



OCEAN YOUTH TRUST SCOTLAND ANNUAL REPORT 2018/19



Sail

Mum, it's me, I'm back
From my Ocean Youth Trust Scotland adventure at sea.
I've been sailing up the West Coast frae Oban to Tiree!
So, sit doon, put yer feet up and I'll mak' ye a braw cup o' tea.
By the way, that's just the start of some changes ye'll no recognise in me.

You see, before I set sail, I thought I'd be on the brink.
They warned us, one whole week without my mobile phone,
It's enough to drive me tae the drink.

But what I soon discovered, goes deeper than the ocean,
When yer face turns a putrid shade o' green,
And you're hangin on the edge of a most undignified scene, You stop...to wonder,
Jings o' Mum, "What oan earth am ah deain here?"
And to my surprise the sea replied, with a heart-felt cheer,
The likes of which will steer me through my future months and years.

Mum, ah've no' said it afore but ye've always tried yer best,
And this week away has helped me face the fact,
That I've been a wee bit o' a pest.

But that's all going to change from what I'm about to confess.
I realise now, that you're the skipper of this place we call home,
And the storms you've sailed us through are too painful for me to have known.
But it struck me like a lightening flash, that you no longer need to steer this boat alone.

Mum, there are endless jobs for every member o' the crew,
From plotting a course on a nautical chart, to cleanin' oot the loo.
There are knots to tie, and sails to hoist,
There's tacking and jibing or singin' at the tap o' yer voice.
With so much to share, there's one important thing to know,
That if the crew don't pull together, THE BOAT DOESN'T GO!

It's just stuck there, anchored oot in a misty sea.
And Mum, I fair gied masel a jolt when I worked out - that boat could be me.
So there and then it was decided,
That I'm turning it around and declaring myself re-branded.

Gone are the lazy days o' daein nothing but sittin',
Where my fingers and thumbs were the only muscles I was twitchin,
Being lost in an abyss of cyber reality, was dragging me into a life o'
depression and anxiety.

But don't panic, I'm not asking for a new boat,
Although the idea blows my mind.
But tomorrow I'm headin' tae the Volunteer Centre to see what I can find.
One thing I began to fully understand,
Is it felt amazing when the work was tough, but I could lend a hand.
Whether cooking in the galley or helping to steer,
I realised that I have nothing more to fear.
Indeed, even when something gies' me the boke,
Deep down inside, I now believe that I could work out how to cope.

So thank you Ocean Youth Trust Scotland, there's just one thing left to say.
You give young people so many reasons, to sail another day!

A poem for the 20th anniversary of Ocean Youth Trust Scotland by Tila Morris of Catch the Light, based on stories from young people shared with the evaluation team when they return from the voyage.



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“When you’re on the boat you are given responsibility to carry out tasks and given encouragement if you need it, and that helped build my confidence. I can genuinely say that I have never been this confident in my life. Being on the boat is a big part of how I feel now. Since coming back I am more helpful around the house and more sociable. Being with other people sharing the experience was great for me as it gave me a sense of being part of a family.”

Young participant from Police Scotland Youth Volunteers, Glasgow.

Introduction and Project Background

On Course with CashBack draws on almost two decades of expertise delivering our unique brand of youth work at sea.

Over the course of three years, the project will support 288 young people, building life and employability skills. 2018/19 was the second year of the project, delivering youth work to 103 young people from nine local authorities across Scotland. Outcomes from the previous two years have demonstrated the positive and lasting impact that a voyage with OYT Scotland has on young people. Our voyages equip young people with new skills and qualifications, developing a new found confidence and aspirations for the future.

We are extremely proud to be a Scottish Government CashBack for Communities partner, making a real difference to the lives of deserving young people across Scotland.

Our Belief

We believe that all young people regardless of circumstance or ability should have the opportunity to realise their true potential in order for them to live healthy, fulfilling lives and make a positive contribution to their community.

Our Mission

We exist to inspire young people through the challenge of adventure under sail. Residential voyages aboard our fleet of sail training vessels provide a uniquely powerful and extremely effective environment for the personal development of young people from a diverse range of backgrounds throughout Scotland.

Our Voyages

The unpredictable environment aboard our vessels presents real physical, mental and emotional challenges. It is a genuinely life-changing experience with unique learning opportunities.

2018/19 Figures



103 young people sailed in 2018



1,454 nautical miles sailed



9,682 hours of youth work delivered



60 sailing days



16 destinations



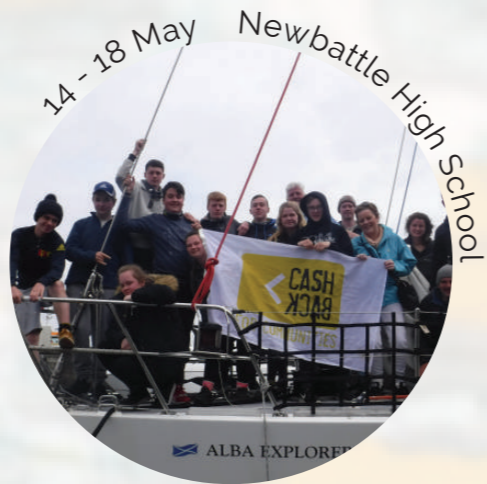
12 groups

*Each young person is on board for around 94 hours (Average voyage total = 94 x 103 young people = 9,682 hours.)

Where did we visit?



2018/19 voyages



Inverclyde Academy



DATE: 2nd - 6th April 2018

VESSEL: Alba Explorer

NUMBER OF YOUNG PEOPLE: 8

DESTINATIONS: Greenock, East Loch Tarbert, Portavadie, Holy Loch, Greenock

MILES SAILED: 110 nautical miles

HIGHLIGHTS: Sunny weather, tacking off Arran, seeing everyone chipping in, team building, going to Tarbert, sailing to Holy Loch as the boat was at an angle, steering the boat.

CHALLENGES: Cooking and trying to not make mistakes.

"My favourite moment was seeing everyone pulling together to hoist the main sail."

- Young Person

"Seeing the young people recognise the challenges that they were scared of, take them on board, push themselves, and overcame those fears - I am so proud of them." - Group Leader

"Seeing the young people asking for jobs rather than being asked to do things. They worked really well as a team." - Steve, Skipper

Connect Berwickshire



DATE: 9th - 13th April 2018

VESSEL: Alba Explorer

NUMBER OF YOUNG PEOPLE: 10

DESTINATIONS: Greenock, Holy Loch, Campbeltown, East Loch Tarbert, Greenock

MILES SAILED: 180 nautical miles

HIGHLIGHTS: Helming, learning new skills.

CHALLENGES: Sea sickness, getting used to the boat leaning over, sailing during the night.

"My favourite bit was contributing with everyone and learning new skills." - Young Person

"My best bit was getting to experience it with different people." - Young Person

"Seeing you all working together as a team when we had to do all those sail changes, and seeing both watches working really well together." - Alan, Watch Leader

Larkhall Academy



DATE: 16th - 20th April 2018

VESSEL: Alba Venturer

NUMBER OF YOUNG PEOPLE: 10

DESTINATIONS: Greenock, East Loch Tarbert, Lochranza, Rhu, Greenock

MILES SAILED: 110 nautical miles

HIGHLIGHTS: Seeing different places, getting to know new people, sleeping in bunks, enjoying the scenery, seeing big ships.

CHALLENGES: Bad weather.

"My best bit was when I got to sail the boat, and when we saw porpoise." - Young Person

"On the first day everyone was so quiet and no one said anything, but by Friday it was such a difference and everyone was blethering away. Everyone came out of their shell and became a team." - Craig, Skipper

"I am really proud of every one of the young people this week. Rough and wild weather, all through it, lots have been feeling rough but at no point has anyone said 'I want to go home!'" - Claire, Watchleader

Port Glasgow I-Zone



DATE: 16th - 20th April 2018

VESSEL: Alba Explorer

NUMBER OF YOUNG PEOPLE: 8

DESTINATIONS: Greenock, East Loch Tarbet, Portavadie, Holy Loch, Greenock

MILES SAILED: 104 nautical miles

HIGHLIGHTS: Sailing the boat, getting to see all the view, the food, playing games

CHALLENGES: Feeling sea sick, cleaning the toilets, not getting much sleep

"It was wonderful seeing the young people work together as a team, help each other out, and be really up for a challenge." - Nick, Skipper

"My favourite bit is seeing the improvement in the young people, they learnt new things, were able to do more, and have all gained in confidence." - Andrew, Watch Leader

Merkland High



DATE: 23rd - 27th April 2018

VESSEL: Alba Venturer

NUMBER OF YOUNG PEOPLE: 9

DESTINATIONS: Greenock, Holy Loch, Rothesay, Inverkip, Rhu, Greenock

MILES SAILED: 62 nautical miles

HIGHLIGHTS: Has Alba Venturer Got Talent?, having a dance party on the table.

"It's been a really good time and it's brought out more confidence in me." - Young Person

"The best bit has been sitting round the table having dinner with everyone each night. It's been really good to hear them chat and find out what you got up to during the day." - Group Leader

"The best bit was sitting up on deck and seeing all of the young people joining in, having fun, smiling, laughing and working at the same time." - Group Leader

Newbattle High School



DATE: 14th - 18th May 2018

VESSEL: Alba Explorer

NUMBER OF YOUNG PEOPLE: 9

DESTINATIONS: Greenock, Holy Loch, Brodick, Carradale, Holy Loch, Greenock

MILES SAILED: 125 nautical miles

HIGHLIGHTS: Steering the boat, seeing dolphins, going to the beach, cooking.

CHALLENGES: Putting up the main sail, trying to stay calm, getting used to being on the boat.

"I enjoyed getting out and doing things in the sunshine - it felt good to be more active." - Young Person

"Today we went out on the beach and went swimming. We even had a BBQ and toasted marshmallows - I felt really happy." - Young Person

"I really enjoyed steering the boat and keeping watch, I would like to do more of that. I felt a little bit homesick but couldn't wait to experience the rest of the week." - Young Person

Rothesay Academy



DATE: 28th May - 1st June 2018

VESSEL: Alba Venturer

NUMBER OF YOUNG PEOPLE: 10

DESTINATIONS: Greenock, Holy Loch, Troon, Lochranza, Rhu, Greenock

MILES SAILED: 108 nautical miles

HIGHLIGHTS: Playing group games, cooking dinner, steering the boat, putting up the main sail.

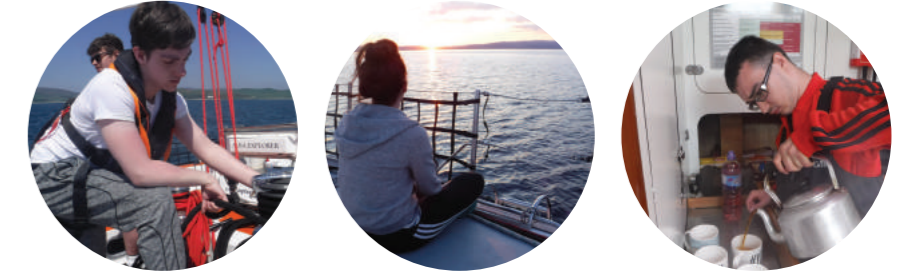
CHALLENGES: Steering the boat through the buoys.

"My favourite part of the week was cooking fish and chips for dinner - it gave me more experience." - Young Person

"I enjoyed the day when there was lots of wind and we were all working together as a team." - Young Person

"My best bit was seeing everyone working really hard and working well as a team - some people were a bit scared but it was good to see you giving it your all by the end of the week." - Group Leader

Shetland CLD



DATE: 28th May - 1st June 2018

VESSEL: Alba Explorer

NUMBER OF YOUNG PEOPLE:

DESTINATIONS: Greenock, Lochranza, Port Ellen, Campbeltown, Holy Loch, Greenock

MILES SAILED: 199 nautical miles

HIGHLIGHTS: Getting to properly sail, the boat leaning over, working all the ropes, going to the beach, sailing from Lochranza to Islay.

CHALLENGES: Getting up in the mornings, having to leave the beach behind, trying not to be sick, doing the night sail and being tired, getting the sails up.

"You have been absolutely fantastic, you work hard and you get on with stuff." - Molly, Watch Leader

Midlothian CLD



DATE: 4th - 8th June 2018

VESSEL: Alba Venturer

NUMBER OF YOUNG PEOPLE: 8

DESTINATIONS: Greenock, Holy Loch, Lamlash, East Loch Tarbert, Rhu, Greenock

MILES SAILED: 122 nautical miles

HIGHLIGHTS: Meeting new people, learning new skills, learning how to tie knots.

CHALLENGES: Getting up on time, figuring out how to tie the knots.

"It's meant a lot. It's been so much fun and a great experience." - Young Person

"I had fun, it was really good and I enjoyed the opportunity." - Young Person

Police Scotland Youth Volunteers



DATE: 20th - 24th August 2018

VESSEL: Alba Venturer

NUMBER OF YOUNG PEOPLE: 9

DESTINATIONS: Greenock, Holy Loch, East Loch Tarbert, Campbeltown, Greenock

MILES SAILED: 136 nautical miles

HIGHLIGHTS: Steering the boat, sailing fast, working well as a crew, playing games around the table, the banter, seeing new places, the food, stunning weather, bedtime stories, lots of laughs.

CHALLENGES: Having to clean, people snoring, being sick, soggy clothes.

"I loved sitting on the fore deck in the wind and being splashed by the waves." - Young Person

"My best bit was being out at sea where it was quiet and peaceful." - Young Person

Larkhall Academy



DATE: 10th - 14th September 2018

VESSEL: Alba Explorer

NUMBER OF YOUNG PEOPLE: 10

DESTINATIONS: Greenock, East Loch Tarbert, Lamlash, Holy Loch, Greenock

MILES SAILED: 120 nautical miles

HIGHLIGHTS: The weather, the scenery, doing the group talk and making everyone laugh.

CHALLENGES: Putting up the sail, feeling sea sick.

"I've enjoyed learning new things, even the hard bits were fun." - Young Person

"I felt quite scared yesterday as the wind was very strong, but I started to feel much better and was able to take part in more activities." - Young Person

Inverness High School



DATE: 15th - 19th October 2018

VESSEL: Alba Venturer

NUMBER OF YOUNG PEOPLE: 7

DESTINATIONS: Inverkip, Cumbrae, East Loch Tarbert, Lamlash, Holy Isle, Greenock

MILES SAILED: 88 nautical miles

HIGHLIGHTS: Playing lots of fun games, going to shell beach, spotting seals, learning to tie knots

CHALLENGES: Sea sickness, learning to overcome the fear of being in the middle of the sea.

"I'll be more open to solving problems rather than dodging them." - Young Person

"It's been great seeing you guys work together over the five days, working more and more as a team and being interested in everything we've been doing, from the galley to the cleaning." - Craig, Skipper

Outcome 1 - Young people build their capacity and confidence.

Before the voyage, 63% of participants wanted to work on improving their confidence. By the end of the week, 89% who responded felt that their confidence had increased by sailing with OYT Scotland. 14 stakeholders have also reported noticing increased confidence in young people since the voyage.

At the beginning of the week, one young person from Rothesay Academy was reserved and mostly listened to conversations rather than taking part. By day two she appeared more confident and her group leader noted that her confidence really developed over the week. She said, "She was nervous joining the boat but already by day two she is speaking out more and pushing herself. She has really come out of her shell this week as she can be really quiet, but has been talking to everyone this week, including the sea staff."

Before the voyage, 84% of participants wanted to develop new skills and by the end of the week, 99% of respondents reported that they had learned new skills.

Prior to sailing with OYT Scotland, 74% of young people said they hoped to try new things during the week. After the voyage, 94% of respondents felt they had taken part in a positive activity.

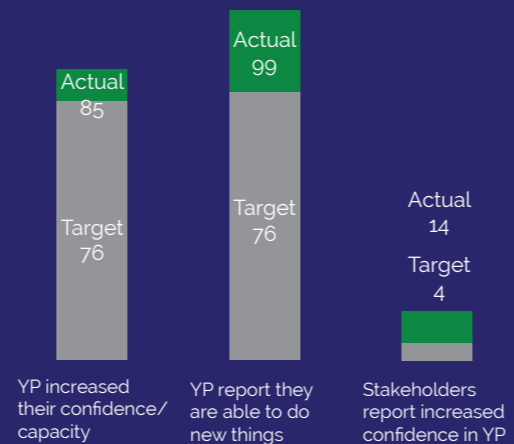


"His confidence grew through the week and by the end he was a competent crew member. He was very engaged and very positive throughout – a good team player."

Group Leader, Inverness High School

"Sailing with OYT was such a great experience and it means so much that I had the chance to take part. I feel I've become a much stronger individual and more confident in everything that I do."

Young Person



Outcome 2 - Young people develop their personal and/or physical skills.

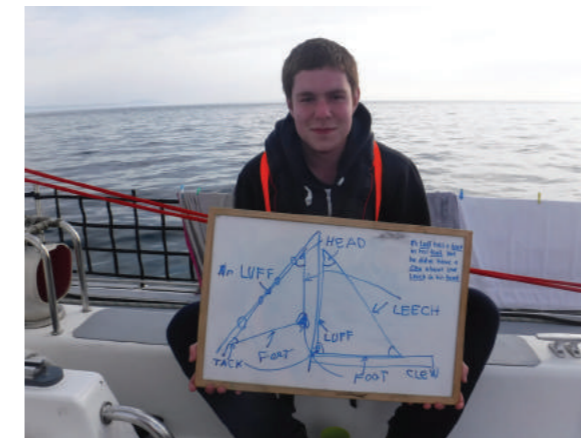
All 103 participants in 2018 were awarded RYA Start Yachting certificates.

Additionally, all 103 participants completed the coursework to earn their SQA Level 3 qualifications in communication, numeracy, problem solving, and working with others, demonstrating an achievement in accredited learning. All participants were therefore successful in increasing their skills by taking part in the voyage.

Before the voyage, 84% of participants wanted to develop new skills and by the end of the week, 99% of respondents reported that they had learned new skills.

It has been noted that nine separate stakeholders have reported noticeable increases in skills in young people since participating in the voyage.

Meanwhile the group leader from the Shetland voyage noted that one young person demonstrated improved personal and emotional skills as their "motivation improved during the week. He struggled at times but reflected that it was essential to help others when they needed help."

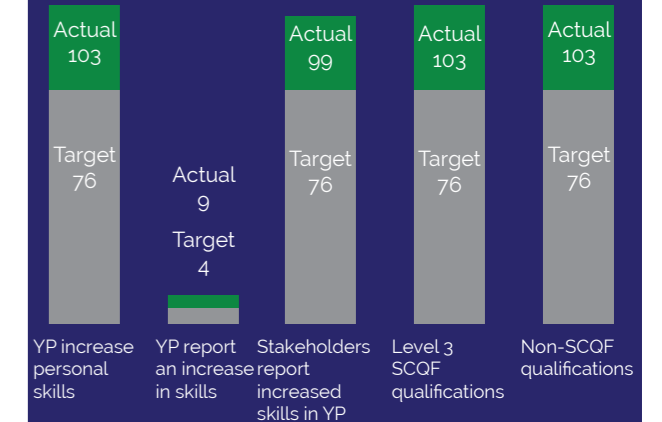


"I have learned different skills like how to tie 3 types of knots, I have improved my cooking skills and I am more responsible."

Young Person, PSYV

One young person demonstrated improved personal and emotional skills as "she kept everyone entertained which helped the team's morale."

Group Leader, Inverness High



Outcome 3 - Young people's behaviours and aspirations change positively.

Our results show that 80% of young people reported they have increased their aspirations following the voyage. Only 16% had the desire to raise their aspirations prior to the trip, so this indicates that young people left at the end of the week feeling much more empowered and hopeful that they can achieve positive outcomes in future because of their experience with OYT Scotland.

Pre-voyage questionnaires indicate that only 31% aimed to improve their behaviour and attitude however by the end of the week, 79% said they felt their behaviour and attitudes had improved.

The group leader from Port Glasgow I-Zone has commented that all of the young people who sailed have shown positive changes since returning from their voyage. They are all taking school much more seriously now and are more respectful of their environment and people in power. The voyage changed their perspective on life and encouraged them to consider opportunities available to them in the wider context.

Several of the Rothesay Academy participants showed an improvement in behaviour. Their group leader commented that "J maintained good behaviour on board, something he can struggle with in school. He embraced all aspects of boat life." Another of the participants has struggled in the past with exclusion from school and has difficulty maintaining focus. The teacher said "twice excluded recently at school. S's behaviour has been good this week and he has shown perseverance and resilience."



"The trip had a real positive impact on the youths in terms of verbal communication, relationship building and outlook on life."

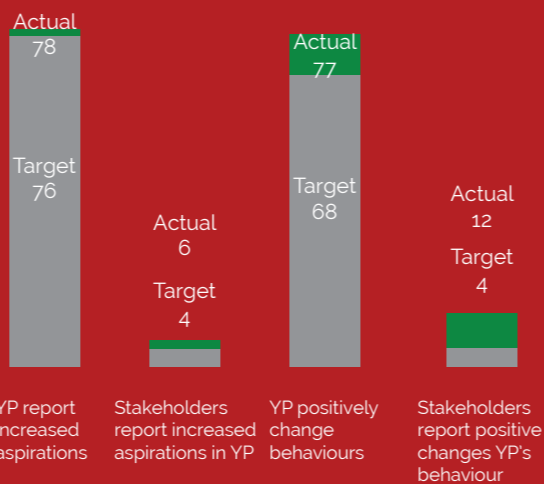
Group Leader, PSYV

"I had a really good time and broadened my horizons."

Young Person, Shetland

"OYT Scotland sailing has meant a lot to me. It has changed my goals in life. Also it has made me a lot more confident at sea and as a person in my day to day life."

Young Person



Outcome 4 - Young people's wellbeing improves.

Participants were asked to indicate whether they felt any of the SHANARRI indicators since taking part in the voyage. 90% of respondents agreed that they felt more active and had a sense of achievement by the end of the week. Over 80% of respondents also indicated that they felt safe, responsible, respected, healthy and included as a result of the voyage.

Combined data indicates an overall improvement in one or more aspects of wellbeing from all participants that responded.

Six stakeholders mentioned positive comments about wellbeing against at least one of the relevant SHANARRI indicators. The Group Leader from Newbattle High School noted that, "The young people all had a place in the group and felt valued" whilst the Group Leader from Rothesay Academy felt that, "C's social skills have improved over the voyage and he has gelled with the group. C can struggle in a school situation, however he has really thrived on the boat."

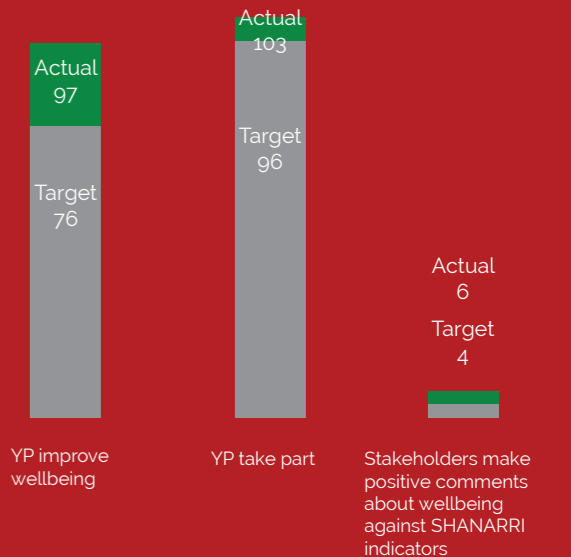


"I've really enjoyed this trip. It's helped me so much and I have new friends and staff made me feel safe."

Young Person, Merkland High School

"I struggle putting myself in a pace, like belonging somewhere, but I know that being on that boat was where I was meant to be."

Young Person, Larkhall Academy



Outcome 6 - Young people participate in an activity which improves their learning, employability and employment options.

Young people achieve positive destinations

Since taking part in their voyage, three young people from the Midlothian CLD group have gone on to gain work experience placements with a local gardening project. All PSYV participants have continued in their voluntary roles in the community.

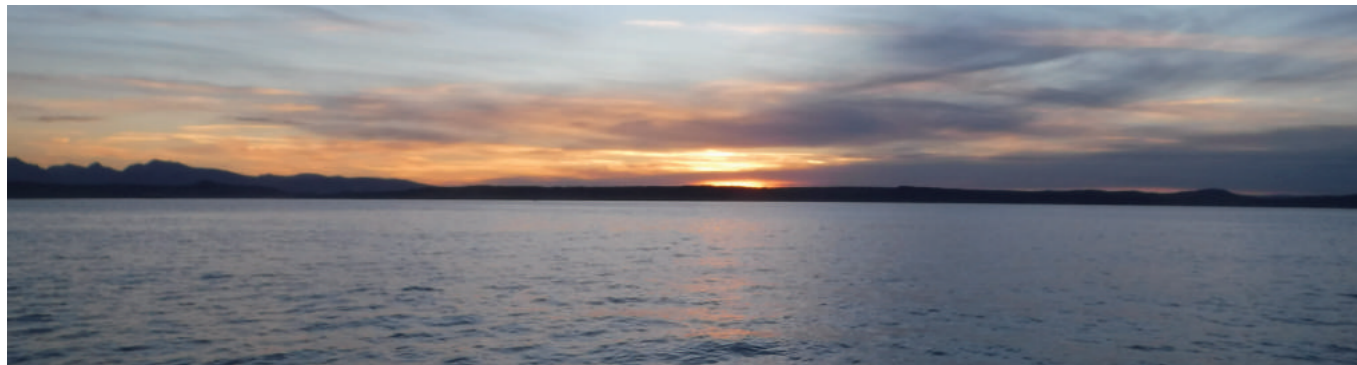
Young people will access learning

Since taking part in the voyage, two young people from Port Glasgow I-Zone have progressed in school and are now sitting their National 5 qualifications. One said, "OYT Scotland has meant a lot to me because I want to become a nautical engineer."

In a post-voyage survey, the teacher from Larkhall Academy indicated that the OYT trip had provided an opportunity for some young people to achieve Duke of Edinburgh Gold Residential Awards. She said, "I feel that the trip has an invaluable impact on the pupils in terms of qualifications obtained and skills acquired in addition to the personal benefits each pupil has taken from the experience."

Young people will progress to training

Three young people from Newbattle High School are now working in part time jobs at local restaurants and a garden centre. Two young people have returned to OYT Scotland to train as voluntary bosuns.

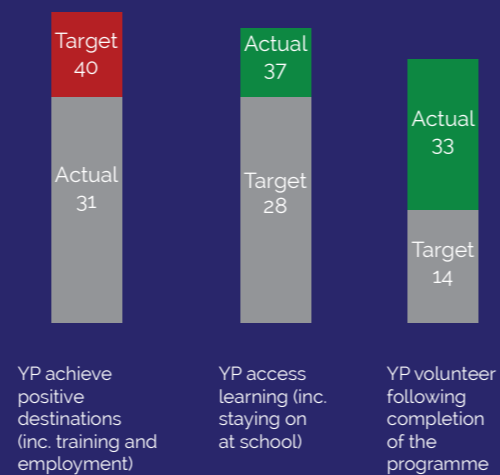


"My attitude to school is more positive. Before I went on the boat I was unsure if I'd go for a promoted pupil post because I didn't think I'd be able to talk in front of people or manage the pressure. But when we got back I done it and got the post."

Young Person, Larkhall Academy

"It's a great, fun way to get qualifications."

Young Person, Newbattle High School



Outcome 7 - Young people participate in a positive activity.

All of the 103 young people who sailed on CashBack for Communities supported voyages with OYT Scotland were successful in each achieving the following qualifications:

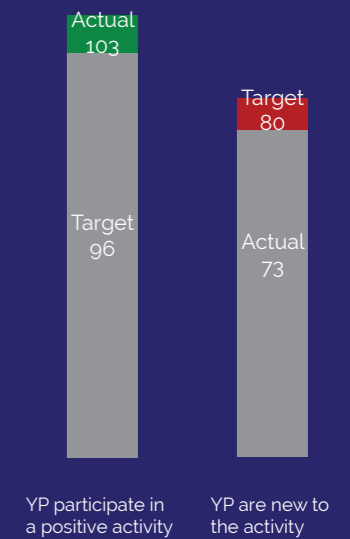
- RYA Start Yachting Certificates
- SQA Level 3 qualifications (Listening, Reading, Speaking, Writing, Measuring, Calculation, Using Graphical Information, Problem Solving and Working with Others)
- OYT Scotland Voyage Completion Certificates

Prior to sailing with OYT Scotland, young people were asked if they were new to the activity. Whilst 91% were new to sailing, it has been noted that two of the groups who sailed with us this year came from island communities in Shetland and Rothesay where sailing and boat based activities are more accessible. Six out of the seven young people from Shetland had sailed before, however they most likely had not sailed with OYT Scotland or participated in a sailing experience that was primarily focused on youth work.



"The young people made significant progress by engaging with the sailing challenges and wanting to learn as much as possible. A few have been inspired to continue sailing or become a volunteer bosun."

Group Leader, Inverness High School



Outcome 9 - Young people contribute positively to their communities.

It has been encouraging to learn how young people have contributed positively to their communities following their sailing experience with OYT Scotland.

From the groups who sailed with us this year we know that some young people have taken up volunteering roles with community organisations, charity shops, soup kitchens, gala days, church and garden centre projects. Others have volunteered with youth based clubs and a sport club that promotes activities for people with a learning disability or other additional support needs.

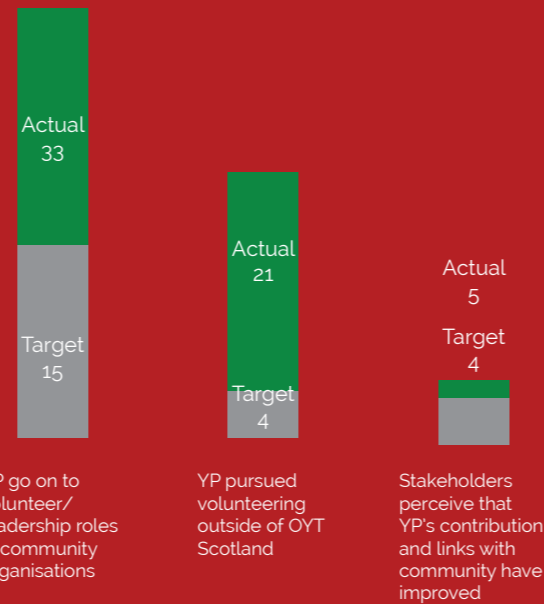
Seven young people from Shetland CLD have started volunteering with The Bridges Project. The project is an alternative learning intervention programme aimed at getting young people back into education, training or employment. The seven participants who came on the voyage are now giving their time back to help other young people who are struggling. They have all registered for the Saltire Award in recognition of their hard work. Young people from at least four of the other groups who sailed with us this year have gone on to register their own volunteering hours towards the Saltire Award Scheme.

One young person from the Larkhall group and 1 person from PSYV have returned to OYT Scotland to train as voluntary bosuns which will steer them on course towards a sailing career if desired.



"Since the voyage, all of the young people have shown positive changes. 3 have gone on the parake in CLD work experience programmes and are now volunteering on a gardening project."

Group leader, Midlothian CLD



Where did our young people come from?

Local Authority	Groups	Number of Young People	Spend
Inverclyde	Inverclyde Academy	16	£12,116.50
	Port Glasgow I-Zone		
Scottish Borders	Connect Berwickshire	10	£7,572.80
South Lanarkshire	Larkhall Academy (x2)	17	£12,873.76
East Dunbartonshire	Merkland High School	9	£6,815.52
Midlothian	Newbattle High School	17	£12,873.76
	Midlothian CLD		
Argyll and Bute	Rothsay Academy	10	£7,572.80
Shetland	Shetland CLD	7	£5,300.96
Highland	Inverness High School	7	£5,300.96
Glasgow	Police Scotland Youth Volunteers	10	£7,572.80

Who sailed with us?

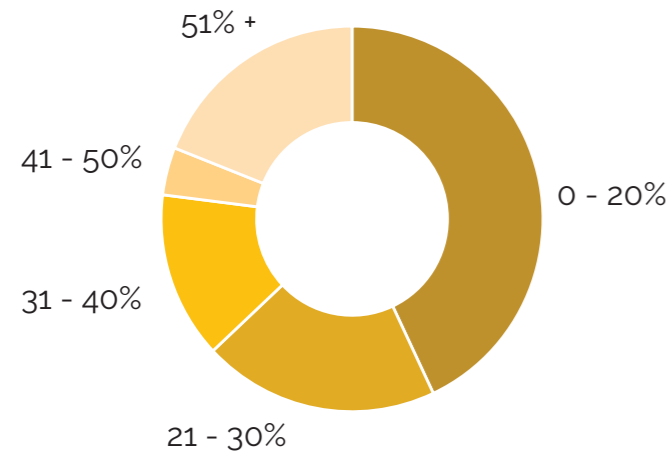
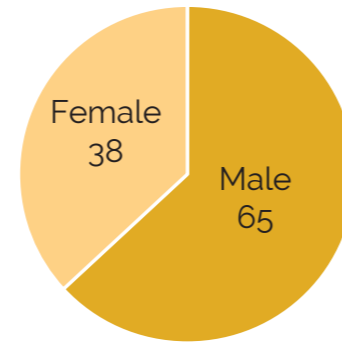
Several groups this year identified as being at a disadvantage due to living in a rural or island community. This included groups from the Scottish Borders, Shetland and Rothesay where young people self-identified as being vulnerable due to social isolation. Young people also self-identified as coming from areas of multiple deprivation and disadvantage. This was particularly high in groups coming from Inverclyde, South Lanarkshire and Glasgow. Every young person from the Larkhall Academy voyages fell in the top 20% of SIMD.

"The group I selected were particularly vulnerable, all bar one hit the SIMD decile 1-3 and from what I knew through working with them, many had social and personal challenges to deal with and would benefit from a little extra boost." – PSYV Group Leader

Merkland High School is an ASN School and 8 of the young people on the voyage identified as having additional needs including Downs Syndrome, ADHD and autism spectrum disorder, as well as mental health conditions. Some young people on other voyages also indicated that they have long term illnesses and disabilities including one young person who is profoundly deaf.

People we worked with have come from:

- Living in areas of deprivation
- Unemployed, not in education or training
- Excluded or at risk of exclusion from school
- At risk of being involved in anti-social behaviour, offending or re-offending



SIMD Breakdown

Young people that did not fall exclusively in the top twenty percent exhibited other types of disadvantage beyond economic disadvantage. The additional categories that OYT Scotland use to determine disadvantage were Rural Area (Isolation), General Disadvantage, Island Community, Young Carer, Care Experienced, Young Parent, Truanted, Illness/Disability, Identifies as LGBTQ+, Key Worker, and Additional Support Needs.



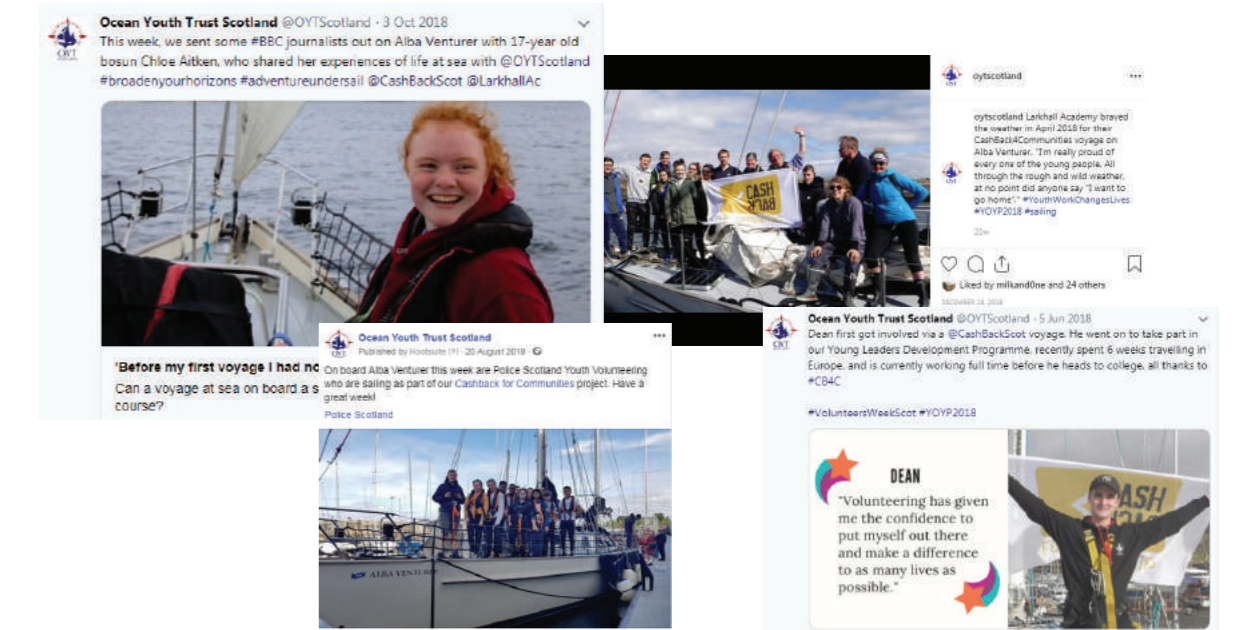
PR, Marketing and Communications

Following each of our CashBack voyages, we share a photo of the voyage on our social media channels (Facebook, Twitter and Instagram), tagging @CashBackScot and #CB4C, #tacklinginequalities and #youthworkchangeslives. We also share posts from the group during and after their voyage.

Our online audience is made up of OYT Scotland volunteers, young people who have sailed with us and their family/friends, school and youth organisations who work with us, funders, individual donors, and other supporters of OYT Scotland. We have over 4,500 followers across our social media channels.

In November 2018, we hosted a Parliamentary Reception at the Scottish Parliament, sponsored by our local MSP and long term ambassador Stuart McMillan MSP.

In February 2019, our young bosun Chloe Aitken attended the YouthLink offices in Edinburgh to speak to Justice Minister Humza Yousaf MSP about her experience of the CashBack for Communities programme. Chloe also featured in a BBC Online piece about how sailing has made a difference to her life.





Organisational Update

In September 2018 the key Fundraising Officer responsible for Cashback Quarterly reporting left the organisation. Responsibility for the monitoring and reporting of CashBack voyages was taken over by another Fundraising Officer, supported by the Fundraising and Communications Officer. Also in September 2018, a new post of Head of Fundraising was created to oversee OYT Scotland's fundraising activity.

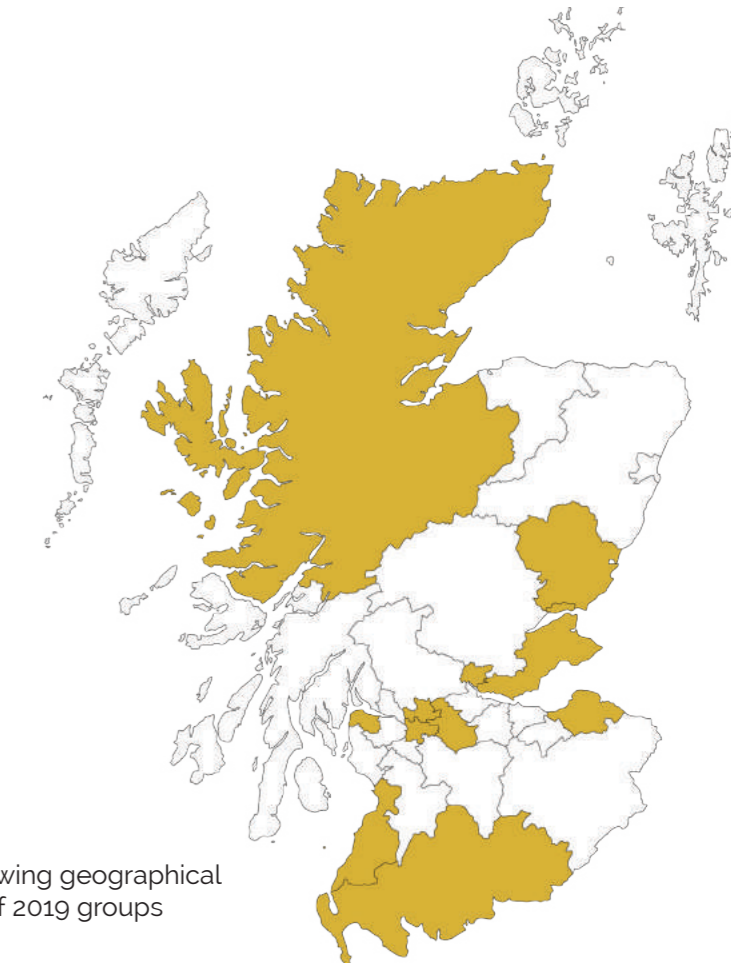
Partnership Working

This year, OYT Scotland worked with Prince's Trust Development Awards to equip our young cadets with the kit they need for sailing. We have also worked with Shetland Council, Barnardo's and Police Scotland Youth Volunteers, all of whom sailed with us this year.

Plans and Priorities for 2019

The 2019 sailing season commenced in April following a winter refit maintenance programme on both boats. In year 3 we will welcome the following groups thanks to the much valued support of CashBack for Communities funding:

- Glenwood High School (Fife)
- Prestwick Academy (South Ayrshire)
- Inverclyde CLD (Inverclyde)
- Castlemilk High School and St. Margaret Mary's Secondary School (Glasgow)
- Merkland High School (East Dunbartonshire)
- Clackmannanshire CLD (Clackmannanshire)
- Dumfries and Galloway CLD (Dumfries and Galloway)
- North Lanarkshire Council (North Lanarkshire)
- Charleston Academy (Highland)
- Musselburgh Grammar School (East Lothian)
- Arbroath High School (Angus)
- Community Group in Dundee (Dundee)



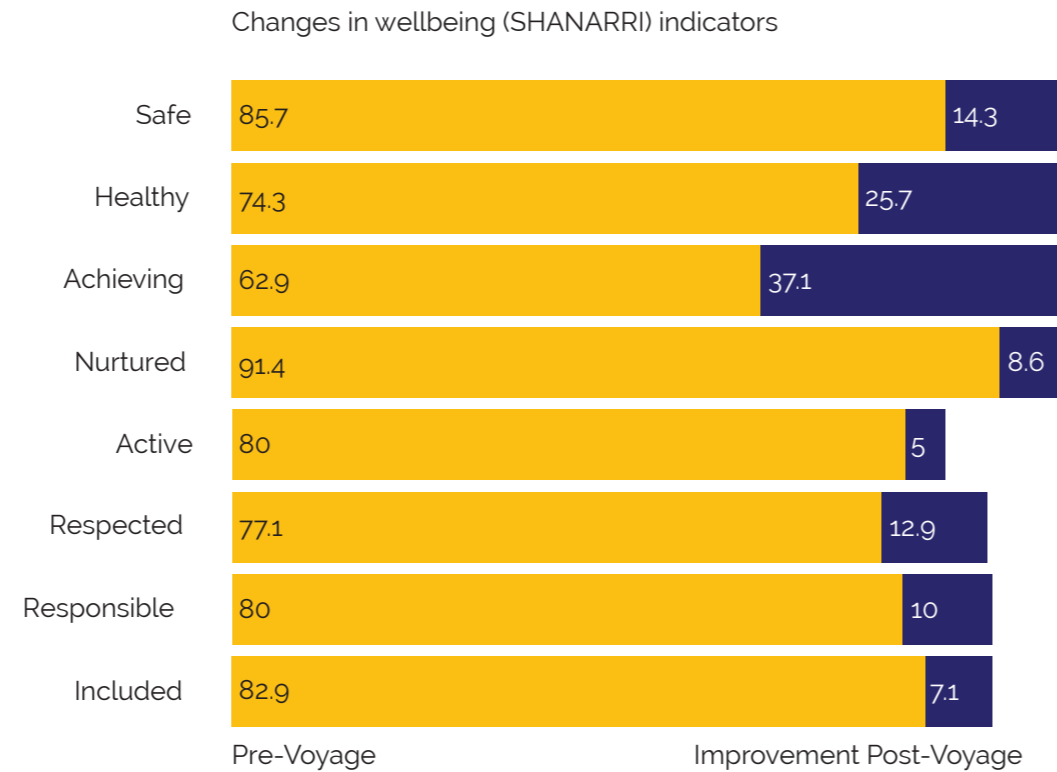
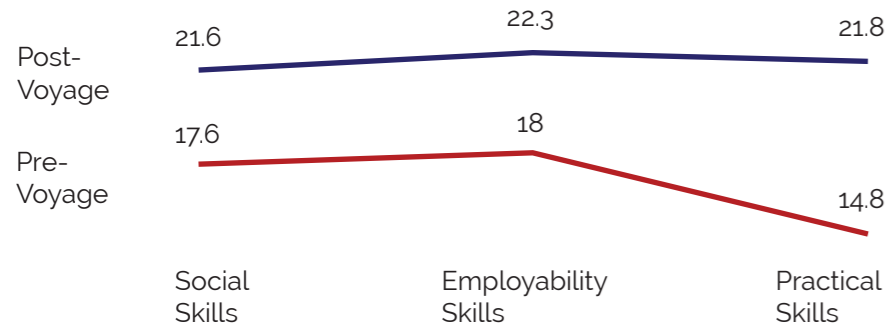
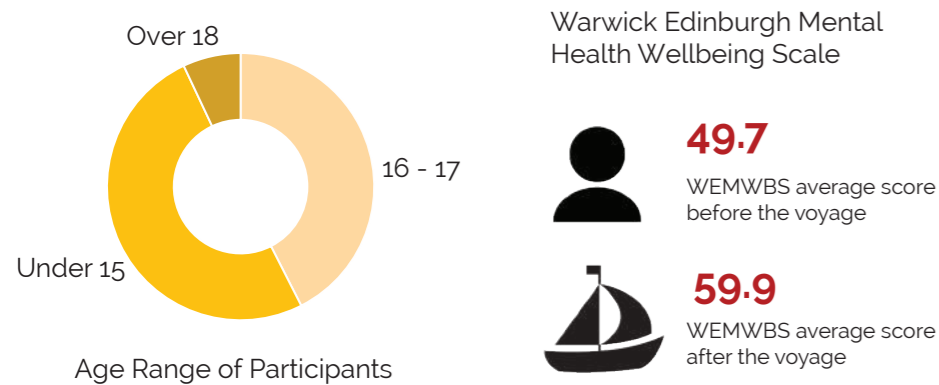
Map showing geographical spread of 2019 groups

External Evaluation Summary

To evaluate the project we are working with external evaluators Catch the Light. In Year 2 we welcomed 103 young people and 24 group leaders. At the end of Year 2 we have worked with 211 young people with a target of 288 by the end of Year 3. We predict a minimum of 96 young people in Year 3, taking us over our final Phase 4 target.

Of the 103 young people who sailed in 2018, 65 were male and 38 were female. This year, we worked with 9 local authorities. In total so far we have worked with 15 local authorities from across the length and breadth of Scotland.

In addition to the outcomes presented in this report, Catch the Light gathered further information for their external evaluation report. Some of their key findings are shown below.



Expenditure

Annual Total

Vessel Running Costs	
Charts	£315
Communications	£381
Harbour Dues	£1,852
Fuel	£1,557
Food	£7,482
Chandlery	£2,020
In Service Repairs	£1,127
Insurance	£288
Operational Sea Staff Training	£1,323
Log Book Design, Packs & Materials	£1,595
Annual Maintenance Work Required to Comply with MCA Code of Practice	£15,117
Proportion of cost for use of vessels	£7,124
Total Vessel Running Costs	£40,181
Staff Costs	£16,868
Travel @ average of 18 people to and from the boat	£2,030
Travel costs for two pre-voyage preparations and post voyage follow up	£357
Eight certificates at total cost of £55.50 per young person	£6,867
Management & Marketing (10% of total funding)	£7,798
Evaluation (5% of total funding)	£3,900
Total Additional Expenditure	£37,820

Total Expenditure £78,000

Case Study: Police Scotland Youth Volunteers

*names have been changed to protect identity

Group Coordinator

Tell us a bit about PSYV and your role

I am the Group Coordinator for the Glasgow East PSYV group. The aim of PSYV is to break down the barriers between young people and the police and give them life skills, things they won't pick up from school: speaking to people they don't know, promoting themselves in public, building degrees of self-confidence and helping them to develop as young adults.

How did you prepare for the voyage?:

To prepare the group I had an initial meeting with OYT and sourced information about the trip. Then we met with the whole group (24) and opened up the opportunity to everyone. The group I selected were particularly vulnerable, all bar one hit the SIMD deciles 1 – 3 [most deprived] and from what I knew through working with them, many had social and personal challenges to deal with and would benefit from a little extra boost.

Have you observed any differences in behaviour, attitude or ability?

For me I saw it as an opportunity to build relationships with the young people and the experience was interesting and rewarding. Initially to be in such close proximity to young people, having no private space was difficult for me as an adult and no doubt the young people would feel the same. However, everyone has to muck in together and when the young people see you cleaning the toilets it's a great "leveller".

Working together with the young people strengthens relationships and it brought down barriers in terms of how and what I shared with them. I revealed things about my childhood and upbringing that I never think about sharing. I also spoke about my aspirations and how the experiences they were facing as teenagers mirrored the challenges I'd faced as a teenager.

As a result, the young people realised that I was more than someone who worked as a Policeman, they saw me as an individual that had faced similar issues and life experiences as them and that was powerful in terms of relationship building.

Charlie* (aged 15)

Tell us a bit about yourself?

I am still at school and at the moment I am finding it really hard. I enjoy PE, Drama and Modern Studies but I am dyslexic and I'm struggling with Maths and English. Although I have a scribe to help me this is only at exam time and not during normal school time. It's been hard to get back into school after the holidays and I'm finding it really difficult. I'm feeling a bit down just now because I'm not sure what to do regarding staying on at school. When I heard about the OYT Scotland opportunity the thing that attracted me was the adventure and the challenge it offered. I'd never been on a boat where I had to be responsible for myself and work with other people. Because of my dyslexia I work better doing practical things and I knew I wouldn't need to do a lot of reading or writing.

What has the voyage meant to you?

The experience has opened my eyes to the world and what there is. I'm more confident about expressing how I feel and giving my opinion. I am more independent. You realise that you need to get on with what needs to get done. You can't just go and phone your mum and ask her opinion you need to do things for yourself. You can't order a McDonald's you have to eat what's there, and sleep were you have to sleep. If you fall out with someone you need to make up quickly because you are all dependent on each other.

Has anything changed for you?

I am more confident within myself, in my abilities. For example, I didn't think I'd be able to put up a big sail but after a few days of doing it I realised I was good at it and importantly people told me I was good at it. From putting up the sails to cooking the dinner you know that if you don't take responsibility it's going to affect everybody so it made me feel more responsible.

How will you use those skills now?

My team working, cooperation and coping skills improved. You realise that it's important to work together even if it's with people you don't get on with.

Charlie's Mum

This was a fantastic opportunity and it's something that should be available to other young people. When she came back she couldn't stop talking about the voyage. She was more open about sharing her experience. Her self-awareness increased as did her confidence and she was very considerate and helpful.

Jenny* (aged 16)

Tell us a bit about yourself

When I was doing my exams, I couldn't really concentrate because I suffer from bad migraines. I got really anxious I actually had a panic attack before one of my exams.

I have 5 younger brothers but live with my aunt and getting away was good because I got away from family stuff. Life in general is a bit hard but I just deal with it. I see my mum and I just moved out of my dad's house, so I used to see him a lot but not recently. That's been hard, but I always try my hardest to deal with things.

I have a younger cousin who has ADHD and Autism and he can flip sometimes and he's hard to deal with. Because he likes talking to me I take him out a lot. So, it was hard for me to leave him and I did feel a bit guilty. And although it was great to get away he was always in the back of my mind. I love my family to bits but it was great to get a break.

Has anything changed since you went on the voyage?

Before I came here I didn't like being in groups and was really anti-social. Now I am outgoing and love working in groups. The staff at PSYV encouraged me to go on the voyage. They said I'd enjoy it because I like challenges. Although I'm not a big fan of the water I was drawn to it because I wanted to overcome that fear.

I made up my mind that if I liked it I would stay on and I did, and it was brilliant, I loved it. When on the boat you are given responsibility to carry out tasks and given encouragement if you need it and that help build my confidence. You get to do things that you'd never get the opportunity to do like steer the boat and I loved that.

I am definitely more confident. I wouldn't have been able to do this interview before the voyage and I can genuinely say I haven't been this confident in my life. Being on the boat is a big part of how I feel.

My aunt and mum say that since coming back I am more helpful around the house: cleaning and cooking more. They also say that I am more sociable, not on my phone as much, in fact now I will leave my phone and sit and watch a film with the rest of the family. I'll talk to them about how my day's been and how they are, make them a cup of tea and make the dinner, it's totally different.

Being with other people sharing the experience was great for me it gave me a sense of being part of a family. Night time was the best when we had a good gab and a laugh telling stories, it was great.

Case Study: Larkhall Academy

*names have been changed to protect identity

Amy (aged 16)

Describe what it was like before the voyage

I was a bit apprehensive about being away for five days, with people I didn't really know in a confined space. As soon as I stepped onto the boat I was worried that I didn't know everyone, but really quickly we all gelled. I struggle putting myself in a place, like belonging somewhere, but I know that being on that boat was where I was meant to be.

What has been the biggest change?

Before the voyage I would never have taken the lead on anything but having responsibility on the boat I was very surprised by my ability to carry out different roles and lead on tasks. I now know I am capable of doing so much more than I thought. The trip has helped me look at who I am and what I can do.

Have you noticed any difference at school?

School is OK, and I can do well if I want to but that's not always the case. Since coming back I realise there are things that I need to do. The experience made me understand that there are things you need to do, even if they may not appear to be important to me they are necessary if you want to achieve success. So now when a teacher asks me to do something I'll do it and won't argue about it or leave it to the last minute.

Danni (aged 16)

Why did you choose to take part?

When the opportunity was given to me I thought that it would be a good chance to get away from the life I lead at home, like on my phone and sitting about not doing much. It seemed like a chance to take on different challenges.

What has been the biggest change?

The trip has had a huge impact on me. Somethings I would never do at home I now do. I go home and cook dinner for the family, I am friendlier and more positive in my outlook and talk to lots more people. Sometimes I come into school and couldn't be bothered now I come in positive knowing I can achieve anything I put my mind to.

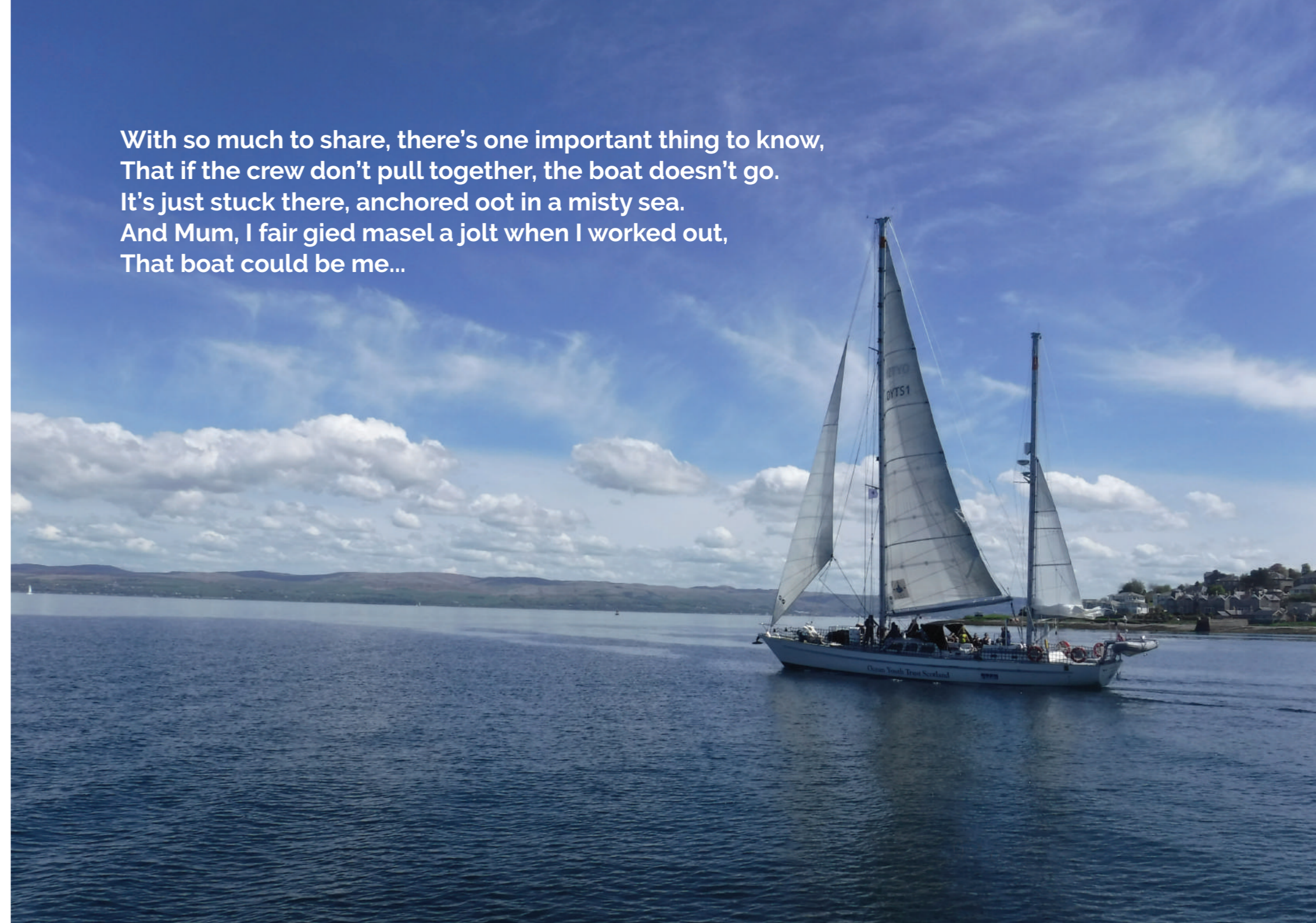
Why do you think that is?

The changes in me came about from what we did on the boat. I did things that I didn't think I could do, like putting up sails, talking to different people, I never knew I had that in me. We took on challenges, worked in teams, we were given responsibility. On one occasion I was sick, but I just got on with the things that needed to get done. My confidence has gone through the roof because everyone on the boat looked out for each other. There were tasks I needed to do, and I was nervous about getting it wrong, but everyone was really supportive and encouraging and that help me complete the task.

Have you noticed any change at home?

My mum doesn't like boats, so she was a bit worried about me going. At the beginning I was thinking about home, but when we started getting involved in sailing I forgot about everything. When I got back my mum and dad have said that I am more helpful around the house and they've said I am happier and more comfortable with myself.

With so much to share, there's one important thing to know,
That if the crew don't pull together, the boat doesn't go.
It's just stuck there, anchored out in a misty sea.
And Mum, I fair gied masel a jolt when I worked out,
That boat could be me...





Ocean Youth Trust Scotland

Victoria House
Greenock
PA15 1HD

01475 722 722
www.oytscotland.org.uk