



rock trust

**ANNUAL
REPORT**

2011/2012

**WORKING TO PREVENT YOUTH
HOMELESSNESS AND TO SUPPORT
YOUNG PEOPLE TO HAVE BETTER FUTURES**

CHAIR / CHIEF EXECUTIVE REPORT



Over the last twelve months, with your help, we have been able to provide services to 800 young people who are homeless or at risk of homelessness. We have worked to ensure that every young person has a place to call home, the confidence to succeed and a plan for the future.

Our previous success in providing education and support in areas of housing, finance, health and employment resulted in the successful funding of our Compass project. Whilst this project works to inform and support young

people, the VAF volunteering project provides volunteer placement and work experience to ensure young people can contribute to the community and their own success. We continue to illustrate the importance of relationships with friends, families, neighbours and communities to ensure that young people have networks of support. It is a combination of the new services and our existing services which ensured that

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we have a more effective and efficient organisation.

We revised our business strategy, aims and mission statement to ensure that we have clear focus for the future and that others can easily understand our areas of expertise. Working to prevent or resolve homelessness and provide participation and employability opportunities will ensure that homeless or vulnerable young people can go on to have bright

and productive futures. Young people can be introduced to our services at any stage and work with us on any goals through the continuum to be sure that they have the skills and capacity to live independently.

This year we achieved Investors in People standards whilst maintaining our Investors in Volunteers status and again achieved excellent Care Commission grades. Working to such high standards in our organisation and in the methods used to provide services means an excellent

experience for the young people, the staff, volunteers and for the funding bodies who support us.

Our aim this year was to begin building up support from businesses and individuals to ensure that our funding was from a variety of sources so that we were not reliant on, or vulnerable to, one funding body. This has been particularly successful and we have engaged national partners in business and fundraising who have provided magnificent support both in cash and kind.

Whilst we continue to work in an unsettled financial environment, we have reduced our vulnerabilities by ensuring that our organisation is in a position of strength as an employer, partner and provider. As we move towards our 21st Birthday, we hope you will help us to ensure that we can continue our success.

Kate Polson

Paula Sharp

HOUSING SUPPORT SERVICES

It has been a busy year for the Housing Support Team. Several staff have taken Maternity leave, which has not only created opportunities for remaining staff to take on more senior positions within the team but also for sessional workers to take on temporary contracts. All involved have flourished in their new roles — testament to

the hard work that goes in to developing staff.

With a huge demand on our accommodation service and often faced with flats that require a fair amount of work before they can be offered to a new tenant, we have dramatically cut down the time it takes to present a flat for re-let. The introduction of a new Property Management

system has greatly aided this outcome. We also have an agreed standard that each flat must reach before it can be offered for re-let. Staff put a huge amount of effort in over the year and we now have a portfolio of properties of very high standard which we can be proud of.

Of the 187 young people supported by our Bedrock, Mainstay and Gateway projects in the past year, 88% have moved on in a planned and positive way. We supported 95% of these young people to maximise their income

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and, in our most recent service user consultation, 91% of respondents reported feeling more confident or independent since starting to work with our service. On average, young people rated the support they receive as 9.3/10.

The latest development for the staff and service users is the introduction of a new style of support plan. We have developed a matrix which uses a 5 point scale to measure distance travelled towards outcome achievement in 4 main

areas: accommodation, health, safety and security and social and economic wellbeing. Young people use this scale to set themselves targets, which in turn generates action points or tasks they will undertake with the support of project staff. This has been well received by staff and young people since its introduction in April 2012.

Number of Young People Worked With In The Year*

WEST LOTHIAN BEDROCK:

Female	25
Male	15
TOTAL	40

EDINBURGH BEDROCK:

Female	29
Male	30
TOTAL	59

GATEWAY:

Female	21
Male	20
TOTAL	41

MAINSTAY:

Female	28
Male	19
TOTAL	47

NETWORKS THROUGH CARE

The second year of the Networks Throughcare project (funded by The Big Lottery Fund) has built upon the positive outcomes achieved in year one and continues to provide a high quality service to young people in the transition of leaving care.

The project, which represents a partnership between The Rock Trust

and the four Lothian local authorities, focuses on supporting young people to develop the social coping skills necessary to make the transition from care to independent adult life.

We have developed excellent working relationships with Throughcare and Aftercare teams in all four local authority areas,

using a collaborative approach to support in order to maximise positive outcomes for our service users.

In the reporting period, the project has engaged with 46 young people. Of this number, 41 have reported an improvement in their social network and 33 have progressed towards positive destinations (employment, volunteering, education or training).

'Of this number, 41 have reported an improvement in their social network, and 33 have progressed towards positive destinations (employment, volunteering, education or training)'



'How interesting it was, I gained knowledge I can use in my workplace'

'I have enjoyed the training and have learned off different services, which I will take back to my co-workers'

'Enjoyed the WHOLE session'

'Enjoyable, informative and well presented'

(quotes from recent training)

As well as providing direct support to young people, the project also offers social network training to other staff working in the sector. Over the past year, 358 supporters and carers

have been trained to increase their knowledge and skills in supporting the psycho-social needs of young people making a transition from care, with 98% noting an

increased ability to carry out their job.

Due to the high quality of support work and training we are providing (evidenced through evaluation) and the positive feedback we receive from our local authority partners, we feel the Networks Throughcare Project has the potential to elevate the profile and reputation of The Rock Trust, raising awareness of key issues across the voluntary and statutory sectors and creating partnerships which may lead to future joint ventures

COMPASS

In June 2011 we received funding from the Big Lottery Fund to run a project for young people who have a history of being looked after, offending and/or homelessness.

The Compass project offers medium term support, in an adaptive way, around 4 key issues: moving on to a sustained tenancy, managing finances, entering employment, education or training and becoming confident and able to interact positively.

Since June we have actively engaged 97 young people through drop ins, one to one support, group work, mentoring and mediation.

The drop ins are run twice a week and offer young people an informal means to self refer for support. Through the drop ins we have been able to respond to immediate financial and housing crisis as well as develop relationships and assess need for further support around relationships, tenancy sustainment and employment.

In addition to issue specific group work, we have continued to run our Step Up volunteering programme on a rolling 12 week programme. This has resulted in young people developing skills in relation to DIY, woodwork and gardening, whilst giving something back to their community.

The first ten months of the Compass project have brought exciting developments and opportunities and we hope to build on this over the next two years, in particular building on our mentoring and mediation work.

BEYOND HOMELESSNESS RESEARCH PROJECT

Over the last year, Beyond Homelessness has worked with a wide range of stakeholders, service users and support providers to conduct interviews and focus groups exploring the range of social networks support available across Scotland and the impact of these services.

Initially the project secured participation from four case study Local Authorities (Aberdeenshire, Edinburgh City, Highland and West Dunbartonshire) and then worked to recruit peer researchers and interview participants in each area. Throughout this process the

project established strong networks with support providers in each area and involved them in the consultation process, ensuring their experiences of service delivery were represented. As a result of this participatory approach, the research recruited and trained a team of 16 peer researchers who interviewed seventy five service users throughout July and August 2011. Additionally, approximately fifty support providers attended focus groups and discussed the challenges they faced in providing support to those experiencing homelessness.

The findings and analysis for the first round of research is available on The Rock Trust website.

In July 2012 the project will return to re-interview those involved in the first round of interviews and consultations. These second interviews will allow us to see how services have impacted on individual routes out of homelessness and how services have developed to alleviate homelessness in light of the Scottish Government's 2012 Homelessness Target to remove the priority need category. The final research report will be published April 2013.

VAF & VOLUNTEERING

Voluntary Action Fund

Last year The Rock Trust acquired funding from the Voluntary Action Fund to implement and develop a project specifically offering volunteering opportunities to young people. This was carried out in partnership with Fresh Start, Water of Leith Conservation Trust and National Trust for Scotland to offer a range of options.

Each partner provided the following opportunities:

The Rock Trust:

Administration, Fundraising & PR

Fresh Start :

Portable Appliance Testing (PAT) qualification

Water of Leith: Front of House & Administration, Conservation and Environmental Education

National Trust:

Conservation & Future Leader mentorship's

The aim of the project was to assist young people to engage in volunteering so they could develop the skills and experiences required in the work place, thus developing their confidence, knowledge and an insight to the requirements and

expectations within the working environment. Over the course of the year 27 young people engaged with the project.

An application for the extension of the VAF project has been successful. New partnerships have been developed with Bethany Christian Trust, who will provide retail opportunities in their charity shops and Gate 55, who will offer voluntary placements within crèches. The existing partnership with Fresh Start will continue to offer the PAT testing qualification.



In addition to the administration and fundraising options within The Rock Trust, young people will also be able to take advantage of a new youth work placement within the Compass team to develop skills in this area.

‘The aim of the project was to assist young people to engage in volunteering so they could develop the skills and experiences required in the work place’

Volunteering

In the past year we have been inundated with enquiries from people wanting to volunteer their time to help with the work The Rock Trust is doing.

We have delivered 4 volunteer training courses, with a total of 36 volunteers attending, adding to the extensive pool of volunteers already available to us. The contribution volunteers make to support the work we do with young people is invaluable and we would like to say a big thank you to each and every one of them for the time and

effort they have dedicated to The Rock Trust over the past year. Thank You!

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SCOTTISH SOCIAL NETWORKS

This year has been a year of change for Scottish Social Networks. The project received new funding, which meant a reduced and more focused approach. With the creation of the National Housing Option Hubs, the Network took on the role of working alongside the five Hubs, raising awareness of the importance of relationships and social networks. Our Co-ordinator, Lesley Stenhouse, took the change of hours and direction as an

'We are looking forward to working with the further three Hubs during that time'

opportunity to finally retire and set off to sail the world with her husband.

Our Development Manager, Allison Calder, took over the role of Co-ordinator. Over the course of the year she has built relationships with all five Hubs and has started to work with two of the five Hubs, North and Central.

We have delivered five 'Relationships and Resilience' training days in Inverness, Dundee and Kirkcaldy to local authority

and voluntary sector staff.

We have also heard that we have had our funding for next year approved, with the potential of a further two years. We are looking forward to working with the further three Hubs during that time.



SCOTTISH
SOCIAL
NETWORKS



SUMMARY OF ACCOUNTS

The Rock Trust Summary of Accounts for the year to 31 March 2012

	2012 £	2012 %	2011 £	2011 %
Income				
Donations	86,464	5.5%	37,571	2.6%
Gift Aid etc	54,670	3.5%	36,634	2.6%
Legacies	75,796	4.8%	24,506	1.7%
Rents & Support	681,271	43.6%	686,136	48.1%
Grants	496,869	31.8%	535,572	37.5%
Local Authority	104,605	6.7%	102,321	7.2%
Gains on property sale	54,569	3.5%	-	-
Miscellaneous	9,011	0.6%	3,807	0.3%
TOTAL	£1,563,255	100.0%	£1,426,547	100%
Expenditure				
Charitable activities	1,351,402	95.8%	1,257,348	95.4%
Cost of generating voluntry income	47,399	3.4%	48,680	3.7%
Governance costs	12,085	0.9%	11,994	0.9%
TOTAL	£1,410,886	100.0%	£1,318,022	100%
Gains on investment assets	£49,168		£41,549	
Surplus for the year	£201,537		£150,074	
Donations received <i>An increase of £66,929.</i> (Inc. gift aided donations and tax recovered)	£141,134		£74,205	
Grants received <i>A decrease of £38,703</i>	£496,869		£535,572	

These figures are summarised from the published accounts of The Rock Trust for the year ended 31 March 2012. Copies of the full accounts are available from The Rock Trust's office. The Rock 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:

Bethany Christian Trust	The Henry Smith Charity	The Scottish Government
The Big Lottery Fund	Margarete Annelise Emmett	Simpson & Marwick
BlackRock International	The Martin Connell Charitable Trust	Souter Charitable Trust
Christina Mary Hendrie Trust	The Mickel Fund	Streetsmart Action for the Homeless
The Churches and Guilds of the Lothians	Miss Janet Ingham	The T A L Fund
City of Edinburgh Council	The Pleasance Trust	Taylor Wimpey
CSV	The Plum Trust	The Tweedie Miller Charitable Trust
Depaul UK	The R S Macdonald Charitable Trust	Voluntary Action Fund
Dr Guthrie's Association	The Robertson Trust	West Lothian Council
The Green & Lillian F M Ainsworth FMF	The Royal Bank of Scotland	Wood Family Trust
Hedley Foundation Limited	The Samuel Storey Family Trust	

We would also like to thank all those individuals who have kindly supported our work during this period including all those that took part in our sponsored Sleep Out and other fundraising activities. Thank you for your support.



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