



Annual Review 2022-2023



Supporting Youth Organisations and Groups in Fife



A Scottish Charitable Incorporated Organisation (SCIO)
Registered Charity: SC006872

www.youth1st.co.uk

Team Reflections



On behalf of the Board of Trustees, I would like to take this opportunity to not only thank and acknowledge the hard work and determination of the Youth 1st staff, but also to applaud their continued commitment to support and develop youth work across Fife. 2022/2023 has been a year of progress and capacity building of member organisations big and small.

The staff team have embraced all that this requires, to ensure that young people in Fife have the right to engage in youth work to the highest standard. This year's annual review is testimony to that.

Youth 1st's continued commitment to work alongside partners, statutory bodies and other voluntary organisations, to ensure a joined up approach to implementing our Strategy is commendable and continues to make a positive difference in the lives of young people. Youth 1st are a small staff team, but with the support of each other and the passion and enthusiasm of all involved, the Youth 1st vision has remained at the heart of all they do.

I would also like to extend my appreciation to the Board of trustees for their guidance, time and varied skill-set, in ensuring the staff team feel supported and ensuring that the strength and development of the organisation is central to Youth 1st and all they do.

Gemma Frail - Chair

"Wow, what another incredible year! I'm so proud of my team and all we have achieved again this year. I'm particularly proud of the B:activ project team and the absolutely incredible youth work they have delivered. Another highlight for me is seeing the huge numbers of young people engaging with and taking action against climate change, working with our CAF engagement worker. I'm so excited to see what the next year will hold!"

Judith Allison - Chief Officer



Our Mission

A large red arrow pointing to the right, with the word "Mission" written in white text inside it.

Mission

Youth 1st provides services which increase the effectiveness and capacity of our members who engage with young people in the youth work sector in Fife. We will support and empower youth workers, volunteers and organisations, leading to strong and resilient community-based youth work, which in turn improves the life experiences and opportunities of young people.

Fife will have a vibrant and resilient community-based youth work sector where young people's lives are transformed.

A large red arrow pointing to the left, with the word "Vision" written in white text inside it.

Vision

A large red arrow pointing to the right, with the word "Values" written in white text inside it.

Values

Innovation – We believe in offering bold, creative, resilient services that encourage new thinking and respond to new challenges.

Releasing potential – We are committed to enabling our staff, volunteers, groups and their young people to reach their full potential.

Integrity – We care about the services and support we offer and commit to delivering this in a way that is responsible, reliable, honest and trustworthy.

Fun – We love what we do and promote a safe and informal environment where young people and their workers can relax and have fun with a purpose.



1 Nurture a growing membership that delivers high quality community-based youth work.

What we said we would do:

- ✓ Support and mentor our member groups.
- ✓ Build the capacity of youth groups to deliver safe, compliant and high-quality youth work.
- ✓ Reach out to all youth groups to promote the benefits of membership to Youth 1st.

We provided support for **75** Member Groups.

Our Member Groups include **250** youth groups.

80% of our members are Voluntary Groups!



Over **252** member group visits were recorded and **169** emails or calls per week!





1370 youth workers and volunteers were supported.

151 youth workers have joined the PVG Scheme via the Youth 1st system.

60% Volunteers,
24% Part-time,
16% Full-time

"Youth 1st have supported us immensely - they have come to our youth groups and delivered B:a leader training which has built on our young peoples confidence, self esteem and even brought a few of our young people out their shell. Youth work changes lives and Youth 1st have shown us and helped us develop our skills as youth workers including Dynamic Youth Award paperwork which our young people are delighted to have received and worked hard for. They are such a supportive team of people who go that extra mile and will do whatever they can to support you in any way possible"

Collydean Community Centre



Our services included:

Advice and Support - Advice about Funding - Arts & Crafts Sessions Awards Support - B:activ - Climate Action Fife - Essential Training - Games and Sports Taster Sessions - Health & Wellbeing Support - Networking - Programming Ideas - PVG Support - Start Up Support - Young Leader Training and much more.

"Youth 1st are always there, quick to respond, knowledgeable about the youth sector and very efficient to deal with. Many congratulations on another successful year!"

YMCA Glenrothes

There are **11665** young people attending our **75** member groups across Fife.

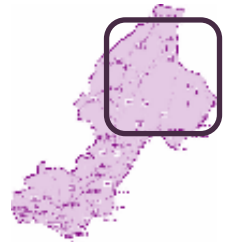


Member Groups Central Fife

Argos Centre, BFF: Markinch Youth Project & MLPW, Brighter Futures Health Hub, Collydean Community Centre, Fife Pres Youth Forum, Fife Olympiad, Freuchie Cricket Club, Glenrothes Community Sports and Health Hub, Glenrothes Football Club, GMAC, Glenrothes Strollers, Kidz U Nite, Kirkcaldy YMCA, Leslie Baptist Church Youth Group, Lomond Centre Youth Club, Markinch Parish Church Youth Club, Nourish Support Centre, YMCA Glenrothes and Youth Auchmuty Project (YAP).

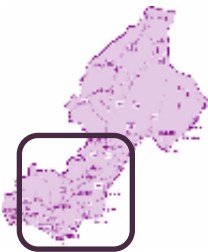
Member Groups East Fife

Autism Rocks Fife, Buckhind Players, Cosmos Community Centre, Cupar YMCA/ YWCA & Cupar Youth Cafe, Dolphin Youth and Community Centre, East Neuk Centre Trust, Falkland Youth Club, Families First - St Andrews, Fife Sea Savers, Kennoway Pool Hall, Ladybank Youth Club, Methilhill Community Childrens Initiative, Poppyview After School Club, Rio Community Centre and Young Quines Fife.



Member Groups West Fife

Benarty Youth Work Team, Brucefield Youth Organisation, Cairneyhill Gala, Cairneyhill Youth Club, Carnegie Judo Club, Cowdenbeath After School Club, Cowdenbeath Area Community Association, Cowdenbeath Media Crew, Dunfermline Islamic Academy, Fairway Fife, Families Affected by Autism, Formula 24 Fife, Future Youth, Heart and Sound, Hillside School - Youth Development, Hyperclub, James Allan Youth Club, Kelty Youth Club, Maxwell Centre, Primrose Community Club/Crossgates Youth Club, Seal Association, St Ninians Outreach for Young People, Tayport Community Trust, Tayside Institute, Valleyfeild Community Club, West Fife Villages Youth Clubs and Young Placechangers Dunfermline.



Member Groups Fife Wide

BRAG Enterprises/Square Start, Children and Young People Support Service (Fife Womens Aid), Clued Up Project, Dyslexia Scotland Fife, Fife Gingerbread, Fife Young Carers, Kingdom Off Road Motorcycle Club (KORMC), Lead Scotland (Fife), LinkLiving Fife, Roots & Resilience, Sensory (Deaf Support) Service—Youth Development, Swiis Foster Care (Fife), The Ecology Centre and The Fighting Chance Project.



We offered a varied, interesting and **FUN** programme of events and training to youth workers, volunteers and young people.

1769 individuals took part in our programme.

63% of the participants were young people.

37% were youth workers/volunteers.

Online 81st AGM - Arts & Crafts Sessions - B:activ Sessions - Climate Action - Games & Fun - Mindfulness - Networking - Seminars - STEM - Training Workshops and Courses - VYN Networking and much more.....

Having **FUN** with a purpose

youth1st



www.youth1st.co.uk

2 Fife will have a resilient and confident Voluntary Youth Work Sector

What we said we would do:

- ✓ Advocate for the needs and concerns of the voluntary youth work sector by participating in key strategic partnerships.
- ✓ Encourage strong collaborative relationships with the voluntary youth work sector and partners.
- ✓ Ensure that all our member groups are part of the bigger youth work vision.



The **Voluntary Youth Network** continues to be supported and developed.

47 online discussions, training and networking events covering various topics.

36 groups took part in our events and youth work training.
81% were Voluntary Organisations.

500 people attended our programme of training and networking events.





There are currently over **800** email addresses on our email distribution list.

109 Recruitment, Funding, Training and Information bulletins went out via the VYN Network.

The VYN and Youth 1st Facebook pages have over **1968** followers!

"The ongoing support we receive from Youth 1st is so valuable to our Charity. From PVG's to Training & Activities the information we receive is always clear and concise. Youth 1st's approachable staff are always available if we are looking for advice or guidance. We can't thank Youth 1st enough for their continued support"

Fairway Fife

Other Networking

Annual General Meetings - CLD Partnership - Conferences and Seminars - Face to Face Networking Meetings - Fife Voluntary Action Volunteer Forum - Member Group Visits - Third Sector Strategy Group - Voluntary Sector Children's Services Forum - Youth Scotland Network - Youth Work Managers Forum



The Youth 1st staff team attended over **200** partnership meetings.

"What an amazing approachable service! Over the last 12 months we have dipped in and out of support from the team at Youth 1st and they have always been accommodating and helpful. Most recently they came along to Fife Gingerbread's Day2Play offering sports taster sessions for the families."

Fife Gingerbread

3 Drive innovation to meet the changing and emerging needs of youth work in Fife.

What we said we would do:

- ✓ Create and maintain projects that respond to and meet the needs of our members and partners.
- ✓ Continuously improve our offer of high-quality practical tools, support and resources.
- ✓ Increase and enhance opportunities for accredited learning and development through a training pathway for young people, volunteers, youth workers, managers and leaders.



We worked in **partnership** with a number of agencies on a variety of different projects for Young People

- No-one Left Behind
- Fife Council Youth Work Research Project
- Greener Kirkcaldy - Climate Action Fife



Youth 1st are proud partners of the Climate Action Fife project funding by the National Lottery Community Fund. We work alongside the lead partners Greener Kirkcaldy and other partners in Fife to engage our community in Climate Change and Action.



361 youth workers and volunteers attended **47** training workshops / courses including:

Arts and Crafts, Basketball Training, Body Image and Young People, Child Protection Awareness, Child Protection Officer Training, Emergency First Aid, First Aid Awareness, Games Training, Getting to Know GIRFEC, Hi5 & Dynamic Youth Awards, Introduction to Kitbag, Internet Safety & Social Media, Mindfulness, PDA in Youth Work, Ready for Youth Work, STEM, Take Notice, and What's the Harm.

22 youth workers and volunteers from Fife and across Scotland completed an SCQF Level 6 PDA in Youth Work

Accredited Youth Work

Courses offered such as Ready for Youth Work and PDA in Youth Work

20 youth workers and volunteers completed an SCQF Level 3 Ready for Youth Work Course.

"By completing the PDA I gained a new appreciation for youth work both in the context of it's history/ evolution and in the theory. It has helped facilitate the continued development of my practice and delivery and It has been invaluable to my own continued professional development"

PDA Participant 2023



The B:activ Project continued to develop a training pathway for young people including the Be Internet Citizens, Young Stem Leaders, Leadership and Wellbeing Awards.

"It is great to know that Youth 1st are always there in the background should you need help, reassurance and guidance. The training and services offered are excellent and it's also nice to share our good news stories as well. Thank you for all your support Youth 1st team from all at Families First "

Families First St Andrews

4

Encourage community-based youth work to have an ethos of positive health and wellbeing.

What we said we would do:

- ✓ Creating opportunities for youth workers to connect with each other and providing them with tools to be strong and resilient.
- ✓ Member groups will actively engage with health and wellbeing opportunities for young people.
- ✓ Provide opportunities for young people to participate in training and health and wellbeing activities.

The team delivered a range of activities, sessions, workshops and talks to young people from our member groups. Including: Arts and Crafts, Awards, B:activ, Climate Action, Games, Leadership Skills, Sports Tasters, STEM and Team Building.



“The sessions were fun and got people active”

Young Person - Collydean Community Centre



1046 young people took part in our programme of events and activities.

We supported **72** young people with completing a Hi5 or Dynamic Youth Award.

104 young people were committed youth leaders and volunteers within their groups.



Introduced in February 2023, the B:activ Project's Wellbeing Awards Programme has a clear aim: to equip young people in Fife with the skills needed to nurture their physical and mental health. Following the guidance of the 5 Ways to Wellbeing, the programme provides various activities designed to let young people explore new opportunities in a secure and supportive environment.

We received funding as part of the Climate Action Fife Partnership to employ a Youth Worker to deliver Climate Action themed workshops to our member groups and local schools. This project is aimed at engaging young people between 10-25 on the topic of climate change and empowering them to take action! Here are some PLEDGES!



"I will pledge that I will reduce, reuse, recycle and repurpose. The ocean is going to be very happy with me"

"I pledge to walk to school everyday unless its raining"

"I pledge to go vegetarian and reduce waste"

"I am going to reduce my waste"



The Team, Board and Volunteers



Staff Team

- Judith Allison - Chief Officer
- Gayle Brown - Operations Manager
- Betty McDonald - Network Support
- Rachel Collins - B:activ Co-ordinator
- Sean Flinn - CAF Youth Worker
- Mel McIntyre - Sessional Youth Worker
- Liam Ross - Sessional Communications
- Nicole Yule - Network Support (Left)
- Kalen Christie - Youth Worker (Left)

Board of Trustees

Gemma Frail (Chair)
Emily Alexander, Errin Anderson,
Dave Crozier, Kelly Laing,
Chris Park and Sharon Murphy.
George Murray, Michelle Forsyth
(both left Jan 2023)

Other Volunteers

Nichola Alexander, Judith Allison,
Gayle Brown, Betty McDonald, Rachel
Collins, Sean Flinn, George Cherrie,
Marianne O'Neill,
Emily Alexander, Fraser Horsewell,
Peter Wooding.

An amazing **2313** voluntary hours were contributed by our volunteers, supporters, participants and staff!

These hours have been calculated to be worth around **£22k** to Youth 1st which is a fantastic contribution.

A graphic featuring the words "Thank You" in a white, cursive font, set against a vibrant, multi-colored powder splash background. Below the main text, the phrase "for All Your Help & Support" is written in a smaller, white, cursive font.

Thank You
for All Your Help & Support

Funders and In Kind Supporters





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