

WEST LOTHIAN COUNCIL

Strategy for Tackling Underage Drinking
Funding Proposal 2013 / 2014

Main Objectives and Outcomes

The strategy for tackling underage drinking will contribute to the planned longer-term outcomes of the DAT, with particular emphasis on:

- **Prevention and education**
 - increased attitudinal change towards alcohol
 - increased community involvement in prevention activities
 - increased knowledge of the harmful affects of alcohol (as well as tobacco and drug use)

- **Substance misuse behaviour by young people**
 - reduction in risk-taking behaviour
 - reduction in the consumption of alcohol
 - reduction in binge drinking

In your application please evidence how you will monitor relevant bullet points above.

The strategy will also reduce the anti-social behaviour often associated with underage drinking. Examples of the kind of intervention and/or diversionary activities that are likely to have an impact and receive support are contained within the attached summary table.

CONTACT DETAILS	<i>Name Claire Kane</i>
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PROJECT OUTLINE	<p>Armadale Youth Issues group are a sub group of Armadale Community Education Association and have supported a bid to develop a unique youth space in the centre of Armadale. The space is based in the old Co-op Halls on the Main Street and was refurbished with involvement of young people and partners. The space opened to young people aged 12-19 at the end of April 2010 and a variety of programmes have run throughout the three years including targeted employability work, alternative curriculum projects, drama projects, youth committee, drop in's and holiday provision.</p> <p>Leader funding was previously matched with alcohol and core CL&D and WLYAP funding. There are currently funding bids submitted into Big Lottery's early intervention fund and Robertson trust. The request for funding would enable the youth space to help develop its capacity to</p>
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continue to deliver better outcomes for young people and families and the communities which support them. It will enhance and expand on the delivery of current services and enable new groups to deliver focused work to vulnerable young people. The youth space is an umbrella organisation of the association and was set up as an additional space for voluntary and council services to work more intensely with young people at risk in a youth friendly space, designed by young people.

The youth space currently attracts a wide range of groups during the week day time and in the evening and we would like to fill the gaps in service delivery which would include weekend use. The service will continue to be inclusive to all young people including some of the most vulnerable young people in Armadale and surrounding rural villages.

The strategy for tackling underage drinking funding will focus on the following areas of work which will be expanded in the process section;

- Continuation and development of Thursday and Friday night drop in; targeting young people aged 12-19. This work will be a combination of preventive and targeted work and will focus on alcohol intake, substance misuse and risk taking behaviour.
- Develop and increase the number of Alcohol brief interventions and intensive support as and when required with young people using youth space.
- Providing additional holiday provision and diversionary activities for young people aged 12+ in the ward
- Host youth festivals and other alcohol awareness focused events at times when young people tend to drink more including last day of term before summer and Christmas.
- Employability support groups in partnership with Armadale Academy and WLYAP
- Continue to support capacity of young people participating in the youth committee and recruit new members ensuring all young people are represented.
- Targeted girls work in partnership with Armadale Academy, YWCA and CL&D focusing on risky behaviour
- Further develop the sexual health and wellbeing services within the youth space.

TOTAL BUDGET REQUEST FOR PROJECT – <i>please detail below how the funding will be used?</i>	Cost
6 months rent for youth space	£6000
% utilities including gas, electricity and broadband	£3000
Youth events x 2 including resources, workshops and inflatable's	£5000
Youth committee summer residential to write action plan/ explore recruiting new members	£2500
Holiday provision including subsidised trips/ transport and workshops	£2500
Development worker focusing on drop in's and expanding weekend use staff costs. 1 worker @ 10 hrs per week at £11.91 per hour for 40 weeks including on costs	£5000
Specialist inputs including graffiti art, music and Sports workshops focusing on alcohol awareness	£3000
Totals	£27,000

INPUTS	<i>The resources you will use to deliver the project. They include, for example, staff time, budgets, equipment, buildings and policies.</i>
	<ul style="list-style-type: none"> • Part time CLD youth worker • CLD worker part time • WLYAP sessional staff and full time staff • Community regeneration • Youth space coordinator and cleaner • Armadale Community Education Centre • Strategy for Tackling Underage Drinking Funding • Armadale Youth issues group • Armadale academy sports hub • Sports equipment • Gaming, entertainment equipment • WLYAP Transport • WLC Transport • Youth Scotland's dynamic youth and Youth achievement packs • Protecting Vulnerable Group Scheme • Child Protection Training • WLC Health and Safety policies inc risk assessments • Alcohol Brief Intervention Training • Arts and sports unit • External activities workshops • WLDAS Workshops • Healthy Respect and C card • YWCA • Armadale Together for health • Police and SNT team

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PROCESSES	<p><i>The ways by which the inputs are used to achieve the planned outputs (in other words, what we do with the resources). What specific interventions are planned to reduce alcohol consumption (e.g. Alcohol Brief Interventions) and addressing anti social behaviour? How will young people at risk be targeted?</i></p> <hr/> <p>The various groups using the youth space will provide alternatives to involvement in anti social behaviour and alcohol or substance misuse. Young people will be offered further opportunities to participate in issue based educational sessions focusing on alcohol, lifestyles, sexual health and wellbeing and positive choices.</p> <p>The drop in's will continue to provide activities including graffiti art, music and sports which will keep young people engaged and challenge their current lifestyle choices. Additional C card services will compliment sexual health inputs and will increase young people's access to local services. The main aims of the Thursday and Friday night drop in's include, delaying alcohol consumption and reducing consumption of older young people, providing alternative activities at peak times when alcohol use is high, raise awareness of alcohol/ substance misuse and associated risks and offer targeted work to young people when required.</p> <p>Through partnership working with police/ SNT, additional drop in's will open to reduce anti social behaviour and underage drinking youth calls at the weekend.</p> <p>All youth work staff will be ABI trained this year, ensuring ABI's are used on a weekly basis or as required. Through recording sheets, staff will also be able to ensure needs of young people are being met and where appropriate young people will be referred to 1-1 support or to existing or new group work within the space.</p> <p>Holiday provision will enable the space to continue to engage with young people aged 12-18. The drop in's will continue to run through the summer and also offer opportunities for young people to engage in recreational and outdoor activities, which will increase their personal and social development and offer diversionary activity to alcohol or substance misuse.</p>
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	<p>Youth festivals and events targeting young people will held at different times throughout the year in partnership with other agencies. These events will offer young people alcohol free alternatives and an opportunity to be involved in decisions making about future planning within the youth space.</p> <p>The youth committee are currently working on a DVD which will act as a living annual report to promote the youth space. They are also exploring challenging the school's views on barriers to education and will be meeting with other pupils to explore this before the summer. They will also be working on new action plan for 2013-2015 during the summer and exploring how to recruit new members.</p> <p>Armadale Academy has one of the lowest proportion of leavers entering higher education in West Lothian, and a very slightly lower level of young people (0.9%) going into further education .This could account for the higher than average proportion of leavers going into a negative destination. This will be addressed through the youth space in partnership with education and other council services. Many of the young people who are in a negative destination are also involved in negative lifestyle choices within their life and wider community.</p> <p>Young people at risk will be targeted through existing provision, streetwork and work delivered in schools. Many of the young people currently using the youth space are at risk and may be involved with MC keyworker, alterative curriculum projects, get ready for work or risky behaviour referred groups.</p> <p>The above interventions will impact directly on the attitudes and knowledge young people have towards alcohol and the impact it has on them as individuals, their families and the wider community. The promotion of positive lifestyles, diversionary activities and exploring health and wellbeing will also address these issues. The holiday provision and youth festivals/ events will provide opportunities for educational inputs and alternatives to alcohol use and changes to attitude will be measured through a verity of baselines and recording sheets and ongoing progress monitoring with young people.</p>
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OUTPUTS	<i>The specific products of the project. These will be quantifiable (easily counted) things such as the number of young people taking part or the number of activities delivered. Please detail projected numbers involved?</i>
	Number of young people involved 600-700

	<p>individual members using space ____</p> <p>Age ranges 12-19</p> <p>Projected Number 12 -14 year 350</p> <p>Projected Number 15+ year olds 250-350</p> <p>Projected Number of males 350</p> <p>Projected Number of females 300</p> <p>Average number of young people on a weekly basis 80-100</p> <p>Number of sessions delivered per week. 7-10 groups</p> <p><i>Educational sessions across all groups 20-30</i></p>
<p>OUTPUT MEASURES/ INDICATORS</p>	<p><i>How we will know if we have carried what was planned in the way we intended? How will you measure the impact of your intervention?</i></p>
	<ul style="list-style-type: none"> • Weekly registers will monitor numbers and recording forms will monitor issues • Recording forms will also highlight topics/ issues discussed and feedback from young people • Materials and resources used and completed by young people will highlight information/ sessions delivered • Number of ABI carried out through recording sheets and carried forward. • Recording sheets from C card Friday afternoon and Friday night • Performance recording sheets which are being developed by CL&D which will measure KPI's • Ipad apps will be used to gather feedback from young people and ensure targets are being met • Anecdotal Feedback from young people and youth work staff • Anecdotal feedback from police • Feedback from young people • DVD and feedback • Number of young people engaging in activities • Youth Related Calls and underage drinking statistics from police

<p>OUTCOMES</p>	<p><i>The changes or results that have come about because of the project. Outcomes are normally what the project is trying to achieve but some outcomes are not planned.</i></p> <ul style="list-style-type: none"> • Young people have improved and increased knowledge / understanding of alcohol and substance use issues. • Young people are consuming less alcohol. • Young people are entering into increase of positive destinations • There is less anti-social behaviour perpetrated by young people in Armadale/ Blackridge ward • Reduction in underage youth drinking calls in Armadale/ Blackridge ward • An increase in the wellbeing and positive life choices from groupwork participants • Increase in opportunities for young people to engage in diversionary activities especially at the weekend. • Young People at risk of social exclusion will be supported to become responsible citizens, successful learners, confident individuals and effective contributors. • Young Peoples skills knowledge and employment opportunities will be increased as a result of support, educational and training opportunities provided within the youth space. • Increase partnership organisations capacity to meet the needs of the young people both in Armadale and surrounding villages.
<p>OUTCOME MEASURES/ INDICATORS</p>	<p><i>How we will know we have effected change?</i></p>

- 35% of young people who attend regular inputs/ drop in's report that they have reduced their alcohol consumption
- 45% of the young people who state they are regular drinkers report that attending the provision has reduced their alcohol consumption.
- 80% of young people report that their knowledge of alcohol and harmful effects of it has increased
- 60% of young people indicate that they have seen a positive change in their behaviour as a result of attending the drop in.
- There will continue to be a reduction in police related youth calls and underage drinking calls from Police statistics in Armadale/ Blackridge ward.
- Young People have access to increased provisions / services within Armadale Youth Space
- Young People will have the confidence and ability to access further courses both within the local authority area and out with.
- Socially excluded young people participate in targeted group work programmes focusing on issues identified by themselves including barriers to employment, literacy, numeracy and life skills.
- Young People have increased capacity to participate in community life and events, challenging negative stereotypes of young people.

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Signature of Applicant **Claire Kane**

 Position CL&D worker

Signature of Partner youth action project **Helen Davies**

 Position Manger of West Lothian

Date **11/4/13**

Please return by Thursday 11 April 2013:
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Examples of the type of intervention and/or diversionary activities that might be likely to have an impact and receive support:

- **Focused work** – targeting young people (15+) known to be engaging in at risk behaviours linked to alcohol consumption.
- **Group work** - personal and social development opportunities, working with targeted groups of young people. The group would be supported by a youth worker/tutor and the group would determine the activities themselves.
- **Street work** - work with groups of young people identified in various community locations by a youth worker. The aim of the work would be to engage with young people and develop an alternative programme that changes their behaviour.
- **Youth cafés** - work in youth cafés or community centres with groups of young people, with flexible informal programmes.
- **Afternoon/midnight football** - building on the successful midnight football initiative, informal round-robin competitions can be held at a central or local location involving the police, youth workers and sports development staff.
- **Rock music** - building on the successful Rock Platform and promoting rock music amongst groups of young people, within their community. The initiative would involve tuition, rehearsing, recording and performing. The recording studio at Craigsfarm could become a central venue for recording various bands and community centres could be encouraged to identify suitable rehearsing space, particularly utilising Friday afternoons and evenings.
- **Hairdressing/Beauty Treatment** - activities such as hairdressing and beauty treatment have proved popular in engaging young people. Professional expertise could be sought to work with groups and support these activities.
- **Dance** - with appropriate support from dance teachers/instructors, dance is a popular medium for engaging young people in break-dancing and a range of other dance forms.
- **Arts** - depending on the interests of young people, a range of art forms could be used to engage with young people.
- **Outdoor activities** - building on the success of the enhanced and alternative curriculum programmes, outdoor education activities have proved invaluable in working with groups of young people at risk.
- **Sport** - in addition to football, other sports activities could be utilised to engage with targeted groups, where such an interest is expressed by young people
- **Other Activities** – innovative proposals for engaging with targeted groups of young people would be particularly welcomed from Agencies and Services.