

# ANNUAL REPORT 2017



**CITADEL**  
YOUTH CENTRE

Working with the Leith Community since 1980



[www.facebook.com/FriendsofCitadel](http://www.facebook.com/FriendsofCitadel)



@CitadelYCLEith

# Welcome from the Chair



**In time honoured tradition, as chairperson of Citadel Youth Centre I get the privilege of welcoming you to our annual report and, as ever, there is a huge amount of exciting work to report in what has been another very busy year for the Citadel.**

I am extremely grateful to the staff team here at the Citadel for their enthusiasm, commitment and belief in young people, which guides and directs the delivery of high quality youth work on a consistent basis. In common with most organisations, there have been changes of staff and funding challenges but the willingness of the staff team to be flexible and adaptable to these changes has been greatly appreciated. We are fortunate to have an excellent management team in Willy and Andy and the combination of their skills has enabled Citadel to grow and develop this year when many other organisations have struggled given the current financial challenges. This growth has been enabled through our continued support from City of Edinburgh Council, The Big Lottery, Robertson Trust, Children in Need, The Paul Hamlyn Foundation, Edinburgh and Lothian Health Foundation, Plan UK and the Volant Trust for which we are very grateful. I am also delighted to see the growth in our Friends of Citadel (<http://friendsofcitadel.org.uk>), which helps reflect the importance of Citadel within the local community.

I would also like to take the opportunity to thank the Citadel management committee for all the support they have given over the last 12 months, both to me personally and to the wider work of Citadel. My thanks also go to the many, many volunteers who support Citadel in lots of different ways - we couldn't do it without you!

In finishing my introduction, it is with great sadness that one of the greatest friends and supporter of Citadel, Paula Aldin-Scott, has sadly passed away following a bravely fought battle with cancer. Paula has been taken from us far too soon but in that time Paula could be found helping out at the Family Days, Leith Gala Day, the Christmas party and any other job that needed done - whether it was interviewing for new staff or contributing her wisdom and knowledge on the management committee. We will all greatly miss Paula and, as we go forward, each of us will have our own memories of Paula that will make us smile, laugh and possibly shed a wee tear. And like those memories, Paula's contribution and support for the Citadel will be forever remembered.

# Our Youth Clubs

Youth Clubs remain at the core of what we do at the Citadel. With Clubs running five nights a week, there are plenty of opportunities to make new friends and to have fun. One of the main aims across the clubs is to encourage children and young people to build confidence and self-esteem through trying new things. This year's highlights have included a virtual trip "around the world" for Junior Club members as they participated in cooking, art and creative activities associated with different countries across the globe. Inter Club and Senior Club members enjoyed a creative and action packed programme which included team challenges, hula hoop workshops, bike rides, 3D printers and a joint disco to end the year. Club members have also had their say in matters which are important to them. This has included workshops on internet safety, focus groups on community issues with Police Scotland and participation in local youth forums. We have even seen one of our regular Senior Club members elected in The Scottish Youth Parliament!

And the fun didn't stop there! We had an actioned packed summer programme where club members were able to make the most of the holidays enjoying day-trips out to East Links Family Park, Fox Lake, Helix Park and Lochore Meadows Country Park to name a few.



*"It's fun"*  
*"Football"*  
*"I love it here"*  
*"The people"*  
*"Pool"*

*Here are some of the reasons young people tell us why they continue to attend the Citadel.*

*"Trips"*  
*"The staff"*  
*"It gives me something to do"*  
*"I love everything"*



# Families Project

The Citadel Families Project continues to develop and grow, working with children in the 5-12 age range and their families, whilst strengthening relationships with local primary schools in the process.

One-to-one support to children is a key service offered within the families' project, covering themes such as 'positive choices' and 'relationships with peers'.

As well as individual support and group work for children, we continue to work in partnership with Citadel parents and carers. The parent drop in has enjoyed a busy year, with parents feeding back that they have benefitted from meeting other parents and hearing information from other services.

The Families Project continues to offer individual family support to a number of Citadel families in addition to encouraging them to access wider events. Some of the most popular occasions in our calendar are the Summer Family Day and Christmas Party for families. These events provide great opportunities for families to take part in a range of activities together.

A new school-based family service is in the early stages of development, working in partnership with three local primary schools with support through the Government's Pupil Equity Fund. More to follow on this exciting development next year!



36

CHILDREN AND PARENTS  
& CARERS ATTENDED THE  
FAMILIES PROJECT TRIPS  
OVER THE SUMMER  
HOLIDAYS

*"Citadel makes  
us all feel equal"*  
(Citadel Parent)

*"Citadel brings  
people together"*  
(Citadel Parent)

# Intergenerational Work

## New Spin

Over the past year our intergenerational work has grown from strength to strength.

The New Spin Intergenerational Café, run in partnership with Pilmeny Development Project, has enjoyed another brilliant year. This year we have focussed our activities on providing healthy meals and nutritional advice for all our New Spinners. Thanks to funding and support from the Fairer Food Transformation Fund for making this possible.

As a result, both our young and older people have had the opportunity to try out lots of new, healthy food. 'Chef Ali' has been delighted to have some fresh helpers in the kitchen!



## Old's Cool

Over the past year Old's Cool has continued to grow. We delivered **five** groups with **three** of our partner schools: Broughton High School, Drummond Community High School and Trinity Academy. **41** young people and **18** local older people have benefited from this work. Key highlights this year include the production of the Old's Cool book and film.

We established some new partnerships with the Edinburgh Art Festival and Edinburgh Sculpture Workshop who shared new creative skills in delivering the media element of the programme.



# Girls and Young Women

## Peer Mentors

The Citadel's Peer Mentoring project has had a successful year as part of our on-going partnership with PLAN UK. We worked with **10** mentors aged 14-19 years old who were supported to deliver an impressive **22** sessions on self-esteem, confidence and girls rights. Workshops were offered to young women in the local community and schools.

We also attended two fantastic residential training programmes in other parts of the country to learn the tools and methods of the PLAN UK toolkit. The mentors focussed on learning new skills, increasing their knowledge of cultural issues, meeting other PLAN UK young women and supporting the group's knowledge of issues such as feminism, equality and poverty.

The mentors conducted a survey with over **100** girls and young women on how safe they felt in their community and shared their learning with both PLAN UK and local schools. This survey will be used to influence change in their schools and communities.

**54** GIRLS PARTICIPATED IN THE WORKSHOPS DELIVERED BY THE CITADEL PEER MENTORS

**26** THE PEER MENTORS ATTENDED TRAINING SESSIONS BEFORE DELIVERING WORKSHOPS TO THEIR PEERS



## Girls Club

In association with Edinburgh Arts Festival and Edinburgh Print Workshop the group designed print screens and printed t-shirts, bags and tea towels to sell in order to raise funds. These were displayed in the Print Workshop Gallery.



Other activities brought girls together to participate in opportunities designed to raise their confidence, self-esteem and build positive relationships.



**I love girls club because...**  
*"everyone is really friendly"*  
*"I can be myself"*  
*"It's a happy place to be"*  
*"it helps me with my confidence"*

**GIRLS CLUB HAD A TOTAL OF 35 SESSIONS THIS YEAR**

**36 GIRLS' CLUB MEMBERS AGED 10-14 YEARS**

# Young Mums

The Citadel Young Mums have accessed their weekly group over the course of 2017. **22** young mums all under 21 years old (including expectant mums) attended **36** sessions. The group has focussed on positive health and well-being activities including fitness classes and improving self-care. We will continue to strengthen partnership working with organisations that provide support in cooking nutritious and affordable meals and provide advice around issues regarding housing, income and budgeting. While the young mums are in their group activity their **28** babies and toddlers have been playing, learning and developing new skills in the crèche. Everyone benefits!



*"A place to meet new people and chill and have a chat"*  
*"It's a fun, a good laugh with great chat"*  
*"I make new friends"*

*"I get to meet good loving mums and everyone is in the same boat"*  
*"I get to have fun with other mums! And chat with other mums about kids"*

## Games Club

This May, we were delighted to start our new Citadel Games Club on a Friday evening, offering a fun space to young people interested in computer games, computer coding and technology. So far we have offered workshops on 3D printing, coding, character design, held games tournaments and have attended trips to places such as the Virtual Reality (VR) Arcade, an indie games exhibition and the Glasgow Science Centre. Our young people have been voting to decide what new games consoles to buy and we are hoping to do a project on Raspberry Pi later in the year.



# Year of the Young Person 2018

## CASE STUDY ROBBIE



Robbie first became involved in the Citadel through our Old's Cool Intergenerational Programme. At first Robbie was shy, lacked confidence and found it difficult to engage in school. Old's Cool provided Robbie with the opportunity to greatly improve his communication skills. He also had the chance to attend the Generations Working Together AGM in March this year, which was held in Stirling where members of Old's Cool were invited to share their experience of intergenerational work. After completing Old's Cool, Robbie's confidence grew massively and he made the move to join our New Spin Intergenerational Cafe where he has become a regular and well liked member.

Through his experience of intergenerational work, Robbie has become a firm favourite with our older people and he is someone who consistently greets them with a smile on his face. More recently, Robbie has also become a member of our new Games Club, where he has continued to make new friends and improve his social skills, while enjoying his passion for gaming.

On top of both New Spin and the Games Club, Robbie has also found the time to work towards achieving his Bronze Duke of Edinburgh Award. To date, Robbie has completed two of his expeditions.

## CASE STUDY: ASHLEIGH



Ashleigh started coming to the Citadel aged 10, when she joined the Inter Club before progressing to the Girls' Club, New Spin Intergenerational Cafe and the Senior Club. In January 2015 Ashleigh started as a young volunteer in the Inters. This contributed towards her Bronze Duke of Edinburgh Award qualification. Following several months volunteering at the Inters, she then started volunteering at the Junior Club too and then subsequently at our New Spin Intergenerational Cafe.

Through her involvement in Peer Mentors, Ashleigh attended conferences in Birmingham and London during the last year, sharing her knowledge and skills gained from volunteering at the Citadel. Ashleigh has completed her Silver Duke of Edinburgh Award and is half way through her Gold sections which she hopes to finish in the next year.

Ashleigh said "The Citadel means everything to me. I have been able to make new friends, meet new staff and work with people, and it has helped build my confidence up."

"The best opportunity I have had through the Citadel was going to Birmingham with the peer mentors as I had never been before and got the opportunity to learn about girls who never got the opportunity to go to school."

*"My funniest moment at the Citadel was when we were in London and missed the last train home because we were directed to the wrong platform and got on the wrong train. The train company put us on a train to Newcastle in First Class and we got free food!"*

The Citadel Youth Centre has worked with 417 children and young people over the past year! They have been involved in a variety of activities throughout the year ranging from our summer programme through to completing their Duke of Edinburgh Award. They have also taken part in local opportunities to help them develop their self confidence, try new things and reach their full potential.

For the Year of Young People 2018, we will continue to recognise the value that young people bring to everything we do at the Citadel, providing them with a platform to express themselves through a range of activities and volunteering opportunities.

## CASE STUDY: CONNOR



Connor started attending the Citadel as a six year old, working his way up through all the clubs. He is now a member of the Senior Club and our New Spin Intergenerational Cafe. Through his involvement in the Citadel, Connor has also participated in a wide range of other learning opportunities including Young Edinburgh Leaders peer research, gaining his Silver Duke of Edinburgh qualification and a completed a variety of work experience through his Activity Agreement. In 2016, Connor also successfully applied to take part in Supper at the Citadel in conjunction with award winning Chef Tom Kitchin. Connor subsequently completed a variety of courses, learning further skills pertinent to his chosen career. For the last several months Connor has been employed in his dream job as a gardener at Warriston Crematorium. Connor believes that through his engagement with the Citadel he has gained experience and practical qualifications.

*"If I didn't come here I wouldn't have a job. I have gotten all my experience by coming to the Citadel to do different things."*

## CASE STUDY: EBONY



Ebony started attending Citadel youth clubs when she was 6 years old. As well as coming to the mixed clubs, she attended the Girls club and through this went on to be one of the Girlztime Peer Mentors, delivering self-esteem and confidence workshops to primary school aged children. Peer Mentors developed into a piece of work with the acclaimed PLAN UK project and with the support of the Girls and Young Women's worker Karen, she travelled to London to deliver a session at a national conference. Ebony has also been involved in the intergenerational cafe which she liked a lot as it was different from the other clubs. She enjoyed spending time with older people instead of her pals. Through attending our Careers Café and Activity Agreement Employability hub, Ebony has achieved her bronze Duke of Edinburgh award for a 'Paddle Power' qualification and participated in other groups like Totally Fit. Ebony feels that she has grown in confidence and, as nerve-racking as some of the stuff has been, she says when she actually just does it, "it's alright!"

*"I have gained more confidence coming here and have much more pals too"*

15+

## Activity Agreement

Over the past year we worked with **42** young people from Leith and North East Edinburgh who have signed up to activity agreements through the Citadel Activity Agreement Hub. An Activity Agreement allows young people aged 16 to 19 to work towards opportunities, qualifications and skills to assist them to gain meaningful experience and employment.

**39** of the 42 young people achieved positive outcomes including:

- **6** gaining employment
- **16** registering for employability training programmes
- **12** attending various college courses

Citadel staff and volunteers continue to provide much-needed stability and support at the weekly hub where young people receive advice and guidance tailored to their personal learning plan.



15+

## Futureheads

In the past year the Career's Cafe supported **72** young people from the Leith and North East Edinburgh area into positive destinations. These young people comprised school leavers, those nearing leaving age and those registered as unemployed.

The Career's Cafe provides help, advice and support on barriers to employment or education, such as housing, health or personal challenges.

Statistic bubble: **43** Career's Cafe sessions with average attendance **10** per session

- **20** new school leavers engaged with Futureheads
- **7** young people into employment
- **14** young people into employability training
- **23** new registrations for an Activity Agreement
- **21** other positive outcomes

External events such as 'Ways to Work', 'Hire Me' and recruitment fairs offer showcase information to Futureheads young people and encourage them to consider wider available opportunities.

The Futureheads team arranged a community screening of the heart-rending film '*I, Daniel Blake*', followed by an opportunity to participate in a panel debate around some of the key issues raised in the film.



# Awards

2017 has been a successful year for the Citadel in terms of Duke of Edinburgh Award delivery, having offered **15** places for DofE expedition training of which **13** went on to do their practice expeditions (9 Bronze, 4 Silver) and **11** went on to do their qualifying expedition (7 Bronze, 4 Silver).

Young people have achieved a whopping **36** sectional certificates this year (8 Physical, 9 Volunteering, 9 Skills and 10 Expedition Sections). Of these young people, we hope **10** will complete their full Duke of Edinburgh Award by the end of the year (6 Bronze, 4 Silver).

In addition to the Duke of Edinburgh Award, our young people have been working away at a number of other awards and qualifications.

We offered Arts Awards to young people doing their Game On project and 7 young people completed their "Discover" Arts Awards.

In Easter 2017 we partnered with RUTS who ran Motolearn, and **6** young people completed this course and gained a SCQF 4/5 qualification. In September this year we started a new RUTS Build a Bike course and hope to have **8** young people who complete this too!

Also, we ran a First Aid course through Xtreme Emergency Training Ltd and **3** of our young people finished with a certificate in Emergency First Aid at Work.

**Well done all of our hard working young people for all that you have achieved this year!**



# New Beginnings

Just as some of our amazing projects come to an end, there are new and exciting ventures starting up at the Citadel.

We have employed three new members of staff to explore a range of new services. We'd like to welcome:

**Emma Sangster**, our new Young Mums and Girls worker, who along with running our core young women's services will be developing a new group with Plan UK in early 2018. To look at girls rights and empowerment through group work in local schools.

**Natasha Iregbu** is our new Under 12's Project Worker, who will be making links with the BME communities within Leith and creating a club for children to attend here at the Citadel.

**Kirsten Law**, is the new North East Locality Youth Work Development Worker. She will be exploring youth work across NE Edinburgh and looking for ways to forge new partnerships to ensure all young people have access to top quality youth services.



*Good Luck to Karen in her new business SHE Scotland*

## PEF Funding

We have also grown our relationships with local schools; through the Pupil Equity Fund (PEF) the Citadel now has 5 members of staff delivering a range of services to both primary and high schools. We see this as being a new, exciting development building on our existing relationship with these schools.

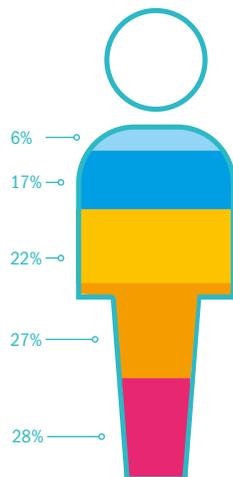


## STATISTICS by AGE RANGE

Age Range	Project	Sum	Total	Icon
Under 5s	Creche	31	31	
5-7	Junior Group	19	69	
7-9	Junior Club	50		
10-13	Inter Club	61	97	
10-13	Girls Club	36		
13-15	High School Groups	53	117	
13-16	Senior Club	54		
14-16	Peer Mentors	10		
16-17	Activity Agreements	35	134	
16-19	Futureheads	77		
16-21	Young Mums	22		
21+	Families Projects Parents	28	39	
60+	Old's Cool	12	25	
60+	New Spin	13		

## FUNDING by PROJECT

Project	Funder	Sum	Total
Core Youth Work	CEC Grant (under 11s)	48,840	124,704
	CEC Contract (11-18 yrs)	75,864	
Families Project	Big Lottery	86,171	120,681
	CEC Grant	34,500	
Employability	Challenge Fund	38,000	94,961
	Activity Agreements	32,461	
	Young Volunteer Project	24,500	
Girls & Young Women's Work	Children In Need	43,560	74,960
	Volant Trust (Young Mums)	15,000	
	E&L Health Foundation	10,000	
	Plan UK	6,400	
Intergenerational Work	Paul Hamlyn Foundation	24,079	27,077
	New Spin (Leith Decides)	2,998	



## Donations

Alfonso De Gaetano  
 Blackwells Books - Giving Tree  
 Bob and Val Payne  
 Boots for Dancing  
 Buckley's Chance  
 Cafe Tartine  
 Cakes for Kids  
 Central Carpets  
 Children in Scotland – Lewis Ritchie  
 Ciara Mickelson  
 Circus Star  
 CM Hicks  
 Debbie Gallagher  
 Destiny Church  
 Diner 7  
 Domenico's  
 Dr Kate Smith  
 Dynamic Earth  
 Edinburgh Fringe  
 Edinburgh North Leith Food Bank  
 Edinburgh School Uniform Bank  
 Edna & Forbes Mackenzie  
 EICC  
 Eliza McCluskie  
 Engravers Workshop  
 Ewan McNaught & Voodoo Rooms  
 Express by Holiday Inn  
 Flux  
 Forth One - Cash for Kids  
 Forth One - Mission Christmas  
 Gerry & Kathleen Mason  
 Gerry & Zsuzsa Farrell  
 Guiliano's  
 Hazel Selby  
 Hibernian Football Club, Kicks for kids  
 Jamie Halcro Johnston MSP  
 John Evans & Family  
 Kevin Hall & Family  
 Laura Meikle  
 Leith Rotary Club  
 Lothian Buses

LS Productions  
 Lucy Edgar  
 Lush  
 Malmaison Hotel  
 Mark 'Sparky' Mackenzie's Cup  
 May Thornton  
 Mimi's Bakehouse  
 Monica Millar  
 Morrison's Granton  
 North Leith Parish Church  
 Ostara Cafe  
 Paula Robertson  
 Rachel McGill  
 Robin McIntosh  
 Rosalyn & Alex Donaldson  
 Roseleaf  
 Rotary Club of Edinburgh  
 Sam Moody  
 Sandisk  
 Sandy & Siobhan Nairn  
 Santander  
 Scottish Widows  
 Sign Directory  
 Sir John Elvidge  
 Skipton Building Society  
 Skyscanner  
 Speaking of Values Book  
 St James' Place  
 Tesco - Duke St, Leith  
 The Grange Hockey Club  
 The Royal Yacht Britannia  
 Tom Davy  
 Tom Payne  
 Tony Stewart  
 West Granton Community Trust

*A Big Thankyou to all Funders and Donors - we couldn't do it without you!*

# The Citadel Team over the last year:

## Volunteers

Kirsty Simpson, Kevin Mongan, Anna McKeever, Angus Thomson, Ben Grahame, Tammy Kendall, Zach McCutcheon, Mary McGuire, Lindsey Fischer, Naomi Paton, Grace Gray, Heather McGibbon, Ashleigh McCall, Sarah Clarke, Chantelle McPherson, Paula Arthur, Kat Main, Ali Gibson, Alan Mackie, Eva Chmelikova, Adele Nicol, David Catherine, Jenna O'Neill, Alia Ghafar, Devon-Louise Oakley, Shiv Das, Nikki Skinner, Fiona Robertson, Alison Orme, Adrian Graham, Fraser Brown, Laura Struthers, Lauren Davis, Margaret (Malgorzata) Zawisza, Maryanne Fitzpatrick, Mira Tapaninen, Sarah Ågren, Weronika Plotka, Agne Tamaliunaite & 'Smudge'

## Students

Natalie Rowatt, Beth Smith Carmen Araujo, Kyle Riddell, Ailee Burns, Rab Wilson

## CJS Trainees

Lewis Malcolm, Damon Hutson-Boyle, Theo Akum and Louise Igoe

## Staff

Willy Barr (Manager), Andy Thomas (Deputy Manager), Kay Millar (Office Manager), Sharon McAree-Thomas (15+ Futureheads Worker), Rachel Rowan (15+ Activity Agreements Worker), Shona Agnew (15+ Project Worker), Karen Anderson (Girls & Young Women's Worker), Emma Sangster (Girls & Young Women's Worker), Liz Duncanson (Families Project Family Worker), Ruth Kerracher (Families Project Children's Worker), Ryan McKay (Old's Cool Intergenerational Project Worker), Kirsten Law (North East Locality Youth Development Worker), Natasha Iregbu (Under 12's Project Worker), Natalie Thomson (Families Sessional Worker), Tamsin Williams (Girls & Young Women's Sessional Worker), Lewis Malcolm (CJS apprentice), Damon Hutson Boyle (CJS apprentice), Theo Akum (CJS apprentice) and Louise Igoe (CJS youth)

## Management Committee Members

Allister Short (Chairperson), Gavin Henderson (Vice Chairperson), Ian Colgan (Volunteer), Jemma Neville (Volunteer), Craig McGregor (Volunteer), Sandra Ronald (Parent Representative), Dawn Exley, Cllr Adam McVey (Elected Member C.E.C.), Cllr Gordon Munro (Elected Member C.E.C.), Naomi Paton, PC Richard Hooper (Police Scotland), Kirsty Hannigan (Local Resident) and Paula Aldin-Scott.



**CITADEL**  
YOUTH CENTRE

[citadel youthcentre.org.uk](http://citadel youthcentre.org.uk) | [friendsofcitadel.org.uk](http://friendsofcitadel.org.uk)  
175 Commercial Street | Edinburgh | EH6 6JE | 0131 554 0510  
Registered Scottish Charity SC015293