

News from the Canongate Youth Project

By the time you are reading this article the summer holidays will be upon us and hopefully we will be enjoying a good Scottish summer! Our summer holiday programme will be ready to go and we trust that our action packed activities will be very popular once again. We do hope that everyone has a marvellous summer this year and if you want further information about our summer programme, about any other aspects of our services or if you would consider volunteering with us please pop into our office in Infirmary Street, phone us on 556 9719, email on admin@canongateyouthproject.org or visit our website www.canongateyouthproject.org

A word of caution though for all parents and carers in our community:

We are becoming increasingly aware of a number of young teenagers who are becoming involved in increasing alcohol and sometimes drug use. This is not only bringing some of them to the attention of the authorities but they are also putting their own safety at risk.

Through our own work, our close links with the staff of Open All Hours at the Craggs Sports Centre and our regular liaison with the local Police we are aware that as well as this a small number of teenagers are carrying weapons. We also understand from the Police that fights between groups of teenagers from different parts of the city are being organised and are taking place in this area. We are also aware that children of primary school age have become involved in some of these incidents and we are particularly concerned about this development.

We would urge you to take a particular interest in the whereabouts of your children and that you ensure that they are safe at all times. If they are staying out at somebody else's home ensure that you have checked this out.

Staff here at CYP have a great deal of experience in working with young people involved with alcohol, drug use and violence and we would be very happy to speak with you confidentially if you have any concerns at all or would like further information.

From time to time we have witnessed the increase in this type of behaviour and it has lead to extremely distressing situations. Although this only involves a minority of young people we are very keen to work with you, your children and other agencies in the area to ensure that our young people do not find themselves suffering as a result of their or other people's inappropriate behaviour and to ensure that they grow up in a safe and happy environment. You can phone us, pop in, email us or text and we will do our best to get back to you quickly.

On a much more positive note:

Young People Get Younger People Active

Canongate Youth Project's Get Ready for Work Programme is for young people aged 16-18 years from across Edinburgh and the Lothians and aims to support its trainee's into employment, further education or training. The daily programme incorporates activities to improve employability skills, confidence, personal development and team building.

Over the years CYP has worked closely with Edinburgh Leisure on a variety of projects. In winter 2008 the

opportunity arose to run a Sports Leader UK Award. This is a nationally recognised qualification which aims to enhance the leadership skills and confidence of participants through the forum of sport. In March the Project delivered its first Level 1 Sports Leader UK Award for 10 Get Ready for Work trainees. The trainees committed to a five week programme, completing 35 hours of learning. Over the weeks the Sports Leaders were given the knowledge to lead a comprehensive sports session including warm ups, sport specific skills and refereeing games. The course also allowed for the development of effective communication, knowledge of health promotion issues and confidence in leading a group.



Throughout the award a variety of sports were covered including short tennis, futsal, dodge ball and football. The trainees were also given the opportunity to lead a gym session based in the fitness centre at Edinburgh Leisure's Crags Sports Centre. In order to gain the qualification trainees were required to organise and facilitate a 1 hour session in CYP's Thursday Club for young people aged 8-11 years.



The programme culminated in an award ceremony held at CYP where feedback from the Sports Leaders was extremely positive. When asked what had been gained from the course comments included "being a leader, confidence, new skills" "a certificate, more confidence and communication" and "confidence, more athletic, clearer voice, motivation and leadership skills".



All participants were already confident in playing sport in an informal environment however there were a number of barriers to be addressed over the weeks for the trainees to feel confident to organise and facilitate the Thursday Youth Club sessions. At first the trainees found the 30 Thursday Clubbers slightly daunting however, with supervision and encouragement from staff three very successful sports sessions were provided. Feedback from these young critics was very positive: "Can we do it again next week", "When are they coming back?" and "Fantastic".

This was a very successful pilot project not only for the young people and the younger people involved but also for CYP. The maturity and creativity that was demonstrated by the Sports Leaders was very impressive. Staff involved in the facilitation of the programme witnessed a big progression in the Sports Leaders over the weeks and are extremely proud of the achievements of all young people involved.

It is now an aim of the Project to ensure Sports Leader UK Award is a staple part of the work of CYP and staff are currently developing materials that will see this opportunity available to more young people accessing CYP in the future.

Finally:

We would wish to join with others in congratulating the Southsider on its 50th edition. This is a fantastic achievement, particularly at a time when community publications of this type have come and gone. The quality and consistency of the Southsider is second to none and is warmly anticipated every quarter. The quality and variety of contributions is always of interest, however the success of it is down to one person, the Editor, George Pitcher. Life would not be the same without a timeous reminder that articles are overdue once again. We promise to try harder in the future George! Congratulations once again.