



# annual report

2007 / 2008



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**The Rock Trust is committed to providing the right support at the right time to young people. In a climate where change is the only constant this has to be our touchstone.**

Increasingly we are working with young people to encourage them to help us develop the right services. Our new business plan was developed by consulting young people, volunteers, staff and the Board of Directors. This means that we are extremely confident that our plans for the future will indeed meet the needs of young people.

Over the year we have had many visitors from home and abroad exchanging ideas and sharing visions which is all very exciting and stimulating, however, at the end of the day it is how we are doing the job on the ground which matters to young people.

A survey of young people in our accommodation told us that we are currently matching the needs of young people – in a scale of 1 – 10 41% rated the service as 10, and 23% rated the service as 9. There were no scores below 6 (above average).

Over the last year with Scottish Social Networks we have developed and published a training pack which aims to train staff across Scotland the impact of positive social networks on everyone's lives. The refurbished Underground is open 7 days a week, with increased numbers attending both the open group work sessions. We secured funding for a Social Networks project in Edinburgh and we were awarded Investors in Volunteers. We have participated in local and national consultations on issues which effect young people and we have worked closely with local authorities to assist them to develop their strategies.

We are never short of vision, ideas or drive. However, like many organisations we are having to grapple with local authority funding cuts and increasing competition for Trust funds. We are doing everything in our power to ensure that the impact of this adverse financial climate is minimised for young people and staff.

Once again it is the energy, enthusiasm and commitment of young people, volunteers, staff and Board members which has enabled The Rock Trust to grow and develop. This report gives just a flavour of the amazing work they are all doing.

**Romy Langeland**  
Chair

**Ella Simpson**  
Chief Executive

## Youth Development Services

The last year has been one of expansion for the Youth Development Team. The new Underground Café opened in April and has been going from strength to strength. The Networks Project received new funding from the Big Lottery Fund and Active Futures is now a year in and reflecting on successes and learning.

### Networks

Following the success of the Networks Project during 2003-2006 the Big Lottery Fund have granted us a further three year funding to continue this essential work. The aim of the project is to support young people to explore and build their relationships and social networks, through one to one support, befriending and group work. The two support workers are just in post as this is being written and are raring to go!



### Underground

The Underground opened its shiny, newly painted doors on the 3rd April 2007. The refurbished premises now include showers and laundry facilities as well as a commercial kitchen and café. We are now able to meet the basic needs of the city's most vulnerable young people and also introduce volunteering in the Underground. Young people are able to give something back whilst learning skills that they can take forward into employment. The café has been a perfect environment for young people to volunteer. Preparing and serving food to their peers and taking responsibility for the service, including ordering food and deciding on menus. This initial step into volunteering has fired the imagination and the motivation of the young people. Those who took up the volunteering role decided to work with PEST to seek the views of their peers on the service, which fed back into the planning of the service. Volunteers have also taken on individual roles within DJing and PR at present but the list keeps growing.



With our new funding the Underground has been able extend its services. We are now open seven days a week offering access to laundry, showers and staff support. We have been running four drop in sessions, covering evenings and weekends when young people are most vulnerable. These sessions are critical to getting young people engaged in the service and trusting staff. These relationships are the key to making long term changes in the young person's life.

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As always we have been running health and housing focused groups throughout the year. Some of these groups have been developed further.....

In partnership with Fast Forward we supported young people to update our drugs resource 'R U Coushty' which is now 'drugs, it's up to you'. Our Young Parents Group has been developed to offer additional support and one off advice to young parents across the city. The gym group is now running twice a week, covering the weekend.

Just as we are becoming settled within our new surroundings another time of change is ahead with City of Edinburgh Council planning how they will put their homelessness services, including the Underground, out to tender. Time will tell what development this means for the services.



### Active Futures

A year on the Active Futures project has successfully ran five programmes, working with young women to engage them in physical activities. A variety of activities such as trampolining, gardening and kayaking, gave the young women an opportunity to discover what form of exercise motivated them. Support from staff encouraged them to sustain the activities and explored ways for them to do this in their own communities without our support.

A celebratory residential or away day for mothers was held at the end of the programmes where Duke Of Edinburgh Bronze Award certificates were given out.

Half way through the funding for this project we are already looking at sustainability and how best to use the learning gained so far to ensure we are supporting young women and working towards the Scottish Governments physical activity targets for 2022.

### Scottish Social Networks Annual Review 2007/08

The Scottish Social Networks Forum has made fantastic progress in 2007/2008, with the launch of valuable practical resources and through partnership working, spreading awareness of the importance of social networks.



The **Scottish Social Networks Training Pack** was launched on the 26 June 2007 and has been highly acclaimed. The training is for everyone working with people who have limited social networks.

The training was developed for Scottish Social Networks Forum by The Rock Trust with support from professionals in the social care field. Organisations can use it to train frontline staff and volunteers to encourage their clients to develop positive social networks - helping them move away from dependency on services, take control and move on. It equips staff with analytical skills and practical methods to help clients:

- Analyse their individual social networks
- Strengthen and extend their informal social networks
- Access further support if needed

*Both the training pack and toolkit have been well received.*

Around two thirds of the 1000 training packs published were distributed across the country over the course of the year.

The 8 November 2007 saw the launch of the **Successful Project Development Toolkit** at the Scottish Council for Single Homeless conference. The toolkit is designed to make it easier for local authorities, voluntary organisations and others to develop successful mentoring, befriending and mediation projects which will help prevent homelessness.

Nicola Sturgeon, Cabinet Secretary for Health and Wellbeing expressed her support for the toolkit and social networks generally. Copies of the toolkit have been distributed to every local authority as well as many other organisations.

Both the training pack and the toolkit have been well received and there has been very positive feedback on both these resources.

The Scottish Social Networks website has been further extended with new web pages providing additional information on social networks and access to the **online database** launched by Stewart Maxwell, Minister for Communities and Sport on 29 January 2008. The database maps interest in social networks and project delivery across Scotland, providing a highly valuable resource.

The database enables users to search for an organisation by name, an individuals' name, or by interest in the fields of mentoring, befriending and mediation. The number of contacts on the database has grown to 1400, with new entries being added regularly.

As hoped being able to offer these resources made highlighting the need for action to support clients' social networks much easier and we promoted them with individual contacts, through our newsletter and website and at conferences and events. Mostly these conferences and events were organised by others who invited us to participate however in addition to two of the launch events we took the lead for two important consultation events.

At the request of the Scottish Government Mental Health Division, Scottish Social Networks held two very interesting consultation events. The events were designed to obtain feedback from organisations and front line staff out with the NHS on "Towards a Mentally



Flourishing Scotland: The Future of Mental Health Improvement in Scotland 2008-11". The first event was held in Glasgow in partnership with Glasgow Homelessness Network on 10 March 2008 and a similar event was held in partnership with City of Edinburgh Council on the 14 March.

The consultations indicated participants felt strongly that social networks are central to sustaining mental health, mental wellbeing and routes out of homelessness.

Over the course of the year, awareness of the importance of social networks has continued to grow with the support of The Rock Trust and the continuing funding from the Scottish Government Housing Access and Support Division. Development of the three key resources has really helped widen the promotion of social networks by giving people the practical tools to take forward the theory behind it. The launch of these resources has really consolidated the ground work done in the previous year to great effect. Amongst many other things in the coming year, a number of training courses using the training pack are planned with partner organisations, to help ensure this valuable resource is used as widely as possible.



## Housing Support



The Rock Trust has been providing young people with accommodation and support now for the past 17 years. Throughout our history, the demand for this type of service has continued – perhaps demonstrating the size of the challenge faced in alleviating youth homelessness in future.

Nowadays these types of services are referred to as 'Housing Support Services'. The Rock Trust operates three such services – The Bedrock Project (offering accommodation and support), which is run in Edinburgh and West Lothian. Our Mainstay service offers support to young people who have moved on (either from us or from elsewhere) to their own tenancy, but who need a bit of support to manage the transition.

Our services have remained popular with young people and we are particularly proud of the consistently positive feedback that we receive from them. Over the reporting period over 80% of those using the services described them as "excellent". We know from experience that if you treat people well you will always help them get the best out of themselves. Over the year the services demonstrated a wide range of strong outcomes, including the vast majority of our young people moving on in a planned and positive way

The year has been one very much marked by travel with some young people stretching their horizons and experience wonderful trips to far flung places – ranging from trips down to London to take part in young peoples consultations, to as far afield as Namibia and Switzerland. It has been thrilling to see the positive impact that these and other opportunities have had on them.



## Income Generation

Thanks to a lot of hard work and fantastic ongoing encouragement from our supporters, the year has been very successful.

Of course, with a small team of workers able to take on this work (and with limited available time), its always a real challenge to decide what avenues to pursue.

We felt at the beginning of the year that we needed to dedicate more time to applying for grants through Trust Funds and Foundations. Concentrating on this area proved a great success, as we saw income up from these sources by 54% on the previous year.

Events are an important highlight of our calendar – not only do they provide us with an important income source, but they are extremely useful in allowing us to raise awareness of the issues around youth homelessness, as well as the work that The Rock Trust does to combat it. They also provide a wonderful opportunity for us to meet with our supporters and to thank them personally for their support.

Over the year we staged 5 events – The Kilt Walk, The Sleepout, a comedy night and two postcard art exhibitions and auctions. The last three of these were 'new' to the organisation and we were particularly pleased with how they went.

*We would like to say a special thank you to every individual, group and company that has contributed to our work.*

We were delighted to secure the funds over the year to allow us to purchase a minibus for the organisation. Already this is having a great impact in the way we are able to do our work – and the number of extra opportunities we are able to afford our young people.

Corporate bodies can play such an important role in the work of charities – providing funding, as well as time and expertise to help increase our own skills. We were delighted therefore to have received such kind support from a range of companies over the year including Standard Life, The Royal Bank of Scotland and the Bank of Scotland.

Supporters are the lifeblood of the Trust – not only providing the valuable resources that help us to continue our work, but also the encouragement and support to know that what we do is important and matters. We would like to say a special thank

you to every individual, group and company that has contributed to our work – through donations (financial or in kind) and kind words.

Lastly, we would like to pay a special tribute to all the volunteers who have contributed their time and efforts to The Trust over the period. Whether that be in direct support to our young people or assistance in events, or spending some time spreading the word of the Trust. These contributions have such a positive effect on our work and we are extremely grateful for them.



## The Rock Trust Summary of Accounts

For the year to 31 March 2008

	2008		2007	
	£	%	£	%
<b>Income</b>				
Donations	89,934	7.9	66,672	6.7
Gift Aid etc	30,187	2.6	36,419	3.7
Legacies	22,837	2.0	90,000	9.0
Rents and Support	659,721	57.8	660,246	66.4
Grants	235,026	20.6	98,754	9.9
Local Authority	87,354	7.7	21,772	2.2
Miscellaneous	16,744	1.4	20,504	2.1
	£1,141,803	100.0	£994,367	100.0
<b>Expenditure</b>				
Charitable Activities	1,045,538	92.7	949,301	95.3
Cost of Generating Voluntary Income	71,623	6.4	36,603	3.7
Governance Costs	10,626	0.9	10,077	1.0
	£1,127,787	100.0	£995,981	100.0

The Rock Trust operated as a surplus of £14,016 for the year. (2007: Deficit £1,614) Continuation funding for the Underground and Social Networks project was secured from the Big Lottery Fund and was a major contribution to the increased grant income of £235,026 (2007: £98,754).

These figures are summarised from the published accounts of The Rock Trust for the year ended 31 March 2008. Copies of the full accounts are available on request from the Trust's office.

The Trust's auditor is Alexander Sloan, Chartered Accountants, Edinburgh

## Thank You

The successes of last year was made possible thanks to the ongoing fantastic support from a wide range of individuals, groups and schools. Without this support there is little doubt that what we would be able to achieve would be considerably less. To those individuals who have supported us, please accept our heartfelt thanks.

Over the period we have welcomed support from:

Balfour & Manson LLP	Jollies
The Bank of Scotland	Laidlaw Youth Trust
The Big Lottery Fund	Laings Charitable Trust
The Churches and Guilds of the Lothians'	Lloyds-TSB Foundation
City of Edinburgh Council	Nansie Massey Trust
Christina May Hendrie Trust	Native
Community Food and Health	Pleasance Trust
Cross Trust	Plum Trust
Cruden Foundation	Ponton House Trust
Dulverton Trust	The Royal Bank of Scotland
Edinburgh Community Safety Partnership	Socha
Edinburgh Leisure	Scottish Community Foundation
Edinburgh University	The Scottish Government
Frame	Souter Trust
Gannett Foundation	Standard Life
Gannochy	Stafford Trust
Gordon Fraser Charitable Trust	Streetsmart
Greggs Trust	West Lothian Council
James Thom Howatt Charitable Trust	YouthLink Scotland



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