



Ocean Youth Trust Scotland – CashBack for Communities

On Course with CashBack

Year 3 – End of Year Report 2019/2020



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Contents

Introduction	3
2019/20 Figures	4
Where did we visit?	4
2019/20 Voyages	4 - 8
Outcomes	9 -14
Where did our young people come from?	15
Local Authority Breakdown	15
Who sailed with us?	16
PR, Marketing and Communications	17
External Evaluation Summary	17 - 18
Finance Breakdown	19
Actual vs. Target Outcomes for 3 Year Project	20
Plans and Priorities for 2020	21
Case Studies	22 - 27

Introduction

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 has supported 316 young people, building life and employability skills. 2019/20 was the final year of the project, delivering youth work to 105 young people from twelve local authorities across Scotland. Outcomes from the past three 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.

2019/20 Figures

 105 young people sailed in 2019	 1,255 nautical miles sailed	 9,870 hours of youth work delivered*
 60 sailing days	 14 destinations	 12 groups

*Each young person is on board for around 94 hours (Average voyage total = 94 x 105 young people = hours.)

Where did we visit?



2019/20 Voyages

1 – 5 April 2019	Glenwood High School
8 – 12 April 2019	Inverclyde CLD
15 – 19 April 2019	Prestwick Academy
15 – 19 April 2019	Castlemilk High School & St Margaret Mary's Secondary School
22 – 26 April 2019	Merkland High School
6 – 10 May 2019	Dumfries & Galloway CLD
13 – 17 May 2019	North Lanarkshire CLD
20 – 24 May 2019	Charleston Academy
27 – 31 May 2019	Musselburgh Grammar School
2 -6 Sept 2019	Arbroath High School
30 Sept – 4 Oct 2019	Clackmannanshire CLD
4 – 8 Nov 2019	Bucksburn Academy

Glenwood High School

Date: 1st – 5th April 2019

Vessel: Alba Explorer

No. of young people: 10

Destinations: Greenock, Holy Loch, Campbeltown, Tarbert

Miles sailed: 103

Highlights: Working as a team to sail the boat, learning new skills, building a stronger bond with everyone in the group.

Challenges: Steering in all weathers, dealing with the cold, hailstones!

Quotes: "It's been one of them weeks what ye dinnae want to do again but it was the best week of your life, we all had a good laugh" – Young person

"Before the voyage, one young person always made negative comments about the school. Since she's come back her whole attitude has changed, she is more positive and she changed massively." – Group leader

"The best bit was seeing you start off the week really quiet and a bit worried, but by the end of the week you've opened up, you're talking to everyone and you've volunteering and it's great to see" – 1st Mate, Jonathan.

Inverclyde CLD

Date: 8th – 12th April 2019

Vessel: Alba Venturer

No. of young people: 10

Destinations: Greenock, Holy Loch, Ardrossan, Dunagoil Bay, Lochranza, Inverkip

Miles sailed: 94

Highlights: Visiting Lochranza to see the castle and a beautiful sunset, lovely sunny weather for most of the week, discovering the meals on the boat were better than a takeaway!

Challenges: "Hoisting the sails was so hard, but it was kinda fun because everyone did it together", Working out how to work the toilets, tying knots, sleeping and being around everyone all the time. Craig Skipper – "Lots of difficult things, but there was a lot of positives that come out of doing those difficult things. The moral of that is to challenge yourself because it's too easy to take everything easy all the time."

Quotes: "I'm proud of myself because before I came on I probably wouldn't have tried half the food I tried."

"If I didn't come on this boat I would never of known how to do half the things that I've done."

"I would definitely do it all over again because I enjoyed doing things that I'd never be able to do."

"It has shown me that there is a lot more to the experience than just being on a boat."

Prestwick Academy

Date: 15th – 19th April 2019

Vessel: Alba Venturer

No. of young people: 7

Destinations: Greenock, Holy Loch, Tarbert, Lochranza

Miles sailed: 91

Highlights: Visiting new places - Lochranza, the castle was really pretty and it was good to walk around and stretch your legs. Another liked the castle at Tarbert. Playing games after dinner.

Challenges: Putting the sails up, Getting to sleep with all the banging noises that the boat makes

Quotes: "I thought the sleeping and all the hard work would be awful but it's not it's actually really fun."

"I now know how to do things that I wouldn't have known how to do like several knots and cook and things like that."

"I've been out of my room for more than an hour and I was actually productive."

"I found that if you don't complain and just get things done it actually turns out to be quite fun. I'd 110% do this again."

Castlemilk High School & St Margaret Mary's Secondary School

Date: 15th – 19th April 2019

Vessel: Alba Explorer

No. of young people: 10

Destinations: Greenock, Holy Loch, East Loch Tarbert, Lochranza, Rhu

Miles sailed: 98

Quotes: "It all changed on day 3 of the voyage when young people grew in confidence and welcomed a challenge. They could solve most problems they faced and were not ashamed to ask for help." – Group Leader

"It has made me realise that you don't always need your phone and you can make new friends." – young person

"A is doing so well. Today he spoke to the Belfast coastguard to open and close a traffic report." – Sea staff on Castlemilk Youth Project voyage

Merkland High School

Date: 22nd – 26th April 2019

Vessel: Alba Venturer

No. of young people: 9

Destinations: Greenock, Holy Loch, Largs, Inverkip

Miles sailed: 84

Dumfries & Galloway CLD

Date: 6th – 10th May 2019

Vessel: Alba Explorer

No. of young people: 5

Destinations: Greenock, East Loch Tarbert, Portavadie

Miles sailed: 85

Highlights: Baking bread, washing up together, exploring Tarbert Castle, learning new skills, tying knots, playing games after dinner and blowing bubbles on deck whilst sailing along.

Quotes: "It was a great experience. A once in a lifetime opportunity." – Young person

"I feel she will maintain her growth in confidence after she goes home. She is growing in confidence every day." – Group leader

North Lanarkshire CLD

Date: 13th – 17th May 2019

Vessel: Alba Venturer

No. of young people: 10

Destinations: Greenock, Rothesay, Lochranza, Tarbert, Holy Loch

Miles sailed: 91

Quotes: "The voyage has made me much more confident. I've also learned new skills and have made some new friends." – Young person.

"J was initially reluctant to talk to the whole group but overcame this and did it with a smile" – Sea staff on the North Lanarkshire CLD voyage

Charleston Academy

Date: 20th – 24th May 2019

Vessel: Alba Venturer

No. of young people: 8

Destinations: Greenock, Holy Loch, Carradale, Tarbert, Rhu

Miles sailed: 124

Highlights: At anchor at Carradale and had a BBQ on the beach. Doing an anchor watch whilst we were there. Visiting Tarbert. Playing games on the beach. All of the food has been so good.

Quotes: – "It's quite good. It was an enjoyable experience and I learnt a lot."

"I feel I can use the new skills I have learned this week in the future. It built up my confidence and teamwork ability too."

"Students who hardly talked before were significantly better and those who were more outgoing became much more engaging and inclusive of the others." – Group leader/Teacher

Musselburgh Grammar School

Date: 27th – 31st May 2019

Vessel: Alba Venturer

No. of young people: 9

Destinations: Greenock, Holy Loch, East Loch Tarbert, Rhu

Miles sailed: 115

Highlights: Making dinner and breakfast together

Quotes: "It's made me very proud that I've made it to the end of the week"

"It has been a good experience. I have learnt a lot of new things"

"It has meant a lot to me because I got to see other career paths and met a good crew staff"

"There was a noticeable change in her behaviour, attitude and approach to learning. She developed a proactive attitude, e.g. cooking dinner for everyone with the First Mate. She also showed self-awareness of the responsibilities around her." – Group Leader

Arbroath High School

Date: 2nd – 6th September 2019

Vessel: Alba Explorer

No. of young people: 10

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

Miles sailed: 142

Highlights: Steering in the sunshine, the crew were good fun, visiting Tarbert, laughing lots

Challenges: Getting used to using the toilets onboard, Overcoming sea sickness

Quotes: "I've learned that I can do more than I thought I ever could" "I learned that I could steer a boat really well and not crash!"

"B done really well today helping others to stay safe. It was great seeing how much you achieved this week. You had a great big smile when helming today." – Sea staff on Arbroath voyage

Clackmannanshire CLD

Date: 30th September – 4th October 2019

Vessel: Alba Explorer

No. of young people: 8

Destinations: Greenock, Rhu, Tarbert, Lamlash, Holy Loch

Miles sailed: 107

Highlights: Getting to steer the boat in the really rough sea, sailing to Tarbert, warm showers

Challenges: Putting the sails up at first, Sea sickness, Getting to sleep

Quotes: "Because I've been on the boat I feel I can do almost anything. It was hard and I was totally out my comfort zone, now anything is possible. I feel really good about myself." – Young person

"By the end of the voyage young people were able to manage without the use of their phones which had previously been a problem earlier on in the week." - Group Leader

Bucksburn Academy

Date: 4th – 8th November 2019

Vessel: Alba Explorer

No. of young people: 9

Destinations: Greenock, Rhu, Lamlash, Tarbert

Miles sailed: 121

Quotes: "I have achieved a lot of things this week. It was fun, exciting, a good laugh and a good experience overall." – Young person

"There were 3 pupils in particular who really flourished in an environment where they were expected to try, they needed to ask questions and it was ok to ask for help and advice. All pupils were really positive about the experience and feel it's something they would like to repeat to improve their skills." – Group Leader

Outcome 1 - Young people build their capacity and confidence

Before the voyage, 65% of participants wanted to work on improving their confidence. By the end of the week, 86% who responded felt that their confidence had increased by sailing with OYT Scotland. 21 stakeholders have also reported noticing increased confidence in young people since the voyage.

One young person from Bucksburn Academy commented, "It was a good life experience and I learnt more about myself. I was more confident with talking. The crew supported me and were there for me." The group leader stated that communication skills had much improved through the week and participants were more confident. Mr Vincent, Teacher at Charleston Academy said, "This was an excellent opportunity for the young people, some of whom have struggled throughout in the school environment. They all said they were surprised themselves at what a great time they had had. As group leaders we saw a more confident and outgoing group of young adults by the end of the week. We are hoping to repeat the voyage next year with another group of our students."

Before the voyage, 85% of participants wanted to develop new skills and by the end of the week, 96% of respondents reported that they had learned new skills.

Prior to sailing with OYT Scotland, 65% of young people said they hoped to try new things during the week. After the voyage, 96% of respondents felt they had taken part in a positive activity.

"I was feeling really shy at first but now I am feeling much more confident." – Young person, Castlemilk High School

I learned new things and experienced things I never thought I could or would. I felt really confident after steering the boat." – Young person, Glenwood High School

	Actual	Target	Variance +/-
YP increased their confidence/capacity	70	76	-6
YP report they are able to do new things	93	76	+17
Stakeholders report increased confidence in young people.	21	4	+17

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

All 105 participants in 2019 were awarded RYA Start Yachting certificates.

Additionally, all 105 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, 85% of participants wanted to develop new skills and by the end of the week, 96% of respondents reported that they had learned new skills.

It has been noted that 22 separate stakeholders have reported noticeable increases in skills in young people since participating in the voyage.

One young person from Clackmannanshire CLD reflected on their experience and the skills they learned, "It gave me a good experience and something to tell my grandad. It has meant so much, I loved it. I spoke to the coastguard, I was steering loads and I even made breakfast and lunch!" One of the sea staff commented in a young person's log book, "You're always eager to get involved in things, which is great. You're now better at using the chart plotter than me!" Other groups also commented on the practical skills they had learned through the week. Young participants from Arbroath said, "I steered the boat into the harbour confidently" and "I called the coastguard and didn't mess it up". A young person from Prestwick reflected, "I felt proud because I know how to do things now that I wouldn't have known how to do before like tie knots and cook meals and things like that."

"It had helped me learn lots of new skills that I didn't think I would ever manage to learn. It was a great experience." – Young person, Dumfries and Galloway CLD

"I feel really happy that I have been able to achieve some qualifications." – Young person, Glenwood High School

	Actual	Target	Variance +/-
YP increased personal skills	105	76	+29
YP report an increase in skills	78	76	+2
SCQF qualifications	105	76	+29
Non-SCQF qualifications (RYA)	105	76	+29
Stakeholders report increased skills in YP	22	4	+18

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

Our results show that 73% of young people reported they have increased their aspirations following the voyage. Only 21% 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 24% aimed to improve their behaviour and attitude however by the end of the week, 79% said they felt their behaviour and attitudes had improved. 10 stakeholders commented on young people having increased aspirations and 22 commented on noticing positive changes in behaviour.

The Castlemilk Group Leader said, "Working within an area where young people face high levels of deprivation, unemployment and crime they very rarely get an opportunity to see beyond their community. This voyage has allowed them to see their potential and what they are truly capable of achieving. Building confidence, friendships, opportunities and much more and most important, ever lasting memories." It was noted that Musselburgh Grammar had a difficult week with some challenging behaviours including one young person leaving due to a violent outburst. However, despite this the group leader commented that many of the young people made real and significant progress especially in their behaviour. One of the group leaders with Musselburgh Grammar observed the changes in one participant stating, "Having messed around with two other pupils he then began to work on his own initiative. He broke away from the bad behaviour and began to learn more about sailing the boat."

"It was a good way to find out how far you can push yourself and achieve things." – Young person, Glenwood High School

"I am going to help out more with other people's jobs at home and tidy up after myself more." – Young person, Dumfries and Galloway CLD

"I found that if you don't complain and just get things done it actually turns out to be quite fun." – Young person, Prestwick Academy

	Actual	Target	Variance +/-
YP report increased aspirations	59	76	-17
Stakeholders report increased aspirations in YP	10	4	+6
YP positively change behaviours	64	68	-4
Stakeholders report positive changes in YP behaviour	22	4	+18

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. Over 85% of respondents agreed that they felt more active, safe and responsible by the end of the week. Others indicated that they felt more included, healthy, respected and had a sense of achievement as a result of the voyage.

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

11 stakeholders mentioned positive comments about wellbeing against at least one of the relevant SHANARRI indicators. The Castlemilk Group Leader commented, "Our group consisted of two schools so not everyone knew each other previously but by the end of the voyage friendships had been built through continual teamwork. Communication is mostly done through social media these days and it was great to see young people leaving devices at home and learning the art of face to face communication, understanding body language and facial expressions." Others commented on the pride that they felt after successfully completing the week-long voyage. One young participant from North Lanarkshire said, "It was a new experience for me. Sailing is something my grandfather would have loved to see me do. I learned a lot about myself and met lots of new people too."

"I am feeling really positive about myself now. It has been an amazing experience. It has been a hard week of work but I feel like we've become a family." – Young person, Glenwood High School

"This has given me the break that I needed." – Young person, Charleston Academy

	Actual	Target	Variance +/-
YP improve wellbeing	90	76	+14
YP take part	105	96	+9
Stakeholders make positive comments about wellbeing against SHANARRI indicators	11	4	+7

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, four young people from the North Lanarkshire CLD group have secured employment. Two of the S6 students from Charleston Academy with low academic achievement used their experience with OYT on references which helped them to successfully gain employment in part time jobs at a large sports/swimming centre in Inverness. They have also continued at school and are working on Higher/N5 qualifications.

Young people will access learning

Since taking part in the voyage, three young people from the North Lanarkshire CLD group decided to stay on at school to complete senior years and three went on to further/higher education courses. The group leader from Clackmannanshire CLD said, "The young people were more confident and chattier by the end of the voyage. Young people built relationships with one another through the level of teamwork they undertook as a group. This progressed naturally as many of the young people did not know each other. As a result of working together the young people are now keen to do their Duke of Edinburgh Award which they would not have considered if they had not taken part in the OYT voyage."

Arbroath Academy have reported the following destinations of young participants following their voyage. Seven have stayed on at school, one has taken up a volunteering role within a local football group, one has progressed to part-time employment and has applied to college, and one has progressed to full time employment in a fast food restaurant. Another from Charleston Academy has secured employment in the hotel catering industry.

Young people will progress to training

Four of the S5 students from Charleston Academy gained confidence from the voyage and are now volunteering with local cricket, youth shinty and young gymnastics clubs. They have remained at school and are working on Higher/N5 qualifications.

"[The voyage] has meant a lot of me because I got to see other career paths and I met a good crew of staff." – Young person, Musselburgh Grammar School

"Great opportunity to meet new friends and have a great time. I also have new skills to show other people." – Young person, Inverclyde CLD

	Actual	Target	Variance +/-
YP achieve positive destination (including training (31) and employment (9))	40	40	
YP access learning (including staying on at school)	51	28	+23
YP volunteer following completion of the programme	18	15	+3

Outcome 7 - Young people participate in a positive activity

All of the 105 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

Some young people commented on how they felt this had been a positive activity. One young person from Prestwick said, "I've managed to actually do things, things you wouldn't expect me to do. I've been out of my bedroom for more than an hour and I have actually been really productive and helpful!" and another from Prestwick said, "I thought the sleeping arrangements and all the hard work would be awful but it's not, it's actually really fun... It's been great fun." Everyone from the Prestwick group unanimously agreed that they would 110% do it again if they had the opportunity. Many commented on how much they had enjoyed the experience. A young person who lives in supported accommodation was involved in the Clackmannanshire CLD voyage as part of an activity agreement with his CLD key worker. He reflected on the positive memories and impact the experience had on him, "On the third night we were docked on the anchor. It was a starry night and all the young folk went up on deck and we just had this massive conversation and honestly it was the best thing ever. We all sat together talking about the voyage, telling stories and laughing it was amazing. I found the whole experience amazing and I have applied to do volunteering with OYT Scotland."

Prior to sailing with OYT Scotland, young people were asked if they were new to the activity. 91% of respondents said they were new to sailing.

"It has been a great pleasure as well as fun to experience sailing for the first time. I feel I have become part of something unique and meaningful and I have made memories and friends I know I will always cherish." – Young person, North Lanarkshire CLD

"It was excellent that the students who wanted to further develop their sailing skills were immediately offered bosun training and within two weeks some had returned to the vessel to learn more." – Group Leader, Glenwood High School

	Actual	Target	Variance +/-
YP participate in a positive activity	105	96	+9
YP are new to the activity	93	80	+13

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 within community sports projects including local football, cricket, shinty and youth gymnastics clubs. In addition to the positive destinations which are reported on above, we were informed that since the voyage took place one participant is volunteering with a Glow Sports football project and involved in a campaign around violence in relationships.

Six participants from the Glenwood High School voyage have returned to OYT Scotland to volunteer in Bosun's Training and two progressed on to Big Boat Training. Two from Castlemilk High School and 2 from Inverclyde CLD are on the potential Bosun's Training list.

One participant from Clackmannanshire CLD spoke about volunteering and why it is important as part of their SQA communication unit whilst onboard. They spoke about how they feel it will help them in future and how they now aspire to become an OYT bosun. Their watchleader wrote in their log book, "I have really appreciated your willingness to volunteer for all tasks both fun and gruelling. You have ability, courage and character. I hope you fulfil your ambition to become an OYT bosun and I would be delighted to sail with you again as a staff member in future." During the voyages, the young people from Arbroath in particular were interested in volunteering more. One of the watch leaders on this voyage commented in a young person's logbook that, "She worked very hard at showing initiative and acted proactively during difficult tasks. She is happy to learn new things, great attitude and good seamanship. She is a great role model and would make an excellent volunteer."

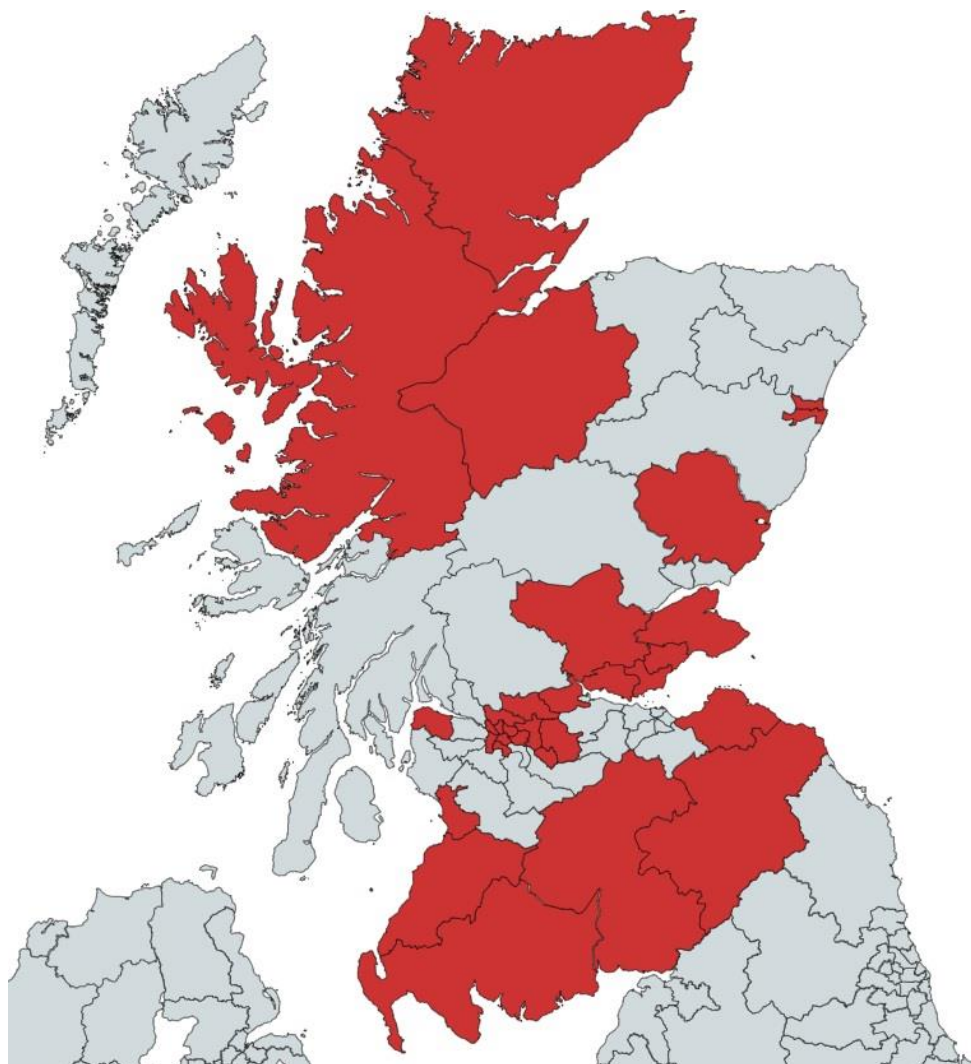
"She volunteers herself for tasks and enjoys learning new skills. She also asked staff about other roles on the boats and how she can get involved with volunteering." – Group Leader, Dumfries & Galloway CLD

	Actual	Target	Variance +/-
YP go on to volunteer in community organisations	10	15	-5
YP pursued volunteering opportunities outwith OYT	10	4	+6
Stakeholders perceive YP's contribution and links to the community have improved.	12	4	+6

We also received positive feedback this year on Chloe Aitken who sailed on a CashBack voyage with Larkhall Academy in 2018. Chloe has since excelled in her efforts to support OYT but also contributes positively in her community football team. Using the skills she has learned during voyages, she is now studying Shipping and Maritime Operations at college. Following her recent participation in OYT's Young Leaders Development Voyage we received this feedback from RNLI volunteers at Holyhead Marina:

"[Chloe is] A wonderful ambassador for your Trust and a really lovely young person. This young lady made mine and my husband's day. It was so refreshing to talk to a young person who was so confident and very informative about the Trust as we had no idea it existed. A real treasure. So good to have such a positive experience of a young person"

Where did our young people come from?



Local Authority	Group	No. of Young People	Spend
Fife	Glenwood High School	10	£7,523.81
Inverclyde	Inverclyde CLD	10	£7,523.81
Glasgow	Castlemilk High School & St Margaret Mary's Secondary School	10	£7,523.81
North Lanarkshire	North Lanarkshire CLD	10	£7,523.81
Highlands	Charleston Academy	8	£6,019.05
East Lothian	Musselburgh Grammar School	9	£6,771.43
East Dunbartonshire	Merkland School	9	£6,771.43
Clackmannanshire	Clackmannanshire CLD	8	£6,019.05
Dumfries & Galloway	Dumfries & Galloway CLD	5	£3,761.90
South Ayrshire	Prestwick Academy	7	£5,266.67
Angus	Arbroath High School	10	£7,523.81
Aberdeen	Bucksburn Academy	9	£6,771.43
TOTAL SPEND			£79,000

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 Dumfries and Galloway CLD and Charleston Academy 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, North Lanarkshire and Glasgow. 80% of the young participants on the Castlemilk High School voyage resided in SIMD Decile 1 areas. 63% of the young participants on the Clackmannanshire CLD voyage resided in SIMD Decile 1 with the remainder living at postcodes in Deciles 2 and 3.

People we worked with have come from:

Living in areas of deprivation

Unemployed, not in education or training

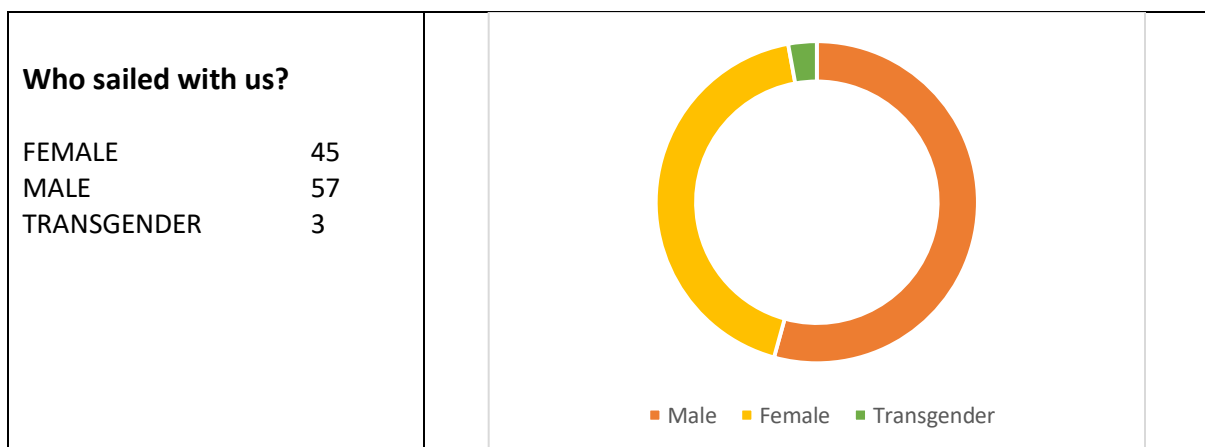
Excluded or at risk of exclusion from school

At risk of being involved in anti-social behaviour, offending or re-offending

SIMD Breakdown	
0 - 20%	42
21 - 30%	19
31 - 40%	7
41 - 50%	8
51% +	29

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.

Merkland High School and Bucksburn Academy are both ASN schools and sailed with young people with additional learning support needs and young people on the autistic spectrum.



PR, Marketing and Communications

In May 2019 CashBack for Communities Policy Officer, Claire Pentland stepped on board Alba Venturer for a day of sailing to experience first hand what life is like on our boats. Young participants from Castlemilk High School, Larkhall Academy and St. Margaret Mary's Secondary School joined OYT Scotland staff to attend the Scottish Government's CashBack at the Movies event in Edinburgh. In March 2020 CashBack training was delivered to OYT Scotland staff and volunteers at our annual training seminar in preparation for future work relating to young people most at risk of antisocial behaviour or entering the judicial system.

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.

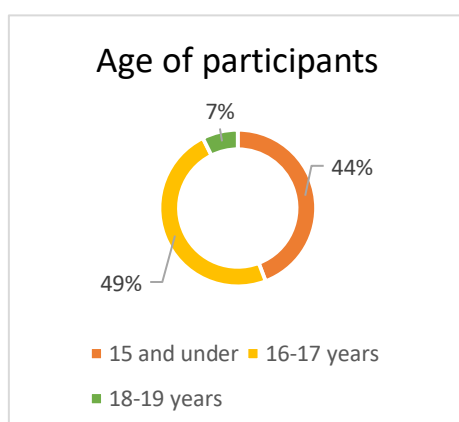
Our online audience is made up of OYT Scotland volunteers, young people who have sailed with us and their family/friends, school and youth organisations who work with us, funders, individual donors, and other supporters of OYT Scotland. We have over 4,800 followers across our social media channels.

External Evaluation Summary

To evaluate the project we are working with external evaluators Catch the Light. In Year 3 we welcomed 105 young people and 24 group leaders. At the end of Year 3 we have worked with 316 young people with a target of 288 by the end of Year 3. This exceeds our final Phase 4 target by 28.

Of the 105 young people who sailed in 2019, 57 were male, 45 were female and 3 were transgender. This year, we worked with 12 local authorities. In total we have worked with 17 local authorities from across the length and breadth of Scotland and sailed on 36 voyages.

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.



Warwick Edinburgh Mental Health Wellbeing Scale



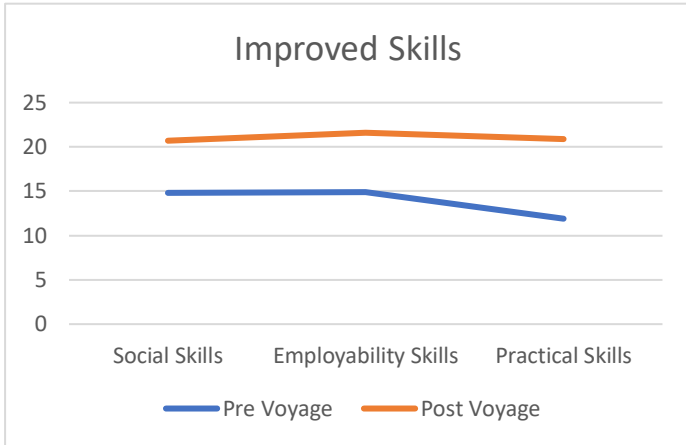
46.2

WEMWBS average score **before** the voyage

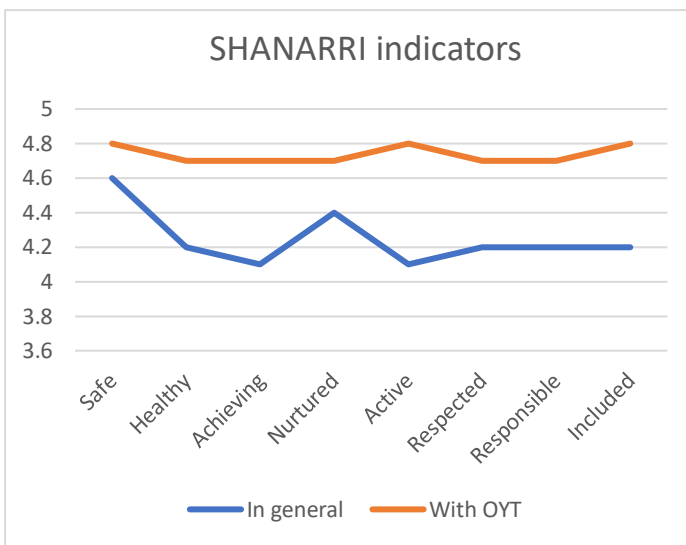


52.8

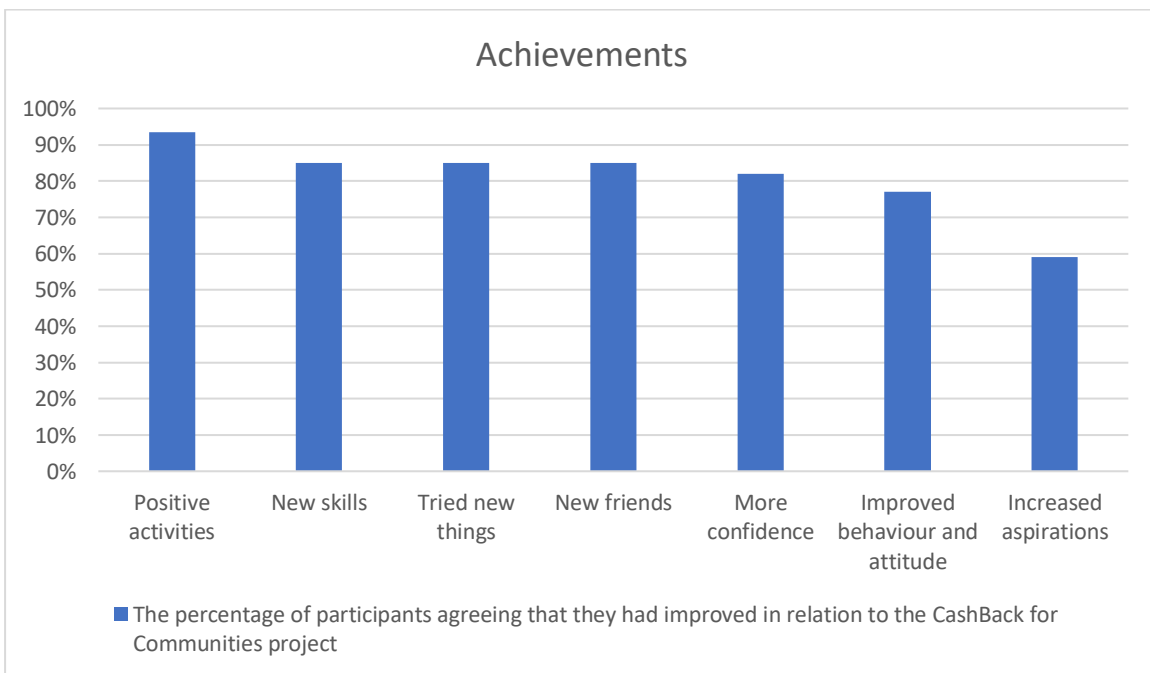
WEMWBS average score **after** the voyage



This chart shows a rating in social, employability and practical skills. Scores measure five elements out of five, giving a maximum of 25 before and after the voyage.



Using SHANARRI indicators, this chart shows an average rating of how young people felt 'in general' compared to how they felt 'when sailing with OYT Scotland' from 1 (Not much) to 5 (Very much).



Finance Breakdown

CASHBACK PHASE 4 YEAR 3

1st April 2019 to 31st March 2020.

EXPENDITURE	Annual Total
Vessel running costs	
Charts	517
Comms	424
Harbour dues	3,115
Fuel	1,193
Food	6,444
Chandlery	672
In service repairs	1,175
Insurance	1,874
Operational Sea Staff Training	1,632
Log book design, packs & materials	800
Annual maintenance work required to comply with MCA Code of Practice.	15,419
Proportion of cost for use of vessels	7,268
Total Vessel running costs:	<hr/> 40,533
Staff costs	16,880
Travel @ av of 18 pp to and from boat.	2,294
Travel costs for 2 pre-voyage preps & post follow up	590
8 certificates at total cost of 55.50 for each young person	7,003
Management & marketing @ 10% of CashBack funding	7,800
Evaluation @ 5% of CashBack funding	3,900
	<hr/> 38,467
Total Expenditure	<hr/> <hr/> 79,000

Target Outcomes for CashBack for Communities Phase 4 (3 Year Project)

Almost all targets set over the three-year Phase 4 CashBack for Communities project were achieved. Particular successes are noted in Outcomes 2, 4,7 and 9 where all individual outcomes were achieved *and* exceeded.

Outcome 1: Young people build their capacity and confidence			
	Target	Actual	+/-
Young people increased their confidence	230	223	-7
Young people report they are able to do new things	230	297	+67
Outcome 2: Young people develop their physical and personal skills			
	Target	Actual	+/-
Young people increased personal skills, achieving accredited learning	230	310	+80
Young people report an increase in their skills	230	282	+52
Recognised SCQF Qualifications (Level 3)	230	310	+80
Number of non-SCQF qualifications/accreditations	230	313	+83
Outcome 3: Young people's behaviours and aspirations change positively			
	Target	Actual	+/-
Young people report increased aspirations	230	201	-29
Young people positively change behaviours	202	205	+3
Outcome 4: Young people's wellbeing improves			
	Target	Actual	+/-
Young people improve wellbeing (SHANARRI)	230	260	+30
Young people take part	288	316	+28
Outcome 6: Young people participate in activity which improves their learning, employability and employment options (positive destinations)			
	Target	Actual	+/-
Young people achieve positive destinations		93	+93
Young people will access learning	86	104	+18
Young people will progress to training	115	55	-60
Young people volunteer following completion of the programme	43	72	+29
Young people gain employment	0	16	+16
Outcome 7: Young people will participate in a positive activity			
	Target	Actual	+/-
Young people will participate in positive activity	288	316	+28
Young people are new to the activity	244	251	+7
Outcome 9: Young people contribute positively to their communities			
	Target	Actual	+/-
Young people go on to volunteer/ leadership roles in community	29	69	+40
Young people pursue volunteering opportunities outside OYT	14	38	+24

Plans and Priorities for 2020

In 2020, Ocean Youth Trust Scotland will commence working on the new Phase 5 CashBack for Communities programme. This project will work with 28 groups of young people (age 12-16) from across Scotland over the 3-year period. (4 in 2020, 12 in 2021 and 12 in 2022). Each group will participate in a 12-month intensive intervention programme aimed at changing attitudes and behaviours of those most at risk of antisocial behaviours, offending/reoffending or entering the justice system; and at increasing attainment and attendance at school. Each young person will participate in a structured programme encompassing 20 hours of land-based youthwork activity led by an OYT Scotland Youth Development Worker and over 174 hours of youthwork delivered in a sail training environment onboard a 70ft yacht over 10 days (2 stages of 5 days each). The programme will explore risk taking behaviours on land and at sea whilst developing confidence, resilience, teamwork and personal and social skills. In addition to achieving SQA and RYA qualifications, the programme will encourage young participants to make their own 'Passage Plan for Life' evaluating risk taking behaviours and the impact these have on themselves and their communities.

OYT Scotland will work closely across all Local Authorities to identify disadvantaged young people from the most crime affected areas across Scotland.

Due to unprecedented disruptions to the organisation as a result of the Covid-19 coronavirus crisis, the Phase 5 'Change Tack with CashBack' programme will have a delayed start. It is hoped that schools and groups may resume in the Autumn of 2020, however we anticipate a further delay to the sailing programme due to Government social distancing guidelines. The sailing programme is under weekly review until restrictions are lifted.

Case Study Extracts

(Please see External Evaluation Report for full case studies)

Castlemilk Youth Project Case Study: Young people from Castlemilk High School and St Margaret Mary's High School

Two Youth Workers – Support Workers on the Voyage

Tell us a bit about the organisation and your role in it:

We work for Castlemilk Youth Project and have a key role in the Street Wise programme. The programme focusses on a Detached Street Work approach. We work with the most excluded and vulnerable young people in our community. Some young people are excluded through choice: for a variety of reasons they don't want to connect into formal or non-formal education activities, others are associated with gangs of violence and our job is to try and engage these young people in opportunities that may show them an alternative to the life choices they're making.

The street is our meeting place where we engage young people, talking to them and exploring what support they need, then we sign post or provide information that meets their needs. We've organised groups for boys who were involved in or subjected to the actions of one of the seven gangs that operated in the area. Territorial boundaries were such that people dare not cross them for fear of violence.

We run workshops on gangs and violence, knife crime, drugs and alcohol, sexual health, generally things that young folk wouldn't get in school away from a traditional youth club setting.

How did you select the participants and prepare for the voyage?

Given the restriction on numbers for the voyage the task of identifying a group was difficult. We worked with both schools to identify young people we thought would benefit most from the experience. For some we'd worked with in the past this was an opportunity to extend their social and personal development and two young people successfully achieved a higher level award for their participation on the boat. With others it gave them a break away from the community, to give them a sense of aspiration and let them see they weren't stuck in a negative place.

At the start I had one young boy who I didn't know very well, his attendance at school is erratic and because he spends most of the time in the house, I'd no real contact with him in the community. I'd known through my connection with the family that he'd had a hard time of things recently, he'd seen things that no young person should witness and he felt trapped. The environment created the space and time that allowed a connection to be made with him and helped him express deep rooted anxieties.

What was the experience like?

The group included young people who currently struggle with exams, at risk of offending and would find it difficult to move into employment. Others lacked the confidence to put themselves forward for anything and in turn would be overlooked for exploring new experiences. For example, we had one girl who wouldn't speak, she had her hood up all the time. For the first two days she crawled on her hands and knees around the boat, she was so petrified she couldn't step over a rope. At the end of the voyage she was still scared but not to the same extent. So, I think the group we put together demonstrated a good mix of experience and this was our aim - so that young people could learn

from each other. We had young people bonding around tasks they had to perform, and these situations would never have happened had it not been for this experience.

The confined space on the boat meant people needed to work together and rely on each other. That all gave us a different perspective on the young people and let young people see us in a different light. It was a great leveller in terms of young people realising that we as adults make mistakes or need help to achieve certain things. The unique environment allowed the group to take on a sense of being in a family.

Interviews with Young People

Background: The youth workers suggested John as an ideal candidate to talk to. He excelled on the boat. John took on extra responsibilities and went the extra mile on a number of occasions. John's experience of school both Primary and Secondary is extremely negative. Whilst not involved directly he has been impacted by criminal and violent issues in the community. This means he spends the majority of time in the house isolated playing computer games. He stays with his gran and has a strong connection with her. He has a younger brother who he sees as someone with the potential to go off the rails. John finds it difficult to express himself. His first response is "I don't know" and he doesn't show much emotion.

Male 15: John (name changed)

Can you say how you came to be involved in the voyage?

The reason I was attracted to this trip was to get me out this [place]. I wanted to get away. Away from here, my phone just everything. And not having to think about anything going on here. There's hundreds of stuff going on. I can't remember how I came to know about the trip, I think it was through the youth workers. I can just remember I was told [at school] that I was going on it. School is ... really boring. I have never liked school even primary. I am in 4th year but not doing exams. I had to do some practice things and I just said I can't do that. I'm not really bothered 'cause I didn't want to do them [exams] anyway. The one thing I enjoy is Techie 'cause I get to make things, but I can't handle sitting at tables just copying stuff, it's boring.

Are you able to describe what life is usually like for you?

I don't have any hobbies I just sit in the house all the time and play my Xbox. I used to go out, but stuff happened, and now I just keep myself to myself. I stay with my gran and I have a younger brother. He's trying to be like me but I'm trying to get him NOT to be me. He's 13 and he doesn't have his head screwed on, he's a wee pain. I know when I was his age, I was trying to sort myself out, but he's just away with it and I am trying help him with that.

What was it like on the voyage?

It was great to get space for myself. There was always stuff to do and I was kept busy all the time. I didn't have to think of anything other than what needed to get done on the boat. It was really peaceful, and I could just relax. Talking to different people and working in teams on the boat has helped my confidence. Before I hated making eye contact with people like this interview but I can do it now. Things like putting up sails, cooking for people, taking responsibility to talk to the coastguard was weird, like something I'd never done before but because I was busy and had something to do, I enjoyed it.

Has anything changed for you?

Nothing stressed me out on the boat. I wanted to get on with things and do what people wanted me do. Before going on the boat that wouldn't have happened, like if I was asked to do something, I'd probably not have done it.

Will you do anything with these skills now that you're back?

I wanted to stay on the boat, but I missed my gran and wanted come back to see her. When I was on the boat, OYT Scotland staff spoke to me about the Bosun training but I am too young. I am 16 in November but that seems a long way away. Being on the boat has made me realise I want to get away from here and just to do something. I really enjoyed the whole experience.

Young Person: Female Aged 15

Can you say a bit about yourself?

I go to St Margaret Mary's Secondary in Castlemilk. School is good and I enjoy it. When I leave school, I'd like to be a beautician. I come from a large family, being the second youngest of 8 siblings is quite good because I get spoiled a lot.

What made you choose to go on the voyage?

For me the attraction was the opportunity to have a new experience outside of Castlemilk and a chance to learn lots of different things.

What was the experience like for you?

Being on the boat didn't disappoint me and I feel much happier in myself and more confident. The lack of space made everyone closer as pals. I didn't know how it would work being from different schools, but we all got on well with each other and that's continued since coming back.

Has anything changed as a result of going on the voyage?

The biggest change in me is my confidence. This built from learning new and different skills, people not judging you and always encouraging you to do well. Meeting and talking to different people from different backgrounds really helped me feel good about myself.

I did so well that I was invited to do the Bosun training and I did not expect that. I think I was chosen because I tried my hardest, which is different from how I am normally, and people recognised that.

Will you do anything differently now that you're back?

There's been a big change in my behaviour since coming back: I am cooking for the family and doing more cleaning. Normally my mum would do all this but now I am taking more responsibility to help her. My mum says she's seen a big difference in me and thinks I'm much happier. My dad and aunty say I have become more mature and that's definitely true. Being away from my phone made me grow up. Normally I'd always be getting into arguments with people. Now I just don't get involved, it's not important anymore. In fact, when I go out, I leave my phone in the house and I'm calmer and relaxed because of that.

Arbroath Academy Case Study

Young Person 1 - Male Aged 16

I didn't think I'd be able to do the things I did like working with others, participating in new events that I wouldn't have done and taking on new challenges. The amount of activity on the boat made me fitter. I am cooking more and when I got home I had the feeling that I needed to clean my room. Being given responsibility to complete different tasks has made me feel more confident being around other people now.

Young Person 2 - Male Aged 16

The most significant change was I realised how much I could do in a day without eating as much. I socialise and communicate with more people, even with those I don't know. I also realised that how you are treated makes a big difference to how you feel about yourself. For example, in school you're treated like a kid whereas on the boat you're given responsibility and treated more like an adult and that makes you feel good about yourself.

Young Person 3 - Female Aged 17

I suppose working as part of a team made me realise that sometimes you need to negotiate and compromise to get a task done. Because you're involved in real experiences I found that my organisation skills and confidence have improved. The other huge difference was when I got home I had more energy and didn't look at my mobile phone before going to bed and slept much better.

Clackmannanshire CLD Case Study

Youth Worker

Tell us about your role:

I was one of two CLD youth workers that accompanied the young people on the trip. I have a background in working with young people who have been involved in varying levels of anti-social behaviour and criminal activity.

How were the group identified?

Two young people were referred through their school. The rest are young people on Activity Agreements, so they've left school but not moved on to a positive destination i.e. employment, training or further education. The Activity Agreement is that young people attend a drop in here and are supported to explore a variety of options. The OYT Scotland opportunity was seen as a good way to help young people add to a CV, gain qualifications and experience a range of development skills: teamworking, communication and problem solving

What was the experience like?

The experience was amazing for the young people especially given that prior to the voyage they lacked confidence and many of them found it challenging to interact socially. A great example of the impact the voyage had was on the last day we were all sitting together and we were having an honest chat about the experience and the some of comments from the young people were along the lines of...

"it was great because we all got on really well together"

"it was great that no one was left out"

"Nobody argued and there was no bickering which was great"

This was followed up by us asking if they'd be interested in doing a Duke of Edinburgh's Award (DofE) and everyone said they would. So, moving forward as a group we can look at doing other things with them to continue their development. Personally, this demonstrated to me that in a relatively short time my relationship with the group moved from not knowing them to being accepted as someone who could support them. Normally to get to this level of trust would have taken much longer but the environment of the boat and the need to support each other and get along allowed this process to happen quicker. And the enthusiasm, to explore doing the DofE award wouldn't have happened if they hadn't undertaken this experience.

Young Person: Male 16

Tell us about yourself:

I have left school and it was a place I really didn't enjoy. It was in an environment I just couldn't learn in. When I was in school from P7 through to secondary school I was bullied and became quite isolated, I never had friends and felt socially excluded. When I left school, I started volunteering and this changed me totally. I became more outgoing; I was more confident and would talk to anyone. So now I do lots volunteering and outreach for some charities. My plan is to apply for a course that will help me achieve Advanced Highers, then I look at a career path.

I live on my own in supported accommodation. I don't have a father figure. My mum is around but when I was staying with her our relationship wasn't the best. It's a bit better now. Also, I have three older sisters.

What had the biggest impact on you?

On the third night we were docked on the anchor. It was a starry night and all the young folk went up on deck and we just had this massive conversation and honestly it was the best thing ever. We all sat together talking about the voyage, telling stories and laughing it was amazing. I found the whole experience amazing and I have applied to do volunteering with OYT Scotland.

Glenwood High School Case Study

Group Leader

How were the participants selected?

The group were identified as failing to reach their educational potential. It was those young people known to have potential but something preventing them reaching it. It could be young carers or young people with a particular social or emotional need. Getting them on the boat was a way of trying to boost their self-esteem.

The school is in an area of high deprivation and this raised some challenges with basic things like whether young people had suitable shoes and other equipment. We had school refusers, so it was difficult getting and maintaining contact with them. The young carers in the group had real anxiety issues about leaving home for five days.

What was the experience like?

The time on the boat isn't so much to do with sailing it's more to do with getting to know the young people, talking things through with them and building relationships.

One young person was a school refuser and being in a different environment gave us the time and space to talk through some of the reasons why he didn't attend school. Through the conversation we found out that one of the reasons he didn't attend was he was gaming through to the morning, resulting in him sleeping through the day. As a result, we were able to chat through strategies that would help him work through this problem.

Being on the boat gave him the experience of a different routine. He had to get up early, have his breakfast, do physical work and have defined boundaries. He really enjoyed the trip. Already we've had two young people going back to OYT Scotland to do bosun training and there's another two or three that are interested in doing it at some point.

Young Person: Male Aged 15

Can you say a bit about yourself?

In first, second and third year in school I was hard work. This was mainly due to my ADHD, but my medication changed and in fourth year I got my act together and got a grip on things and now I'm top notch. During the time I struggled some teachers understood my condition and they helped me. However, there were some teachers who thought I was acting badly on purpose. I recently applied for a college course to do building, but I didn't get in so I'm going to try next year.

What has changed for you?

The biggest change for me is the trip made me more mature, it's like it turned me into a man. It brought out my inner man, my inner me. It was totally different from school I felt that on the boat I could show people what I could do and demonstrate my skills. It was an amazing experience.

Has anything changed since you got back?

Through the tasks you do on the boat you learn the importance of working as a team. Things like cooking for everybody showed me I am capable of things I never knew about myself. If I could sum up the experience, I'd say it made me feel alive.