



SCOTCH WHISKY ACTION FUND

MANAGED BY



Eildon West Youth Hub
(TD1 Youth Hub)



@ScotchWhiskySWA

Organisation: **Eildon West Youth Hub
(TD1 Youth Hub)**

Date of Award: **2022**

Amount Awarded: **£7,300**

Project Name: **TD1 Streetwork**



Eildon West Youth Hub (trading name TD1 Youth Hub,) supports young people aged 11-25 years from Galashiels. They are a young person-centred organisation that respects, values and engages with young people to address their needs by offering free support, guidance, and opportunities to shape their own futures. They offer a drop-in service every weekday evening, 1.2.1 mentoring, work in schools supporting the most challenging pupils, an Early Steps programme supporting young parents aged 16-26, holiday clubs, and Stepping Stones - a partnership youth work project supporting young people aged 10-18 in the Scottish Borders to improve their emotional health, wellbeing, and life chances.

The Project:

In 2022, TD1 received a grant of £7,300 from the Scotch Whisky Action Fund (SWAF) to deliver twice-weekly, Friday and Saturday evening (six hours per week,) street-based outreach sessions targeting young people at risk of alcohol-related harm and subsequent violence, anti-social, criminal, and potential drug behaviours. The grant covered the cost of two experienced staff offering positive alternative interventions around local sports, outdoor activities, access to TD1 youth space, group work and group planned activities and enabling young people to reflect and understand through an 'Alcohol Brief Intervention' model of practice on the impact and effect of their risk-taking behaviours. By building positive relationships, informing, educating, and providing alternative activities, this aims to encourage positive change in the future behaviours.

The Impact:

- 126 outreach sessions delivered throughout the year, supporting 168 individual young people in total.
- Weekly diversionary activities/trips - 46 individual trips completed directly from the Streetwork team, supporting 72 individual young people to access new activities previously not available to them.
- 22 informal education groupwork sessions delivered around alcohol, drugs, anti-social behaviour, stop and search and rights and law for young people.
- 26 young people received direct 1:1 support from TD1 Youth Hub staff, and/or referred into wider substance support, mental health and well-being support services.



- 168 young people engaged in promoting positive lifestyles and role models programme.
- 94% completed monitoring and evaluation feedback sheets and of that, 90% said their understanding of risk, dangers and law had increased, and a further 86% said they wanted/needed support to bring positive further changes in their lives.

Through the delivery of weekly TD1 Streetwork sessions, the following outcomes were the focus of achievement:

Outcome 1:

Young people less isolated, vulnerable, and susceptible to peer pressure and understand risk-taking decisions better, leading to a:

- reduction in alcohol and substance misuse
- reduction in crime and anti-social behaviour
- reduction in street and community violence
- reduction in criminal charges and juvenile crime



Outcome 2:

Young people's understanding, engagement and positive decision-making has changed through participation in TD1 Streetwork and Alcohol Brief Interventions, leading to:

- increased participation in youth work and activities
- increased access to healthy alternatives
- increased in wellbeing - increase in positive choices
- increased knowledge and understanding of risk-taking behaviour

Outcome 3:

TD1 and the wider community will benefit from delivering this programme and have evidence that:

- vulnerable young people have access to support to make positive choices
- changing/improved programmes and access to services available within the community
- availability of ABI framework and locally trained staff to educate young people locally
- people feeling safer in their community - reduction in young people feeling isolated and marginalised in community.

Alcohol Brief Interventions staff training, groupwork and activities with young people were completed, and 82% of young people that participated said they learnt more about the wider risks, criminal charges, young people and law concerns, and 68% said they would like support to reduce their alcohol intake at times when they were most at risk.

Of the 168 individuals engaged, 80% said they had drunk alcohol to excess in the last year, of which 44% said they did something they regretted. 82% of the young people said they were taking drugs more than twice a month, but 40% said they were smoking marijuana weekly.

Case Study

Steven, aged 17, has been attending TD1 for over five years since he was 12 years old. He is well known, liked, and trusted by staff and volunteers. Just prior to lockdown he was heavily involved with a large group of young people, on the street, and within others' homes, especially those who had their own flats etc.

During lockdown he found this time very difficult and isolating, and he got heavily involved in daily drug use and petty crime including stealing, and crashing, a senior family members car. He was fined, charged and is unable to apply for a provisional license for 3 years.

He dropped out of college, continued to engage in risky behaviour and petty crime within the community. Then, through his criminal justice worker and access to TD1's programme of learning, education, and support, he was able to express his feelings, needs and started to address the challenges he was facing in life, family, and his future.

The programme, he said, has "helped me understand the road I was on, how will impact on my future choices and chances, and start to get my head sorted out, then my life. I would not have been able to do that without the weekly support of TD1."

Steven is now working full time in a local takeaway, is off supervision, and has applied to college to study engineering. He falls off his path sometimes, and comes back to staff to talk over things, but he is doing well understand the risks in the choices he makes and tries his best to make the right ones for him, as much as he feels he can.

Laura, aged 16, has been around TD1 for 4 years, prior to lockdown she had been in a series of relationships with older males which were clearly risky and destructive for her personally. During lockdown she was smoking weed daily and taking cocaine every weekend.

Laura was a real concern in lots of ways, her personal safety and boundaries were a significant worry for the staff. And then post-lockdown her mental health and well-being was plainly very difficult for her. She was seen regularly on the street involved in fighting, screaming, and crying with others, her then boyfriend, and it was all very worryingly public.

Local mental health services and waiting times were unable to offer the right support, and her local GP was concerningly not very helpful in providing any type of support. Laura participated in the street-based programme and group work, alongside receiving 1-2-1 support from a female member of the TD1 youth work team.

After a year she is about to start work in a local care home, is back at college studying care and is back at home living with mum, in a more supportive and structured lifestyle, most of the time. There are still challenges, support and advice being given, but she has a significantly improved outlook and understanding of her life and her life choices for her future.

Partnership Quote

Scottish Borders Council is in TD1's key network of partners, and aware of the work carried out with vulnerable local young people.

"As an organisation, TD1 makes a significant impact on the lives of countless young individuals across the Galashiels community, providing a safe and nurturing environment for children and young people to grow, learn, and thrive. The dedicated team of staff, mentors and volunteers consistently go above and beyond to ensure that every young person feels valued and heard with a strong commitment to empowering young people while equipping them with essential life skills.

Their partnership working with Community Learning and Education and local schools' staff is exemplary. Douglas and his team have a significant understanding of the needs of young people and their families and meet a range of needs to combat poverty, strengthen community, tackle social issues, promote health and wellbeing, and build capacity. The standard of engagement, involvement and leadership demonstrated across all work, places TD1 Youth Hub firmly at the helm of youth provision in our local authority."

- Lesley Munro, Service Director Education and Lifelong Learning