

OPEN PROJECT

Led by young people

**GET INVOLVED!
TAKE A LEAD!**
Volunteer with OPEN

16 - 25 year olds
**TRAINING
OPPORTUNITIES**

*Peer Education
Peer Mentoring
Peer Research*

Tuesdays
6pm - 8.30pm

**OPEN
MEETINGS**

@ Market House



CONTACT US





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Vision and Mission

To embed peer education across Shetland as a methodology of raising awareness and positive choices, especially on issues of substance misuse, sexual health and relationships, and mental health and well-being, to reduce risky behaviour and promote harm reduction.

Aims

- Outcome 1
Increase young people's confidence, self-esteem and skills, improving their positive destinations.
- Outcome 2
Create opportunities for young people to make positive life choices regarding mental health and well-being, reduced risk taking behaviour.
- Outcome 3
Young adults are involved in developing youth services in Shetland and are recognised for their achievements in their community with improved pathways and life skills.
- Outcome 4
Increasing learning and reflection to strengthen and benefit of the Project as it grows.

Volunteers comments about OPEN



Peer Education

Targets

1. Recruit 15 additional Peer Educators and support existing Peer Educators, with the Key Worker providing 1:1 and group support, personal development plans, meeting quarterly with individuals and as a group.
2. Peer Educators deliver the OPEN's Schools Delivery Programme in all Shetland's 7 Junior and High Schools, providing at least 50 issue based workshops for 800 pupils per year.
3. OPEN Peer Education Induction and Issue Based training programme delivered to 15 peer educators per year.
4. Peer Educators and mentors provide training and workshops for providers of services, e.g. youth work services conference, Befriending Project training, North Alliance Conference, aiming to participate in 2 x training / workshops per year.
5. Recognition of Peer Educators / Peer Mentors volunteering through the Saltire Awards, aiming for 1,000 hours achieved by peer educators / mentors per year.



Tuesday Night Meetings

Tuesday night meetings are specifically for training volunteers, creating issues based workshops, consulting on issues highlighted by strategic partners and feeding information to national surveys / toolkits.

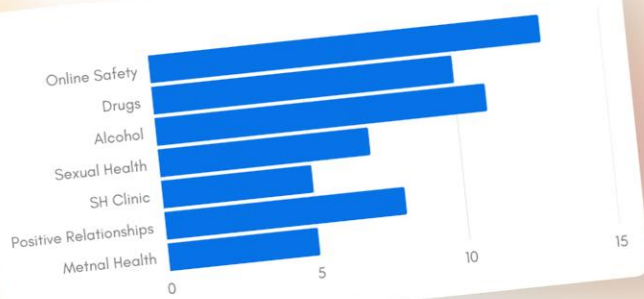
In the past year, we have created two new workshops to be delivered with young people in schools, OPEN about Addiction and OPEN about Grooming. We are also looking at creating workshops focusing on Change/Loss and another focusing on child protection.

The Emotional Wellbeing and Resilience (EWR) workers ran a focus group with volunteers looking at services. The purpose of the research was to improve public services, feeding through the EWR Project run by the Shetland Islands Council (SIC).

We completed a survey called "Imagine a man" researching what it's like being a man in 2021. ([Report here](#))

Workshops

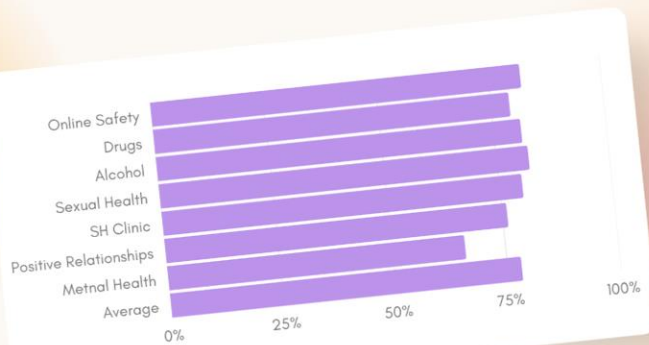
Number of Workshops 59



Number of Young People 1147



Awareness Raised



Peer Mentoring

The Peer Mentoring project supports and trains young people aged 16-25 to become peer mentors to in turn, provide support and guidance for 14-21 year olds that are care experienced, criminal justice experienced, or those at risk of exclusion. The Mentors and Mentees are matched together based on sharing similar backgrounds, experiences and interests. The young people build a meaningful and trusting relationship to support the mentee to develop a positive pathway.

Relationships

The Mentoring project has supported two mentoring relationships. One 2:2 relationship and one 1:1 relationship. Both of these relationships were focusing on soft skill goals such as increasing confidence and looking at creating their personal pathway. Their Pathways look at their dream lives and then look at realistic long and short term goals to make the journey seem more manageable.

Relationship 1 (2:2) successfully ended after a year and a half with each other and mentee's feeling vastly more confident in themselves and their abilities. This relationship ended at the end of June 2021

Relationship 2 (1:1) ended in May 2022 with the Mentee withdrawing from the project.

Mentoring Films

OPEN created a series of promotional films for the Mentoring project. The films are covering "Becoming a Mentor", "Being a Mentee" and "Meeting the staff". The films are available to watch here:

https://www.youtube.com/watch?v=teyDu8ym3gw&list=PLI_VQsS0LOgN7zxXI9rRSxlCqTL3eqrGh

Review

At the start of the Peer Mentoring project, OPEN Staff met with organisations and services working with and supporting young people that meet our age demographic (14-25) in the hopes of building up relationships between our services. These meetings were extremely positive and there was great support for the Peer Mentoring Project.

OPEN has received zero referrals from services or organisations working with young people in the last year.

The Mentoring Coordinator started a review into the relationships and referral processes between services and OPEN to attempt to understand why this was.

The review has shown that due to COVID there has been an increase in child protection referrals to Social Work this means that the work load of social workers are focused on high-level support for families. This has a ripple effect to other services working with young people e.g. Schools are now becoming more aware of what's happening in their communities and have become a pipeline for signposting/referring to services.



Da Café

Da Café was set up to provide a safe, tolerant space for young people (14-25) in Lerwick where they can socialise with friends while grabbing some food and drinks.

The beginning half of the year saw an average of 7 young people coming each night.

In February 2022 there was a well publicised news article raising a concern for young people gathering in the Bressay Ferry waiting room. The article gathered a lot of attention on Facebook comments section with some comments demonizing young people while others stating that young people had nowhere to gather in Lerwick. through promotion of our Peer Research project and Da Café in the comments section we were asked to contribute to two news pieces, one for the Shetnews and another for Radio Shetland.

This publicity about the Peer Research project and Da Café has significantly increase numbers attending to around 35 each session. In total this year we have seen 427 young people attending the sessions.

In addition to this the Community is showing support for Da Café by a number of ways.

1. A donations website was set up for Da Café which has acquired £325 for the young people
2. A Pay it Forward scheme was set up in the Olive Tree for people to pay forward a coffee for the young people. In 4 weeks people have donated 93 coffee's for the young people
3. Members of the public have seen the Pay it Forward poster and have donated £30 in addition to the coffee's
4. Some members have directly approached Staff to convey their support and thanks for the project

Emotional Wellbeing and Resilience Project



Vision

To give children and young people the relationships and connections they need to build their resilience and emotional wellbeing by bringing services and community together to address the impacts of childhood adversity/trauma.

Background

In April 2019, 6 young people aged 16-25 were employed by Voluntary Action Shetland to work 8 hours a month (for 3 years) on the EW&R Project, Shetland Islands Council, based at OPEN's office at Market House. The OPEN Project Coordinator dedicated 10 hours a week to provide support and training for the young people to enable them to participate at strategic and other levels in the EW&R Project.

The EWR workers were members of the EWR Strategic Overview Group, and other strategic groups, attending meetings, influencing decision making and presenting the findings from their research and consultation with young people in Shetland.

EW&R workshop – Research and Consultation with S2 and S3 pupils

The EW&R team created the EW&R workshop to:

- Ask young people what emotional wellbeing and resilience means to them
- Map out where young people are going and what they are doing out of school
- Share the findings with the Strategic Overview Group and other projects and services

247 pupils in S2/S3 participated in 13 workshops, Anderson High School x 4, Sandwick x4, Aith x2, Baltasound & Whalsay. *Workshop report available on request.*

EW&R Survey - 2020

The survey was designed by the EW&R team to research and gather information about young people's knowledge about services in Shetland and if there were barriers to accessing them.

117 responses were received - Knowledge & access to services were the main themes identified from the survey responses. *Survey report available on request*

EWR Focus Group 2021

The EWR team designed focus group questions from the themes identified from the EWR survey.

12 Focus groups were carried out with 49 people aged 12-25 from across Shetland. The EWR team presented the findings to inform the work of the EWR project, Third Sector, NHS Shetland and Shetland Islands Council. *Focus group report available on request.*

Outcome: Improved skills, knowledge and opportunity for young adults to approach service design in partnership with service providers, reduced inequalities, and improved pathways and life skills.



Peer Research project, funded by the Ideas Fund

OPEN Space project research team has developed an innovative approach to empower young people in community action peer research. Their participation and leadership produced ideas and thinking that might not otherwise have been raised.

The research team have shared skills and experiences to design and carry out research with young people, engaging with service providers and presenting the findings at strategic and other levels to influence change and improvements.

The needs analysis undertaken around what a safe space means to young people has developed a series of options on how best to meet the need. This is supported by existing research that a safe space can reduce risk taking behaviour and improve young people's mental health and well-being, as well as, providing an access point to support and services.

The Ideas Fund have invited OPEN to apply for an extension which centre's round the methodology and learning from the OPEN Space Project. OPEN volunteers, staff and professional researchers have established a strong working relationship, with young people leading and undertaking the project, supported by researchers who offer expertise, knowledge and training.

The peer research project extension will:

- Undertake research to gain a better understanding of the drug culture in Shetland and the reasons why young people use drugs;
- Work with young people to understand support needs around drugs and alcohol in Shetland;
- Develop a series of options for how best to meet the need. Aiming to have recommendations to improve services; reduce stigma and raise awareness about cultural considerations;
- Embed ethical practice in peer research, principles and practice; and
- Provide an innovative approach to co-production founded in equality, inclusion and collaboration.

The Emotional Wellbeing and Resilience Project evidenced from their research carried out with young people that drugs and alcohol was the top issue for 12-25 year olds in Shetland.

OPEN is experienced in working with strategic partners, NHS Shetland, Council Services and Third Sector. The term co-production refers to a way of working where service providers and users can work together on the principle that those who are using a service are best placed to design and improve it. OPEN peer research project will offer the opportunity to bridge the gap between service providers and young people by bringing young people in as equals in the service design process, supported by professional researchers.

Youth Committee – October Residential, Burra



Una met with the Young people to do a small piece of work, looking at the researching of a space idea. As most of the young people present were members of the Youth Committee (who will be leading the Research project), and everyone present had helped write their vision for the space idea through a pathway, everyone had a fair understanding of the topic.

The committee met at the residential to work on the research plan, brainstorm ideas and compile questions for the peer researcher project. Amy and Jennifer (professional researchers) met with Una prior to the meeting to provide resources and guidance on how to begin the research process.



Amy provided a participation research exercise for Una to run with the committee to develop their skills and understanding about how to carry out a simple research activity. This proved to be an effective and fun way for the committee to develop their confidence in how to think about and carry out research – about an apple.



Jennifer provided a list of questions for the committee to discuss and develop their idea and purpose for the research project e.g. whom do you want to influence? This proved to be an effective way to support the committee to really focus on the issues and ideas that they want to prioritise in their research plan. The peer researchers will use this information to draft up the research plan for the next committee meeting in November with the support of Jennifer.

Time to Shine – Jessica Carlyle

In 2021 OPEN was invited to apply for a Time to Shine placement, The Rank foundation says this is how it works “Each year charities are invited to apply, outlining a priority, organisational development gap and what difference a leader would make in addressing this need. Charities are shortlisted and then the charity identifies an individual with the skills and talent to carry out the leadership programme.”

A review of VAS in 2021 highlighted the opportunity for sustainable projects to become independent organisations. With this in mind, OPEN staff team identified Jess Carlyle as an individual who would be interested in taking a lead in the transition into an independent and youth-led organisation. Una and Jess worked together on creating the job description and send the application the Rank Foundation by September 2021.

This application was successful and we got to the interview stage of the process. Jess and Una were interviewed in November 21 by a panel at the Rank foundation and were successful in receiving funding for this placement.

Jess started her time to shine placement as OPEN's Organisation Development Lead in January 22. Jess has spent the first few months researching other youth-led organisation within the UK and some global organisation to learn what works and what doesn't.

Jess also set up a steering group of young people in February 2022 who will be leading the way forward into a youth-led charity. The steering group will receive training in leadership and board member skills and have an active role in our transition for example helping to write the constitution and setting up the board.

As OPEN plans to transition to being fully youth-led we had the exciting opportunity to have young people involved in a staff recruitment process in March 22, Jess and Wayne delivered training to our volunteers on interviewing skills. At the interviews, interviewees were asked to prepare an activity to run with a small group of 16-25 year olds as well as their formal interview. The young people's thoughts were not only taken into consideration but were held to the same value as the members of staff and had an active role in the decision being made.



OPEN Staff



Peer Education
Peer Mentoring
Da Cafe



Peer Research

The OPEN Project

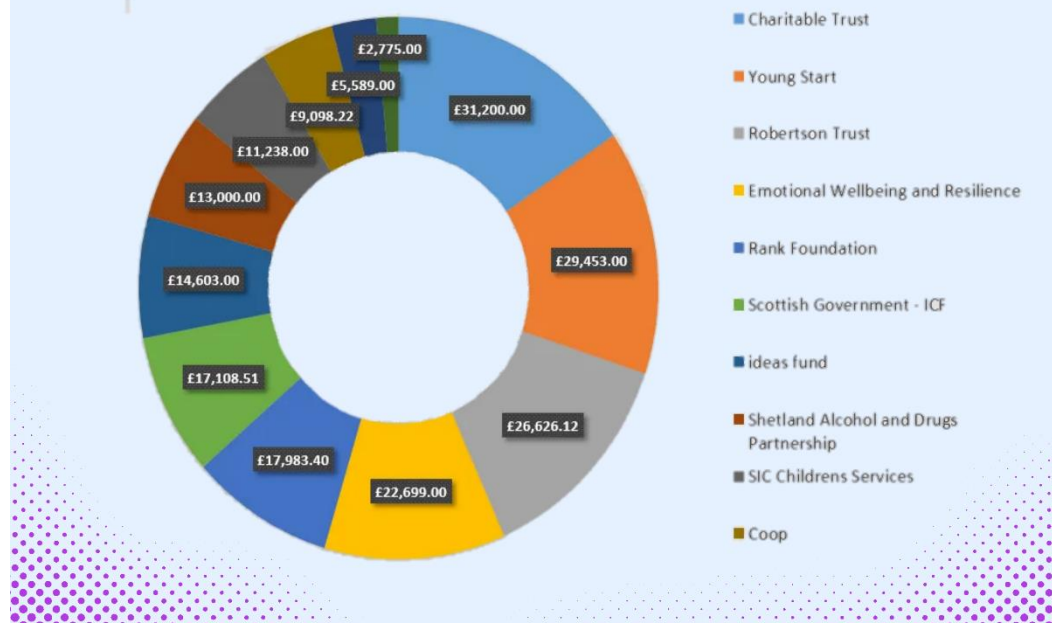
Time to Shine



Project coordinators



OPEN's Funders



Funding News, Applications, and Contact with Funders:

- OPEN were delighted to secure funding from the Robertson Trust in February, for 2 years, for £24,000 per year. The funding began in April 2022. This funding will mainly fund the coordinator's post; to support the organisational development of the project over the next two years.
- The project also secured a one-year extension application from The ICF (Scot Govt.), after being invited to apply for an extension to their three-year funding. The yearlong extension also began in April. This funding will continue to support the delivery of the Schools Delivery Programme.
- To keep the funding success rolling, the project also have secured another year's funding from Cashback for Communities, for their 2022-23 funding, for the continuation of the 4 hours Youth Worker, which they currently fund.
- And to top it off - OPEN were awarded £400 funding from the YLAG, to contribute towards free refreshments at Da Café on Thursday Nights.
- The Project are exploring a new funding strategy for the ICF's new 3-year funding beginning 2023. The application is due to be released in May, with a four-week window for submission. OPEN also intend to apply for the Shetland Charitable Trust's second round of Main Grant funding; with applications going live in July this year.
- The local funding for the Emotional Wellbeing & Resilience project came to an end in March, after running for 3 years since April 2019.



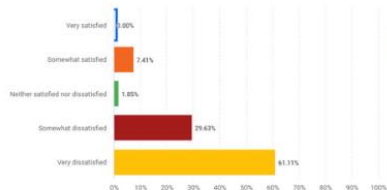
"WE SPEAK A LOT ABOUT GIVING YOUNG PEOPLE A VOICE, BUT NOT EVERYBODY WANTS TO LISTEN. BY GIVING YOUNG PEOPLE THE POWER, THEY CAN MAKE THE DECISIONS NEEDED FOR CHANGE"

QUOTE: JESSICA CARLYLE, OPEN ORGANISATION DEVELOPMENT LEAD

PEER RESEARCH & CONSULTATION

The OPEN Project has systems in place to support and train young people as peer researchers to design, develop and deliver evidence based research and consultation with young people in Shetland. The OPEN about Space Project, funded by the Ideas Fund provides an example of how this has been achieved by engaging with Council Services, NHS Shetland and Third Sector, contributing to local and national improvement plans.

SURVEY



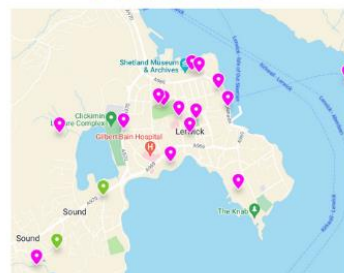
FOCUS GROUPS



1:1'S



ONLINE TOOLS - PADLETS



Young People designing and carrying out research with young people, engaging with service providers and presenting the findings at strategic and other levels to influence change and improvements.

CO-PRODUCTION

YOUNG PEOPLE - EXPERTS BY EXPERIENCE

The term co-production refers to a way of working where service providers and users can work together on the principle that those who are using a service are best placed to design and improve it.

OPEN is experienced in working with strategic partners to develop an approach to service design, using quality improvement methodology. Providing support and training for young people, employing them to work on strategic projects, eg. Emotional Wellbeing and Resilience Project, Shetland Islands Council.

OPEN offers opportunities to bridge the gap between service providers and young people by bringing young people in as equals in the service design process.

Shetland Partnership Plan



OPEN Outcome: Improved skills, knowledge and opportunity for young adults to approach service design in partnership with service providers, reduced inequalities, and improved pathways and life skills.

Volunteering Opportunities

Peer education

OPEN are looking for young people aged 16-25 to become Peer Educators delivering issues based workshops in all high schools across Shetland! Peer Educators will receive induction training and training for each issue/ workshop they are interested in delivering (Online safety, Alcohol, Drugs, Sexual Health, Positive Relationships, Mental Health)

Tuesday Night meetings

OPEN hold weekly volunteer meetings to provide training, create and develop workshops, discuss issues important to young people and engage with strategic partners to ensure that young people's voices are being listened to. These meetings happen every Tuesday night from 6pm-8.30pm (term time).

Peer Mentoring

OPEN are looking for young people aged 16-25 that are interested in helping other young people to become Peer Mentors. Our Peer Mentors will meet with young people regularly to listen and encourage them to identify and work towards some personal goals. Peer Mentors would first volunteer within Da Café to engage with young people to build up relationships with other young people.

Da Café Youth Committee

OPEN are looking for young people with a passion for creating and running a space for young people in Lerwick. The youth committee are currently leading on a Peer Research looking into young people's needs for spaces in Shetland. With this information, OPEN will look to create a space in Lerwick for young people aged 14-25.

OPEN Steering Group

OPEN have set up a steering group looking into turning OPEN into a fully Independent and Youth-led charity. The steering group will be looking at forming a board of young people that will have the authority to make decisions on how OPEN operates and the vision and direction for the project.

Peer Research

If you are interested in having your opinion listened to on various topics, get in touch with us and engage with our Peer Researchers. We will be using all the information gathered to make positive changes for young people in Shetland. For example, OPEN will use the information gathered on what spaces young people need in Lerwick to work with young people to create a permanent space to meet that need. We are also speaking with the SIC to create more spaces that meet other needs where possible.

Contact OPEN staff to discuss these opportunities:

Phone: 01595 745074

Email: openproject@shetland.org

