

The Citadel Youth Centre has been helping children and young people in Leith since 1980. Our youth clubs offer a wide range of social, recreational and educational activities, and are open to any child or young person in the community. We also provide extra support for children and young people who need it most, including specialist projects for unemployed young people, young mothers and young people who are struggling at school. Increasingly, the Citadel is not just for young people, as we open our doors for a weekly Intergenerational Café, a Parent's Drop In, Family Days and a host of other community events.



@CitadelYCLeith



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A note from the Chair...



Writing the introduction to the Citadel Youth Centre Annual Report is one of my favourite times of the year as it gives me the opportunity to look back on what has been achieved by the young people, staff and volunteers as well as getting the opportunity to say thank you to everyone who has supported us over the last 12 months.

We continue to deliver high quality universal youth work to children and young people from our building here in Leith but we have also saw a significant expansion to our partnerships with local schools through the Pupil Equity Fund. The feedback we have been getting from teaching staff has been incredibly positive and the connection back to Citadel has allowed us to maintain our relationship with young people both in and out of school - we all know the importance of a trusted adult in the lives of young people and Citadel staff are able to provide this in different settings. There are of course loads of other examples and further details can be found in the following pages where you will hear about the intergenerational work, families project, young mums, the games club and much more.

All of this work is being delivered within the context of increasing financial pressures so we are incredibly grateful to all our funders who continue to see the real value and impact of our work here, particularly City of Edinburgh Council, Big Lottery, Volant, Cattanach Trust and also our Friends of the Citadel who continue to support the work that we do. I would also want to thank the staff and volunteers who consistently go above and beyond to deliver high quality work to children and young people in Leith. And finally, I want to show my appreciation to the Board of Trustees who provide strong and strategic leadership to Citadel and provide welcome support to me in my role as Chairperson.

Allister

Children's Work

We offer a range of opportunities and supports for children from the age 5+ years. For some of the children, this is a seamless transition from their attendance at the Citadel crèche as a toddler with the young mums group.

Junior Support Group

Our Junior Group supports primary P2 and P3 children to try new activities whilst boosting their confidence and developing their social and emotional skills. The group consisted of 12 children from five different primary schools. The children took part in games, art, physical and cooking activities which improved their interpersonal skills. When the children have improved their social and emotional development they transition to the Junior Club.

Summer Playscheme

We repeated our successful summer playscheme for Junior Support Group and Junior Club members, of which **39 children attended**. The playscheme ran for 3 weeks in July and each child attended for 3 days. The children had various activities to look forward to every day. These included: cooking and sport activities, a country park day trip and a family day at the Citadel for parents/carers and siblings.

Supported Places

Children who require additional support are referred to groups and clubs. Staff review 'supported places' with children and parents/carers to discuss their development in the club or group and what can be implemented to continue support.

Individual Work

We offer individual work to children and young people who have been referred, providing them with a safe space to explore emotions, build confidence and explore other topics in their lives.



Youth Clubs

"I've made a lot of new friends; I've gotten people's numbers. I walk to Citadel with new people"

"It's so fun! It's amazina!"

"It's fun. I like the Xbox and art and the bouncy castle"

Staff work with children and young people aged 6-18 years old across our mainstream youth work provision (youth clubs) alongside a team of enthusiastic and committed volunteers.

Our clubs have had another busy year with programmes full of fun activities. A total of 90 youth work sessions were delivered across our Junior, Intermediate and Senior Clubs.

Through attending youth clubs, the children and young people have been able to try new activities, make new friends from local schools and

be provided with a safe and welcoming space to talk about and explore emotions. The children and young people have participated in a range of different activities and workshops from other

> organisations. The highlights across the year include: a FACE Equality workshop with Changing Faces in Junior Club; 3D printing with Wee Replicators in Inter Club and a football session at World of Football with Senior Club members.

> > We also had a busy summer programme where our club members had the opportunity to attend trips to places such as Adventure Golf Island. North Berwick Beach and the Time Capsule.



Girls Club

Girls Club had a fantastic year with 30 evening sessions for local girls aged 11-15 years old.

Girls Club has delivered a varied weekly programme with activities around cooking, art, and sport. We have also focussed on providing workshops on issues that are important to the group such as periods, hate crime, online safety and positive body image.

This year Girls Club has celebrated both 'Day of the Girl' with wellness, imagination, dreams and creative writing sessions delivered by Be United, and 'International Women's Day' in partnership with

Pilmeny Development project.

The group also had a fun filled summer programme trip to M&Ds where some of the girls went on their first ever rollercoaster and overcame fears!



30 SESSIONS

2 CELEBRATIONS

22 GIRLS **CLUB MEMBERS**

"We talk about important things in Girls Club sometimes"

"I can come here, be silly and have lots of fun"

• • • • • • • • • •

"M&Ds was amazina!"

Plan International UK

Our two year 'Stand with Girls' project in partnership with Plan International UK came to an end in September 2019.

During this time, we worked with over 20 girls from Drummond Community High School aged 11-16 years old, covering 5 learning modules on girl's rights, being assertive, gender awareness, living free from gender-based violence and being safe in the community.

As part of the project, the group were to design a campaign about a problem in their local community they would like to change. Our group came up with 'Girls Rock Edinburgh' which is a rock hiding campaign aimed at girls and young women. They decorated rocks and placed them around their local community in the hope they are found to inspire, empower and make others feel good. The group hopes that 'Girls Rock' will have an impact on the local community by increasing the awareness of gender stereotypes and girl's rights in general. They hope members of the public who find the rocks will think about the issues that girls face in a more critical way and work towards making it a more equal society.

> To end the project some of the group attended a National Conference held in Leeds to celebrate and present their work and achievements. The group of young women presented their campaign to an audience of 200 and had a once in a lifetime opportunity to engage with high level decision makers.

> > Stand with Girls has been a fantastic project to have been part of and has offered the group many amazing opportunities. Well done to all the girls who took part; they did a great job

going away, I've been speaking about it

"I'm so excited about all week"

"I've learned that airls should have the right to choose to be whoever they want to be"

Games Club

The Citadel Games Club has been going from strength to strength.

Over the last year it has had an average of 28 members on the register resulting in a total of 326 individual contacts with young people. Young people from the Games Club have been able to develop their relationships with their peers, increasing their skills through workshops, playing games and sharing time and interests around gaming. One of our volunteers has even started running a Pathfinder table-top game with other members which has been a great hit! Young people from the Games Club were able to attend two festival trips in August thanks to Fringe donating tickets - a live video game comedy show called "The Dark Room" and a play about artificial intelligence called "Conscious".



Boys Work

This year we have provided single gender provision for teenage boys in a variety of formats.

This has included an open access youth club for boys aged 11-15, focussing on recreational activities and educational workshops on relevant issues such as drugs and knife crime. Regular one-to-one support has also been provided for those boys with complex needs and those at risk of exclusion from school and offending.

A series of smaller community boys' groups targeting 12-15 year olds have also been delivered with fitness classes, rock climbing, boxing and creative sessions in music and 3D printing taking place. The smaller size of these groups has enabled better relationships between staff, volunteers and the boys to develop.

As part of our boys work we have also delivered two school based S1 Boys Groups at Trinity Academy. The main aim of this group has been to promote engagement in class, make new friends and to develop positive peer relationships.



10 DIFFERENT **BOYS FROM 2 LOCAL HIGH SCHOOLS HAVE ATTENDED THE COMMUNITY BOYS** GROUPS.

THE TRINITY ACADEMY **S1 BOYS GROUP RECEIVED AN AVERAGE SCORE OF 8.5 out of 10 FOR** THE 11 BOYS WHO TOOK PART.

Young Mums

"I love coming to young mum's because it has given me and my son a chance to meet new people and share experiences"

"It helped me realise I'm not alone - we're all going through near enough the same journey!" It has been an exciting year for us across our Young Mums service.

Our weekly groups have continued to support local young mums and provide a range of activities with a focus on positive health and wellbeing sessions such as fitness classes, self-care and planning for the future. We have also continued to work with partners to provide advice and support around issues such as housing, income and budgeting.

During the summer the group had a fantastic trip to Blair Drummond Safari Park, as well as some of our mums taking part in the

Rough Runner to raise funds for their very





Young Mums and Babies

At the end of last year, we successfully delivered our first pilot for a second day of Young Mums provision.

This included group sessions with **9 children all under 2**. Since then we have had another two terms of young mums and babies and have worked in partnership with a range of different early years businesses and organisations. Some examples of our sessions have been baby massage, making edible playdoh, a range of sensory activities and baby circus skills.

A highlight for the group has been writing a short story detailing their experiences as a young mum called "Every day is a new day". The group proudly launched their book at the City Chambers, and hope to share it with other young mums in the future.

The Citable Youth Carrie on



- 30 YOUNG MUMS SESSIONS
- 23 YOUNG MUMS AND BABIES

UNDER 2's

9 MUMS & BABIES GROUP

UNDER 5's

22 CRÈCHE

Schools work

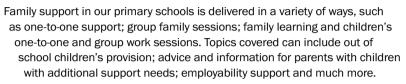




This year we have continued to receive financial support from the Pupil Equity Fund, which has enabled Citadel staff to be based in five local primary schools (Leith Primary, Lorne Primary, Trinity Primary, Victoria Primary, and St Mary's (Leith) RC Primary) and three local secondary schools (Drummond CHS, Trinity Academy, and Leith Academy).











Citadel staff working in local high schools are mainly working with students in years S1-S4. Support is provided through one-to-one and group work sessions, looking at a range of issues including: relationships, self-esteem and mental health and well-being.





28 HIGH SCHOOL PUPILS RECEIVED ONE-TO-ONE SUPPORT

OVER 40 PRIMARY SCHOOL PUPILS RECEIVED NEW UNIFORM PACKS FROM EDINBURGH UNIFORM SCHOOL BANK.



"Working with someone from the Citadel means that the reach and influence of the work that goes on in school is also extended into the community. The partnership work between the Citadel and Leith Primary School has strengthened further, to the benefit of a great number of pupils and their families"

Leith Primary Head Teacher

"A Citadel Youth worker in our school is invaluable. From one-to-one sessions to group work they provide pupils with a level of support that we don't have the expertise or time to deliver"

Trinity Academy

The Citadel Families Project

The Citadel Families Project continues to grow in size with more staff, children and their families becoming involved in the project.

The Families Project offers one-to-one support for children, to build confidence, resilience and promote relationships with schools. Alongside the children's work we offer family support to Citadel parents and carers supporting them with a wide range of issues.

It's been a busy year with our one-off special events, starting off with our Family Christmas Party, in Easter we had a Science Festival Event and in the summer we had our very own Fringe at the Citadel event, with a wide range of taster workshops in circus, theatre, music, face painting and much more – all of which was a huge success.

Following on from last year's successful summer play scheme we decided to continue with the same format. Children under 10 who attend our weekly Junior group and Junior club were offered a week in the Citadel's play scheme. At the play scheme the families were able to take part in a wide range of activities, including art, baking and physical play, the last day was a chance for parent's carers to meet up, have some lunch and join in with the activities.

Over the course of the year, **19** parents and carers have attended the parents drop in group. The group continues to be a safe and inclusive space for parents and carers to get together and chat about their experiences. We have had representatives from Shelter and the Poverty Commission visit us to tell us all about the work they are doing, but also give parents and carers a voice to share their personal stories about how poverty effects them directly. We continue our positive partnerships with Granton Information Centre and Cyrenians Fare Share Food Programme.

"Citadel is a safe place to come to if you need help or support"

"Citadel has helped me with different things, socialising and housing"

"My family worker has helped me get my daughter to be more active and change schools"

"My daughter loves her group with all her friends"





















WHAT A YEAR AT THE CITACEL









15+ Employability Support



Over the last year the Futureheads project has delivered a wide range of services to support 45 young people from North East Edinburgh into positive destinations such as college or employment.

This has predominately been achieved through our vibrant Careers Cafe which saw **371 positive contacts** with young people over a total of **43 sessions**.

The varied programme offers a range of general employability workshops and social enterprise initiatives designed to equip young people with the skills, experience and confidence required to move onto employment and training. This year we were delighted to see **6 young people** put through their paces during 6 weeks valuable work experience and training with Michelin Star Chef Tom Kitchin for our third Supper at the Citadel fundraiser. One of these young people has gained ongoing employment in The Kitchin.

We continue to be supported by our dedicated team of amazing volunteers and students. The strong partnership we have built with Skills Development Scotland (SDS) staff brings added expertise alongside a range of external agencies with whom we have developed positive links.

Citadel Connect

Citadel Connect is an employability support project for 15 – 19 year olds. Young people take part in workshops, including teamwork and communication skills, life skills (including First Aid and Money For Life) and micro-volunteering opportunities. The group then choose a volunteering project they would like to work on for up to 10 weeks.

This year, one group carried out a conservation project including removing fly tipped waste from the Water of Leith, and another group worked with the Dog's Trust education programme, which included making dog toys for rescue dogs and visiting the rehoming centre in Glasgow.

THIS YEAR: 19 young people took part in Citadel Connect

- 3 went on to gain paid employment
- 3 returned to school
- 4 started college
- 3 started an SQA qualification with Link Living
- 15 took part in volunteering

IN ADDITION: 10 got Everyday First Aid certificates,
10 got Saltire Awards, 7 got Money for Life certificates,
3 young people got their John Muir Award and 13 took part in their Duke of Edinburgh Award through Citadel Connect.

15+ Employability Support

Activity Agreements

The Citadel is one of 7 Activity Agreement Hubs in the city engaging school leavers in need of support, helping them to make decisions right for them and their futures.

An Activity Agreement is a voluntary contract between a young person (aged 16-19) and their Activity Agreement coach at the Citadel.

This year we have worked with **24** young people on Activity Agreements, each agreement being tailored to their needs and interests. For example, one person may attend the AA hub, volunteer in local nursery and maintain their CAMHS appointment and another may have work experience, attend Citadel Connect and participate in a Leadership programme.

Over this summer we ran groups ranging from an Art Therapy 'Tree of Life' programme with Cyrenians to more physical weekly workouts with RUTS Urban Boxing. In addition, we consulted with and ran an 8 week Out n' About programme where young people experienced activities such as zip-lining and festival shows as well as more educational and cultural excursions such as the Royal Yacht Britannia and Sky Academy. The uptake for all sessions was high and outcomes extremely positive in terms of the impact on the young people's self-esteem, social skills and general confidence levels. Due to our success over the past year many have moved in to positive destinations with 6 starting college, 8 attending higher level training programmes and 6 gaining part time or full time employment.

We continue to work closely with local secondary schools, Trinity, Drummond, Leith and Broughton as well as others more intermittently. We continue to benefit from the support offered by our Activity Agreement advisers Stuart and Jo as well as input from Kate at Skills Development Scotland.

"The Citadel is a really nice place to hang out with the kind staff and nice people that attend. I have gotten involved in a lot more things since coming here" Anonymous

"Favourite highlights from coming to the Citadel were doing the Tom Kitchin programme and getting my DofE bronze award, both of which made me proud and tired" Stephen, 18

Intergenerational Work

This year our intergenerational work has continued to go from strength to strength.

New Spin, our weekly intergenerational café delivered in partnership with Pilmeny Development Project, has continued to provide local young and older people with a safe space to meet and socialise each week.

This year we have continued with our focus on challenging food poverty by encouraging our New Spinners, staff and volunteers to eat healthy and nutritious meals.

"Eating with the young people is the highlight of my week" (older person)

"It's great to hear Old's Cool is running again, it was my favourite thing when I was at school"

. Vouna persor



Intergenerational Work



Our New Spin summer programme was action packed with 30 young and older participants attending Blair Drummond Safari Park, 12 attending The Foodies Festival and 15 making a trip to experience the Fringe Festival and to see the show 360 All Stars. Fantastic fun was had by everyone involved!





Ambassadors & Reporters

North East Youth Ambassadors

Following on from the success of the Youth-Talk event in June 2019 that was planned and delivered by the ambassadors, they were able to share young people's voices about the local services in Leith.

Since then, the North East Youth Ambassadors have been involved in events over the summer in the run up to a new project starting in October 2019 called North East Youth Reporters.

The Ambassadors attended 'CITIZEN' as part of the Edinburgh Book Festival where they heard stories about the communities in which they live. This was a great chance for the group to explore their connection to each other and their local area.

The group were also able to show-off their creative side for the Big Leith Bake Off hosted by Port of Leith Housing Association. They spent several evenings in the Citadel designing and creating their two showstopper cakes for the competition. Additionally, they took part in a street art workshop to create a graffiti mural around the theme of 'What home means to you?'

"Youth Reporters is a chance to give the voiceless a voice" Darren

• • • • • • • • • • •

"Youth Reporters is a way for young people to be heard" Macie and Chloe

Youth Reporters

Some of the Ambassadors have gone on to join the new Youth Reporters Project, where the group will have the opportunity to learn new digital skills and use social media to share and promote opportunities for young people in the North East. This is an exciting opportunity, using digital youth work to amplify young people's voices about their community. You can follow them on Twitter: @NeReporters

Awards & Achievements

This year we have had great success with our Duke of Edinburgh programme getting our first ever Gold group through their expeditions! The four Gold candidates completed their Practice around Tayside and the final Qualifier in the Cairngorms. We are so proud of them!

Our Silver group was smaller this year with two candidates taking part in Practice expeditions. They hope to finish these next season.

We offered **11** Bronzes their expedition training of which nine went on to complete their expedition sections in the Pentland Hills and Midlothian. Well done to them!

This year we also have managed to put 12 young people through their Arts Award (Discover) – 8 of them through the Back to the Future photography project and 4 young people doing cake decorating through "The Great Leith Bake Off".



"I never thought I'd complete my Gold but I am so overwhelmed that I have. I've finally done it – it's been an amazing journey!"

"I felt so privileged to be in the audience when the Citadel group gave their final Gold Presentation" Willy

Volunteering at the Citadel

Over the past years, as our services have grown, we heavily rely on an increasing volume of volunteers giving their time, energy and commitment to the Citadel programme. We simply could not do what we do without volunteers! Below, we hear from two of our current volunteers, Mary and Michael who tell us what The Citadel means to them.

BIG THANKS TO ALL OUR YOLUNTEERS!

Mary

- 1 How long have you volunteered? I've volunteered for 4 years.
- What do you get out of volunteering at the Citadel? It's something completely different to what I've done in the past or do just now.
- 3 Do you have a favourite memory from volunteering? Going on a Junior Group trip to soft play and getting lifted by the kids to help me through the soft play.

Michael

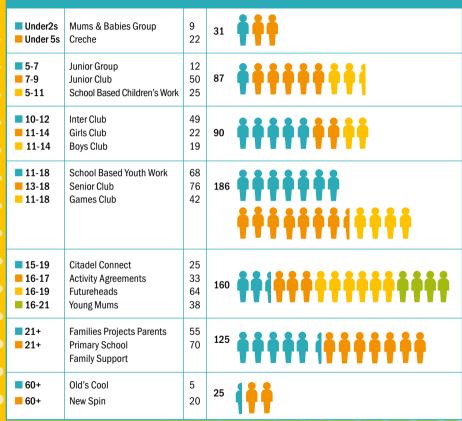
- How long have you volunteered? From April 2018 to present.
- What do you get out of volunteering at the Citadel?

 The opportunity to be a part of the Citadel family forming strong professional relationships with both the young people that attend and also the other adults working there.
- 3 Do you have a favourite memory from volunteering?
 I thoroughly enjoy every moment of volunteering both within the

Citadel and also on trips with the young people outside of it.

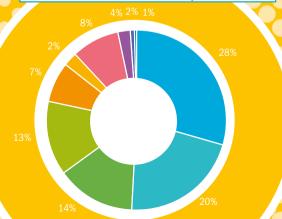
The Numbers

Statistics by Age Range



Income 2018/19

| FUNDING CATEGORY | TOTAL |
|------------------------------------|----------|
| Core Youth Work | £169,031 |
| Families Project | £121,732 |
| Partnership with Schools | £81,595 |
| Employability Support | £75,255 |
| Girls and Young Women | £40,727 |
| Games Club | £14,960 |
| Other Grants | £48,685 |
| ■ Donations ('Friends of Citadel') | £26,297 |
| Student Fees | £12,780 |
| Other Income | £5,904 |
| TOTAL INCOME | £596,966 |



A big thankyou to all - we couldn't do it without you!

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DONORS

Andrew & Fiona - Porto and Fi Archie & Andrew Miller **Angus Thomson & Friends** Alan Lennon Amanda Crook Art du Vin Asda. Leith **Aspire Trade Services** Ben Macpherson MSP Best One - Portland Place Blackwell Books - Just Giving Tree Bonnie Badger, Gullane **Boots for Dancing Build A Bear** Cakes for Kids **Campbells Meat Candersons Sweet Shop** Charles M. Sharpe **Circus Starr** Cllr. Adam McVev Cllr. Chas Booth Craig at Egg Hair & Body Darren, Dean, Mark & Colleagues at Scott Coppola

Dave Carson & Friends

David Thomas **Davidson Mains Window Cleaning Destiny Church** Diane Hamilton Dona Milne & Friends **Edinburgh Festival Fringe Society Edinburgh North Leith Foodbank Edinburgh School Uniform Bank Edinburgh University Air Squadron** Association/Eric Winkle Brown Association Eileen Brownlie Esther Haurado ESMS YPI Students **Family Holiday Association** Film Scotland Forth One - Mission Christmas Gary Welsh (Fish Merchant) **Gerry & Kathleen Mason** Gerry & Zsuzsa Farrell Gordon Dewar, Edinburgh Airport **Heather White. Family & Friends** of Kyle Inglis Hibernian Football Club. Kicks for kids Ian Colgan Jim Briggs & Lodge Trafalgar Jim Sherval

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Siobhan Nairn Skyscanner Smith. Scott. Mullan Associates South Leith Parish Church Spartans F.C. Tesco. Duke Street The Constitution Bar Staff & Customers The Fly Half Bar Staff & Customers The Kitchin Group. **Customers & Staff** The Pipe Shop, Leith Walk The Pond Bar Bar Staff & Customers Tom & Michaela Kitchin **Tony & Jane Grahame** Tony Stewart, BSS Industrial **Training for Warriors, Edinburgh** Trans Alba 2019 Waitrose, Stockbridge Water of Leith Half Marathon

... and the many other 'Friends of Citadel' You know who you are! Thank you!

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AND PARTNERS
OF THE CITYLOGE

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Black Rock/Tides Foundation

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Volant Trust

Young Start

PARTNERS

Bare Branding

Children in Scotland

Community Job Scotland

Drummond Community High School

Granton Information Centre

Heritage Hunters

Leith Academy

Leith Primary School

Lorne Primary School

Pilmeny Development Project

Projekt 42

Robert Gordon University

St Mary's RC (Leith) Primary School

Trinity Academy

Trinity Primary School

University of Dundee

University of Edinburgh

Victoria Primary School

THE CITADEL TEAM OVER THE LAST YEAR:

Volunteers

Kirsty Simpson, Kevin Mongan, Anna McKeever,
Angus Thomson, Gerard McCutcheon, Courtney
Raeburn, Andrew Johnstone, Mary McGuire,
Jane Ryder, Naomi Paton, Ashleigh McCall,
Paula Arthur, Kat Main, Adele McLeod, David
Catherine, Alison Orme, Phil Attridge, Mira Tapaninen,
Claire Gibson, Victoria Barker, Maddie Malone,
Caz Mcentee, Amy Kirk, Matt Quinn, Emma Congreve,
Kevin Hall, Ronan Joyce, Michael Pollington,
Kirk Johnston, Conal McIntosh, Hugh Fraser, Kelly
Tawake, Carolyn Mckerracher, Paula Aurthur,
Tara Preissl, Louise Taylor, Louise Igoe, Erin Cuthbert,
Sarah Prentice, Agne Tamaliunaite, Dana McCulloch,
Connor Muir, Dave Carson & 'Smudge'

Students

Lauren Currie, Ailee Burns, Tamsin Williams, Lucy DeCosta, Andrew Johnstone, Joyce Chakonda, Lea Nicollette, Lesley Paul, Emine Cagritekin

Staff

Willy Barr (Manager), Andy Thomas (Deputy Manager), Kay Millar (Office Manager), Collette Meyer (Admin Assistant), Sharon McAree-Thomas (15+ Futureheads Worker), Rachel Rowan (15+ Activity Agreements Worker), Shona Agnew (15+ Project Worker), Emma Sangster (Girls & Young Women's Worker), Liz Duncanson (Families Project Family Worker), Ruth Kerracher (Families Project Children's Worker), Ryan McKay (Old's Cool Intergenerational Project Worker), Kirsten Law (North East Locality Youth Development Worker), Natasha Iregbu (Children's Worker), Danni Taylor (PEF Family Worker), Sandra Brown (Family Worker), Eve Tunstall (Youth Worker), Lotte Walters (15+/AA Hub Worker), Pippa Bateman (PEF Family Worker), Emma Wilcox (CJS Apprentice), Ailee Burns, Kyle Riddell (Sessional Youth Workers)

Citadel Board of Trustees

Allister Short (Chairperson), Ian Colgan (Volunteer),
Jemma Neville (Volunteer), Craig McGregor (Volunteer),
Sandra Ronald (Parent Representative), Dawn Exley (Volunteer),
Naomi Paton (Volunteer), Clir Adam McVey (Elected Member C.E.C.),
Clir Gordon Munro (Elected Member C.E.C.)



Working with the Leith Community since 1980

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