



rock trust

**ANNUAL
REPORT
2010/2011**

**BECAUSE EVERY YOUNG
PERSON HAS POTENTIAL**

CHAIR / CHIEF EXECUTIVE REPORT

Year 2010/11 has been one of massive internal change; a time spent strengthening the organisation for the future. We aim to ensure that we use the resources we have to provide young people who are at risk of, or are experiencing homelessness, with the best possible services and that every penny received has an impact.

Our plan for improvement has been put into action. This has not only involved renewed policies to bring our standards of

Governance, Performance Management, Health and Safety and Employment up to date but also an investment in our people through training and support. At the same time we have been able to start new national and local projects and continue our fundraising efforts.

We have continued to receive very positive feedback from our funding bodies, not only

'We know that our reputation as an employer, provider and partner has to be strong to continue this success'

regarding the standards of our work with service users and our ability to achieve outcomes but also in our communication and reporting. Our consultations have become a regular practice both for staff and for service users who now lead many of the engagement events we undertake. This ensures that young people continue to be involved in the development of the organisation and

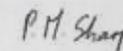
its services. We also maintained our Investors In Volunteers status and improved our Care Commission grades, proving that our systems are working.

Whilst our local projects deliver effective services to young people throughout Edinburgh and the Lothians, our National projects influence the practice of others Scotland wide. The Beyond Research and Scottish Social Networks projects have enabled us to identify and share best practice

information which will have an impact on young people nationally.

We know that our reputation as an employer, provider and partner has to be strong to continue this success. We will continue to build and maintain contacts throughout the sector and beyond to try to ensure that we are at the forefront of the development of effective practice. It has been a challenging year, something we expect to continue for a good few years to come, but,

as in the past, 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.



Paula Sharp
Chairperson



Kate Polson
Chief Executive



HOUSING SUPPORT SERVICES

The Rock Trust has been providing housing with support for many years now.

Back in 1991, when the charity was set up, this was in fact its primary concern. Over the years the service has changed quite dramatically – starting from its origins in a five bedroom house in East Claremont Street and evolving into a managed property portfolio of over 40 flats, dispersed across the whole of Edinburgh

and West Lothian.

Today we offer a range of housing provision to meet the varying needs of the young people that we work with (from shared living, single accommodation and flats for young parents). Over the course of the year we worked with 95 young people in these flats – helping them to manage the day to day challenges and responsibilities that independent living brings.

Of course this is only one part of the journey. Eventually young people move on from our flats and take the next steps, usually on to their own Council, Housing Association or private tenancy. At this critical point our work continues and we are able to carry on supporting each young person as they face the task of setting up their new home and integrating into their (often new) communities. Last year we supported 70 young people taking these important steps –

‘Today we offer a range of housing provision to meet the varying needs of the young people that we work with’



through our Gateway and Mainstay visiting support services.

Over the year young people in our Housing Support service have benefited from taking advantage of the other services that The Rock Trust has had to offer. We have also been able to help in other ways, such as providing grants and move in packs for young people who are setting up their own house. The wider community has supported this work by generously providing gifts in kind

that we have been able to pass on to them – often small tokens of support, which make a world of a difference!

As a footnote to the year, we were delighted to receive our first ‘Excellent’ grades from the services regulator, The Care Commission. This important milestone is a reflection of all the good work put in over the period by our dedicated team of staff and volunteers – well done to them all!

Number of Young People Worked With In The Year*

WEST LOTHIAN BEDROCK:

Female	14
Male	24
TOTAL	38

EDINBURGH BEDROCK:

Female	25
Male	32
TOTAL	57

GATEWAY:

Female	23
Male	19
TOTAL	42

MAINSTAY:

Female	15
Male	13
TOTAL	28

NETWORKS THROUGH CARE

The first year of the Networks Throughcare project (funded by The Big Lottery Fund) has delivered many positive outcomes, as well as presenting some interesting challenges.

The project, which represents a partnership between the Rock Trust and four Lothian local authorities, concerns itself with developing

the social coping skills of isolated young people moving on from the care system.

Following placement of our staff in the four local authority areas, much time and hard work was spent building positive working relationships with the council's Through Care and After Care teams, with whom the project works in partnership.

Over the reporting period, the project has engaged with 46 young people through one to one work, group work and / or mentoring. Many of these have already reported an increase in the number and quality of supportive networks available to them and have moved into employment, training, volunteering and / or education.

As well as providing direct support to young people, the project also offers social network training to other staff working in the sector. This wider remit

helps to develop the skills of a wider workforce, which in turn helps to reach more young people – meeting their psychosocial needs and helping them better manage the transition from care. In the reporting period we have trained 145 supporters and carers. In the coming year we will increase this number significantly as we embark on a targeted public relations campaign. A particularly pleasing aspect of the work undertaken has been the multi-agency approach to group-work.

Across all four areas we have delivered successful sessions in partnership with other organisations including various Local Council services, the West Lothian Youth Inclusion Project, Midlothian Young Peoples' Advice Service and the National Health Service.

The end of the year saw the end of the 'Networks' project, however the work will continue on through our 'Networks Throughcare' and 'Compass' projects. Over it's lifetime the original Networks project engaged

with 298 young people through intensive one-to-one support, group-work, mentoring, mediation and conflict resolution workshops. Positive outcomes were reported in 288 of these cases. The Rock Trust would like to thank all staff and volunteers involved in the project for their hard work and commitment in achieving such success.



THE UNDERGROUND/ CRISIS TEAM

2010-2011 has been a busy year for the Underground/Crisis Team. The year saw us receive the last tranche of funding from The Big Lottery fund (BLF) to deliver drop in sessions, health focussed groups and physical activity groups. We are extremely proud of the work that this part of the service achieved over its

3 year history. In summary, over 400 young people accessed it, benefiting from the 2500 free hot meals served, all the way through to experiencing the continually evolving, informal education sessions promoting physical activity and healthy living.

Running alongside this work was the Crisis

service which entered its second year. This project (delivered in partnership with Streetwork) seeks to provide a 365 day a year service to young people who are either at immediate risk of homelessness or are experiencing homelessness.

The Crisis project is arguably the most 'front line' service within The Rock Trust, as very often it engages young people who are rough sleeping who to date have not accessed any services that can help.

'The service offers a daily 'open access' session between 9am & 11am where young people can access confidential, 1:1 support from staff in a safe space'

The service offers a daily 'open access' session between 9am & 11am where young people can access confidential, 1:1 support from staff in a safe space. The Crisis staff have been busy throughout the year raising awareness of the service across Edinburgh. They have also been instrumental in developing initiatives like 'Eviction Support'. This part of the service links up with young people who are at risk of eviction and helps arrest the slide into homelessness.

As well as 1:1 support for young people, the service has continued throughout the period to offer free shower and laundry facilities to those in need.

The staff team have been kept busy this year with our Crisis work, engaging with 250 young people throughout the year.

Another part of the Crisis service worth mentioning is the Nightstop project. This offers emergency accommodation to young people in the homes of approved volunteer hosts — for up to 3 nights.

The outcomes that we have achieved through this project have been extremely encouraging as we seek to divert vulnerable young people away from mainstream homelessness services. In the past year we have been successful in diverting many young people away from homelessness altogether



THE STEP UP PROJECT

The Step Up Project aims to build skills of young people and prepare them for work by getting them involved in community volunteering challenge days. Running alongside these days are a series of workshops which aim to develop the underpinning skills needed to access and sustain regular structured activity – from employment, training, education and volunteering.

The project has been running for a number of years now and each year has seen it go from

strength to strength. Last year was no exception to this. As well as taking 60 young people through the programme, we managed to develop links with a host of new community groups – all needing assistance to help move things on in one way or another. The project contributed a wonderful 416 hours of group volunteering time – helping to make a real positive difference to communities and projects around the Lothians (and beyond).

Not only have the young people managed to gain

valuable experience of trying different things, they have also picked up tangible rewards along the way such as Duke of Edinburgh and Millennium Awards – all things that they can take with them on the next part of their journey. Step Up will be joining other Rock Trust services next year and from now on will form part of the wider ‘Compass’ Project.



BEYOND HOMELESSNESS RESEARCH PROJECT

This year saw the commencement of the Big Lottery funded research project, ‘Beyond Homelessness’.

The project is a partnership venture between The Rock Trust, Scottish Social Networks Forum and the University of Strathclyde. The research is focused on examining the impact of social networks based support on those at risk of (or currently experiencing) homelessness. It will work with a range of stakeholders to highlight the impact of a networks approach to supporting these people as well as the

networks services currently available.

In its first year the research conducted 60 in-depth interviews with support providers (public and third sector), and surveyed 129 support providers across the 32 Scottish local authorities. The findings from the survey were used to produce a written report into the use and perceived impact of social networks based services by support providers (this report is available free of charge from The Rock Trust). Both the survey and interviews were also used to select four case study areas

(Aberdeenshire, Edinburgh City, Highland, and West Dunbartonshire) which were chosen to represent the range of challenges faced across Scotland (in terms of overcoming homelessness and working towards the 2012 homelessness target). The end of the financial year saw the four case study areas agreeing to participate with the research and we look forward to working with them over the coming year to identify the importance of social networks support in overcoming homelessness.

SCOTTISH SOCIAL NETWORKS

The Scottish Social Networks Forum was delighted to launch the Beyond Homelessness research project this year.

The first phase of the project produced a written report summarising findings from interviews with 129 support providers across Scotland.

The report gave us an opportunity to disseminate the findings at our national 'Beyond Homelessness' seminar, which was attended by local authorities and support providers.

Speakers at the seminar were:

- Suzanne Fitzpatrick, Professor at Heriot Watt University, who set the scene for the day by sharing the national and international housing context, in which Scotland legislation resides.
- Katey Tabner, Research Fellow at The Rock Trust, shared the findings from the first phase of the research.
- Jim Anderson from the Scottish Government explained the purpose of the five Housing Options Hubs across Scotland and the work which will be undertaken in relation to prevention of homelessness.
- Janeine Barrett, Principal Officer from North Ayrshire Council, explained the model of Housing Options being successfully used within North Ayrshire.
- Deborah McAlpine, from West Lothian Council, shared the council's approach to incorporating and implementing social networks.
- Ailsa Stewart, from Glasgow School of Social Work, closed the seminar by sharing challenges which the research had faced and the way ahead for the next two years.

Within discussion groups, the 90 participants discussed 'Implications of the research findings', 'Approaches to Housing Options' and 'Assessment and Prevention'. The summaries of these discussions can be found on the Scottish Social Networks website www.scottishsocialnetworks.org along with the presentations from the day.

Other work carried out in 2010/11

We ran our first pilot of the *Scottish Social Networks Training with Service Users*. Trainee Peer Mentors at Glasgow Homelessness Network undertook the one day training and gave positive feedback on using the training with service users.

In response to feedback, we developed a supplementary 'Support Skills' training pack to support the development of skills across the sector.

'Within discussion groups, the 90 participants discussed 'Implications of the research findings'



SCOTTISH
SOCIAL
NETWORKS

SUMMARY OF ACCOUNTS

The Rock Trust Summary of Accounts for the year to 31 March 2011

	2011 £	2011 %	2010 £	2010 %
Income				
Donations	37,571	2.6	48,638	4.2
Gift Aid etc	36,634	2.6	37,678	3.2
Legacies	24,506	1.7	1,000	0.1
Rents & Support	686,136	48.1	665,651	57.3
Grants	535,572	37.5	289,047	24.9
Local Authority	102,321	7.2	115,101	9.9
Miscellaneous	3,807	0.3	5,011	0.4
TOTAL	£1,426,547	100	£1,162,126	100
Expenditure				
Charitable Activities	1,257,348	95.4	1,137,753	93.4
Cost of generating voluntary income	48,680	3.7	68,980	5.7
Governance costs	11,994	0.9	11,884	1.0
TOTAL	£1,318,022	100	£1,218,617	100
Gains on investment assets	£41,549		£76,365	
Surplus for the year	£150,074		£19,874	
Donations received (Inc. gift aided donations and tax recovered)	£74,205		£86,316	
Grants received	£535,572		£289,047	

These figures are summarised from the published accounts of The Rock Trust for the year ended 31 March 2011. Copies of the full accounts are available on request from the Trust's office. The Trust's auditor was Alexander Sloan, Chartered Accountants, Edinburgh.

THANK YOU

We kindly acknowledge the generous support of the following groups and organisations that have supported us over the year:

Austin & Hope Pilkington Trust	Cruden Foundation	The Royal Bank of Scotland
Artists contributing to our postcard art event	Depaul UK	RS Macdonald Charitable Trust
Balfour & Manson LLP	Ersking Cunningham Hill Trust	The Russell Trust
Bank of Scotland	Gordon Fraser Charitable Trust	Samuel Storey Charitable Trust
Bethany Christian Trust	JTH Charitable Trust	Santander Foundation
Blackford Trust	Jollies	Souter Trust
BlackRock	Millenium Volunteer Award	Stafford Trust
The Big Lottery Fund	The Mickel Fund	Streetsmart
The Churches and Guilds of the Lothians'	Nansie Massey Trust	Streetwork
City of Edinburgh Council	TAL Fund	The Scottish Government
Christina Hendry Trust	The Plum Trust	TAL Fund
The Courant Fund for Children	Ponton House Trust	Voluntary Action Fund
	The Robertson Trust	West Lothian Council
	Sponsored Sleepout individuals and groups	

We would also like to thank all those individuals who have kindly supported our work over this reporting period.



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