



Interim Report 2018

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Our Mission

The Mission of the STV Children's Appeal is to shine a light on the causes and impact of child poverty; to invest in innovative methods of mitigating those impacts and to change public perceptions of the issue.



In the first half of 2018, the STV Children's Appeal has invested £1,870,438 in 18 Large Projects and 211 Small Projects. These projects are spread across the whole of the country, reaching families, children and young people in every Local Authority in Scotland.



This Interim Report seeks to give a flavour of what has been achieved so far and to highlight some of the issues identified as a result of our investment.

Spending Summary:

In the 6 months from January – June 2018. We have invested:

£1,870,438

Across

32

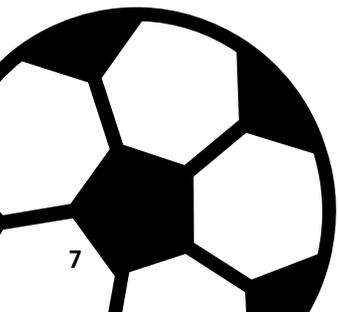
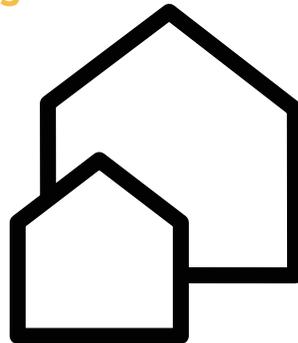
Local Authorities

211

Small Projects

18

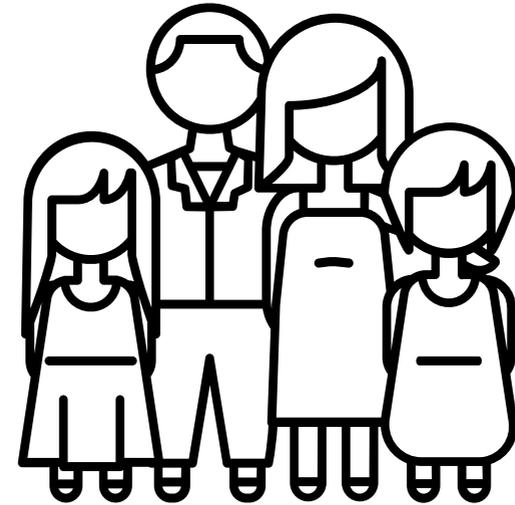
Large Projects



We have reached

8,636

Families



12,564

Children and Young People

We have leveraged

£1,748,451

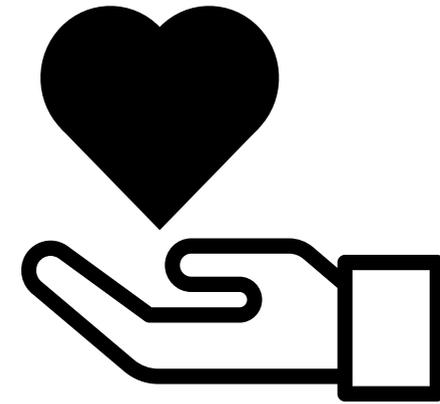
made up of

£60,512

in unclaimed benefits for families

£18,000

in debt write off



£1,596,247

in additional funding for projects

£73,692

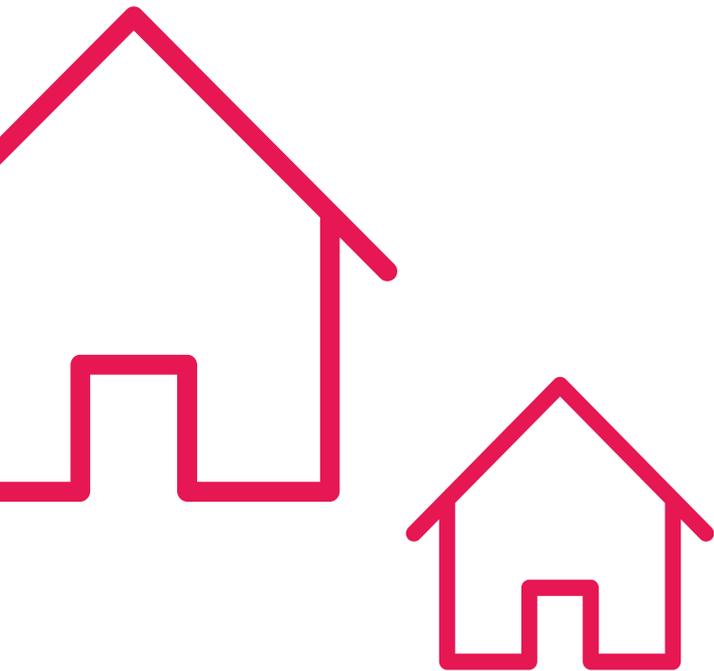
in volunteer hours

These figures do not represent the full effect of the Appeal's latest investment. Many projects do not keep figures on volunteer hours, or their successes in Income Maximisation. Many of the projects secure goods and equipment for families from other charitable sources and do not calculate the monetary value of this. Furthermore, the projects who were awarded a small grant do not report to us until the end of the year, which means their impact, which should not be underestimated, is not reflected here.

The investment portfolio has included two main types of project:

Community based

The community based projects have become established in a specific area recognised as suffering the effects of long term poverty and deprivation.



Issue based

These projects have a clearly defined aim to tackle a specific issue such as addiction, homelessness, employability, family breakdown.



Underpinning the whole investment portfolio, is a knowledge and understanding of the impact of ACEs and a drive to mitigate their impact on children, young people and their families. Children who live with homelessness, parental addiction, parental physical or mental ill health, the imprisonment of a parent, abuse and prolonged exposure to material poverty are considered to have experienced an ACE or an Adverse Childhood Event. The impact of more than 4 ACEs on a child can effect every aspect of development as well as their ability to engage in education, social and personal relationships and can later effect employability and physical and mental health.

Community Based Projects

The community based projects have become established in a specific area recognised as suffering the effects of long term poverty and deprivation.



Some of these projects are initiated by third sector organisations (Centrestage, Stronger Communities, Foundations First) and others which are initiated by the community itself (Westerhailes Community Partnership). The STV Children's Appeal has invested in Community based projects in Ayrshire, Falkirk, Edinburgh and Renfrewshire in areas recognised as suffering the effects of long term poverty and deprivation.

The old style Community Centre is re-emerging as a valuable asset to families and, across the portfolio, we have seen the growth of community empowerment models which can be developed and tested in a range of local authorities.



Centrestage Ardeer

The operation at Ardeer has finally become self-sufficient and is now in its final year of funding from the STV Children's Appeal. The lessons from the journey from the inception to this stage are vitally important to future planning and could easily form the basis of an implementation handbook. However, the project is now being run by the local community who are now in charge of their own fundraising and general management with only a little support from Centrestage. Reaching this position has not been easy. It has been very difficult to encourage people to move from their position as service receivers to self-service providers as it were. It has been equally difficult, in some instances, for staff to withdraw and allow the community members to move forward, make their own mistakes and develop all of the necessary skills to reach sustainability. The power of the connection between the community and the staff has to be recognised as a real force. People in the community really connected to and bonded with Centrestage staff and found it difficult to let that go.

Save the Children, Stronger Communities

This project has grown in strength over the first half of the year and its reach now extends further into the community. The Community Champions (local people who are gradually assuming more responsibility for the running of the project) are now established as an independently constituted group growing in confidence and ambition. From the outset, project leaders have given clear direction on the importance of avoiding the build up of "closed groups" or identifying "good" and "bad" groups in the community. This continues to be a challenge. STV Children's Appeal staff have worked very closely with this project and have a productive, collaborative relationship with staff. The model is now ready to test in other local authorities and South Lanarkshire has been identified as their next base.

Westerhailes Community Partnership

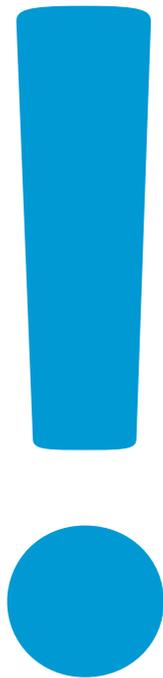
This project has identified the benefits of having a local fund for grass roots organisations which, by their very nature, are able to develop effective networks to reach groups which would otherwise be off the radar. It should be noted that small groups still need support to manage funding applications and, more importantly, to have their voice heard where it matters.



Issue Based Projects

These projects have a clearly defined aim to tackle a specific issue such as addiction, homelessness, employability, family breakdown.

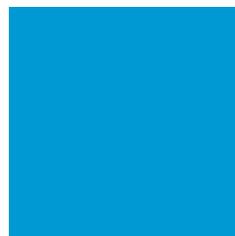
They aim to find a new way to approach, manage or mitigate their effect, to change policy design and practice. As they grow and evolve, they often develop the characteristics of a community project as the best way to achieve their goal.



Centrestage Dignified Food Provision Project

Issue: Food Poverty

This project, which has focussed on addressing hunger in the community and countering the rise of Food Banks by providing food in a dignified, sensible fashion is now on track to achieve sustainability and continue to make an impact. The project secured funding through the European Social Fund to deliver the Eat and Train Project (EAT) which will enable Centrestage to increase the impact from the existing project by developing a Community Food School in 3 fixed sites. The EAT course launched in April this year over 12 weeks and in 10 areas in Ayrshire teaching people how to cook nutritious meals on a budget. So far, 52 people have graduated from the course. Of the 52, 15 have gone on to volunteer, 4 are starting work placements, 8 are progressing to college, 1 has achieved full time employment and all are cooking more healthy meals for their families. Despite all of this success and well evidenced positive outcomes, Centrestage has been unable to persuade local Food Banks to reconsider their method of food distribution.



MCR Pathways

Issue: The Attainment Gap

MCR Pathways continues to challenge the attainment gap in schools by providing supportive mentors to work on a one-to-one basis with vulnerable children in senior schools in Glasgow. The project has sustained its previous success in terms of outcomes with more young people staying on longer at school, achieving more qualifications, benefitting from work experience placements and generally being more confident to identify and achieve their ambitions. The project is now present in every high school in Glasgow with a significant percentage of costs being absorbed by Glasgow City Council Education Dept. It is planned to expand the project into more local authorities across 2019.

Foundations First, Shelter Scotland

Issue: Homelessness

This is an example of a project with a clear issue at its heart, homelessness, but an approach which is undoubtedly community based. The presence of Foundations First in the Ferguslie Park area of Renfrewshire has revitalised a community which has suffered decades of deprivation and despair. There is no doubt of the project's success in this respect. Achieving changes in policy and practice by statutory bodies in relation to housing and homelessness remains an ongoing battle and the project has had to deal with changes in key personnel in these organisations who had been supportive of their endeavours. This means further time will have to be taken to secure new relationships and influence change. However, the project works with a range of community based, statutory and voluntary organisations in the hope of embedding a new way of working which will allow more vulnerable families to access a level of support which will ensure their housing needs are met.

Who Cares? Scotland, Communities that Care

Issue: Changing the Care Experience

The whole purpose of this project is to change the experience of being "in care" but also to change how the community view care experienced people and how those people actually view themselves. The project continues to be hugely energetic and dynamic in its approach and has surpassed its own goals in terms of numbers of young people engaged and encouraging the community to take an empathetic, pro-active approach in ensuring its vulnerable young people are looked after. So far this project has delivered training sessions to 3,339 school children; 3,622 professionals including college and university students, has engaged with MSPs and local Councillors, has seen 2 young people elected as members of Renfrewshire Youth Commission and 5 hold seats on the National Care Council.



Aberlour Bridges

Issue: Domestic Violence

The aim of this project is to tackle policy and provision for women fleeing domestic abuse. The project has worked with a number of women and children to mitigate the effect of domestic abuse by providing practical support in respect of finance, housing and legal rights, and therapeutic support in terms of the emotional impact on the women and their children. The project has provided some useful learning in terms of the complex trauma experienced by women in these situations – clients rarely experience one adversity alone which means projects have to be sensitive to need and agile in terms of delivery.

Families Outside

Issue: The Impact of Imprisonment on Families

Families Outside works in some 15 local authorities to support families affected by the imprisonment of a family member and to influence change in the attitude of the public and statutory bodies. The reach of this project is considerable. It has provided training to 3,000 professionals across the country and has worked directly with 244 families, 54 young people and 614 teachers. It is also in the process of creating an e-resource for teachers which they feel will be invaluable to organisations in more remote areas such as Shetland where the project has recently been invited to deliver training.

Dundee Families House

Issue: Provision of Flexible Child Care

Dundee Families House continues to provide its unique service of wrap around child care provision – whether it be in a child’s home or in the day nursery- and has 169 children registered at the day care centre. Over the coming year, the operation intends to develop as a stand- alone social enterprise to allow it to continue this highly necessary style of child care provision which allows parents to seek work and pursue education.

Aberlour Edge of Care

Issue: Numbers of Children in Care

This project intends to evidence a model of intervention which will reduce the numbers of children coming into local authority care in Highland Region and is already well on the way to achieving this goal. The concept is very simple - if sufficient, carefully tailored work is done with families, on an intensive basis, many receptions into care can be avoided. The cost saving, particularly in an area which is paying high tariffs for out of region placements, would be significant and these funds could then be diverted into further preventive work. This year the project has worked with 17 young people and 12 families. At present, 11 of those young people remain at home and currently demand for the services of the project outweighs capacity. Work is well underway with Highland Council to sustain the project once STV Children’s Appeal funding ends and Aberlour have successfully bid for funding to take the project into two further local authorities.

Street Soccer Scotland (SSS)

Issue: Homelessness

SSS uses football inspired training and personal development as a medium to empower people who are affected by social exclusion to make positive changes to their lives. The project operates in Aberdeen, Dundee, Glasgow and Edinburgh and engages mainly with people who have experienced homelessness and addiction. The training sessions are geared to different age groups, including adults and young people with additional support needs as well as children of school age and older teenagers. Many of the sessions are attended by both men and women but the project also operates a women only team. So far this year, Street Soccer Scotland has run 2,302 drop in sessions recruiting local volunteers in each of the 4 Local Authorities. The majority of staff and volunteers involved with SSS have lived experience of the issues experienced by the players and this specific expertise contributes greatly to the success of the programme. SSS has developed a minimum qualifications and skills policy and has this year been working with Edinburgh Napier University and SCQF to develop a suite of new, bespoke qualifications which will provide volunteers with both specific and transferable skills. Accreditation for the modules was granted by SCQF at the end of June 2018 and work is now focussed on the development of a “Street Soccer Scotland Coaching Award.”



Calum's Cabin

Issue: Holidays for children suffering from cancer.

Calum's Cabin provides much valued holidays for families with children who are suffering from cancer. The project has 3 properties – 2 respite facilities on the Isle of Bute and a flat in Glasgow. The respite “cabins” offer families a break from the rigours of cancer and the challenging treatment involved. Children and their parents can enjoy a period of relative normality in a well – supported but non – clinical environment. This allows families to recharge and often provides them with the strength to cope with the next stage of treatment. The flat in Glasgow is for use by families who have had to travel a distance from their own homes while their child undergoes treatment in Glasgow. The project has supported 56 families so far this year and has a waiting list of 35.

Mark Scott Foundation

Issue: Personal Development

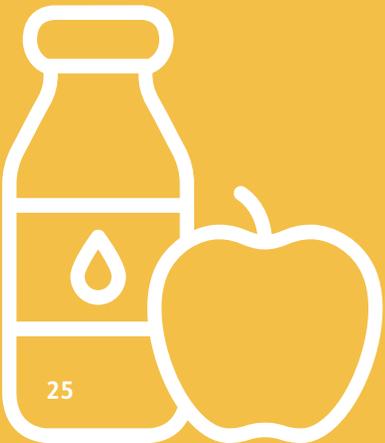
The Mark Scott Foundation offers an outdoor residential experience for young teenagers which allows them to try new challenges and to develop social skills and self confidence with support from skilled Youth Workers. The project is working alongside Centrestage and MCR Pathways to offer some of the young people there a tailored package of activities.



The Critical Role of Food as a Catalyst for Change

Across the whole portfolio of investments, food emerges again and again as a crucial element of delivery.

Food poverty (whatever the cause, be it sheer financial poverty or chaotic lifestyle and domestic management) is growing and its impact can be seen in our communities and in the presentation and performance of our children at school. Hunger affects everything – mood, family relationships, ability to manage stress, educational achievement and more. Its negative impact pervades every aspect of community and family life amongst the most vulnerable people in our society.



However, food can be a powerful catalyst for positive change. It brings people into our projects, unites them and can alter the heart and soul of the project itself.

“Staff say Braes Family Centre now feels much more like a community project which belongs to the people in the community and is valued by them.”



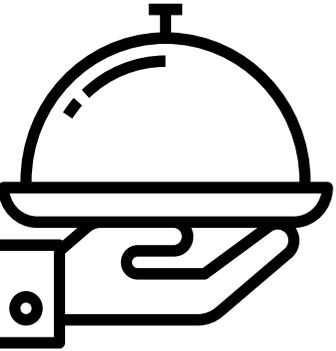
The Braes Family Centre

The Braes Family Centre in Falkirk did not set out to tackle food poverty as such but has found itself being significantly reshaped because of the recognition of the role that food plays in the lives of community members. Staff at Braes struggled to attract the most vulnerable members of the community into the project – the families leading the most chaotic lifestyles where children and young people were increasingly at risk of Adverse Childhood Experiences. By introducing activities where food played a more prominent role, the project has been able to attract more people – food is a safe and attractive medium for people, especially those who are experiencing food poverty.

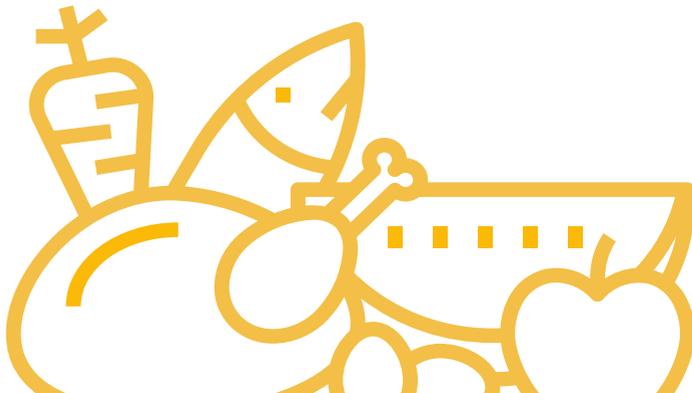
The process of sharing food and having informal meals together has allowed families to interact in a very relaxed, “normal” way. Achieving this atmosphere at family meal evenings; cookery classes and other social activities, has allowed the staff to reach a more intimate relationship with the families which has allowed them to broach issues they would otherwise not have felt confident to tackle – sharing food creates an atmosphere of trust where people feel freer to disclose or share problems and worries.

Using food as a catalyst has completely changed the staff approach to the families. The informality of food sharing does not sit well with formal agendas and, as these have been dropped, families have begun to come forward to claim the space, exchange their own views and staff have been really surprised at the level of problem sharing. This has allowed staff to get to know families better, earlier and to create more constructive relationships. The project is now over-subscribed with waiting lists for some of the activities.

There are issues to be considered to successfully use food as a tool:



- Families may not have sampled a breadth of food and will be reluctant to waste money on new foods which may end up in the bin.
- Many families are not experienced in cooking. Some of the carers at Braes have only the most basic skill level in food management.
- Given costs and reservations about waste, families are only likely to have access to new foods through projects and it is only there that they will learn about nutrition and portion control.

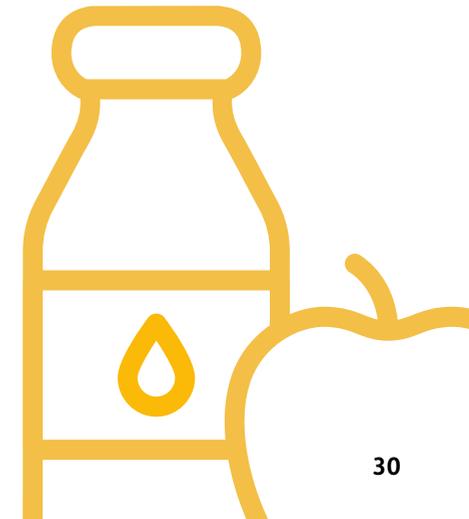


However, the benefits of using food are clear:

- Braes now provides cookery classes, family meal nights, advice on food budgeting, shopping and menu planning.



- Healthy snacks are always available at Braes family centre now and children, whose parents were convinced they would never do such a thing now regularly eat fruit and drink sugar free drinks.





Learning to Date

- Key, motivating, committed personnel are crucial in the early stages.
- Input from the community and the clear understanding that they will have to take over the work themselves when the organisation withdraws has to be firmly established as soon as possible and repeated often.
- It should be recognised that those residents who first come forward to engage with community projects are not likely to be the most isolated, alienated or difficult in the community and special efforts have to be made to ensure contact with those most in need.
- It is crucial therefore, to avoid the development of imbalanced relationships – where one group sees themselves as the “fixers” and the others are designated as “the root of the problem.”

- It is equally important that the host organisation embraces the drive towards an exit strategy from the outset.
- Communities all express concern about safety in their public places. The threats are identified as coming from clearly labelled groups; addicts, unruly youths, anti-social tenants etc. It is crucial that projects at least set out to recognise these groups as the very ones which should be included in the planning.
- Transport – the cost and availability of transport continues to have a hugely negative impact on people living in poverty. This effects everything from ability to access economic shopping facilities to sustaining employment – even to attending crucial medical appointments or appointments with social workers who appear increasingly to expect poor families to come to them, lessening the strain on local authority budgets.
- All of this conspires to keep poor families in poverty firmly in their place and, sadly, none of our projects have been able to devise a plan which might tackle this problem.
- Persuading policy makers to listen and recognise the value of the learning continues to be extremely difficult and frustrating for the projects.
- Change takes time and it is important that funders understand this from the outset.
- The availability of small pots of funding to help grass roots projects to manage their own affairs is of great value and produces results.



Project Guide

Aberdeen City Council

- Aberdeen F.C Community Trust
- Big Noise Torry
- Choices Aberdeen
- Fersands and Fountain
- Community Project
- Middlefield Community Project
- Penumbra
- Street Soccer Scotland
- Street Sport
- Street Work

Aberdeenshire Council

- Willows Animal Sanctuary
- Avenue Confidential

Angus Council

- Angus RDA
- Angus Special Playscheme
- Community Alcohol Free Environment (C.A.F.E. Project)
- Drug Initiative Group Forfar
- Montrose FC Links Park Community Trust

Argyll and Bute Council

- Kintyre Six Circle Group
- Moving On Mid Argyll
- Tarbert Youth Group

Clackmannanshire Council

- Clackmannanshire Women's Aid
- Community House
- Play Alloa
- Sauchie Community Group
- The Gate
- Tullibody Healthy Living Initiative

Dumfries and Galloway Council

- Dumfries and Galloway Carers Centre
- Kate's Kitchen
- The Place (Alness)

Dundee City Council

- Chalmers-Ardler Trust Child and Family Project
- Disabled & Carers Information Centre Association
- Dundee and Angus ADHD Support Group
- Dundee Dragons Wheelchair Club
- Eighteen and Under
- Fairfield Community Sports Hub
- Grey Lodge Settlement
- Helm Training
- OPFS - Dundee Family
- Street Soccer Scotland Support Services
- Safe and Sound Dundee
- Shakti Womens Aid
- St Ninian's Stay and Play

East Ayrshire Council

- Beautiful Inside and Out
- Blameless Scotland
- Centrestage Food Poverty project
- Community Friends (EACHa)
- East Ayrshire Families
- Killie Can Cycle
- Kilmarnock Kinship Carers

East Dunbartonshire Council

- East Dunbartonshire Food Coops Advisory Group
- East Dunbartonshire Women's Aid
- Milngavie Youth Cafe
- Twechar Community Action

East Lothian Council

- Children's Holiday Venture
- East Lothian Special Needs Play Scheme
- East Lothian Young Carers Ltd (Edinburgh)
- Stepping Out

East Renfrewshire Council

- East Renfrewshire Carers Centre
- East Renfrewshire Voluntary Action

Edinburgh City Council

- Big Hearts
- Citadel Youth Centre (Edinburgh)
- Community Ability Network (CAN) (Edinburgh)
- Cyrenians Farm Edinburgh
- Dr Bell's Family Centre
- Edinburgh City Youth Cafe
- Edinburgh Community Foods Ltd
- Granton Community Gardens
- Granton Youth Centre
- Hopscotch
- Kindred Advocacy
- Lickity Spit
- (North Edinburgh Arts)
- LIFT (Low Income Families Together)
- Richmond's Hope Bereavement Project
- Rock Trust
- Shakti Women's Aid
- Sunflower Garden (Simpson House)
- Street Soccer Scotland
- Wester Hailes Youth Agency
- Westerhailes Partnership
- Youth Vision

Falkirk Council

- Braes Family Centre
- Committed to Ending Abuse
- Falkirk and District Association for Mental Health
- Homeless Project
- VNU Youth Cafe

Fife Council

- Castle Furniture Project (Fife)
- Families First St Andrews
- Fife Women's Aid
- Link Fife
- Safe Space

Glasgow City Council

- 3D Drumchapel
- A&M Training
- Aberlour - The Bridges Partnership
- Beatroute Arts (Glasgow)
- Bridging the Gap
- Creative Therapies
- Drumchapel Women's Aid
- G15 Youth group
- Geeza Break
- GK Experience
- Glasgow Children's
- Holiday Scheme
- Glasgow City Mission
- Govan Youth Information Project
- Govanhill Family Support Unit
- Indepen-dance
- Mark Scott Leadership Foundation
- MCR Pathways
- Milton Arts Project
- Move On
- Parkhead Youth Project
- PEEK
- Place2Be (Glasgow)
- Poverty Truth Commission (PTC) Development Trust
- Pennyburn Regeneration Youth Development Enterprise (PRYDE)
- Reidvale Neighbourhood Centre Youth Hub
- Royston Youth Action
- Saheliya
- Scottish Nurture Network
- Street Soccer Scotland
- Glasgow Network
- SIMY
- Stepping Stones for Families
- Urban Roots
- YDance
- Young People's Futures
- Ypeople

Highland Council

- Aberlour Edge of Care
- Black Isle Need to Play Association
- Day 1 Mentoring
- Elgin Youth Development Group
- For the Right Reasons
- Inverness Women's Aid
- Ross-shire Women's Aid
- Strathdearn Community Developments
- The Buzz Project
- The Shirlie Project
- TYKES

Inverclyde Council

- Barnardo's Nurture Service Inverclyde
- Inverclyde Carers Centre
- Inverclyde Family Contact Centre
- Inverclyde Kinship Carers
- Mind Mosaic Counselling and Therapy
- Pheonix Community Health Project
- Rig Arts
- Youth Connections

Midlothian Council

- Midlothian Young People's Advice Service
- Play Therapy Base

Moray Council

- Aberlour Youthpoint - Moray
- Ladybird Development Group
- Moray Fresh Start
- Moray Women's Aid
- St Rufus Park Regeneration Group
- Step by Step in Moray

Multiple Local Authorities

- Butterfly Trust
- Calums Cabin
- Dream Holidays
- Families Outside
- Paws for Progress
- Seasons for Growth

North Ayrshire Council

- Centrestage Food Poverty Project
- Scunnered After School Club – Beith Community
- North Ayrshire Womens Aid

North Lanarkshire Council

- Bumble Bee Babies
- Enable Rascals
- Hope for Autism
- North Lanarkshire Young Carers
- UTHEO (Orbison)
- Neighbourhood Centre)

Orkney Islands Council

- Advocacy Orkney
- Home Start Orkney
- Orkney Youth Cafe

Perth & Kinross Council

- Homestart Perth
- Mindspace
- Perth Autism Support
- Perthshire Women's Aid
- PKAVS
- PUSH
- Strathmore Centre for Youth Development

Further projects overleaf...

Renfrewshire Council

- Barnardos Threads
- Crisis Counselling
- Engage Renfrewshire
- Erskine Music Media Studios
- Providing for People in Paisley
- Shelter Scotland
- Foundations First
- Star Project
- STC Partnership
- Who Cares Project
- RAMH

Scottish Borders Council

- Borders Group of Riding for the Disabled
- Cheviot Youth
- Connect Berwickshire Youth Project
- Escape Youth Services
- Home Basics Tweeddale
- Stable Life Selkirk
- TDI Youth Club
- The Big Space Melrose
- Tweeddale Youth Action

Shetland Islands Council

- Disability Shetland
- OPEN Peer Education Project
- Womens Aid Shetland

South Ayrshire Council

- Ayrshire Disability Sport
- Lochside Mission and Outreach
- The Little Art School
- South Ayrshire Women's Aid
- Centrestage Food Poverty Project

South Lanarkshire Council

- RegenFX Youth Trust The Street
- Blantyre Soccer Academy
- Bright Lights Academy
- Reach Lanarkshire Autism
- South Lanarkshire Kinship Care Group
- Terminal One
- The Blantyre Youth Development Scheme

Stirling Council

- Callendar Youth Project
- Stirling Carers Centre
- Stirling Family Support Service
- Alsorts Out of School Care

West Dunbartonshire Council

- Alternatives West Dunbartonshire
- Community Drugs Service
- Fastworks Bonhill
- Haldane Youth Services
- Tulloch
- West Dunbartonshire Council for Voluntary Services

West Lothian Council

- Broxburn Family Centre
- Carers of West Lothian
- Team Jak

Western Isles Council

- Barra Watersports
- Horshader Community Development
- The Shed