

# 2020 Annual Report



Hello,

a message from  
**The CEO**

2020 a year like no other! This past year has been challenging for all, including the YMCA Tayside team and the young people we serve, but as always we give thanks for the opportunities we have had to reach out and truly make a difference in the lives of hundreds of young people. I can not emphasise enough how honoured I was to be part of such a professional and resolute staff team, truly working as one, using all our individual talents and gifts to develop a virtual programme within **one** week of lockdown.

An imaginative online plan was created giving opportunities for our young people in Employability, Creative Writing and Art, Walk & Talk, Digital skills and even using our YMCA Global network in offering International Connections sessions.

We quickly adapted by using new forms of communication including Zoom and Discord. Making sure the young people had equipment and access. When required we were fortunate to be able to offer iPads and internet bundles to assist those in need. Delivering activity packs when running virtual holiday clubs and art supplies for creative art sessions.

It certainly highlighted to me again the importance of youth work in the growth and empowerment of young people. We have witnessed a greater number struggling with their mental health and recognise the positive impact engaging with the youth work team and their peers can have on individuals.

We have made significant progress this year in moving towards the development of our old Church building in the centre of Perth which we are all very excited about, having had young people in the development of the design and more recently having Youth Voice explore and research interior design to incorporate.

Our generous funders have been proactive in assuring us of their flexibility and understanding in the changes we have had to make which has in turn taken that burden from us which we greatly appreciate.

Dave Bremner our Chair, trustees and I wish to sincerely thank all our Y Family individual givers, volunteers, staff, partners and funders for your continued support. It has truly made a difference in the lives of so many young people. Enabling us to offer a holistic approach to those in greatest need.

I hope you find reading all about our work and the individual stories encouraging.

If, after reading this report you feel inspired and wish to get more involved or have any ideas please do not hesitate to contact me directly.

Jill McGrath

Chief Executive - YMCA Tayside



# Meet the 2020 TEAM



Jill



Franny



Barry



Tony



Matthew



Matthew



Alyxs



Jonathan



Fraser



Layla

Our newest apprentice



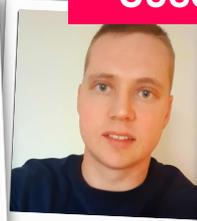
Alice



Dylan



Georgia



Liam



Rebecca

## Sessional Team

## Meet the BOARD

**Mr Dave Bremner**  
Chair

**Mr Robin Watt**  
Secretary

**Mrs Christa Strickland**  
Treasurer

**Mr Wilf Urquhart**

**Mr David Hughes**

These striking images show how our derelict church in Perth city centre will be transformed into a £3.7 million pounds state of the art youth centre, our ambitious plan for the 130-year-old St Andrew's and St Stephen's Church in Atholl Street is going to become a reality.

These computer-generated images reveal a vibrant multi-purpose area at the heart of the development. Our very own Y Media team produced a 3D walk around which not only brought the building to life but also enabled many young people to gain new digital and coding skills.

The Y Centre will become a flagship youth space, designed specifically with young people in mind that incorporates flexibility for social distancing into its design. The centre area will be adaptable and used for personal development courses, employability training and universal drop-in sessions.

We have also ensured there is space for a retail outlet, workshop and Media suite to enhance our social enterprise activity, with the main area incorporating a flexible area that can be used by the community, private and third sector organisations for a range of conferences, meetings and events.

There will be a large kitchen where young people can gain valuable life skills whilst gaining accreditation. An outdoor courtyard area will also provide opportunities for us to have raised beds for growing herbs and vegetables, furnished with upcycled pieces of furniture that will be made by the young people. YMCA also intend to save some of the internal features of the old church and have a team of young people recycle them into both beautiful and useful items.



'Youth Voice' The YMCA's youth ambassador group have been involved in the initial design ideas and are now researching interior design, colour schemes, lighting and innovative furnishing. It's crucial that we have young people involved at every stage of this development, we are great believers in doing things by and with young people and not to and for them.

Youth  
Space

Employability

# CENTRE

Emergency  
Housing

Retail

We bought the C-listed church in December 2000, and have always had a vision to create a safe space where young people can have somewhere to go, something to do and someone to talk to that provides meaningful opportunities to develop skills, build confidence and gain accreditation. The plans also include building four flats to support young people in the transition period from supported accommodation to holding and retaining their own tenancy.

The project was boosted by a £1.5 million award from the Scottish Government's Regeneration Capital Grant Fund in January 2021. In addition to the secured commitment from several charitable trusts for substantial amounts including The Gannochy Trust for 1 million, The Robertson Trust for 250,000, The Northwood Charitable Trust for 250,000, Perth and Kinross Council for 100,000 and Perth City Heritage Trust 145,000.

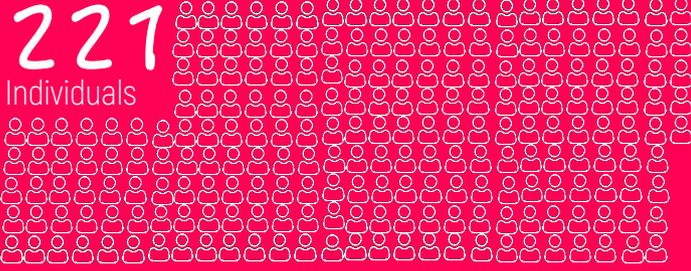
Since changing the direction of the project to retain the building and make full use of the space for the charity we have been amazed at the enthusiasm and encouragement we have received. We are extremely grateful for the generous grants committed but also for the continuing support and guidance given to help bring this project to fruition'.



# Universal Youth Work

221

Individuals



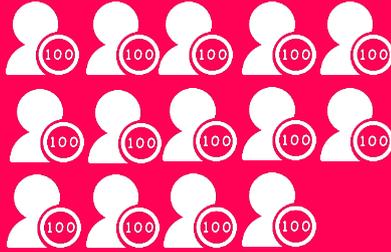
478

Sessions delivered



1436

Contacts with  
Young People

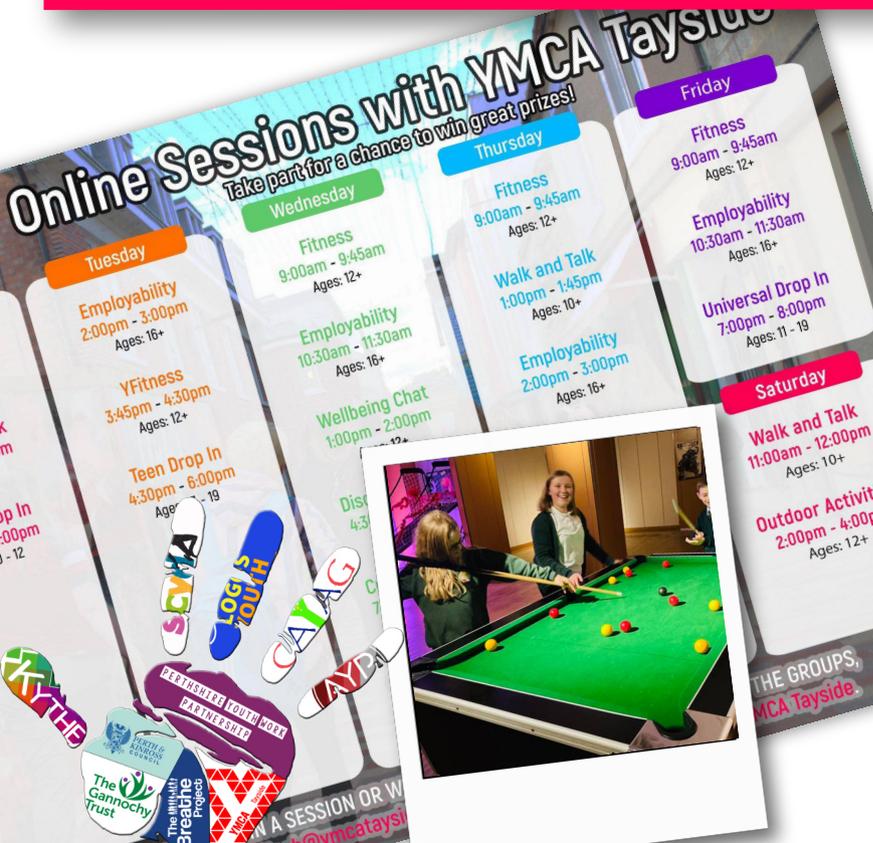


## Across Perth

Craigie, Kinnoull, Western Edge, Tulloch & Letham

## In Partnership

St. Johnstone FC, Police Scotland, Community Wardens, Street Pastors, Letham4All, TullochNet



Over the last year we've widened and improved our Universal Youth Work delivery across Perth. This is primarily funded by The Gannochy Trust and Perth & Kinross Council, and focuses on youth work that is accessible to all young people. We have run a vast variety of sessions ranging from Creative Writing to Canoeing, Role Play to Digital Skills, Football to Fitness, Gaming to Group Wellbeing classes.

### DETACHED WORK & CITY CENTRE DROP IN

We have worked over several months to put together a system for high quality detached youth work engaging with those young people who hang out in the park on Friday and Saturday evenings. This led into our use of our High Street premises for drop in sessions on Friday nights. With the lights low, the music playing, and the buzz of young people gaming, playing pool, or just chatting, these were great for all involved and we look forward to continuing them in 2021!

# Mentoring

Plusone Mentoring adapted to the needs of our young people and communities throughout this year by offering unique and dynamic methods of intervention. Young people met with mentors using the resources available to them with this year having a much larger focus on the use of technology compared to previous years gone by.

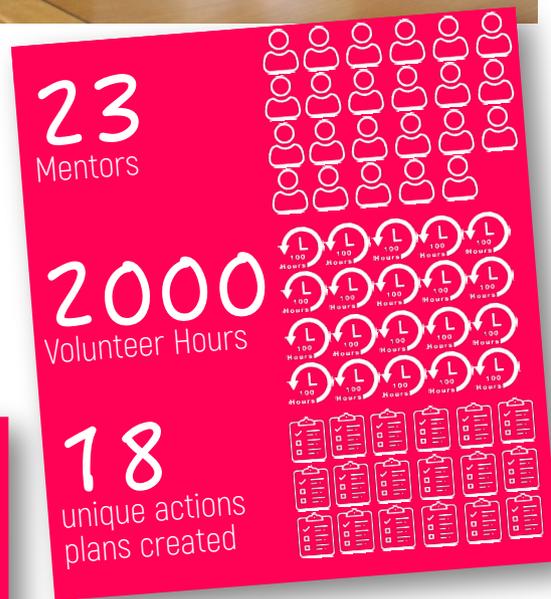
We are thankful to the Scottish Government for recognising the importance of youth work throughout this pandemic as it allowed our Plusone Mentors to reach young people most in need.

Mentors creatively connected with young people online and when allowed, in person to bring normality and consistency to daily life. Mentors played games with young people in local parks and online, connected over the phone and in café's and created actions plans together allowing young people to work towards and achieve goals they had set for themselves.



*"It is absolutely amazing what you are doing for these kids. It's great to see the changes. He is more confident now"*

Parent  
Plusone young person



# YMedia

Whilst 2020 has been a challenging year all round it has allowed for the more digitally minded young people of the Y Media team to use their skills to stay connected and assist others. As lockdown restrictions came into place we had to get creative with how we could continue to function as an organisation without meeting face to face. Y Media helped to put together the YMCA's Virtual schedule, and created an online community of young people through Discord which continue to operate to this day. We created various videos and posters to promote our service and provided one to one support for people to engage with each activity if needed. We also offer accreditation to young people through Young STEM Leader Awards and Dynamic Youth Awards.

We were able continue to run our Coding Club online as well as create new activities for young people to engage in with focus of helping to combat isolation and improve mental health for those struggling to cope. The Pandemic has been a challenge but it has also created the foundation for a stronger online community.

We also partnered with YouthLink Scotland to deliver an 'Online Gaming and Youth Work' seminar and guidance information.

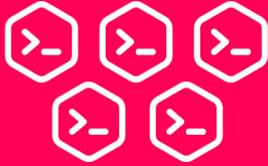
36

Young People



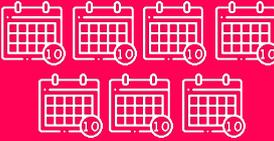
5

Young People  
learning to code



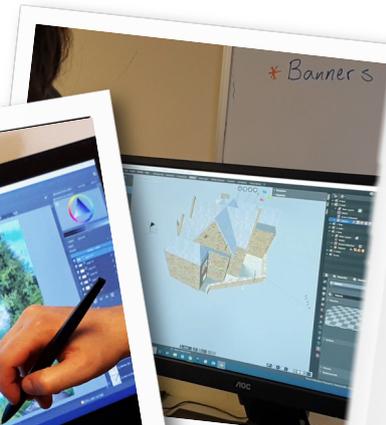
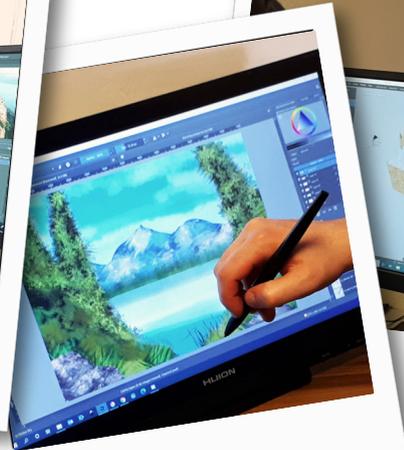
72

Sessions



*I usually find it hard to get involved with new things but what you do seems fun and I'll keep trying to come along.*

**Young Person** 17 years old



Apple

# Y Xplore

Y Xplore brings together the increasingly well known benefits of spending time in the outdoors, with our passion for youth work, delivering experiences that develop the mind, body and spirit. It capitalises on our location at the gateway to the Highlands, our capacity as an AALA licensed provider and our experience in delivering immersive outdoor experiences with our highly trained staff. With activity days and residential sessions, Y Xplore challenges and supports young people as they're encouraged to not only explore their environment but themselves.

This year we have had to work hard to ensure that the young people were supported during the pandemic but were still able to gain valuable life experiences and qualifications. With social distancing in place we were able to deliver sessions on canoeing, basic navigation, bush-craft, plant identification and foraging.

We were recently received £5,000 from the Aviva Community Fund through a crowd funding initiative and Y Explore was the most supported initiative amongst their employees in Perth. The money raised will help purchase new equipment that will reduce the cost of delivering activities, give us the freedom to arrange outdoor trips at short notice and means we can deliver our programme to a much wider audience - a win for the young people of Perthshire and the wider community!

We are looking forward to a very active and life changing 2021!

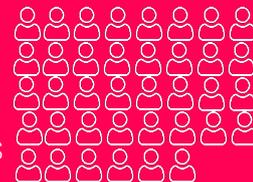


*Being in the outdoor environment rock climbing and canoeing was certainly something I will never forget it and I will take it with me into my future work.*

**Young Person - Aged 17**

**38**

Young people attended sessions



**74**

Paddle Start Awarded



**70**

Accredited H15 or Dynamic Youth Awards



# Health & Wellbeing

Aspire Health & Wellbeing offers a wide range of small group opportunities for young people, alongside the option of 1:1 life coaching. Each small group has a key focus on body, mind or spiritual wellbeing. The groups offer a safe and nurturing space for young people to explore their own personal wellbeing and receive support and encouragement to reach their personal goals.

## Creative Writing

A creative space to imagine, innovate and inspire each other.

Our creative workshops are a fun and friendly way to make new friends alongside developing our creative writing skills and confidence. Our themes include character creation, discursive, persuasive, imaginative, high fantasy and reflective writing.

## Y Fit

There is something for everyone at Y Fit.

We welcome all fitness levels and abilities. From our lunch time Walk & Talks, to group running, gym workouts, cycling and swimming we are sure you will feel at home and achieve your fitness goals!

Alyx from our staff team is in training to become a qualified gym instructor, which will really take our fitness opportunities to the next level. We also have partnered with our local gym All Strong Scotland.

## Journey To Freedom

A safe space to learn skills to live life to our fullest potential.

Journey to Freedom Small groups address core issues we all face – the desire to be loved, known and accepted. Through participation in the 8 week course, we seek to create intentional healing communities where people can experience transformation of body, mind and spirit, and experience lasting freedom.



135

Hours of Delivery



45

Participants



7

Partnership Organisations



2020 was a difficult year for personal development, with lockdown and various levels of restrictions in place for the majority of the year. As one of the leading providers of personal development in Perth and Kinross, YMCA Tayside was determined to find creative ways to support young people throughout this challenging time.

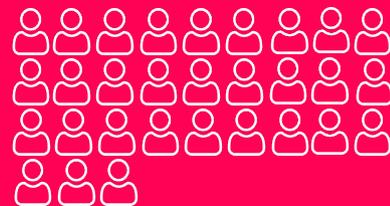
We varied our approach to offer blended learning opportunities involving online and face to face sessions. One of these opportunities involved partnering with the Princes Trust with us being one of the only organisations in Scotland that delivered the Team program face to face, this partnership includes working closely with Police Scotland who seconded a member of staff for the year which enabled us to deliver additional qualifications and experiences that contributed to the health and wellbeing of the young people involved.

We also provided one off and short term development opportunities throughout the year for both the wider Y team and young people.

# Personal Development

27

Young People



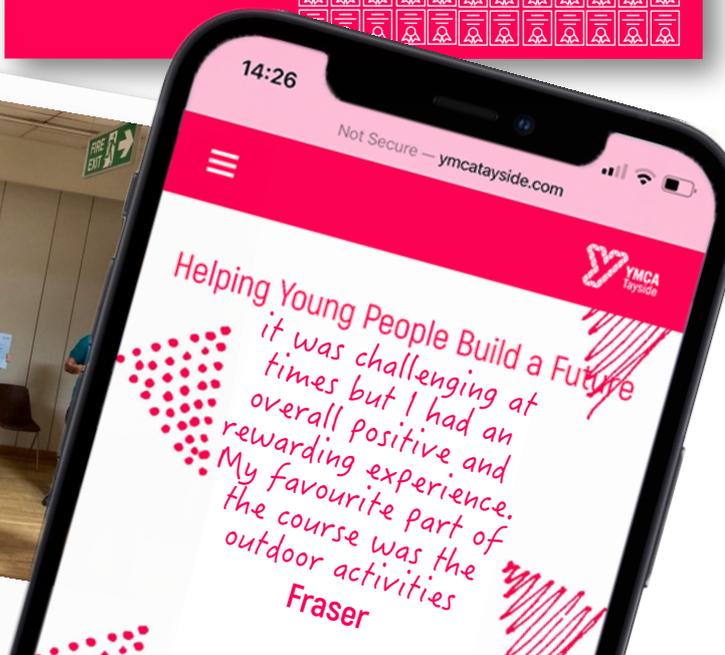
56

sessions



72

Qualifications awarded



# Church Partnerships

Over 2020 Church partnerships have continued to be a major part of our work at YMCA Tayside, with Perth Congregational, Kinnoull Parish, Craigie & Moncreiffe Parish and Perth Baptist all providing opportunities for a collective 123 young people. In addition, there has been 56 volunteers both benefiting from and supporting the various projects.

Working closely with 4 management teams has ensured consistent delivery across the partners to ensure all matters relating to Health & Safety, Safeguarding, Fundraising and Administration have been carried out effectively and professionally.

Drawing on our bank of sessional workers and growing our own youth workers has contributed to the overall delivery for each church partner.

Covid-19 and Lockdown has been a huge challenge for everyone with staff being unable to meet with young people face-to-face for half of the year, although this did provide an opportunity to be creative and adapt to online provision to provide a full programme of activities that were open to all young people from across the partners.

When we were able to young people also engaged in:

Canoeing

Bushcraft

Fitness

Lifeskills

Employability

Awards

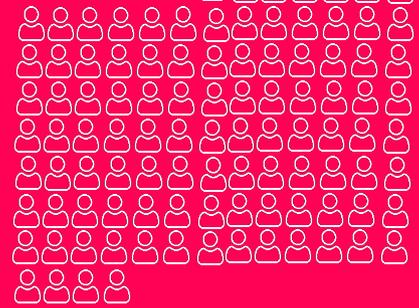
Accreditation



## Opportunities to Explore Faith

Young people have been raising questions on topics of life and death, what happens after people die, thankfulness, does God exist and why is their suffering etc. As a result of this we offered entirely optional 1 to 1 opportunities to discuss faith and we have offered group opportunities through an online Youth Alpha course, this course covered the various topics asked for by the young people.

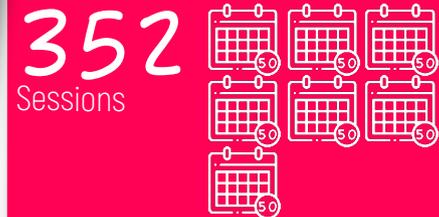
123  
Young People



1584  
Volunteer Hours



352  
Sessions



# Layla's Story

Layla has been involved with the YMCA for 6 years, with her journey beginning at a local youth group when she was in P6. Layla progressed to Youth Committee at the Junior youth club and then also attended the Teen Drop-In, securing a position on the Youth Committee. Layla has always had a strong desire to pursue a career in Youthwork, based largely on her positive experience and her passion to help young people. During Lockdown Layla turned 16 and made the decision to leave school to pursue this dream. Lockdown had been a challenging time for her with lots of uncertainties, loneliness and the worry of realising her future aspirations.

However, Layla reached out to us and got involved with our online schedule, attending on average 4 to 5 workshops per week. This included Walk & Talks, International Connections, Creative Writing and Role Play groups. Layla also expressed a desire to join our latest Youth Voice group, where she is an advocate for the young people of Perth & Kinross, enabling the YMCA to provide relevant support specific to young people's needs at this time.

Layla is also working through a PDA in Youthwork with her YMCA Youthworker and hopes that the experience's and learning through her time with the YMCA will help her reach her goals of becoming a Youthworker.



Hi I'm Layla

I'm a sessional worker. I joined the YMCA when I left school at 16 as I didn't enjoy school, I volunteer for a few years before so I knew about the y but they helped me when I needed it. I take part in youth group's, drop in, online timetable and youth voice I also have done journey to freedom which I really enjoyed.

I lost my confidence at school as I moved school in s4 but the YMCA helped me get it back.

A challenge I face would be my age as I'm only 16 I sometimes feel like I don't know what I'm doing but I'm always reassured that it's okay.



# Financial Report

Income £623,413

Expenditure £456,667

Donations  
and Legacies  
£512,327

Charitable  
Activities  
£73,018

Other  
Income  
£26,340

Trading  
£11,728

Raising Funds  
£26,079

Charitable  
Activities  
£430,667

# THANK YOU...

Volunteers

Board of Trustees



Foundation  
Scotland



Prince's Trust

YOUTH  
CAN  
DO IT



POLICE  
SCOTLAND  
Keeping people safe  
POILEAS ALBA

SCOTTISH  
CHILDREN'S  
LOTTERY



EUROPE & SCOTLAND  
European Social Fund  
Investing in a Smart, Sustainable and Inclusive Future



GO FOR IT  
Funding Change in Church and Community



University  
of Dundee

# WITHOUT YOU

THIS WORK WOULD NOT BE POSSIBLE



**YMCA**  
Tayside

3rd Floor,  
Drummond House,  
6 Scott Street,  
Perth,  
PH1 5EJ  
01738 629883

[info@ymcatayside.com](mailto:info@ymcatayside.com)  
[www.ymcatayside.com](http://www.ymcatayside.com)