express this and excuse herself. This shows a huge shift in her confidence and ability to self-regulate.