

Young People		
Organisation	Amount Awarded	Project Description
Barnardo's	£6,743.00	The grant will fund sessional staff costs (£4,442), additional hours for an existing Project Worker (£1,183), mileage costs (£360), staff training (£238) and materials (£520). With this funding Barnardo's East Ayrshire Families (EAF) proposes to deliver the CHOICES Project to provide 30 group-based alcohol awareness sessions reaching approximately 520 primary 6 and 7 children across 10 East Ayrshire primary schools. CHOICES will take a prevention/early intervention approach to reducing the risk of alcohol-related harm, by delivering participatory and innovative activities that will equip them with the information they need to develop a responsible attitude towards alcohol, and build their ability to make informed and healthy decisions about the safe consumption of alcohol. The CHOICES project will also enable Barnardo's and teaching staff to better identify children at risk of/affected by alcohol-related harm, and signpost them to supports at the earliest opportunity. CHOICES will deliver 3 full day sessions per primary school. Each session will be open to between 26-30 children. The sessions will consist of the following key modules: Understanding Impact on Own Behaviour, Risks of Alcohol Misuse/Healthy Lifestyles, and Social Pressure to Misuse Alcohol (Peer Pressure). They anticipate that the project will be of benefit to approximately 520 primary school age children.
Crossreach	£12,541.00	The grant will contribute towards the cost of an existing part-time Children's Worker (£5,313), Senior Project Worker (£4,248), admin support (£515), volunteer training (£1,200), taxi costs (£3,780), bus journeys (£648), premises costs (£3,060) and art and activity materials (£540) to continue the group work support for children affected by parental alcohol use. The project will deliver age appropriate group work programmes after school in 12 week blocks and will cover

		themes such as understanding addiction; expressing emotions and developing coping strategies using art as a tool. Children are transported to and from the sessions in taxis by volunteer journey buddies. They anticipate that 18 children and young people will benefit from the project over the next 12 months.
Drugs Initiative Group	£9,977.00	To contribute towards the salary of a new staff post (£6,240); increasing sessional workers hours (£1,996.80); volunteer expenses (£200) and running costs (£1,540) to enable the organisation to provide an education and support project for young people aged 10 to 18 years old who are affected by family alcohol abuse or are at risk of becoming dependent on alcohol. Young people will be provided with one to one and group support twice-weekly to educate them about the risks and dangers of consuming too much alcohol, help them to reduce their own alcohol consumption, and to reduce the isolation they may feel as a result of their own, or their family members, drinking. They anticipate that they will work with around 35 young people over the course of the year.
Elgin Youth Development Group	£13,950.00	Towards the cost of Youth Worker hours (£8,250), materials/ingredients for workshops (£2,500), volunteer expenses (£500), staff and volunteer training (£1,000), specialist sessional worker costs (£1,200) and project advertising (£500) to enable the organisation to build on the work of a 12 week pilot Saturday Night Project which aimed to provide diversionary activities and a safe place for young people aged 12 - 18 to socialise. During the pilot project the young people also received issue-based sessions and workshops including a key element which focused on raising awareness of alcohol-related harm. It is the intention through this project that young people will receive safe drinking and alcohol awareness workshops alongside workshops on mental health, self harm, healthy cooking and practical sessions to increase employability and life skills. The project will work in conjunction with, and will complement the activities of, Operation Avon - an initiative currently run by Police Scotland, the Moray Council and NHS Grampian to tackle the Moray-wide problem of underage drinking. They anticipate that the project will benefit 300 young people over the course of the year.
Girvan Youth Trust	£3,376.00	Towards the cost of a new, part-time Project Worker (£11,354), training (£1,000), travel (£1,000), and line management costs (£153) to enable the organisation to include alcohol misuse and related drug awareness into their established diversionary sports programme for local young people. The project will work with

		<p>young people from Primary 6 upwards in order to consolidate and further develop their established diversionary physical activity programme and positive connections with disadvantaged/at risk young people. The addition of the alcohol-related education materials into the sports programme will help to ensure that young people have a heightened awareness of risky behaviours associated with alcohol, the consequences of anti-social behaviour, the dangers of alcohol, and the dangers of mixing alcohol and other legal highs/illegal substances. The project will utilise the SPiCE (Substance Misuse Prevention in Community Education) resource in the delivery of the programme. This resource is endorsed by the local ADP and the NHS Addiction Services Prevention and Service Support team. They anticipate that around 1,000 children and young people will benefit from the project.</p>
<p>Hibernian Community Foundation</p>	<p>£11,500.00</p>	<p>To contribute towards the cost of sessional coaching, healthy snacks, learning materials, monitoring and evaluation, sporting equipment, and training to enable the organisation to consolidate and build on emerging, successful practice in relation to the reduction of alcohol-related harm. They will do this by extending the original successful programme outwith its original boundary of Leith to pupils in schools across the whole of the City of Edinburgh (20 schools). At the heart of the project will be the standard delivery model developed through the seedcorn funding which would see the project delivered across 8 weeks with one session per week in each school. Each session will last 90 minutes and contain three components - first half; half time; and, second half. The first half will consist of a classroom session covering the topic for the week. Half time will consist of a water and fruit break and the second half is a physical activity session which will include a number of sports including football, dance, and so on. One of the lessons the organisation has learned from the original seedcorn funding is that some schools in areas of significant deprivation require a more intensive intervention and that some pupils have additional support needs. In this project flexibility has been built in to allow them to provide additional layers of delivery either by extending the length of the programme; increasing the number of sessions from eight; and, by developing additional learning support materials to enable children and young people with additional needs to fully benefit from the programme messages. They recognise that it is important that staff are able to support children and young people who face additional challenges and as a result the funding would be used</p>

		to secure appropriate training for coaches delivering the sessions. They anticipate that around 1,800 children and young people will benefit from the project.
Mid Argyll Youth Development Services	£11,504.00	The grant will contribute to the cost of sessional youth workers (£7,104); training (£1,000); travel (£960); refreshments (£1,000); extra insurance (£1,000); and, admin/management costs (£4,320) to implement a new detached youth work initiative, "Street MAYDS", which will engage young people in Lochgilphead/Ardrihaig and the outlying villages across Mid Argyll during evenings and weekends. The streetwork project will aim to build relationships and encourage them to engage with the wider services provided by MAYDS. Sessional workers trained in drug and alcohol awareness will use a variety of tools including a mobile skate park, games, alcohol unit measuring cups, drug and alcohol fact cards etc. to engage young people and ensure that they are informed and supported to make good choices around alcohol use. They anticipate working with around 250 young people over the course of the project.
Motherwell Football Club Community Trust	£7,500.00	Towards the cost of community coaches (£6,400), equipment (£500), promotional materials (£500) and marketing and information costs (£250) to enable the organisation to deliver an alcohol awareness initiative in partnership with NHS Lanarkshire and local drugs and alcohol partnerships. The programme will be delivered in 40 schools throughout North Lanarkshire interacting with over 5000 school pupils in the process. Coaches will work closely with P5-P7 classes in schools as these children are the most impressionable when it comes to alcohol consumption and they also have a strong influence over their parents. Coaches will attend full-school assemblies to speak to all pupils and deliver the key messages about alcohol consumption, health and anti-social conduct in the community. The coaches will also integrate information sessions about alcohol-related harm into community coaching sessions they will be delivering to community teams and within soccer centres. The project will reduce the exposure of young people to alcohol and raise awareness of the negative aspects of alcohol consumption and enhance the opportunity for participants to have the ability to make positive lifestyle choices. The Motherwell Football Club Community Trust Coaching Team will undertake training to gain additional knowledge of alcohol and

		alcohol-related harm. This will be done in conjunction with NHS Lanarkshire and local Alcohol and Drugs Partnerships.
Reeltime Music	£8,186.00	The grant will cover the cost of 2 tutors (£6,526) to deliver 36 creative music and media sessions; a Peer Education Worker to deliver 12 alcohol information sessions (£540); producing 60 copies of the end of project film on disc (£120); and, a contribution to the organisation's overheads (£1,000). This will enable Reeltime to deliver a creative programme which will co-produce alcohol awareness messages in a youth friendly format in partnership with Landed Peer Education Service and Learning and Leisure Services in 6 schools across North Lanarkshire. They will deliver six creative music sessions over a two hour period and two alcohol information sessions for one hour each week for each group of pupils that they work with. This equates to Reeltime working with six groups of young people from six different schools and it is anticipated that at least 36 young people will benefit from the project.
Youth Alive (Dumfries and Galloway)	£24,985.00	Towards the salary costs of a Senior Youth Worker (Alcohol Misuse), staff training, transport costs, volunteer expenses and training plus educational resources to update and roll out their award winning PARTY programme (Providing Alcohol Related Training for Youth) and Nithsdalers programme to a wider geographical area. Both programmes deliver alcohol education to young people aged 12 -18 from Dumfries and Galloway alongside fun diversionary activities incorporating skills for employment. Through this project Youth Alive will fully review and update the PARTY programme introducing a new online element for increased accessibility, pilot and refine the new Alive! programme with new cohorts at 2 existing Dumfries school partners and 4 new school partners, develop the organisation's capacity to provide 'train the trainer' training to community and youth workers in Bellshill, Govan and Easterhouse so that professionals operating in these areas feel more confident about tackling youth alcohol misuse in their areas, and evaluate and review the programme so that they can offer train the trainer courses on the Alive! approach to schools and youth organisations across Scotland. It is anticipated that 150 young people from Dumfries and 30 community and youth practitioners will benefit from the project.

Mentor (Foundation) UK	£22,342.00	Towards the cost of a part-time Project Officer, travel costs, resource materials, Dynamic Youth Awards, and Development Manager costs and overheads to enable the organisation to provide a series of six 12 week training programmes that will address alcohol misuse and offending behaviour with youth offenders under the age of 18 within HMP Polmont Young Offenders Institute. The project is seeking funding to run the programme as a 12 month pilot initiative and participants on the programme will have the opportunity to join a development group which will play an integral role in the project's development providing training and support for those who wish to become mentors for other young offenders. The accredited alcohol training programme will focus on personal and social development, active engagement and citizenship providing a basis for the reintegration of the young offenders back into the community. The project officer will work with the young participants in the programme and liaise with agencies and community organisations pre- and post-release to ensure that the young people can continue to be supported upon release and put their skills to use within the community. A total of 60 young men aged between 16-18 years of age are expected to benefit from the programme.
Islay and Jura Community Enterprises	£9,000.00	Towards the cost of employing a Youth Co-ordinator to develop a new preventative programme of sporting, vocational, leisure, educational and social activities for young people aged 10-18 years from Islay and Jura. The programme will incorporate peer education and alcohol awareness training throughout all elements of the project. It is anticipated that around 210 young people will benefit from the project by increasing awareness of the dangers of alcohol misuse and encouraging more young people to engage in positive options and choices with regard to their lifestyle.
Clued Up Project	£6,981.00	Towards the staff costs of a detached youth worker plus additional resources and running costs to support the delivery of a Mobile Alcohol Intervention Team targeting young people under the age of 18 across Fife. The project will deliver alcohol brief interventions and follow up sessions to reduce health risks and antisocial behaviour; and to influence the choices that a young person makes in relation to alcohol consumption. It is anticipated that 84 young people per annum will benefit from the project.

Saltcoats Youth Action Group	£8,040.00	Towards sessional staff costs, venue hire and dry bar consumables and equipment to enable the organisation to roll out the P.A.R.T.Y at the Bevy and Boke Bar pilot initiative which they ran last year in North Ayrshire. P.A.R.T.Y. stands for 'Providing Alcohol Related Training to Youth' and the pilot initiative engaged 448 young people in a 6 week alcohol education programme utilising a mobile bar which was taken from area to area to train young people in making mocktails and engaging them in fun and serious discussion about the dangers of alcohol misuse. The pilot sought to change attitudes towards alcohol and binge drinking and the results from the baseline information gathered during the pilot indicates that young people did know more about alcohol and the risks involved and that young people also shared concerns over their parents and guardians drinking habits. Through the roll out of the pilot it is anticipated that the project will be able to engage with more young people (c.1,000) across further areas of North Ayrshire.
Granton Youth Centre	£10,226.00	Towards sessional staff costs to enable the organisation to expand their current North Edinburgh Streetwork programme of alcohol-based interventions with young people from 3 evenings per week to 5 evenings per week. The programme supports the engagement of young people in developing awareness, alternative participation and support around peer pressure when it comes to alcohol and the wider issues of substance misuse, involvement in crime, participation in risky sexual behaviour and anti-social behaviour.
Space Unlimited (You Decide Ltd)	£9,124.00	Towards the cost of a Project Manager, project management costs, travel and expenses to enable the organisation to undertake the second phase of their Scotch Whisky Action Fund supported youth-led enquiry project which looked into the issues that young people faced in relation to alcohol misuse in the Port Glasgow area of Inverclyde. This follow up project, which will take place over a 9 month period, seeks to implement the potential solutions to alcohol misuse that were identified by the young people during the process of the youth-led enquiry. These ideas are both school and community based and include using social media more effectively to engage with young people, designing activities for a local youth club, school-based events that can support a dialogue between young people and their parents on alcohol misuse and designing and piloting a school-based peer support service for young people. Young people will again be at the forefront of the delivery of these activities.

Fuse Youth Café Glasgow	£24,242.80	Towards the costs of a full-time Alcohol Worker to deliver workshops on alcohol to young people from the Shettleston area of Glasgow. Shettleston is an area where alcohol use amongst young people is particularly problematic and the addition of a specific alcohol focused worker will enable the organisation to focus on prevention, education and information platforms which will see the families of the young people benefit as well as the young people themselves. It is anticipated that the project will benefit around 200 young people and that the availability of family support will directly benefit 150 people.
Crossreach	£15,000.00	Towards the cost of a Children's Worker (7.5 hours per week), Service leader (1 hour per week), Admin support and reception (2 hours per week), volunteer training, taxi and bus costs, art and activity materials, central costs and premises costs to enable the organisation to run three age appropriate groupwork programmes (aged 7-10, 9-11 and 11-14) that specifically meet the needs of children and young people who have been affected by problematic parental alcohol use in their families. The groupwork programmes will run for a period of 12 weeks, on a weekly basis, at their Sunflower Garden Service (SFG) with the majority of referrals to the service coming from the Pilton, Muirhouse and Wester Hailes areas of Edinburgh. Volunteer travel buddies, volunteer Group Assistants and a student will support the Children's Worker to deliver the project. The project aims to support a total of 18 young people affected by parental alcohol abuse.
Hibernian Community Foundation	£9,500.00	Towards the cost of sessional coaches, learning materials, monitoring and evaluation costs, sporting equipment and healthy snacks to enable the organisation to a preventative alcohol education project to P5, P6 and P7 pupils via 20 schools in Leith and North Edinburgh. The project will introduce children in the upper primaries to alcohol and its effects whilst promoting positive lifestyle messages of physical activity and health eating. The project will be delivered across 8 weekly sessions by Hibernian Community Foundation coaches with input by Hibernian FC players and coaches who will act as positive role models for the young children taking part. Each weekly session will last 90 minutes and consist of three components broken into first half, half time and second half. The first half will consist of a classroom session covering the topic of the week and will include a visit to Easter Road and an introduction to the programme, how much do you know about alcohol, units and guidelines, alcohol and its effects (physical and

		social), alcohol and the law, staying safe, talking to your parents about alcohol and a celebration event and certificate presentation. Half time will consist of a drink and a piece of fruit whilst the second half will consist of a physical activity session which can include football, dance, tai chi, etc. The sessions will be interactive using games, discussion based work and learning resources developed specifically for the programme. They anticipate that around 1,800 primary school pupils will benefit from the project.
Reeltime Music	£11,966.00	Towards sessional staff costs, discs and organisational overheads to enable the organisation to roll out a creative alcohol misuse programme across ten schools in the Cumbernauld, Motherwell and Airdrie areas of North Lanarkshire. The project is a partnership between Reeltime, LANDED and North Lanarkshire Learning and Leisure Services and was piloted in 4 schools between 2015 and 2016. Through the project young people will receive preparatory sessions on alcohol misuse prior to taking part in 6 creative sessions which will involve hands on music and media activities designed to increase young people's knowledge and motivations around alcohol misuse. It is anticipated that at least 60 young people will benefit from the project.
Mentor (Foundation) UK	£21,465.00	Towards the salary costs of a Project Manager (0.2.post), Team Leader travel costs, mentor and peer educator expenses, recruitment materials, training, workshop and evaluation materials, Dynamic Youth/Youth Achievement Awards, management costs and a contribution to overheads to enable the organisation to deliver the Me & You (Mentor Youth) Project which is a peer-led programme that aims to build resilience to risks – including alcohol misuse and offending behaviour – and to foster healthy ambition, determination and a sense of community. Working across Edinburgh and the Lothian's, which includes a number of areas of high social deprivation, Me & You will deliver alcohol and health workshops to vulnerable and hard-to-reach young people, adopting a peer-led approach that builds confidence and ambition, and inspires positive life choices. The project represents a development of the Breaking Out peer-led alcohol programme which reached over 400 young offender in HMYOI Polmont. Mentor UK now seeks to bring this learning to community settings, to influence young people before alcohol-related and offending behaviours develop. Young people will have ownership of the Me & You project; they will take on responsibility for delivering,

	<p>developing and driving the project forward, generating a vitality and resonance that is only possible when young people are at the helm. Peer-led learning is particularly effective among vulnerable and socially excluded young people who do not engage with formal education. Me &amp; You workshops will be needs-led, using engaging activities to explore issues identified by young people themselves. Discussion will be non-judgemental, led by young people, and designed to build confidence, self-esteem and resilience. Three Mentor Team Leaders will recruit young Mentors (aged 14-18) to undertake an initial 12-week training course. After completing the training, Mentors will deliver one-off alcohol workshops in schools and youth settings in their local area and across Edinburgh. Once they have gained experience of facilitating workshops, Mentors will be supported to develop and deliver a range of alcohol based education sessions including a six-week alcohol and health intervention – designed to build confidence, develop group-work and communication skills, and improve knowledge around alcohol-related risk-taking behaviour – to groups of young people (aged between 12-16). After the first six weeks, participants will have the opportunity to continue their development by undertaking a further four-week programme, which will focus on developing the knowledge, skills and confidence to become Peer Educators. Peer Educators will then shadow Mentors until they are fully prepared to deliver their own peer-led workshops to groups of young people in their own local communities. Once they have developed skills as peer educators they can progress and join the mentor team. During the project, mentors and peer educators will have the opportunity to gain accreditation through the Dynamic Youth and Youth Achievement Awards (DY-YAA). From previous projects, the organisation know that recognised accreditation is highly valued by young people who may have achieved few qualifications at school. DY-YAA is a real boost to self-esteem and can act as a springboard towards further education, volunteering or employment opportunities. They anticipate that the project will benefit 129 young people either directly as Team Leaders, mentors and peer educators or via the workshops that will be provided in school and community settings.</p>
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<p>Liber8 Lanarkshire Ltd</p>	<p>£18,285.00</p>	<p>Towards staff costs, diversionary activities and programmes, transport, personal security equipment, insurance, recruitment, training and merchandising plus a contribution to organisational overheads to enable the organisation to deliver their successful Streetbase project in two additional areas in South Lanarkshire. They currently provide the Streetbase model to young people aged 10-18 years in the more urban townships of South Lanarkshire but would like to extend the service into the more rural areas of Lanark and Lesmahagow. The StreetBase model involves targeted Detached Youth Work whereby the project involves a team of skilled and trained detached youth development workers who are tasked to engage and develop relationships with young people. To begin staff map each new locality, identifying local resources and stakeholders while also gradually introducing themselves and the project within the specific neighbourhoods. This is followed by targeting 'hard to reach' young people on the streets and places they congregate and who are engaging or are at risk of engaging in alcohol/substance misuse and associated anti-social behaviour. Often this target group can demonstrate challenging behaviours however their staff are very experienced in breaking down barriers and forming long term trusted relationships. The service is provided at key times usually 6.30pm-9.30pm, predominately Thursday through to Sunday when young people are most likely to be involved in alcohol and or substance misuse and linked issues. The service is delivered on a consistent and on-going basis throughout the year three nights per week. Having successfully engaged with this target group and having built up positive relationships, young people are encouraged to become involved in a wide range of educational and diversionary activities which offer individual and group support. They also provide StreetBase Diversionary Activities which offer a wide range of diversionary activities including sports such as football, golf, swimming, environmental programmes such as the John Muir Conservation Award and personal development pursuits; examples such as; airspace and cycling. This element of the project is led by the young people; they are active throughout the entire process of identifying the particular activity; the organisation and planning required to allow the activity to take place. These are not activities just for activity's sake but rather have been carefully developed with the goal of minimising alcohol and drug consumption at key times in the evenings and raising awareness of the issues</p>
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		<p>around alcohol and substance misuse. A third element of the model is the Trading Post which is an educational tool box which was developed by StreetBase to provide tailored education, prevention and support. It includes educational and awareness raising sessions. The Trading Post can be tailored to provide 4, 6, 8 and 12 week courses. The elements are adaptable, reflecting the needs of the group; it includes sessions delivered on but not exclusive to, alcohol and consequences; sexual health and safety; physical and mental health and relationships. Finally the Streetbase model provides interventions and support and advice which are solution focused. Their aim is to address young people's issues concerning a range of matters including alcohol misuse. StreetBase staff are experienced in the delivery of the interventions. This allows the young person a safe environment with skilled and trusted staff needed to explore the issues that they are worried about or that are concerning them. Anyone having worked with young people will testify that young people will only engage with staff when they feel ready and at ease. Once relationships have developed and staff are accepted by the young person they are then able to deliver a range of meaningful interventions based on accurate information and focussed on advice, guidance and importantly harm reduction. They anticipate that they will work with around 120 young people over the course of the project.</p>
<p>Outfit Moray</p>	<p>£9,284.00</p>	<p>Towards the cost of two qualified outdoor instructors, transport, administration and insurance, specialist clothing and outdoor equipment, publicity costs and staff training to enable the organisation to deliver a pilot project in Moray for young people aged 13-18 that will combine the benefits of outdoor education with the expertise of another local charity in working with vulnerable young people at risk of alcohol-related harm. They will develop a 4-week programme for young people at risk of alcohol-related harm, that will build their confidence, help them take responsibility for their actions, increase their awareness of alcohol-related harm, and improve their mental and physical health and well-being. The 4-week programme, called Kickstart, will involve four outdoor education sessions (one a week for four weeks) for 6 vulnerable young people who have been identified as at risk, with a focus on building confidence, leadership and teamwork skills, taking responsibility for their actions and discovering new and alternative leisure activities that are exciting and adventurous. As a key focus of one of the activity sessions,</p>

		there will be a workshop carried out by Quarriers Arrows Drug and Alcohol Support Service which will be set in an appropriate outdoor setting, and which will provide a targeted education session about the dangers and consequences of misusing alcohol. The sessions will be run at evenings and weekends in order to tie in with times that young people may otherwise be drinking with others. The organisation will run 7 sets of these programmes over 12 months, and young people will be referred by local schools and other local organisations supporting vulnerable young people. It is anticipated that a total of 42 young people will be supported through the project.
Alcohol Education Trust	£18,033.00	The grant will help cover the costs of employing a part time co-ordinator to work in Scotland to deliver "Talk about Alcohol" programme. Currently Scottish teachers have to adapt the programme to make it relevant to Scotland. The new part time coordinator post will deliver training to teachers. The initial 2 year remit of the satellite office is to make the 'Talk About Alcohol' available to the 364 secondary schools (290,000 children) and 14 additional needs schools (7000) in Scotland. The aim is to ensure that Scottish children have access to the same level of evidenced, enjoyable and interactive alcohol education as children in England.
Crossreach	£16,070.00	The award will enable Crossreach to continue to provide a Children's Worker, Senior Project Worker, admin support, volunteer training, taxi costs, bus journeys, premises costs and art and activity materials for children affected by parental alcohol use. The project will deliver age appropriate group work programmes after school in 12 week blocks and will cover themes such as understanding addiction; expressing emotions and developing coping strategies using art as a tool. Children are transported to and from the sessions in taxis by volunteer journey buddies. They anticipate that 18 children and young people will benefit from the project over the next 12 months.
Health Opportunities Team	£23,205.00	The grant will contribute towards the Substance Use project within South and East Edinburgh, which is experiencing increasing demand. Funding will help them engage with more children and (12-25) who have been identified being at risk from either their own drug and alcohol use or a family member. The project will provide counselling to those currently abusing drugs/alcohol, and support to those at risk of following parents behaviours. 15 young people will benefit from the programme with sessions including peer and group led learning, one-to- one

		support with more intensive support offered. Outcomes for the young people will be increased emotional resilience and wellbeing, increased awareness of risk, and increased safety.
Edinburgh Young Carers Project (EYCP)	£15,669.00	The funding will help cover costs of providing residential activities, core skills, family events and safety sessions to young carers who look after family members that misuse alcohol. The five day residential trip provides opportunities for young people to remain free of their caring responsibilities. The outcomes for the young people are that they are better able to cope at home and are at lower risk of developing alcohol abuse issues. This programme will complement the organisation's other work that aims to reduce alcohol-related harm by providing specialist support to young carers who care for a family member(s) with alcohol addiction. 60 Young Carers between the ages of 5 and 20 years old and their families will benefit.
Eildon West Youth Hub	£17,348.00	Eildon West Youth Hub will provide two-weekly sessions to work targeting groups and individuals who have been identified as at-risk of alcohol misuse.. Immediate diversionary activities will be offered, including access to sports and creative sessions. Through a community outreach approach two youth workers will meet young people hanging- out on the streets, and encourage the young people to come into the hub.
O.A.S.I.S	£10,000.00	Working in partnership with a local animal rehoming project – Argyll Animal Aid, young people will be involved in the rehabilitation, training and readying of rescue dogs to be placed in new homes. They will work with young people aged 11-19, who either have a history of alcohol misuse or be considered at risk of doing so, owing to either issues of poor mental health and/or parental alcohol and drug misuse.. Many of the beneficiaries have been excluded from mainstream education, are care-experienced, and/or have spent time in prison or secure accommodation. During the project young people will be engaged in a structured environment, building attachment and understanding of responsibility to the animals.

<p>Kyle of Sutherland Hub</p>	<p>£12,620.00</p>	<p>The Kyle of Sutherland will deliver a fortnightly Saturday evening youth café. They will have the opportunity to participate in an hour of activity (e.g. fitness class, life skills sessions, mocktail making etc) followed by a healthy meal. There will a younger atmosphere in the café with music, videos and live entertainment. They hope to use the sessions to increase awareness amongst young people of the dangers of misusing alcohol, increase their participation in social and physical activities and educate young people on the benefits of healthy eating and drinking. As a result, they hope to see a reduction in illegal drinking among young people in the community. This in turn will encourage young people to become more active in their local community taking up added responsibilities such as volunteering and establishing youth committees.</p>
<p>Stoneyburn and Bents Future Vision Group</p>	<p>£10,000.00</p>	<p>Stoneyburn and Bents Future Vision Group will deliver project offering employability training to vulnerable unemployed young people who live in Stoneyburn and are misusing alcohol or have difficulties due to the alcohol misuse by another family member. The project will run three days per week, two days will involve learning practical skills in areas such as gardening, fencing, brickwork and soft landscaping. The third day will involve educational input from services such as West Lothian's Drug and Alcohol Service, West Lothian Youth Action Team and other support services. Stoneyburn will reach out to 50 young people and benefits will include young people being better informed with regards to the risks of alcohol misuse, have increased decision making skills, and overall be supported towards a more positive future.</p>
<p>Visual Statement</p>	<p>£9,000.00</p>	<p>Visual Statement will deliver a musical drama project called Pink to Black, designed to reach out to young girls in the Easterhouse community of North West Glasgow, who have been found to be drinking alcohol and causing nuisance behaviour. Visual Statement, will write develop and perform the production, based on the music of Pink, the artist. 'Pink to Black' portrays the decline of a young person through alcohol misuse and the impact on relationships, health and wellbeing. The young people will be involved in the production taking starring roles and performing the production to their family, friends and local community. Visual Statement hope to sustain and grow the programme by sharing the production with local schools, community centres and youth groups, so they too can hold performances as an educational tool.</p>

Yipworld	£10,000.00	Yipworld is based in East Ayrshire and will run a street-outreach service targeting vulnerable young girls under 18, living in the communities of Cumnock and Auchinleck, who are involved in anti-social behaviour, drinking and gang culture. Working with Police Scotland they hope to engage young people to take part in the 'Stomping Ground' programme, which includes a host of diversionary activities such as sports, cooking, crafts and pamper sessions. There will also be regular focus group, information and advice sessions held each week which focus on alcohol awareness, peer pressure, gang culture and personal safety. As trusting relationships develop between the young people, staff and police, it is hoped that the young people will engage in other opportunities at Yipworld including employability training, independent living skills, and personal development classes and volunteering opportunities. Yipworld also hope to extend the activities to young people in surrounding villages.
Fast Forward	£18,268.25	The funding will allow Fast Forward to partner with Strange Town Theatre Company to deliver 'peer-theatre' performance called 'Wasted' to young people which will address risk taking behaviours. Fast Forward and Strange Theatre Company have previously worked together to deliver the theatre production and they will now be expanding their reach, by engaging with and performing to school children in S2 and S3, living in the Lothians. The 40-minute play covers anti-social behaviour, peer pressure, injury, conflict and alcohol-associated violence. Following the performance, actors then stay in character to facilitate a workshop alongside a youth worker. Pupils are asked to reflect upon the choices made within the play, identify associated risks and discuss alternatives. Fast Forward will reach out to 1,865 young people.
<b>Families</b>		
<b>Organisation</b>	<b>Amount Awarded</b>	<b>Project Description</b>

<p>Carers of West Dunbartonshire</p>	<p>£11,340.00</p>	<p>Towards the staffing costs for a new part-time Development Worker (15 hours per week) for a period of 24 months to implement the SEARCH (Support and Education for Alcohol Related Challenges in the Home) project in West Dunbartonshire. The project will develop an alcohol education programme for carers; establish an emotional support system for carers; and seek to influence policy and practice to raise awareness of the issues faced by carers of those with alcohol related issues. The project will target younger adults aged 18-25 years who are at risk of using alcohol as a coping mechanism for carer related stress and older adults aged 65 and above who are emerging as a 'hidden' group of people with alcohol related issues. The project will benefit 50 individuals over a two year period.</p>
<p>Carers of West Dunbartonshire</p>	<p>£13,319.00</p>	<p>The grant will cover the cost of an existing part time SEARCH Project Worker for 20 hours per week (£11,960), pension contributions (£759) and travel expenses (£600) to continue the work of the Support and Education for Alcohol Related Challenges in the Home (SEARCH) Project. The SEARCH project provides support to carers that are affected by alcohol related issues, either because they are caring for someone who is misusing alcohol or because they themselves are dealing with their own alcohol issues which they use a coping mechanism. The worker will sustain and build on the existing education programme and the emotional support system for carers including widening the Carers' Support Group and helping to influence policy and practice. They anticipate that 50 carers will benefit from the project.</p>
<p>Impact Arts Projects Ltd</p>	<p>£25,000.00</p>	<p>The grant will cover the cost of 3 freelance Arts Therapists for service delivery (£12,960) and time for prep, review and evaluation (£2,160), an Art Therapy Supervisor (£5,125), art materials (£1,000), 2 day dyadic therapy training for therapists (£750), participants travel (£2,400) and admin support (£605) to enable the organisation to deliver dyadic art therapy intervention model for families affected by, or at risk of, alcohol-related harm. The intervention will use a dyadic (parent/carer and child) approach, and the principles of creative therapy to tackle social, mental and emotional barriers to improving family resilience and creating positive family relationships (i.e. improving bonding and attachment). They anticipate that they will work with 8 families over the course of the year (16 people in total) with up to 30 sessions per family.</p>

<p>One Parent Families Scotland</p>	<p>£15,035.00</p>	<p>This application comes from the Dundee locality service and the grant would contribute towards the salary costs of a Family Support Worker for 14 hours per week (£11,613); management costs at 1 hour per week (£1,340); travel expenses and resources (£300), and a contribution towards overheads (£1,782) to establish a new family support service in the deprived areas of Fintry and St Mary's. The 14 hours per week would be added to an existing part-time post to deliver awareness and education sessions around alcohol consumption and associated behaviours as part of a programme of activities designed to engage with local people on a range of issues impacting family life. Activities would include preventative and diversionary work to help reduce alcohol-related harm including "dry" social events that families can replicate at home and group sessions around healthy lifestyles. They would also train local residents to become peer volunteers. Around 60 people would benefit.</p>
<p>Up-2-Us Ltd</p>	<p>£13,536.00</p>	<p>Towards the cost of a part-time Project Worker, travel and premises costs to enable the organisation to provide 1-1 enhanced mentoring support to young people and their families where the alcohol consumption of a parent is having an impact on the young person's life. The Project Worker would visit families in the home and work with them to improve relationships, provide family mediation and improve parenting skills. Parents would also have the opportunity to take part in group work activities that can improve their awareness of the impact that drinking can have on their child's life and the young people would have opportunities to receive support to join activities and groups locally to minimise the risk of them turning to alcohol to cope with their family lives.</p>
<p>IA2PS (Increased Access 2 Psychological Support)</p>	<p>£10,823.20</p>	<p>Towards the cost of appointing 2 sessional workers to design and deliver a project entitled 'Keep the Heid!' targeted at new parents living in Stewarty and Nithsdale in Dumfries and Galloway. Increased access 2 psychological support is requesting £10,823.20 to develop a Mindfulness Based Living and Responsible Drinking Awareness Programme (MRDA). The grant will cover the costs of 2 sessional counsellors to develop and deliver two 10 week MRDA programme for about-to-be parents and parents with children 0-8 years old. The project will also teach new parents about the practice of mindfulness and encourage them to adopt mindfulness in their day to day lives.</p>

Couple Counselling Lothian	£18,000.00	The grant will be used to contribute towards the cost of counselling and family therapy sessions @ £70ph x 200 (£14,000); travel expenses @ £60 per month x 12 (£720); external supervision to meet COSCA regulations (£2,000); and line management @ 2hrs pm x 12 (£1,280) in order to enable the organisation to provide counselling to children and young people under the age of 18 who are struggling to adjust to living with a formerly alcoholic, but now sober, parent. Children and young people often have anger, guilt, fear, and/or mental health issues as a result of growing up in an alcohol-fuelled environment and the transition to a sober environment can be difficult for them to adjust to. The project will meet an identified gap in service provision and provide a space to work through issues and build bridges within the family. Up to 120 individuals will benefit from the project during the course of the year.
Addictions Counselling Inverness	£9,150.00	Addictions Counselling Inverness will expand their one to one counselling sessions to family members, or significant others, of people who misuse alcohol, within Nairn, Badenoch and Strathspey. The new service, will provide counselling to 12 people, who due to being unable to travel, could not access counselling services in Inverness. The outcome of family counselling will be: reduction in domestic abuse, social isolation, anxiety and depression.
<b>Communities</b>		
<b>Organisation</b>	<b>Amount Awarded</b>	<b>Project Description</b>
VOCAL Voice Of Carers Across Lothian	£3,428.00	Towards the cost of staff time (£2,308), volunteer expenses (£120), venue hire (£500), promotional and evaluation costs (£500) to allow VOCAL to integrate safe alcohol consumption, harm reduction and preventative messages into VOCAL's group work and training programme and to develop tools for use in one to one work. They will use the funds to develop two 'Alcohol and Me' workshops. The first will be an in-depth 2 hour long workshop to explore alcohol, its short term and long term effects, personal relationships with alcohol, triggers for unsafe alcohol consumption, healthy alternatives and sources of support. The second will be a 15

		<p>minute input to support carers to reflect on their own alcohol consumption and sources of support. This would be integrated in to all other training events provided through VOCAL. During the 'That's Life' project, VOCAL identified the need to develop tools to support conversations about, and reflection on, alcohol consumption. These tools will incorporate Solution Focused approaches with SMART Recovery Models, Motivational Interviewing Techniques and Mindfulness. Once developed the tools will be used in one to one meetings, as homework and can be used a personal reference point building resilience and supporting sustained change. VOCAL will use the funding to pay for additional hours of specialist Carer Support Worker time to develop and pilot the tools. Once the tools have been developed the Carers Support Worker will train and support the generic Carers Support Workers to ensure they have sufficient knowledge and skills to use the tools with clients. In addition the specialist Carer Support Worker will, in partnership with VOCAL's Training Officer, research and develop the workshop training materials. The Training Officer and the specialist Carer Support Worker will deliver the in-depth workshops to groups of carers a minimum of 6 times a year and train and support a group of volunteer facilitators to deliver the 15 minute workshop as part of 40+ longer courses a year. The combination of one to one and group sessions will support carers at risk of harmful alcohol consumption to increase their knowledge, identify issues, understand triggers/risk factors and address them. They anticipate that 500 carers will benefit from the project.</p>
<p>VOCAL Voice Of Carers Across Lothian</p>	<p>£20,000.00</p>	<p>Towards the cost of a part-time Support Worker to work with older people aged 50+ who are at risk of problematic alcohol use. "Mr/Ms. Motivator" volunteers will be used to develop self-directed social, peer and health and wellbeing activities targeted at helping older people out of isolation and supporting them to self-manage alcohol consumption. The project will support carers to limit their isolation through access to local community activities and also offer open dialogue on strategies for responsible drinking to limit risk of harm to their health and wellbeing. The Support Worker will be responsible for the delivery of the project and will develop local support networks in different communities in Edinburgh to help integrate isolated carers at risk of alcohol misuse into systems of self-directed support. Specialist staff will also be available to work with individuals to offer additional supports, intensive harm reduction and education.</p>

<p>Waverley Care</p>	<p>£15,800.00</p>	<p>Towards the cost of a new, part-time Project Worker (14,800), recruitment costs (£500), and travel (£500) to enable the organisation to develop their activities to prevent alcohol-related harm within the MSM (men who have sex with men) community in Lothian. The worker will deliver a self-management service which is a holistic life skills programme that focuses on sexual health, mental health and how their alcohol and drug use can impact on their behaviours and decisions and lead to harm. They will also deliver Alcohol Brief Interventions, both in group and in one to one sessions, as well as providing training on ABI's to volunteers from within the MSM community. Peer to peer research on alcohol related harm and how alcohol impacts on the community will also be undertaken at the beginning and end of the project. Finally, the worker will deliver 4 public facing alcohol campaigns specifically targeted at the MSM community. They anticipate that around 600 individuals will benefit from the project.</p>
<p>Space Unlimited (You Decide Ltd)</p>	<p>£3,222.00</p>	<p>Towards the costs of a part-time Project Manager for a 6 month period, running costs and travel to enable the organisation to undertake a youth-led enquiry and community dialogue event designed to develop insights and generate ideas for an innovative youth led intervention to reduce alcohol-related harm. The Project Manager will facilitate the process of recruiting 15 -20 secondary school age young people from Port Glasgow in Inverclyde to lead on the enquiry process which will ascertain how young people can play an active role in reducing alcohol related harm in the Port Glasgow area. These young people will then be involved in a wider schools consultation process to generate ideas and potential solutions which will feed in to a wider community dialogue prior to the publication of a report summing up the insights and recommendations arising from the enquiry. Follow up funding will then be sought to turn the ideas generated into action. It is anticipated that around 140 young people and adults will be involved in the enquiry process.</p>
<p>Outside The Box Development Support</p>	<p>£4,100.00</p>	<p>Towards the cost of sessional Development Worker time, volunteer expenses, travel and design and print costs to enable the organisation to develop and test a new approach to increasing alcohol awareness among older people around Scotland. The organisation will work with groups of older people in South Lanarkshire, Highland, and Central Aberdeenshire to develop information for members about alcohol and the changing risks that it can bring to people as they</p>

		age as well as developing materials that highlight the ways in which older people can enjoy alcohol safely. The older people's groups will then use these resources to support individual older people in their communities and develop peer support where required. The project will result in the production of short, practical resources for other groups that are in touch with older people to show them how to support older people's safe use of alcohol and pointing them to sources of help and advice for people who need it. It was anticipated that around 50-80 older people would benefit over the course of the project.
Orkney Alcohol Counselling and Advisory Service	£12,048.00	Towards the cost of designing and delivering an alcohol rehabilitative education programme for individuals subject to banning orders by the "Pub Watch" scheme in Orkney. The introduction of the programme would provide an opportunity to improve/educate the banned individual on alcohol misuse risks and consequences so that he or she is less likely to repeat his/her unacceptable behaviour in future. The Orkney Pub Watch educational programme would deliver in depth knowledge on the effects of alcohol use, the differing strengths of alcoholic drinks, and the health, social and personal consequences of alcohol misuse.
Orkney Alcohol Counselling and Advisory Service	£14,500.00	Towards the cost of continuing, extending and developing the now established "Pub Watch" rehabilitative education programme for individuals subject to Orkney's Pub Watch banning orders as funded through the programme in 2015. The organisation now wish to maintain what has been achieved and continue to deliver the programme to referred individuals whilst expanding the Orkney Pub Watch scheme more overtly into a preventative service. They propose to deliver educational presentations to S5 pupils outlining acceptable behaviour in local hostelrys/restaurants and their immediate environments. In addition, they wish to deliver a similar course at Orkney College, deliver a licensing law course, and how to avoid/react to potential trouble, for those at college following Hospitality courses. They will also deliver a similar course to local taxi drivers and emergency services operatives.
West Dunbartonshire CVS	£9,294.00	West Dunbartonshire Council for Voluntary Service (CVS) will run a pilot befriending project to men aged between 50 and 80 years to help reduce isolation and alcohol misuse, whilst also building resilience. Over the last three years the organisation has seen an increase in male referrals for their over 60s one to one befriending service. These referrals come from GPs, health professionals, social



## Scotch Whisky Action Fund Awardees 2014-2018



		<p>work services and dentists. By providing a group befriending service, more men will benefit from the service, reducing waiting list times. The benefit to the men are increased resilience and involvement in community activities and reduction in isolation and loneliness.</p>
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