

THE LINK

SPECIAL EDITION

ARTS, CULTURE AND HERITAGE ISSUE



YOUTH WORK CHANGES LIVES

YouthLink
Scotland
The national agency for youth work

CREATIVE SCOTLAND
ALBA | CHRUTHACHAIL


The Scottish Government
Riaghaltas na h-Alba



Foreword

by **Jim Sweeney** CEO, YouthLink Scotland
& **Joan Parr** Head of Creative Learning, Creative Scotland

There is a very strong rationale for the partnership between Creative Scotland and YouthLink Scotland. Both our organisations believe passionately in providing as many high quality opportunities as possible for the young people of Scotland to explore and develop their potential and to be empowered and valued as individuals.

Over the last decade the important role of the arts and creative activity in youth work has become increasingly recognised and valued. In 2013 Creative Scotland published 'Time to Shine', Scotland's first youth arts strategy, backed by £5m from Scottish Government. The vision of the strategy is to "support all Scotland's children and young people to flourish and achieve in and through the arts and creativity." As part of this development 9 youth arts hubs have been established around the country that aim to engage with 40,000 young people in the first 2 years. The involvement of young people in decision making at all levels of this strategic development is a key priority.

Creative Scotland also manages the Youth Music Initiative. This year alone an independent evaluation estimated that the YMI engaged with over 150,000 young people in school and a further 76,000 in activity out of school. YouthLink Scotland is a key partner in the delivery of CashBack for Creativity, enabling local organisations across the country to deliver a range of high quality arts activities. Over the years we have worked on several initiatives including the creation of an 'Arts Resource Pack' for youth workers, as well as literacy and numeracy programmes using art as an innovative way to deliver youth learning.

This special issue of The Link highlights just some of the work that is currently burgeoning across the country. We want to celebrate the success, encourage more work across the arts/creative/youth work sectors and shout loudly about the many benefits this work has in raising confidence, developing transferrable and social skills, raising aspirations, encouraging imagination and being downright good fun.

Working in partnership is the key to delivering quality arts opportunities in the youth work sector. Our two organisations are committed to creating ever more possibilities for collaboration and synergy over the coming years.



Sarah Paterson Editor

In this edition of the Link Magazine it's all about youth work and the arts, both using creativity in our youth work approach as well as our contribution to the arts, nurturing our future musicians, artists, film stars and producers. There is so much going on across Scotland that it would be impossible to capture it all but I hope these pages give you a flavour of the power of creative thought, and some innovative examples of how the arts can achieve great youth work outcomes.

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The Interview

As part of our focus on the arts and youth work, we spoke with Scotland's Culture Secretary, Fiona Hyslop MSP, about her creative vision for our young people.



What was the reason for setting up the Youth Arts Hubs across Scotland?

The reason was to make sure we improved the access and the participation of young people in the arts across Scotland. Initially we thought we should have something central but through consultation with young people it was clear we needed to have regional Hubs that could engage local young people and allow them to reach out into their own communities.

What role does creative learning play in the lives of our young people?

Culture and arts are everywhere and they are very much part and parcel of young people's lives whether they are consciously aware of it or not. The Hubs have support at their very heart, youth work with arts workers, youth workers working with young people to realise their potential. For young people it helps them transform their thinking, their confidence, how they see their society. Some of the great projects I've seen are about how young people relate to their own communities, so the community have a better idea of young people themselves. Arts and culture are really at the end of the day about telling stories, and young people need to have the confidence to tell their stories, who they are, what they want, and also to understand it is ok to be different, it's ok to have that diversity of expression. Telling those stories through art, whether it's culture, animation, film, dance or music, it's a really powerful way of expression. Too often people say that arts and culture are not for us, it's for someone else, our job is to make sure that arts and culture is for everybody.

Why is the Scottish Government more supportive of youth work than other parts of the UK?

Because we understand if we are going to be a national government for all of Scotland, we have to represent all of Scotland. You'll never realise the full potential of a country if you only develop some of your young people, you will have a dislocated society that is not connected. If we want to have strong, resilient communities, we need to have strong, resilient young people. That is where I think youth work is hugely important in building the capacity of young people, individually but also in society. I don't understand why other governments, particularly the Westminster government, don't get this, I think it is part and parcel of the character of this Scottish Government, and with a new First Minister, there is a renewed strength of focus on young people as the potential for the whole country.

Why does using a youth work approach improve young people's skills and confidence?

It is about a sense of self in many ways and that is what so many youth workers do, they give young people a confidence in themselves, in their abilities, and help them develop skills that can assist them in the future. The realisation of potential is one of the best gifts we can give young people. The medium of culture is one of the strongest ways of doing that, it is easily and readily accessible, you don't have to have talent, you just have to enjoy it.

Minecraft opens a window on the past

Whether it involves recording and decoding graffiti, burying artefacts within Minecraft or collaborating on an adventure-packed graphic novel, Dig It! 2015 isn't afraid to jump in head first to reach a younger audience.

Coordinated by Archaeology Scotland and the Society of Antiquaries of Scotland, this year-long celebration is encouraging everyone to discover Scotland's stories through archaeology, with a particular emphasis on young people aged 16 to 24. While traditional excavations and exhibitions are part of the fun, Dig It! 2015 is also using a broader definition of archaeology to include themes such as identities, storytelling, the recent past, arrivals, festivals, and future archaeology.

In order to inspire young people to discover these stories, Dig It! 2015 is showcasing Scotland's vibrant heritage scene through printed and digital programmes. Over 400 events from organisations across the country have been gathered together, from national heritage bodies to individual storytellers. Dig It! 2015 is also

collaborating on a wide range of events to cater specifically to young people. For example, Playing the Past was a sold-out event which included engaging talks and debates, and state-of-the-art computer games.

Crafting the Past, developed in partnership with Stephen Reid from Immersive Minds, is another exciting endeavour which is grabbing the sector's attention. Thanks to sponsorship from AOC Archaeology Group and Multiplay, Reid and a team of virtual volunteers have created a full-scale, topographically accurate and interactive map of Scotland in Minecraft, which is overflowing with archaeology! Before the end of 2015, the server will be available to Minecraft gamers throughout the world to help them explore and discover Scottish archaeology.



In addition to awakening young people's passion for the past, Dig It! 2015 is demonstrating how this interest can lead to a variety of career options. In particular, the team is targeting young people in transition and those looking for a positive journey forward, such as school leavers, those in the early stages of their careers, and those not in education, employment or training. 'Your Future in the Past' is a unique programme of careers resources and events co-ordinated by Dig It! 2015.

Working alongside partner organisations, this project demonstrates how an interest in the past can open the door to a huge range of careers, from archaeology, media and tourism to science, technology, engineering and maths. The team has also been providing volunteers for various projects, such as Northlight Heritage and Forestry Commission Scotland's Thirlstone Cairn excavation in West Lothian.

Dig It! 2015 is partnering a variety of other organisations to encourage the exploration of Scotland's vibrant culture and heritage, such as SYHA Hostelling Scotland.

Kirkwall Youth Hostel in Orkney, for instance, is the perfect base for visiting the magnificent Standing Stones of Stenness, while the Machrie Moor Stone Circles on Arran, thought to date back to the Bronze Age, are located near Lochranza Youth Hostel. Forestry Commission Scotland has recently created a resource on the

Picts, which is a fantastic educational resource, as well as an interesting read!

National Museums Scotland and Culture 24's Museums at Night have started organising late night events which appeal to 18 to 25 year olds. These evening events often tie in with major exhibitions and include DJs, live music, games and a chance to explore museums on their own terms.

The sheer amount of heritage resources, websites, and hands-on kits demonstrate that no specialist training is needed to engage with the past. RCAHMS' Canmore website, for example, allows anyone to explore the catalogue of Scotland's archaeology, buildings, industrial and maritime heritage.

Archaeology Scotland has dedicated web pages for young people and youth workers, as well as several artefact handling kits which can be borrowed by groups. The site demonstrates how

young people can employ archaeology to gain Youth Achievement, Dynamic Youth and Duke of Edinburgh Awards.

In this day and age, anyone can find out about their local heritage at the click of a button. Confidence, unfortunately, is not as widespread. To address this issue, Dig It! 2015 is partnering with Youth Scotland to provide CPD to youth workers. These sessions demonstrate how easy it is for youth workers to explore with young people the story of the objects, places and landscapes that matter to them. The aim is to increase youth workers' confidence when it comes to accessing these materials and supporting young people when it comes to heritage.

Dig It! 2015 has been pushing to reach beyond the traditional archaeology audiences, employing platforms such as YouTube, Twitter and Instagram to highlight the benefits of getting involved. In their first video, volunteers chat about opportunities to meet new people, explore hidden corners of Scotland, improve their CVs and become part of a community. Dig It! 2015 has also launched a new archaeology, photography and art competition called Dig Art! 2015. Run in partnership with Forestry Commission Scotland, Novice (under 16) and Apprentice (16-24) categories are specifically designed to reach a younger audience.

Ultimately, Dig It! 2015 is about showing support for the hundreds of people who work and volunteer to bring Scotland's past alive through projects and events each year and long-lasting partnerships have already been formed.

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Using the abstract to best effect

At the Yard, in amongst the bikes, trikes, soft play, sandpit and huge amounts of toys, there is a large room given over solely to art. This is where art meets the imaginations of young people and where everyone, particularly those who are non-verbal or have little or no mobility can use art to express themselves.

We have been running adventure play sessions for children and young people with disabilities for almost thirty years. We also run youth clubs, pre-school play sessions, schools sessions, training for adults and carers and participate in a variety of outreach projects across Edinburgh each year.

All art projects at The Yard are designed to be fun and are key to enhancing self-confidence, self-expression and helping parents and carers engage with their children.

Using empty fizzy juice bottles, string and a large blank canvas, a group of children with very little or no mobility

can create large Jackson Pollock type paintings, using hanging pendulums, pendulum wheels or adapted brushes with extra-long handles and rollers instead of brushes.

All the work produced at The Yard, planned or otherwise, reflects the creative energy, imagination and the release and satisfaction that painting, drawing and 'messy play' gives children.

In previous years The Yard has held very successful art auctions in the play hall where work by the young people is hung alongside work by well recognised and established painters and artists. This gives the young



people the opportunity to have their work, however simple, valued and displayed. We have also found it to be a great way of raising funds and extending our relationships with the arts community.

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Rhythm India

Dance Ihayami is Scotland's Indian dance company, based in Edinburgh. We use Indian art forms to create imaginative, enjoyable and artistically inspiring projects for people of all ages and abilities. One of our main target groups is young people, in particular those with additional support needs and those who do not participate in dance activities.

Our recent projects in Edinburgh and East Ayrshire aimed to introduce participants to new experiences and explore their creativity, through the rhythms, hand gestures and facial expressions of Indian arts.

For our Sarani Indian dance project we collaborated with WHALE Arts Agency in West Edinburgh and Muirhouse Youth Development Group in North Edinburgh. We also worked with Dhol drummer, Gurjit Singh Sidhu. In these projects, young people explored

all aspects of putting together a dance performance: the dance itself; the accompanying music; lighting; costumes; publicity; and staging.

Collaborating with East Ayrshire Council's Cultural Coordinator for our Katha Indian dance project, we worked with young people with additional support needs, particularly those with complex and profound disabilities, and their support staff.

We have found that Indian arts are effective in developing self-

confidence and self-awareness, contributing to wellbeing through meeting the social, physical and emotional needs of the participants, in particular those who have complex communication needs. Most importantly though, young people who take part in our projects have a lot of FUN!

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Out of the shadows

Art is a great way of connecting young people who have real challenges in their home lives.

Learning a skill and having a creative outlet builds confidence and supports dialogue with some young people who can find it hard to verbalise how they are feeling.

As part of the annual Carers Week young carers from across Edinburgh raised their voices and created an art storm across the city.

The Art Trail asked people to make a pledge to young carers using the #Sharingourcaring. This could have been to donate time or a voucher for a treat for a carer, raise awareness, create carer friendly policies, fundraise for or make Edinburgh Young Carer's Project their charity of the year.

There were three identified aspects to the journey the trail had to take to really give the participant an insight into young carers. We used different art and media methods to put the trail together.

Awareness: The big and bold Street Art Boards in St Andrews Square were an introduction to caring and a shout out that young carers are here, they are 'proud' but also 'hidden'.

Identification: The Caring Chair was developed by our Friday craft group by our young adult carers. It had pockets which the public were invited to rummage through and find thoughts like: 'is mum's hospital visit going ok', 'does my sister have enough money for school dinner tomorrow', 'has my dada taken his medication'. They were then asked to write on a fabric leaf a message of support for the young carers and through this the chair grew into a different shape to show the support.

Support: we used silhouettes to demonstrate the different ages of our young carers, each with their own personal story. These were displayed in the Museum of Childhood and showed visitors how giving support to a young carer can really make a difference to their own childhood.

Certainly throughout the development of the art trail the young people as

a group bonded and became a very tight working group without much encouragement from the youth worker, to a point where true participation was taking place and the young people were setting tasks and managing installations and directing support workers.

The project itself was great fun but we wanted to measure the impact The Art Trail has made. Our social media grew, with a twitter following of over 6,700. Footfall indicators showed a potential reach of 140,000 who passed by our art trail but for us the real difference can be seen through the 12 young adult volunteers who got 50 hours volunteering under their belts and the creation of part-time jobs for three of those volunteers.

Lois Ratcliffe, the Trail Facilitator said: *"We wanted to raise awareness for Carers Week and decided to let the young people we work with take the lead creatively. The organisations involved were so supportive and really banded together to make this happen."*

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Edinburgh
Young Carers
Project



Artistic alternative

Step Change is a partnership project between Aberdeen City Council's Creative Learning Team (CLT) and the Aberdeen City Youth Justice Partnership. CLT advocates the value of creativity and placing creative approaches at the heart of all learning.

The aim of this project is to use arts and creativity as the vehicle to improve outcomes for young people at risk of or involved in offending in Aberdeen. In addition, the partnership seeks to influence service planning and future service delivery in the field.

Arts and creative activity are deployed to engage young people, promoting learning and improving life skills. CLT recruited a pool of experienced artists to provide specialist input, allowing the programme to be tailored to and directed by the young people engaging with the project. Creative sessions have covered the spectrum, from one off tasters to artist residencies in community spaces. A range of art forms have been explored, such as graffiti, textiles, jewellery making, dance, poetry and music. At the mid-point of the project there was an opportunity for participants to share their work in a custom-designed exhibition, recognising and celebrating their achievements.

Project artist Chris McGeachie guided a group of girls to create their own sculptures, casting pieces in both plaster and chocolate! Chris said: "The creative workshops allowed the girls to express themselves in a safe, nurturing environment. They worked collaboratively to create bold artwork that was inspired by their love of sweets. The reception the girls received to their artwork at the exhibition opening was fantastic and resulted in a paid commission for new work."

A concurrent stream of work focuses on artists and youth justice practitioners to ensure there is the knowledge base to continue the work in the city once the funded project has come to an end. A key element of this is training colleagues from partner organisations to increase their confidence in using creative approaches in their work. Monica Wisniewski, a freelance multi-disciplinary artist, led one of the training days. She said: "It's great when organisations value the benefits

of creative classes. To have the staff participate and support the creative process was invaluable to the group's learning. It was also very rewarding to hear of the staff using and passing on the skills learned to other young people, using creative communication to develop relationships."

Step Change is funded by Creative Scotland and Aberdeen City Council and runs until December 2015.

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When the chips are down and funding is scarce, the arts are often the first to go, whether it's the closure of a small community theatre or axing the funding for a local library.

Young at Art

By Simon Atkins, Peer Education Officer at Fast Forward

Arts-based youth work organisations are no exception to this rule, and considering the estimated £60 million worth of cuts to the youth sector since 2012, it's a wonder that there are any such organisations left at all. Recent government statistics have shown that within schools, participation in arts activities has been steadily falling, in particular with regards to music.

And yet the Arts is one of the most powerful ways of working with young people to build life skills such as confidence, communication and empathy, while offering a safe haven for creative expression. Young people who struggle in other aspects of life are often able to find an outlet through the Arts and to find like-minded individuals on a more level playing field.

"A lot of the young people who come to us don't fit in at school very well,"

says Ruth Holloway of Strange Town, a theatre company for children and young people based in Leith. *"Parents often get in touch with us and say their child isn't fitting in, or is being bullied."*

"There's no bullying here. This is one of those unusual places where you'll get a private schoolboy rubbing shoulders with a boy raised on a deprived council estate, and they become incredibly close; they become best friends. The bond they form through their shared creative experiences is so strong they stay friends long after they've left us."

And theatre isn't the only way to provide such a space. There are highly successful music-outreach groups such as Sistema in Stirling, fashion and design programmes by Edinburgh's Impact Arts, and film-based programmes by Voice of My Own in the Borders, to name but a few. National

charity Fast Forward recently brought these organisations together to share best practice at the event 'Young at Art', and off the back of this will now be employing a YouthLink Scotland funded project officer to work with such organisations to develop an arts-based health and well-being programme in Edinburgh.

So is it more important to keep a nursery open than a youth theatre? Perhaps, but bear in mind that the purpose of arts-based youth work is not a theatre production, or a piece of music, or a pleasing mural. The true purpose is to help create more engaged, happier, and healthier members of Scottish society.

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The innovative new Prince's Award was launched by educational charity SkillForce in conjunction with Prince William, HRH the Duke of Cambridge.

A Splash of Colour

The Prince's Award invites young people to work throughout the year gaining a variety of qualifications and requires they achieve at least 90% attendance throughout the programme. At the end of the course the students have to plan and organise a 24 hour challenge with the aim of making a significant contribution to their community. Over the last year SkillForce have had three art based projects across Edinburgh enabling 51 students to make a difference in their community and gain the award.

In May 2014 the first Prince's Award was held in Edinburgh by the pupils of Gracemount High School. Their 24 hour challenge involved them renovating the activity room in the Gracemount Youth and Children's Centre, aka The Mansion. They also installed a bright and active mural displaying the wide variety of activities that take place in the centre.

The next project was held at Broughton Church by both Drummond Community High School & Leith Academy. This brought together 22 students working together to transform the stairwell in the church. Each student came up with different ideas that were to be incorporated into the Edinburgh themed design. The highlight was the splatter wall where all the students got to splash paint across an entire wall, once the paint was dry they peeled the lettering off to reveal Edinburgh in big bold writing.

The most recent 24 hour challenge was again held at The Mansion, this time the computer room was next to be given a splash of colour. This project brought together 19 pupils from both Gracemount and Liberton High School, they worked together so well and did a fabulous job turning the room from plain cream to vibrant blue and purple. In addition to painting the walls they



also turned wooden boards into murals that were mounted to the walls. The final outcome was outstanding.

Every group worked incredibly well as a cohesive team and learned important life skills such as showing initiative, communicating on all levels and demonstrating positive leadership skills. All the young people involved over the past year have said they really enjoyed their 24 hour challenge as it brought them even closer as a group, it was tiring but they felt proud for achieving something so grand in aid of their community.

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In the heart of North Ayrshire, something is stirring, something that will lead young people down a more positive path.



**NORTH AYRSHIRE
COUNCIL**

Leave school. Get a Job. Get into College. Go to University. Your future is set. Life's cool. Enjoy being young. But if you have not had the same chances so far in life as others then all of these things seem out of reach to you. The Activity Agreement programme takes a different approach by offering young people an individual package of learning alongside one-to-one support, to bring out each person's talents and ambition. Getting creative is often the turning point for a lot of young people involved.

North Ayrshire was one of only three local authorities chosen to participate in the recent art scheme which saw teenagers collaborate with the National Galleries Outreach Team and students from the Glasgow Art School.

Talented teenagers from North Ayrshire will be able to see their unique artwork go on display at one of the country's most prestigious art galleries.

The zombie themed designs, which will form part of a major exhibition at the Scottish National Portrait Gallery in 2016, were conceived and produced by young people attending 14-week long Activity Agreements run by the Council's Social Services department.

These employability programmes are designed to help teenagers in their transition into work, further education or training. The initiative has proved very successful and since January 94% of those involved have moved on to positive destinations.

The finished work was recently showcased at a special week-long exhibition in Irvine town centre entitled 'We the Zombie Fire, We Make Much Paint'. This is what some of the young people involved had to say:

"I picked the zombie theme because I'm a fan of zombie things. It was really good. You could give them any idea and they would agree to it. At first I didn't think it was going to be good but it's turned out really well and I'm really enjoying it."

"I think it's really cool. I'm really proud of it because I didn't realise I could do stuff like that."

'Dawn of the Activity Agreement'

**We the Zombie Fire,
We Make Much Paint**

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And the band played on

Traditional music is going through a real renaissance in Scotland with many young people involved and it is often youth work organisations, like The Boys' Brigade, which offer youngsters the chance to develop, as Niall Rolland explains...

The Brunton Theatre, Musselburgh, earlier this year was the scene for The Boys' Brigade's 36th Scottish Bands Contest. Young Musicians, many very nervous, some as young as nine, had rehearsed for months to prepare for those few minutes to showcase their talents, dedication and teamwork. Disciplines in brass, pipes, woodwind and percussion were on display for the packed auditorium (including the very noisy supporters!) to experience. This event not only showcased the best of Boys' Brigade (BB) musical talent, but also served as a reminder that this kind of music continues to play a significant role in the life of many Scottish young people and adult volunteers.

The close ties to music date right back to the organisation's founding. By 1885, the original company, the 1st Glasgow, already had over a dozen in its flute band and by 1913, band members exceeded 10,000 across the UK. Times, methods and traditions have moved on, but 2015 sees participation in bands work remain strong in The BB and, in some areas, really thriving. This is taking place despite the changing programme and focus on outdoor learning, as well as the significant challenges such as cost and finding tuition. In fact, a recent survey showed that a quarter of companies said they had a band.

So what is the draw for young people? Dave Marr, BB volunteer leader and former Band Master with 6th/8th Dundee company emphasised that getting the right atmosphere is important:

"It still carries a certain level of coolness to be part of a BB pipe band. If it didn't we wouldn't get the numbers of people continuing to come along and turn up to practice each week and we wouldn't be able to continue with the national and local competitions. The competition scene appeals to the young people and it's certainly still thriving in Scotland."



"It's a fantastic buzz that we get when we see the boys learn new things all the time."

Competitions are important, but there are other attractions too. *"Whilst being part of a band can be about competing at local and national levels",* Dave continued, *"it's also important to remember that no matter how good the group is at performing, the band provides a creative outlet for our members to spend time together in a constructive and disciplined environment."*

I was lucky enough to meet with some of the young musicians as soon as they'd finished their performances in Musselburgh. You couldn't help but notice their smiles and obvious sense of enjoyment they got out of performing.

Ross, 13, from 25th Stirling company's band explained what it meant to him: *"I've been playing the alto-saxophone for two years and I'm really grateful to The BB for the opportunity to play. It's fantastic to get involved in events like the National contests, especially after putting in so much effort."*

Nicole Finder, member of Wishaw & District Band echoed that sense of enjoyment: *"I thought the contest was exhilarating and I love getting the opportunity to play here. It so much fun playing an instrument and being with my friends!"*

Regardless the branch of youth work, isn't it humbling to hear such testimonies? Whilst there is a great sense of pride, music in youth work offers young people a real opportunity to achieve and learn lifelong skills. The impacts of these reach far beyond the realms of youth organisations; a view shared by Bill Stevenson, The BB Director in Scotland: *"We're proud of our pipe bands with many experiencing success nationally, including at the World Pipe Band Championships. Last August, the 6th/8th Dundee Boys' Brigade Pipe Band finished an impressive seventh in the Grade 3b category."*

Our young people thrive on the skills and confidence gained from being part of a pipe band and we would encourage schools to work with and support organisations like The Boys' Brigade to promote piping and traditional music."

Like so many aspects of youth work, attracting the right volunteers to help develop skills and mentor young people can be a challenge. However, so much of the good work taking place is thanks to young leaders who themselves only picked up an instrument a few years before.

Andrew, 20, is a young leader with 10th Leith company and gets a great sense of pride when working with the younger band members. He said: *"It's a fantastic buzz that we get when we see the boys learn new things all the time."*

So much has developed over the last 130 years, but traditional music continues to provide a popular pastime for our young people. Instilling confidence, building friendships and developing skills, are things we all want to see in our young people. Whether pipe, brass or woodwind, these bands deliver these in abundance.

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"It so much fun playing an instrument and being with my friends!"



Reaching artistic heights

In South Lanarkshire a local drama programme is making a strong contribution to the next generation of artists and musicians.



Many young people who have come through 'Vertigo Theatre' over the years have gone on to study theatre and music based subjects at accredited drama and music schools and colleges. They are doing well within the profession as actors, stage managers and musicians, with the odd airline pilot thrown in. Vertigo Theatre was originally formed by a committee of young people supported by a drama specialist in 2002. The group went on to take part in large scale theatre performances as well as devised performances based around youth issues. They have taken part several times in the National Theatre for Scotland's Exchange Programme, have represented Scotland as part of Brouhaha's International Street Festivals in Liverpool and have worked extensively on projects based around peer education as part of Holocaust Remembrance Day activities. 'Vertigo'

has grown in strength and numbers since it was founded and now offers more young people the opportunity to be involved in the theatre world. In 2014 'Vertigo', expanded again to give access to drama classes to even more young people and 'Vertigo 360' was formed, gaining 45 members in its first year. 'Vertigo 360' offers workshops to young people in South Lanarkshire from the ages of 7-18 on a Saturday. The group is managed by a committee of young people and they have enlisted the voluntary help and services of drama and music professionals to aid them in their delivery of affordable, high quality theatre and music based learning.

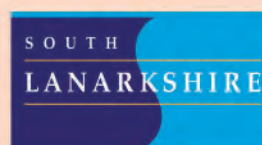
Young people of 'Vertigo' have gained in confidence, interpersonal relationships and team working and determination have greatly improved their access to higher education and employment. Ex members of the group

have progressed into professions such as medicine, engineering, youth work, TV production, airline piloting and customer service. Many of them say that a great factor in their success have been the skills and security they gained through 'Vertigo'. It is interesting, from a youth work approach, that, a lot of them believe their lives would have taken a less positive direction if they had not had this youth work experience. Youth volunteering and mentoring is also a big part of the 'Vertigo' ethos, with young people mentoring and transferring skills to their peers.

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W: www.southlanarkshire.gov.uk/

F: www.facebook.com/Vertigo360TY





From Holyrood to Hollywood

The Applebox Film Club based in Summerlee Museum, Coatbridge is a fun-filled workshop for those keen on starting early on their Hollywood career. This weekly programme gives young people the chance to learn about politics, heritage and get involved in national events all through the creativity of film.



The project is part of the council's 'Arts in Action' programme co-ordinated by CultureNL. On offer is animation, editing, music and digital effects training, delivered to an enthusiastic group of young people aged between 8 and 16 years of age. They work alongside an experienced film maker with access to professional equipment and resources. Tutor, Martin Greechan says of them:

"As well as teaching the technical aspects, we like to try and develop the young people individually by looking at things like problem solving, team work and confidence building. Some of the members who have been with the group a long time are working at a level that far exceeds their years."

One of the group's longest attending members, 16 year old Harry McDowell from Uddingston gives a rundown of a typical Saturday session:

"We usually begin with the group discussing any movies they have watched that week. We share our opinions of the films and we plan our activity for the day if we are at the point of starting new project. If someone has a story idea, we have a group discussion. We write it down and create a script. We also draw a storyboard as it helps everyone create the same image in their head."

Over the five years they have been in existence the group has touched on most film making genres in one way or another. They have also been involved in selected project work including creating a short documentary film for The Nancy Ovens Play Awards, the Commonwealth Games Legacy 2014 and a Heritage Lottery funded WW1 film project. Local By-elections, the Referendum and the General Election have also given the young

people a great opportunity to film and interview politicians and campaigners in the street and at the local count on election night, giving them a great insight into local and national politics.

Summing up why he enjoys Applebox Harry McDowell says:

"I have learned how to work as a team in the creation of a film. I've realised that working with other people can improve a film because everyone has a say and they may have an idea that you haven't thought of. I would definitely not be as skilled and have progressed as far if it weren't for Applebox. It has reinforced that making films is the career path that I want to follow."

T: 01236 632 828

W: www.culturenl.co.uk/arts-photomedia/apple-box-film-club/

F: Appleboxfilmclub

Tw: @culture_nl

Water and Glass

Peter Royston, Dance Development Officer for Perth and Kinross Council talks about his experience in challenging perceptions of disabled and inclusive dance - it has been a journey that has changed lives and has left a lasting impression on those involved.

When I started in post as Dance Development Officer at Perth and Kinross Council nearly 3 years ago. 'Inclusive Dance' was part of the remit. I am a trained ballet dancer, I have danced with Scottish Ballet for 10 years and led The Scottish School of Contemporary Dance at Dundee College but working with disabled people in dance is not something I have ever done. I was daunted to say the least but went off to Creative Scotland to see if they could fund a project. Our application to the 'Public Engagement Fund' was successful and the £30,000 two year project was born. So where to start.

I wanted to create an experience that was life changing, experimental and challenging to both performers and audiences. I spoke to our music co-ordinator who agreed that a section of the Perth Youth Orchestra would play the lovely 'Spiegel am Spiegel' by composer Arvo Part. I also commissioned a film to be shot by 'Goat Productions' who are world renowned 'Dance Screen' specialists. We created a film of professional dancer Marc Brew who is wheelchair bound and serves as an inspiration to us all. The film would be screened as part of our planned performance at Perth Concert Hall. We also

started working at Fairview School in Perth, which is a special school catering for secondary aged pupils with profound disablement.

After a long period of development the first performance of 'Water and Glass' was enthusiastically received by an inquisitive but smallish audience at Perth Concert Hall.

Phase Two of the project included the development of a new inclusive group in Blairgowrie and an existing group joining us from Dundee. The final performance in May 2015 was a triumph with the youth orchestra, sixty performers and the commissioned film creating a multi layered dance performance which lasted 90 minutes and a much larger audience. Word had definitely spread about this unusual event and its quality.



A small group of mentally and physically disabled adults had been meeting in Perth for over a year and this became the core group for the project. We collaborated with 'Enable Perth' to find new members and created a group of 15 enthusiasts with little or no movement experience. We had six months to create a dance work and integrate the group with existing young dancers from youth groups and private dance schools.



The original concept was to challenge and change perceptions of disabled and inclusive dance. We have certainly done that. The journey travelled by the dancers has been truly life changing. I have been surprised by the impact that the experience has had on the able bodied dancers as well. Their feelings and attitudes toward their disabled colleagues has been profound with two of them now hoping to move into a career in care.

It has been an amazing journey for me and the whole creative team. Water and Glass was recently recognised with an award from Perth and Kinross Council, a wonderful tribute to the project.

Many people maybe don't realise that Scotland leads the world in inclusive dance performance. Inclusive dance in Perth and Kinross is now firmly established on the dance development map and we are looking forward to the next stage on our journey of discovery.

T: 01738 475000
 W: www.pkc.gov.uk
 Tw: @PerthandKinross





Creative leadership

Using art in our work with young people can be a really powerful tool for their personal development but what does it actually do, what are the tangible benefits?

Angus Youth Action looks at the impact their work has on local youngsters.

The Angus Youth Action Media Project was created to allow young people to develop films and stories which explore relevant topics and issues for young people. The project works through the areas of film, theatre and journalism.

The Inspire journalists undertake a programme of training on a rolling basis and have been fortunate enough to visit STV Glasgow and The Daily Record offices in Glasgow to learn about potential career opportunities. In addition they have arranged visits and interviews with guest speakers to develop content for the website.

2Reel Creations has worked very hard together to create a variety of short films and animations. This includes the creation of a music video, which was a joint production with Perth and Kinross Council, for an up and coming young bands. One of their films 'Respawn' which looked at making positive choices and peer pressure was entered into a competition through Dundee Film Festival.

Dramarama Productions worked together with Angus Council Social Work Department to create a training resource for staff. More recently we visited Dundee Repertory Theatre where we learned about potential careers in the industry and had a tour of the theatre.

Young people have increased opportunities to participate and learn through positive focused youth work experiences.

Young people are:

- more able to analyse issues and develop critical thinking skills
- more able to articulate and express their opinions and take on board other people's opinions
- more able to think creatively
- better at working with others from different backgrounds
- better at working together and demonstrating appropriate skills such as leadership

An additional benefit is the motivation to join other groups and involvement in further learning. Passing on skills to peers has been a natural progression for many who have taken part and a measure of the project's success. Leadership and volunteering is developed through leading sessions with peers and working towards accreditation. These outcomes have a positive impact, not only for the individual, but more widely in home and school life.

It's about young people taking the lead on youth information in Angus. So the information is for young people, by young people which makes it more relevant and of interest. The young people from each of these groups are responsible for the content on their area of the Young Scot website.

The short films and animations can be viewed on the group YouTube Channel – AngusYouthAction.

T: **01674 662 692**

W: **www.angus.gov.uk/news/article/189/are_you_looking_for_a_career_in_the_media**

Look beyond the cover

Libraries are not just about the current must-read book, as well as offering things to borrow, modern library services today also offer things to do through a varied programme of volunteering opportunities.

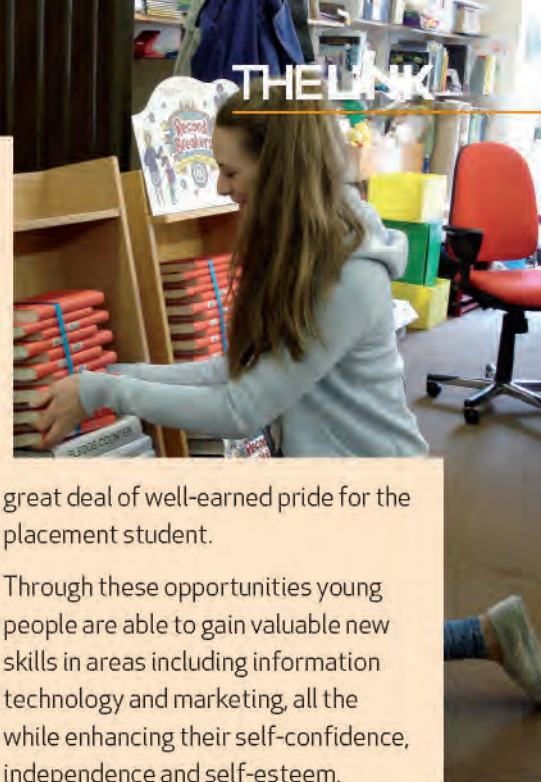
Aberdeen City Libraries cater for an increasing number of volunteering options, from the opportunity to be involved in one-off projects and single-week work experience, through to more substantial placements for Duke of Edinburgh and Saltire volunteers.

Young people working on placement experiences are actively involved in developing and improving the services offered by Aberdeen City Libraries, and are positively encouraged to bring their own unique perspectives to both traditional and innovative areas of current work. As Helen Adair, Learning Development Manager explains:

"Actively involving young people brings a new dimension to our projects helping to improve our services and at the same time developing vital life and work skills for the young person."

'Shared Reading' is a brand new project encouraging older pupils (up to S6) to read to pupils from P1-3, fostering increased enjoyment from reading as well as the responsibility of acting as role models for younger readers. In contrast, #WriteCity is an established creative writing festival which has evolved to include an ever-growing range of participants producing fantastic material.

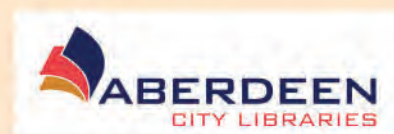
The library service also work on specific local research projects. One such project involved an investigation of how the local media portrayed the impact of the Great War on the city; another project looked into the changes in diet over time in the local area, including research into historic recipes. Both of these opportunities resulted in articles for publication or display, along with a



great deal of well-earned pride for the placement student.

Through these opportunities young people are able to gain valuable new skills in areas including information technology and marketing, all the while enhancing their self-confidence, independence and self-esteem.

T: **01224 652555**
W: www.aberdeencity.gov.uk/library
Tw: **@silvercitylibs**



Silence is golden

According to Gordon Baxter, one of Falkirk Council's community education workers, art is an integral part of education and youth work.

2015 is the 5th year of The Hippodrome Festival of Silent Cinema in Bo'ness, where Community Learning and Development (CLD), Education Services, The Arts Team and Community Trust, planned, organised and delivered a senior youth engagement programme. Partners in the Bo'ness community included, Leisure services, Bo'ness Academy, Caledonian Produce and Library Services. The programme was supported by Scottish Natural Heritage and funding through the National Lottery, Caledonian Produce and CashBack for Communities through YouthLink Scotland.

The diverse programme offered the young people a platform to challenge their perception of silent film and put their own twist on a period of

filmmaking many consider to be outdated. This allowed the young people to engage creatively in the history and culture of their home town and be active in their community.

The project used the artistic and creative outlets of film & media with Room8, along with sound and performance via sound artist Jason Singh, and a youth engagement session at Fusion youth club with beatboxer Bigg Taj. The young people developed and worked as a team to create, own and produce a silent film and soundtrack called 'Second Chance'.

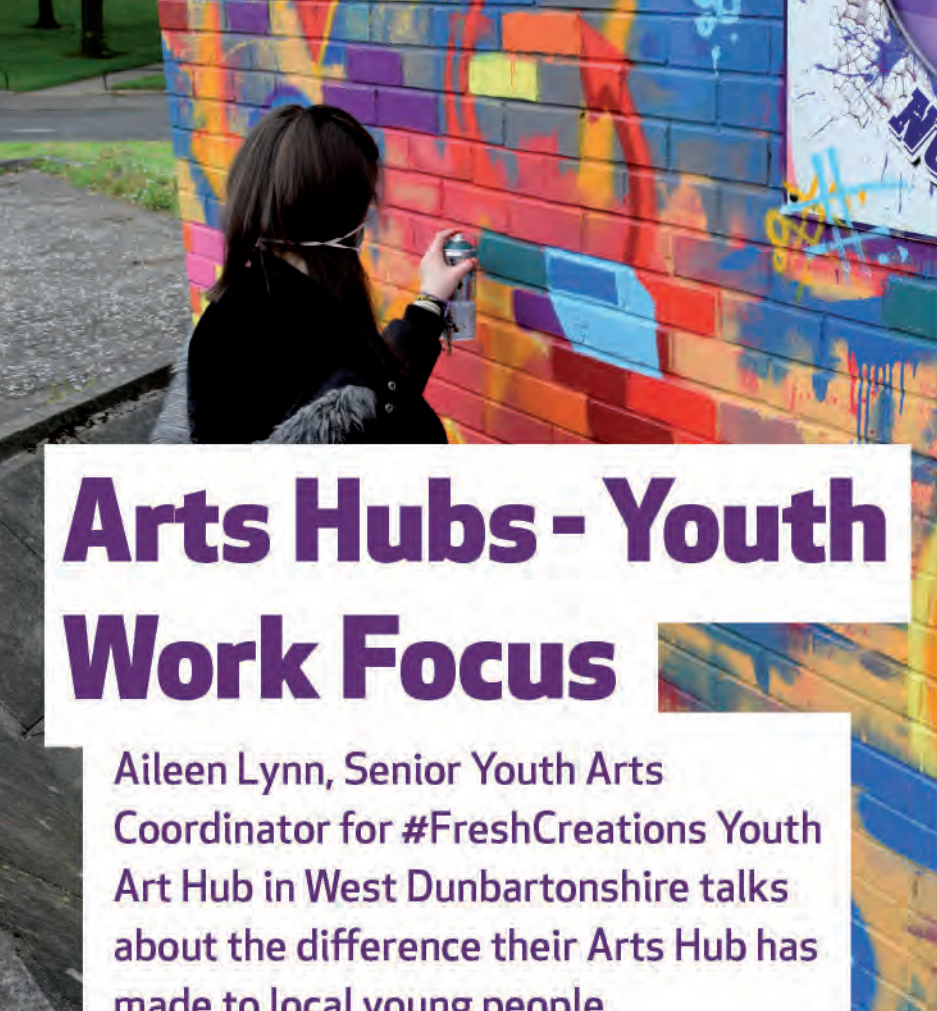
Their story, film and non-verbal expression improved their comprehension of silent film and encouraged creative thinking, self-



expression and increased engagement and confidence overall. This captures how powerful art has been in this programme and why it is an integral part of youth work as a whole.

The resulting film will be screened in November with an introduction from the participants, as part of the 2015 Into Film Festival, at Falkirk Town Hall Cinema and the Hippodrome Bo'ness, to an audience of young people from across the area.

T: **01324 506 692**
W: www.falkirk.gov.uk/services/schools-education/community-learning



Arts Hubs - Youth Work Focus

Aileen Lynn, Senior Youth Arts Coordinator for #FreshCreations Youth Art Hub in West Dunbartonshire talks about the difference their Arts Hub has made to local young people.

'I'm not arty!' A phrase that was said a lot during the launch of our Youth Art Hub, #FreshCreations just over one year ago.

In February 2014, a survey of 398 teenagers in Clydebank found that despite an overwhelming majority crying out for more youth art opportunities, the creative confidence for these keen young people was really low.

Putting youth work at the core of #FreshCreations meant that we could share our various creative opportunities and events with some of the hardest to reach young people. Y Sort-It youth organisation based in Clydebank has been delivering high quality youth work for over 15 years, including establishing well attended groups for a range of young people.

We quickly realised the importance of getting these young people involved in the Youth Art Hub to not only try something a bit different but to boost confidence, social skills and to appreciate the multiple benefits of just being creative!

We like to tell our young people that attending a 2 hour #FreshCreations workshop in fashion design, graffiti art or street dance is just as rewarding and important as keeping your mind healthy by doing 2 hours at the gym or football to keep your body healthy.

This summer we took 150 young people and young leaders to Auchengillan Outdoor Centre for our first #FreshCreations Creative Camp. The young people took part in creative workshops in environmental art, graffiti murals, fashion design, drama and dance alongside team building games and some outdoor adventure.

Hub Overview

The £3.1m Youth Arts Hub funding through Time to Shine, Scotland's National Youth Arts Strategy, which was developed by Creative Scotland, has acted as a unique catalyst for regional arts organisations and youth providers to work together.

The purpose of the nine Youth Arts Hubs is to support the improved collaboration between local, regional and national youth arts and other youth service providers to improve regional youth arts delivery. Hubs were not imagined to be physical spaces per se but rather a focal point for a multi art form partnership approach to innovative models of youth arts development and provision, responding to regional need.

One year on Youth Arts Hubs are making a real impact:

- Access to arts – The Hubs are making arts more accessible and less intimidating with more young people now involved.
- Personal skills development – Young people are developing their personal skills around confidence, joint working, sharing opinions and understanding the different experiences of young people in Scotland.
- Artistic skills development - Young people are developing their artistic skills, through opportunities to develop their talent, share it with others, and experience performance and new art forms
- Health and wellbeing – Hub activity is also making a difference to young people's quality of life through supporting positive physical and mental health.
- Jobs and employability – The Hubs have so far created over 88 new jobs for the under 25s. It has also supported progression of young people, within arts and more widely.
- Empowerment – Time to Shine has involved over 1,300 young people in empowerment, decision making and evaluation activity, and created over 150 new volunteering opportunities.
- Connections – The Hubs are building innovative links between youth arts organisations, and with other sectors including youth work organisations.



ALBA | CHRUTHACHAIL



Hub Snapshots

ABERDEEN

Young people from the Youth Arts Collective North East recently staged a 'takeover' in the Lemon Tree as part of the Aberdeen International Youth Festival (AIYF). We're proud 3 youngsters are now part of the Young Scot Ambassadors Scheme. Our Young Advisors group offers training and mentoring for young people interested in the arts, and new projects are being set up across Aberdeen covering many different art forms.



MORAY

Moray Youth Arts Hub took to the stage at Belladrum Tartan Heart Festival in August to showcase their talent. Modern rhythm and blues musicians Wasted Jazz played to audiences followed by extreme metal band, The HAAR. Dragonfly Creative Arts put on a Viking spectacle throughout the weekend, whilst other young people helped out at The Burke & Hair, Belladrum's new steampunk theatre. A total of 450 children and young people took part in a number of fantastic free activities right across Moray.



ARGYLL

Argyll Youth Arts Hub created 20 new paid posts for young people and is currently seeking 10 Young Arts Promoters and 10 Schools TV Channel Managers. These young people will form the core of the Argyll Youth Arts Network.



ARGYLL YOUTH ARTS

AYR

Ayrshire Youth Arts Network has formed a group of local 16-25 year olds to be our Youth Advisory Group who will help us shape the future of the arts in Ayrshire. Our Steering Group is now made up of 9 partners and 11 young people. We want young people to have a voice and I believe we're succeeding in this.



AYRSHIRE YOUTH ARTS NETWORK

FIFE

Since October 2014 Fife Youth Arts have worked with over 2000 participants. Through 100 young people taking part in the Fringe, FYA brought the Youth Arts Strategy to the biggest arts festival in the world. This is a national triumph of youth creativity and the influential power of young people on Scotland's stage.



HIGHLAND

"It's been amazing being part of the Highland Youth Arts Hub. Meeting new people that share similar interests. And there are certainly a lot of passionate people involved in HYAH. It's an honour working alongside my peers and the workers have always been there to give us the boost we need." **Myfanwy Morgan, Aged 17, Thurso**



HYAH Highland Youth Arts Hub
Com-pàirtreachas Eilean Siar (Highland Youth Arts Hub)

GLASGOW

Glasgow Youth Arts Hub is on a mission to get more young people involved in the arts through great partnerships between arts and youth organisations. We work in partnership with our Youth Led Committee, working group partners as well as a wider network of over 50 partners in the voluntary, statutory and education sectors.



EDINBURGH

#artcore has involved over 500 young people in six months, through a series of pilot projects. Animation, circus skills, guerrilla art, radio and music, all undertaken with our arts partners at sites across the city.





Young people from Argyll recently completed a photography project based around the heritage and history of Tarbert village. Putting the focus on the fishing industry that has sustained local life for generations, meant the start of a journey of self-discovery for those involved.

Learning from a rich heritage

The project was delivered in partnership with Argyll and Bute Youth Services, Tarbert Harbour Authority and In The Fields; an artist collective resident in the village. Up to 12 young people took part in varying roles in the project – from researching the history of fishing boats to planning the first exhibition, and of course taking photographs.

At the beginning of the project, most of the young people involved hadn't used another type of camera other than on their mobile phones. Nicole and Stefan, artists from In The Fields, worked with the group to explain the terminology and methodologies behind digital photography alongside practical workshops.

The group were then set loose into the local community to photograph the objects of their project – primarily Tarbert Castle, the harbour and the fishing boats themselves. After the group learned how to use Photoshop and edit their images, the project culminated in a harbour-side exhibition

where local people and visitors were invited to learn about Tarbert's heritage.

This project was part of a wider Life Skills Programme that Ruth Cairns, of Argyll and Bute Youth Services, delivers in the school for S4 pupils who are not sitting exams. The programme's objective is to provide young people with opportunities to develop their skills and engage them in productive and constructive activities.

The aim of the photography project was to expand young people's access to creative arts. In a rural area like Tarbert young people are not usually able to participate in activities like this for free. It also opened up dialogue between young people and their local community, and shows them to be contributing and participating in community life, countering the common perception of them as disengaged and involved in anti-social behaviour. Their work will be shown at local events and arts fairs before being displayed in Tarbert Harbour's



proposed Heritage Centre to build upon these new community links.

Other impacts included the vast array of skills that the young people learned and developed, such as research and group work as well as using new technologies. The project also generated an increased confidence amongst the young people involved. They could track their progress throughout and could clearly observe their individual accomplishments as well as the wider group's achievements.

T: **01369 708 542**

W: **[www.argyll-bute.gov.uk
community-life-and-leisure
overview-and-aims-youth-service](http://www.argyll-bute.gov.uk/community-life-and-leisure/overview-and-aims-youth-service)**

Tw: **@argyllandbute**



Shining a light on the written word

Scottish Book Trust knows that the most powerful way to increase literacy is through inspiring a love of reading and writing.

Scotland boasts a thriving literary scene, with strong support for adult writers, but young writers have traditionally been less well catered for. This disparity has been addressed through an ambitious new programme for young writers based in Scotland, created for young people by young

people. The programme, which is funded by 'Time to Shine', Scotland's Youth Arts Strategy, includes an annual two-day conference, writers groups across Scotland, and an online platform to showcase the participants' work. Young writers will also be mentored in developing their own practice.

The programme has a myriad of benefits for the young people who take part – most notably it connects young writers with each other through writer groups, workshops and an online portal, ensuring that an interest in narrative and the written word is no longer an isolating experience. Our work with festivals and other literary partners also means that we can help

the young participants broaden and stimulate their minds by exploring other writing from across the world. And above all it gives young people the incentive and opportunity to explore, express and experiment with all artistic forms of writing, and the freedom to pursue their own path.

The 'Time to Shine' programme is funded by Creative Scotland.

T: 0131 524 0160

W: www.scottishbooktrust.com

Tw: @ScottishBkTrust



Poetry by Heart

*"O, wad some Power the giftie gie us
To see oursels as others see us."*

From *To a Louse*, Robert Burns

Once Scots prided themselves on being able to recite Burns from memory, although the habit may have faded a little in recent years. We've outsourced memory to our mobiles and tablets but a new annual competition run by the Scottish Poetry Library hopes to reverse this trend.

Recent scientific studies have shown memorising poetry boosts brain-power, while reciting it improves confidence. With that in mind, our Poetry by Heart Scotland competition encourages young adults to memorise and perform poetry. After a successful pilot in 2014, Poetry By Heart Scotland (PBHS) is being rolled out to S4-S6 students across the country this autumn from 2015 onwards.

PBHS is free for schools or youth projects to take part in. Students have an opportunity to choose poems from hundreds in our database. To increase students' engagement with the richness of past and contemporary poetry, we're asking them to commit to memory and perform one pre-1914 poem and one post-1914 poem; at least one of those poems has to have been written by a Scottish poet. The poems range from 'The Flowers of the Forest', which was written over two centuries ago, to poems published in 2014.

The National Poet of Scotland Liz Lochhead is a supporter of the scheme: *"You should learn poems by heart because they come from the heart. When I was at school, we*



SCOTTISH
POETRY
LIBRARY

learned poems like we learned the times tables. I don't think I would have become a poet, I wouldn't even have become a person who reads poems, if I hadn't learned them by heart."

Get in touch if you would like to take part.

T: 0131 557 2876

W: www.scottishpoetrylibrary.org.uk/poetry-heart-scotland

E: georgi.gill@spl.org.uk

Tw: @ByLeavesWeLive



The show will go on



Arts and culture play a strong role in the Scouting programme, with many badges and awards exploring the possibilities of creativity and the skills that this inspires. Since 1932, the Gang Show has been an important part of Scouting for many young people, who are given the opportunity to write, direct, perform in, and support a variety show that has huge popularity within communities across Scotland, the UK and the rest of the world.

Lee, 17, from Aberdeen shares his experiences of being part of the Gang Show, and what it means to him:

Every year in many cities across Scotland groups of Scouts and Guides, young and old, get together to put on a huge theatrical performance full of singing, dancing and acting, a Gang Show. These shows give the young people taking part the opportunity to express themselves in lots of different ways – whether they are sailors heading off for their new adventure; strange creatures being found in space; or bold Americans having a hoe down, Gang Shows are a way of truly capturing the spirit of Scouting and actively showcase confidence, friendship, adventure, and fun.

Once you catch the 'Gang Show bug' it takes over. I caught the bug seven years ago as a Cub Scout, and now I can't stand the thought of leaving the

show. You get totally immersed in the wonderful world of fun, singing and dancing, all within Scouting. Being in a Gang Show lets you into a world where you have to work for weeks with a brand new group of people. You hit the ground running by creating friendships as well as dance routines, and as rehearsals progress you build upon an experience you can never forget – the performance.

For many people a Gang Show may be their first real taste of theatre, or the only opportunity they can get to perform. Giving so many young people the chance to be part of a show and perform it to a real audience is life changing. The Gang Show, just like Scouting, is open to everyone. It's an opportunity for creativity, development, and growth, all within one of the most fun and supportive environments I've known. For me, the best thing about being involved in a


Scouting has 7 major Gang Shows in Scotland
Aberdeen, Dundee, Edinburgh, Glasgow, Greenock, Inverness, and Stirling.

Gang Show, is that have gained so much in terms of confidence and self-esteem, and have seen my friends do the same.

To be in a Gang Show is to be a part of a real community working together. It means you can gain friends from different walks of life, all with the same interests. I believe that every member of Scouting and Guiding should experience at least one show in their lifetime... And the public are welcome to come along too! It's an experience you won't forget.

In Scouting we even have a special red neckerchief for the Gang Show, and I really do wear mine with pride.

T: 01383 419 073
W: www.scouts.scot
Tw: @ScoutsScotland



"It was a great incentive for him to concentrate. Also, I think he felt COOL!"



Ditch the label

Remember Billy Elliot, the boy from the old mining town in the North of England who wanted to dance? He faced a tough crowd as he fought his way towards his dream. A part of great youth work is challenging stereotypes, making sure all young people feel included and try new things. In East Lothian, they have put in some serious hard work to blast the myth that boys don't do dance.

More than 200 young people, including 50 boys, participated in East Lothian Council's Move It! showcase this year. The performance was an opportunity for participants from the Council's extra-curricular dance programme Move It!, which runs inclusive classes throughout the county on a not for profit basis, to showcase their talents. The high number of boys taking part is the culmination of several years of dedicated work to engage boys in dance by the Council's Arts Service.

Rhian Reynolds, Dance Artist, said: *"We have over 20 classes in our Move It! programme, mainly offering contemporary, street and break dance. We started offering boys only classes because we wanted more boys to participate and we felt that single sex classes would enable us to tailor*

classes to their needs and wishes. For example, boys' classes are geared towards more high energy and strength moves, rather than aesthetics and flexibility."

Young participants are encouraged to audition for East Lothian Youth Dance Company, a company for dancers aged 12 to 21, and for The Brunton Theatre's annual pantomime. Dancers are also encouraged to attend dance productions and workshops with professional companies, which have been supported by funding from CashBack and Get Scotland Dancing.

The Council's Arts Service fosters a close link with Room 2 Manoeuvre, The Brunton's resident dance company. Future plans include setting up a boys' high school group, which will ensure dance provision for boys from S1 to S6.

Artistic Director Tony Mills said: *"Dance helps promote the development of a creative and critical mind, and because it involves working with others, it encourages effective communication."*

The benefits of participating in dance for boys are numerous. Not only does it offer obvious health benefits, but participation teaches focus and commitment.

Parents have been enthusiastic about their sons' involvement. Lynne Henderson, whose 5 year old son Oliver dances in the Move It! programme, said: *"We tried football and rugby classes, which he didn't like as he found them a bit rough, but he loves music and dance. It's fantastic as it still builds teamwork, and he absolutely loved performing in the show. It was a great incentive for him to concentrate. Also, I think he felt COOL!"*

For more information contact Rhian Reynolds, Dance Artist at moveit@eastlothian.gov.uk.

T: 0131 665 9900

W: www.eastlothian.gov.uk/info/290/arts_and_entertainment/895/east_lothian_arts_service/7

Tw: @ELCouncil



East Lothian
Council



Girls Aloud

What do you get if you mix 800 Girlguiding Scotland members, four large campsites, muddy puddles, wellies and raincoats, performance arts-themed workshops and local and national music stars? G in the Park, of course.

Girlguiding Scotland's first ever festival-style camp hit Eglinton Park, Ayrshire this summer.

When they arrived at G in the Park the Guides (aged 10 – 14) and members of The Senior Section (aged 14 – 26), set up camp at festival-themed campsites like T in the Park, Wickerman and Belladrum, before being entertained by Irvine Beat FM's roadshow and forcing their leaders on stage to dance Gangnam Style!

On Saturday and Sunday, the showbiz-themed camp saw girls exploring what goes on behind the scenes and trying their hand at fun activities including cheerleading, dancing, singing, designing their own skateboard, drama and stage make-up.

The days were rounded off by musical performances by star acts M.O, Only the Young, Model Aeroplanes, Naomi, One and Only Direction, Hometown, Murdo Mitchell, Danny Dearden, Emily Middlemas and Rewind. The girls even got the chance to meet the acts and ask them about their own musical inspiration.

Monday saw girls competing in a scavenger hunt and building installations with found objects so they could act out a dramatic performance and create a piece of art.

The camp closed with a fun closing ceremony and ceilidh, where 11 new girls and one leader joined our Chief Commissioner on stage to take their Promise for the first time and be welcomed into guiding.





"G in the Park was a brilliant opportunity for the girls to camp with their friends, see some great bands and find out for themselves about the world of showbiz!"



THE LINK



Girlguiding Scotland today is very different from when it started more than 100 years ago, because we listen to girls and constantly adapt what we offer them. G in the Park is just one of many great opportunities available to girls across Scotland through guiding. Girls can learn about stars, try abseiling or raft building, go camping and even travel abroad by being a member of Girlguiding Scotland.

Lucy, 11, a member of the 2nd Lockerbie Guides, said:

"I loved going to the gigs at G in the Park and I even got to meet Only the Young! I've also had the chance to try out lots of fun workshops, like stage make-up, theatre and cheerleading."

"My favourite thing about being a Guide is that we get to go on lots of trips and work on fun badges."

Sue Walker, Scottish Chief Commissioner, said: *"It was great to see our young members letting their hair down and having fun. G in the Park was a brilliant opportunity for the girls to camp with their friends, see some great bands and find out for themselves about the world of showbiz!"*

T: 0131 226 4511

W: www.girlguidingscotland.org.uk

Tw: @GirlguidingScot



Life ballads

It is tough to get into the music industry, whether you want to be a performer, engineer, producer or creative. With so much competition and so few opportunities, many young people can't get the big break they need. This is where The Big Music Project comes in.

A UK-wide project for 14 – 24 year olds, this partnership between Youth Scotland, UK Youth and big entertainment brands has given hundreds of young people across Scotland the opportunity to gain skills and experience in the music industry. A youth work approach coupled with hands-on experience has given project participants some fantastic opportunities. Supported by youth workers, the young people involved in The Big Music Project (TBMP) have organised and performed gigs, developed their confidence and musical skills, and have also been given access to career development opportunities, been mentored by professionals in the music business and gained accredited qualifications through the Youth Achievement Awards.

A highlight from the last year of the project includes a high profile gig in London. Young people from Tollcross YMCA performed in front of a sold-out crowd at the O2 Arena in February, showcasing incredible unsigned talent hailing from Scotland. Musicians

Godytronik and Krane from the east end of Glasgow were amongst this talent, delivering live renditions of their original songwriting and music production.

As well as glittering gigs in London, The Big Music Project has been helping young people closer to home. When youth workers from West Lothian Youth Action Project first met Liam, he would walk 3.5 miles from his home every Tuesday to attend the music club. Despite his talent, Liam had confidence issues and didn't feel comfortable in front of large groups. Since getting involved with TBMP, his confidence has blossomed and he is now a sessional junior music worker. Liam's journey has seen him take on drum tutoring roles, record music in a professional recording studio, perform to live audiences and build skills like team work, event planning and working to deadlines.

Rebecca Simpson, Youth Active Manager at Youth Scotland, said: *"The Big Music Project is a great example of how youth work can*

open doors for young people, giving them opportunities to get the best start in life. The music business is a challenging industry to crack, but with the support of the project and dedicated youth workers, young people with talent, drive and ambition are flourishing in a wide range of careers related to music."

The Big Music Project (TBMP) is a partnership between Youth Scotland and UK Youth, and some of the biggest brands in entertainment – Global and their number one hit radio station Capital FM and BPI (the people behind the Brit Awards!) and is funded by The Big Lottery Fund.

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Music as therapy

As a young woman Gillian Thomson suffered from crippling shyness and struggled at High School to fit in and socialise with others, which often led to her being bullied. Here she explains how music and youth work changed her outlook on life...

I'd started to develop an interest in music so when I found out about a gig in my local community centre, organised by Reeltime, I had to go. As a young person who got involved several years ago, Reeltime Music has had a huge impact on me.

I joined a project and began to improve my communication skills. This was due to the encouragement of the tutors and other young people. Reeltime became my safe place where I could be part of something and really feel that I fitted in. Over the years, I took part in many projects and now volunteer. The experience has helped to build my confidence and skills, allowing me to grow as a person and pursue my interest in music and journalism. I've received many opportunities through the project over the years, such as being asked to write this article.

Reeltime Music is a charity which aims to provide opportunities for young

people that they may not otherwise receive. Starting in 1997, Reeltime works with young people through the medium of media and music to allow them to build and develop new skills in a relaxed, informal environment.

And it's not just me, other young people, like Hayley Downie, also share similar experiences of how Reeltime has helped them:

"Reeltime is like the part in a book where everything goes bad and you turn the corner and there's that opportunity that will help you win. Everyone wins when they go to Reeltime."

Many young people who go to Reeltime echo this, as everyone who works there makes you feel welcome, and encourages you to do your best and be as creative as possible. This is vitally important as many young people never get this encouragement. It is completely unique and there's no



reeltime music
youth | music | community | recording studio

other place like it. I can't wait to see what the future will hold and how many other young people Reeltime Music will help.

T: **01698 862860**

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Editing out abuse and violence

As a former Trustee of the Scottish Youth Parliament (SYP) and Champion of SYP's We-CTV competition, I want to highlight the significant value that creative initiatives and projects contribute to society by engaging young people on issues that are important and relevant to their lives.

The We-CTV competition, supported by the Scottish Government's No Knives, Better Lives initiative, challenged young people aged 11 to 18 from across Scotland to use their creative skills to promote anti-violence messages, and educate their peers.

Those participating in the We-CTV competition 2014/15 were tasked with creating an item in one of three creative categories which promotes prevention of interpersonal violence - such as knife crime, abuse, and online bullying - among young people. By expanding the creative categories of the competition for 2014/15, we were able to make the competition accessible for more young people to get involved. The three categories included: art (drawing, painting, textiles), literary (creative or discursive writing), and multimedia (video or audio).

The impact of We-CTV is unique in comparison to other awareness campaigns around interpersonal violence as it involves young people at the heart of the entire project, from development to delivery. For me, I believe we need to see more initiatives like We-CTV that use creativity to encourage discussions in local communities that can pave the way to a safer and fairer society.

I would like to thank all schools and youth groups who participated in this year's competition, for playing their part in raising the awareness of interpersonal violence with their peers and their communities. Furthermore, I'd like to congratulate everyone who has contributed to the legacy of We-CTV over the years, you have made We-CTV a great success and played an important role in creating thought-provoking anti-violence messages.



We-CTV is not just a competition – it is about changing attitudes. Whether or not you were a competition winner, by participating you have done your part to change attitudes towards interpersonal violence in Scotland, and you should be commended for that.

Any form of interpersonal violence is a crime. Through the We-CTV competition, young people have stood up for victims and survivors of interpersonal violence, and have given them a voice. I cannot think of a more important piece of work for the Scottish Youth Parliament to be involved with.

The Scottish Youth Parliament has developed resources to empower individuals and organisations to run the We-CTV programme locally. These creative resources can be accessed and shared via the SYP website.

David Stewart, Former MSYP for Glasgow Shettleston

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Youth Arts Voice

Lauren Neilly from Stirling gives us the low down on the new Youth Arts Voice initiative which is encouraging young people from across Scotland to get involved in local arts projects.

The Youth Arts Voice Scotland (YAVS) brings together a group of passionate young arts ambassadors from communities' right across Scotland. Part of Scotland's National Youth Arts Strategy, Time to Shine, we have been primarily tasked with looking at new and innovative ways of helping to develop and nurture the ambitions of young people already engaged in arts programmes while considering new ways to try and encourage other young people to get more involved.

The programme has opened our eyes to many possibilities, encouraging us not only to participate in cultural and creative events across the country, but also in finding our inner passions to help guide the future of the arts in making them accessible and achievable.



Supported by Young Scot and Creative Scotland, we have also been busy recruiting regional Arts Ambassadors, who will be based in local authorities to lead and establish links in local areas, promoting our mission of supporting Scotland's young people at all stages in their creative journey.

We also had the opportunity to be involved in the Time to Shine Nurturing Talent Fund process. The fund offers small grants to young people who want to pursue various art forms across Scotland. We underwent Grant Making Training to help them play an active role in deciding who should benefit from the fund and the feedback from all those involved has been really positive,

equipping them with vital skills for the future.

We want to add more vibrancy to the arts in as many ways as we can to make sure Scotland's amazing arts industry continues to flourish.

If you would like more info then please get in touch.

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Theatre of ideas

In the last three years Scottish Government has funded a number of community projects across Scotland to tackle sectarianism and some of these projects have found the arts is a great way to get young people to explore the issue.

Xchange Scotland has used a number of creative approaches to address the issue, including performance and craft pieces. 'Make Sectarianism a History Lesson' Project Coordinator Julia Rodriguez explains:

"Because of the negativity and reluctance in some communities to explore & tackle sectarianism, this creative part of our work has emphasised the abilities and assets already existing within them and allowed us to explore them in new and positive ways."

Using the interests of community members and engaging with their abilities and assets is a common theme amongst the projects using creativity. 'Gie's Peace', an Inverclyde Community Development Trust project, works across generations using performance art and creative writing to gain a deeper understanding of sectarianism as it manifests in Inverclyde.

Laura Mathieson, Community Development Worker, said:

"The creative products can be used to raise awareness in the wider community, encouraging others to engage with the issue on a number of levels. The 'Gie's Peace' project is intergenerational and having a creative project to work on has given people from all walks of life a reason to come together, recognising and valuing each other's skills and abilities."



Using creativity to address the issue of sectarianism can be therapeutic, informative and provides a safe space in which to explore how it affects communities.

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Coming soon to a farm near you

When the Scottish Association of Young Farmers (SAYFC) formed in 1938 their main aim was to offer personal development opportunities at all levels and for all interests. This is still the priority today and is no more apparent than in their annual talent events which provide a platform for music, dance and comedy.

The three events, Northern Spotlights in Aberdeen (February), East Cabaret in Perth (February) and West Talent Spot in Glasgow (March) allow hundreds of members to use their imagination as they manage their own productions, writing scripts, managing choreography and coordinating music. To date the stages have seen walking tractors, dancing sunflowers, Scottish cowboys, a battle of the contractors, the Inbetweeners (they were destined for Magaluf but ended up in Mozambique!), Bobbies garden centre and rural grannies and this is only in the last ten years. Go back further and you will find sailors in some of Scotland city centres - with the Queen!

The range is certainly very diverse and it is evident to see how much fun the members have but the benefits go beyond the performance. Individuals gain in confidence, new networking opportunities arise as they work with sponsors, stage production teams and other clubs; and life-long friendships are developed as members work together; and if a member does not want to be in the lime light they can still be a vital part by supporting with the scenery, costumes and make-up.

Additionally these 14 to 30 year olds learn more about their own personal responsibility and commitment as they take on roles that require months of rehearsals, with some clubs been known to practice for up to 8 months



prior to the performance. This in itself is remarkable for a social group who's committee and council members are all voluntary.

If you look into the performance in more depth it is clear to see how so many members are now Agricultural and Rural Leaders. Take "Milk Aid", a performance that was light-hearted about the price of milk but got it's idea from the successful charity event "Live Aid", and came with the slogan "Just Milk It" (recognise Nike!). By using such well known elements the audience were able to relate whilst offering a platform for young people to have their voice heard in a safe and protected environment - something that is essential for the future of our sector.

These three events collectively see more than 10,000 family, friends, colleagues, members, sponsors and media sit in the audience to support



the acts on stage year in year out – a real sign of their strength. To increase the value of the shows, every club that takes to the stage is competing for that top of accolade of Best Act with skilled, experienced judges set the task of looking at use of the stage, range of content, colour, costumes, props, scenery and projection of voice and music.

Bringing together tradition and modern approaches allows these to be some of the most sought after events within the SAYFC calendar, and ensures that members taking part reap the rewards that will impact them for a lifetime, even if they don't realise it at the time.

T: 0131 333 2445
W: www.sayfc.org
Tw: @SAYFC



More strings to the bow

For more than 30 years the Ayrshire Fiddle Orchestra (AFO) has helped keep traditional Scots music alive, both at home and all over the world.

The orchestra currently has 130 members aged from 10 to 18 and it's not just for violinists! There are also opportunities to play cello, bass, guitar, accordion and percussion. It is open to any young person in Ayrshire who can play to Grade 3 standard, there are no auditions or membership fees.

The benefits the young musicians reap from being in AFO are enormous. They will gain in confidence playing at a number of events, mainly in Scotland, but the group have also taken the AFO message further afield with tours of the US and Canada, Europe, Australia and New Zealand, and Hong Kong and China. These international tours encourage teamwork and a new level of independence.

Cellist Joely Campbell, an AFO member since 2011, said:

"Joining Ayrshire Fiddle Orchestra is the best thing I have ever done. It has given me opportunities that I would never have experienced otherwise, such as playing at CERN in Switzerland and going on safari in Africa."

"Musically, it is a world away from the classical works I normally play, but it is interesting to learn about different styles of fiddle music from all over the world, such as Scandinavia, the US and even China! It is also satisfying to think that we are helping keep Scotland's rich heritage of fiddle music alive."



Visit the website for information on how you can get involved, including links to the JustGiving fundraising page. As AFO are entirely self-funding we rely on public support to survive and keep the music playing.

W: www.fiddleorchestra.com
Tw: [@AyrshireFiddle](https://twitter.com/AyrshireFiddle)

The power of creative thought

Roy Disney, nephew of Walt, said: "It is not hard to make decisions when you know what your values are." Create Paisley's values of Love, Community, Empowerment, Justice and Creativity inspire what they do.

The beauty of creativity is that everyone has their own expression. People create things all the time. A creation can be as simple as a sentence, as complex as a skyscraper or as mundane as a wooden chair. At Create, young people can try out new things and engage with a wider community in exploring creativity together.

Create runs events and workshops inspired by the interests of local young people, including a fortnightly music and art event called Create Cafe at local coffee shop, Blend.

Grammy nominated bass player, Victor Wooten talks about 'Music as a Language', challenging the idea of structured learning and assessment and instead promoting the value of being able to 'jam with professionals' just as you do when you're a baby with language. Embrace the mistakes and keep going. At Create, we try to provide a safe space where young people can do just that and whether they've played one time or 100, they can feel confident about trying something new.

Create runs regular workshops where young people can develop skills in the Arts and have their say on what they want to see in their community. Recently, a group of young people decided they wanted to make a film called Emergence, raising awareness

and supporting those who battle with self-harm. Throughout the process, the young people were able to dig deeper into the issues around self-harm in a way that challenged them. Emergence is one of many projects Create has facilitated in order to engage and empower young people to be a positive force for change in their communities. We think creativity is such a powerful tool to communicate and as Create, our goal is to provide more spaces where young people can express their powerful and passionate voices through the creative arts.

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Exploring the past to shape the future

From Shinty to St Kilda, DofE are bringing in the past to prepare young people for the future.

The Duke of Edinburgh's Award (DofE) is being used by youth workers across the country to encourage young people to explore and appreciate Scotland's heritage.

Each of the four sections of the award is an opportunity for the participant to take on a heritage project. Some go great distances to bring in history, but it can be done close to home too.

The activities involved are diverse. Some participants take up a traditional instrument for their Skill, like bagpipes or the accordion. For the Physical section they might try shinty or highland games activities. Some even incorporate archaeology into their expedition aims.

Because participants choose their own activities with the guidance of their leaders, there's plenty of scope for youth workers to encourage a heritage spin on their programme. Groups in the Western Isles have been active in promoting heritage as a DofE option for participants.

Angela Macritchie, Community Learning and Development Officer for Comhairle Nan Eilean Siar gives her experience:

"Helping young people to engage with their cultural heritage is important – particularly in areas where culture and heritage is current. Young people in the Western Isles are exploring rural skills, aquaculture and culture and

heritage as a part of the DofE because it is enabling them to gain real skills which may benefit their employment opportunities and life decisions in the future."

Engaging with heritage has certainly had an impact on Ewen, a Gold DofE participant. He completed his Gold DofE Expedition on St Kilda. Ewen and his team engaged with the heritage of the area through the aim of the trek: to study the Cleits and the local bird population. Cleits are little stone huts built by the islanders as temporary shelter.

"My own personal experience was very enjoyable as I was able to explore a wild and inhospitable island and learn about the rich history of St Kilda and the way of life lived by the island's people. However I was disheartened by the fact that while the wildlife remains on the island, the people who once lived on it are there no longer. My thoughts are that we should all belong to a community, as you cannot live a normal life without other people, and we need a sense of community to ensure we do not feel isolated. I loved doing my Gold Duke of Edinburgh's



Award Expedition on St Kilda and I will continue to think about it for many years to come."

By visiting St Kilda on his expedition, Ewen gained the real life experience of what it might have been like for the settlers there, but importantly his experience didn't end when he left the island. The DofE encourages self-reflection and as you can see from Ewen's own description, through exploring the island's heritage he was better able to appreciate his own community and his place within it.

Exploring heritage through the DofE not only gives participants an appreciation of the past; it can be an important part of helping them appreciate their place in the present and future.

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Scottish Youth Theatre's Performance and Production Learning Programme offers young people aged 16-25 a practical qualification that measures the work that goes into performing in a theatre production.

Playing to your strengths

"You definitely feel that you have accomplished more than a show in the end!"

Darryl, Learning Programme Participant 2012

Developing the qualification allowed Scottish Youth Theatre to assess, refine and inform others of the educational value of the work involved as part of the company's flagship event, Summer Festival. The course is unique in that it values the practical experience of performing whilst allowing the candidates to identify, evaluate and build upon their individual strengths and weaknesses.

The course is SCQF Level 7 with 29 credit points and has 2 units. Each unit ensures an underpinning knowledge of the performance processes and the requirements of performers in a theatre environment.

The course includes: Voice in Rehearsal and Performance; Movement in Rehearsal and Performance; Creating and Character for Performance and Rehearsal and Performance Processes.

"It gives you a chance to experience life as a professional performer. It pushes you to be the best you can be and when you see your work come alive on stage, it's the best feeling."

Brandon, PPLP 2013

The course equips the candidates to continue their learning upon completion in future performance settings. The practical skills the participants

gain in voice and movement are transferable into many other areas of the performer's lives. Confidence in speaking publicly and ensuring you are prepared and heard is one example of this. Many of the candidates wish to pursue a career in teaching and these skills learned in preparing and delivering warm ups have proved invaluable to these participants.



"I'm amazed at how much I've learnt, how much I've achieved, and how much I've been shaped and developed as a person and as a performer."

Imogen, Performance and Production Learning Programme 2013

Many of the successful candidates have gone on to further and higher education. Past participants unanimously agree that the course has given them a realistic and informative experience to prepare for future studies. The value of the programme being credit rated also offers young people a recognised educational currency for work that is practical.

"Given the tough six-week assignment into the history of the nation, these talented youngsters passed with flying colours."

The Herald, on Mary Queen of Scots Got Her Head Chopped Off, 2013

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Negative perceptions in the frame

Rude. Daring. Hormonal. Adventurous. Fast. Idiots. Social. Hyper. Neds. Creative.

"Old people think we are all thugs and criminals."

"People often misunderstand our generation. We want to change this. We hope to challenge negative stereotypes and how young people are generally perceived!"

'5 Frames Per Second' are a group of five young people who have put together a book 'Perceptions of Youth; what do you think of young people?' to debunk some of the negative myths their generation faces.

The young people were keen to produce a creative piece of work that positively takes on stereotypes of young people. They were keen to direct a project that would encourage individuals and groups to learn basic photography skills and freely express themselves on how young people are perceived.

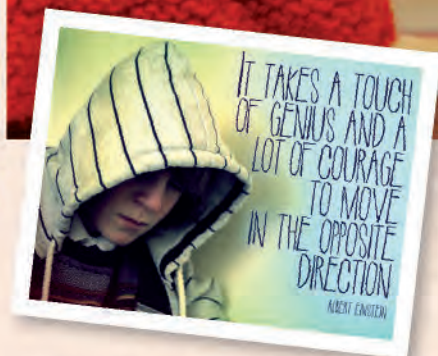
It was important for '5 Frames Per Second' to make this project as inclusive as possible. The finished book features contributions from individuals from 14 organisations including people

not attending mainstream school and young people with autism. The book was given an international flavour as well with young homeless people from Portland, Oregon putting forward images.

The group were keen this book was used constructively and decided that it could be used as a fundraising tool for national charity 'Trekstock' who support young people with cancer. So far the book has raised over £400 for the charity.

The book caught the eye of 'Generations Working Together' who asked the group to devise an educational resource around the main themes. The young people produced this and now the book and resource are being promoted locally as a tool for intergenerational working.

Perth & Kinross Council's 'Living Communities Project' has recently used the book as an inspirational/ educational tool with various groups of children and young people they have been working with.



The group's work has also gained them official recognition with a 'Perth and Kinross Spirit of Youth Award' as well as receiving a bronze 'Perth and Kinross Council Securing the Future Award'.

'5 Frames Per Second' are still promoting the book and educational resource and are currently looking into LGBT issues in the Perth and Kinross area.

The group are supported by Perth & Kinross Council Community Learning and Development Worker Gary Brown. Please get in touch for information or if you would like a copy of the book and toolkit.

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Tree of knowledge

An inter-generational project in Lochgilphead has not only brought a piece of local heritage to life but has put down solid roots for learning.



The original Mid Argyll Hospital opened in 1863 as the Lochgilphead (or Mid Argyll) Isolation Hospital and the poorhouse, the hospital has been at the heart of this community for 150 years. The concept behind this inter-generational project was to compile a book on people's memories of their time associated with the hospital and photographs that evoked and stimulated visions of both good times and bad times.

The group designed, developed and installed a natural sculpture in the woodlands to commemorate those 150 years. The sculpture of tree rings were engraved with words like hope, peacefulness and safety, words that summed up what the hospital has meant to local folk over the years.

The ideology behind the 150 tree ring project was to involve as many young people as possible from different cultures and age groups, to work together with older members of the community. Older people who they would see in the town, have not ever

spoken to, unaware of their life stories and that they too were once a teenager growing up in the same place.

It was quite an undertaking from the group, at times pretty arduous as many young people who engaged at their own pace, threw in ideas, changed their minds and started all over again. But that was the whole point of this project, to take a different journey. Watching the changing dynamics within the group was fascinating, watching those who were most comfortable interviewing people and those who would rather be behind a camera. Engagement in this way resulted in the project helping to develop literacy and numeracy skills as well as other important skills for learning, life and work.

This project took many guises, often linked to local opportunities in helping young people develop skills for employability. The outdoor learning concept was seen as an important way to build confidence, develop teamwork and problem solving skills. All the young people who participated took a big



step towards fulfilling their potential as successful learners, confident individuals, responsible citizens and effective contributors.

Through these skills and the challenges, this group of young people achieved an incredible art installation which echoed the stories and history of their community.

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www.youthlinkscotland.org

Putting young people at the centre of all we do

Delivering youth work outcomes so young people can...

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- Manage personal, social and formal relationships
- Create, describe and apply their learning and skills
- Express their voice and demonstrate social commitment
- Participate safely and effectively in groups
- Broaden their perspectives through new experiences and thinking
- Consider risk, make reasoned decisions and take control



#youthworkchangeslives

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