



## Scotch Whisky Action Fund - 2019 Awardees



Young People		
Organisation	Amount Awarded	Project Description
U-Evolve 29 Paisley Gardens Edinburgh EH8 7JN	£2,000	<p><b>Project Name: Podcasting and awareness raising</b></p> <p>U-evolve exists to provide direct support to young people aged 11 to 18 who are facing mental health challenges and are disengaged from education. Our project 'TALK' will work directly with young people who have experienced a family history of alcohol misuse or are at-risk of alcohol misuse. We will work with vulnerable young people at risk of alcohol-related harm providing an opportunity to discover ways to prevent and manage alcohol misuse through the medium of podcasting. U – Evolve will work with a group of 12-15 young people over a six month period delivering weekly podcasting sessions giving them the opportunity to discuss ways to tackle alcohol misuse and consequences such as anti-social behaviour and expulsion from school. Podcasting is a great way to encourage young people to talk about how they feel and to share ideas and ways to improve the lives of young people. By being involved in podcasting the young people will not only understand how to tackle alcohol misuse, they will also increase their confidence, self-esteem and resilience.</p>

<p>Absafe The Safe 26 Corunna Road Aberdeen AB23 8DU</p>	<p>£12,260</p>	<p><b>Project Name: Alcohol Safety – Aberdeenshire</b></p> <p>Absafe exists to ensure that young people in the North East can lead a healthy life free from unintentional injury and harm. Absafe is building an extension to create a new classroom dedicated to the delivery of alcohol safety education in a bespoke and engaging interactive environment due to the local need identified by both Aberdeenshire and Aberdeen City Community Planning teams. The group will produce an educational set, which will be of park environment, using a number of visual exercises to engage young people in discussions on peer pressure and the impact of alcohol on communities and families. The group will learn how to recognise and dangers of drinking alcohol, consider the myths of alcohol and practice informed decision making. By providing an alcohol education programme in this way the group will empower young people with the confidence and resilience they need to understand alcohol and some of the challenges they may face among peers, as well as understand the negative effect alcohol consumption can have on communities. 1,200 11-12 year olds over will benefit over the next year.</p>
<p>Edinburgh Young Carers Project Norton Park, 57 Albion Road, Edinburgh EH7 5QY</p>	<p>£12,833</p>	<p><b>Project Name: The SE+ Project</b></p> <p>Edinburgh Young Carers provide person-centred, individual and group work support to young carers (aged 9-14) who care for a family member with alcohol addiction issues. Edinburgh Young Carers will employ a professional in-house youth counsellor who will deliver a series of early intervention therapeutic group work counselling to young carers. The young people know this as SE+, (Social Education Plus) and it is a specific programme designed to meet the needs of young carers living with a parent who misuses alcohol. The programme allows young people a safe place to talk through their issues and to talk about the effect of alcohol generally among their peers as well as among support staff. Through the SE+ programme coping mechanisms are learned as well as the opportunity to learn about themselves, and the enjoyments and hobbies they have in their lives which can help to enhance their quality of life. The SE+ programme also offers opportunity to young people to receive follow up counselling, where young carers can receive additional one-to-one counselling support. The outcomes for the young carers are, that they are safe and better able to cope in their home environment and are at lesser risk of developing alcohol misuse issues.</p>

<p>Paisley YMCA 39 High Street, Paisley PA2 1AF</p>	<p>£11,741</p>	<p><b>Project Name: Virtual and Touch Cast technology</b></p> <p>Paisley YMCA is a digital youth organisation with the aim to support young people reach their full potential through digitally based cultural and educational projects. Paisley YMCA will through use of TouchCast technology will provide digital based workshops to 700 young people aged 12-15 which will explore issues and themes around alcohol, where they will have the chance to use virtual technology which will show a virtual scene of a house party. At different points in the virtual scene, questions will pop up to prompt the young people to open up a discussion around alcohol. The presentation has also been designed up young people, which will make it relevant to their peers. The project will help young people understand the dangers of alcohol misuse as well as through project interaction, helping the young people to build a network of friends and build their confidence and self-esteem. The project will be showcased at local schools and youth clubs to widen reach.</p>
<p>Menself 135 Westmuir Street, GLASGOW, G31 5EX</p>	<p>£8,400</p>	<p><b>Project Name: Drumbeat</b></p> <p>MENSELF + (Men Encouraging &amp; Nurturing Self Efficacy to Live Life Fully) provides health and wellbeing information sessions to young men and men aged 14+, using innovate techniques such as ‘MOT 4 MEN’ health checks, enabling the group to reach out to men, which can be a harder health demographic to reach. Menself will run an inter-generational DRUMBEAT group to young men and men aged 14-45. DRUMBEAT is short for Discovering Relationships Using Music, Beliefs, Emotions, Attitudes, and Thoughts. DRUMBEAT is an evidence-based programme developed in Australia, using tribal drumming to facilitate positive social interaction, behavioural and resilience principles. Educational group work sessions at the Men’s Resource Centre will complement this by focusing on health and lifestyle choices including alcohol misuse and other issues. Alcohol Education Trust’s “Talk About Alcohol” will be used as a resource to the group where participants will learn about the short and long-term effects of alcohol on the body, units and consumption guidelines, alcohol and the law, peer pressure and the wider impacts of alcohol-related harm in the community. The outcome for the men will be increased awareness of the effects of misuse of alcohol, improved health and wellbeing as well as confidence and self esteem, which can support improved decision making and life choices.</p>

<p>Govan Youth Information Project 9 Water Row, Glasgow, G51 3UW</p>	<p>£10,000</p>	<p><b>Project Name: Youth diversionary activities</b></p> <p>Govan Youth Information Project (GYIP) is a charitable organisation based in Govan, Glasgow. GYIP offers free support services for children, young people and community members . Govan Youth Information Project will run a series of diversionary activities for young people at risk of alcohol misuse. Diversionary activities will include training young people to deliver interactive diversionary workshops on the dangers of alcohol to their peers and other youth organisations; young people participating in the group’s holiday programme; as well as within secondary schools during their health days. The group will also run healthy games and activities, at peak times in the evenings and weekends when young people are known to drink, running 4 evenings per week on Tuesday, Thursday, Friday and Saturday evenings to ensure that young people do not become drawn towards a life of alcohol abuse. The activities will be geared around topics that engage the young people socially and also accompanied by a programme that aims to educate and inform about safe alcohol consumption. The young people delivering the alcohol prevention workshops, will have opportunity to achieve Youth Scotland’s Dynamic Youth Award and Saltire Award for the volunteering efforts. 150 young people will benefit directly from the project. They will also engage with approximately 11 young people as volunteers, who will deliver interactive workshops to their peers on alcohol misuse.</p>
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