

Machan Trust Annual Review 2015 — 2016



Creating Sustainability

Encourage
Engage
Enable
Empower



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Chairman's Report

As you will see as you read this review, the last year has been a fantastic year for the Machan Trust. In essence the Trust has almost doubled in size by delivering the early intervention work funded by the Big Lottery Investing in Communities programme. We have significantly increased the number of staff and volunteers working with the Trust and can hence help improve the life chances of even more children and young people. The feedback from the young people, their parents and carers, local schools, in the local community, and from our funders is universally positive.

We continue to run a huge range of activities for older age groups throughout the local area. The recent summer programme has been highly successful in providing activities for hundreds of children throughout the holiday period. A huge thanks to all the staff and volunteers who have delivered these activities and to the children and young people for their enthusiasm.

Our team has been significantly strengthened in the last year with a new Children's Team leader joining us. Fiona brings a wealth of experience and has taken some of the administrative and management burden from Hazel. The whole team has melded together extremely well with the combination of longer serving staff who really understand the Trust working with newer staff with different ideas. Volunteers continue to be at the core of our service delivery, whether in running activities for children and young people, working in the office, fund raising or a myriad of other ways. I would like to thank each and every one of you! The volunteer coordinator team continues to provide great support to the volunteers as well as innovative ways of volunteer recruitment.

I cannot thank enough the staff, volunteers, sessional workers, Representatives Committee and Trustees who give their time and commitment to the Trust. Each one, no matter their role or how much time they give to the Trust, makes a real difference to the daily lives of individual children and young people. I would also like to thank all our funders, schools and partner agencies for their continued support. Our relationship with South Lanarkshire Council is also extremely important and we seek to continue this partnership in the coming years. We are indebted for the support of local groups, and in particular St Machan's Church who provide office facilities and significant financial support.

Stuart Paton

Chairman



Our Vision

Making a positive difference to the life chances of children and young people in the Larkhall area and by doing so building a stronger community.

Our Aims

- To encourage, enable and empower young people.
- To engage with children and young people where they are; in their communities, at school or elsewhere.
- To build trusting relationships with children and young people so they are enabled to make positive choices.
- To provide a range of opportunities that expose them to the range of activities available to them.
- To give priority to areas of greatest need.
- To actively develop the skills and leadership capability of volunteers and staff.

Our Strategic Themes

- We will focus our efforts on the key issues in the local area.
- We will continue to focus our work on 5-18 year olds.
- We will deliver our activities in the local area, rather than one central location.
- We will enhance support for our volunteers.
- We will seek further funding to deliver more of our activities in areas where we do not currently work.

Key Outcomes

Enabling Children to Become More Confident, Successful Learners.

Eighty-Five children regularly access a healthy start to the day at the Machan Trust breakfast clubs. The children are happier and healthier and teachers comment that they are calmer, ready to learn, well-nourished and never late to school.

Happier, Healthier and More Confident.

Five hundred and eighty-five children and young people aged 5 – 18 have benefited from forty one lunch time, afterschool and evening activity programmes and evaluation confirms that 85% feel happier, 60% feel healthier and 65% comment they are more confident as a result of coming to the groups.

Children will have improved resilience to deal with everyday challenges.

Children and young people learn various life skills through Machan Trust activities and this makes them more able to cope with day to day activities. We also have around thirty young volunteers who have gained valuable leadership skills, access to various training courses and recognition through Saltire awards, Duke of Edinburgh (including one Gold award), and Youth Achievement (one has almost completed the Platinum award). Our youth committee planned and led 10 separate activities for children this year and supported a number of other regular programmes. Some are now moving on to further education or employment and have commented that the skills they have learned have helped increase their success rate when applying for courses or jobs.



Building the Trust For The Future.

A key part of our strategy is to develop an organisation which is sustainable in the longer term. This will allow us to continue to meet the needs of children and young people in the local area on an ongoing basis. We are addressing sustainability in three key ways.

Firstly, we have set up a sub group of the board, led by Susan Anderson, to look at specific actions we can take in order to make our activities more sustainable. This work is described in more detail in the following section. The group reports back in September and we hope to then deliver its recommendations.

Secondly, we are in discussion with key stakeholders including the local authority about partnership structures for delivering services. There is a real willingness to explore joint ways of working. We hope that these discussions will progress to the delivery of services in the coming months.

Thirdly, we are evaluating alternative sources of grant funding. Over the coming months we will evaluate the outcome of these three initiatives and consider implications for the size and shape of the Trust going forward. We will involve all our stakeholders in discussion about the future direction of the Trust.



Planning For The Future

Delivering over 40 groups on a weekly basis, in addition to holiday activities and trips requires an immense amount of planning. A focus on sustainability has led the Trust to increasingly streamline and formalise planning procedures.

The result has been a rise in the number of hours spent delivering activities, the actual number of activities delivered, and increased engagement with a larger number of children on a regular basis. This brings with it a growing number of volunteer hours and has led to the introduction of some new volunteer roles.

Communicate • Co-ordinate • Co-operate

An emphasis on partnership working has allowed the Trust to expand its engagement with children. An example of this is the relationship with the Community Learning Home School partnership ESOL group which resulted in children attending Machan Trust activities and learning new skills, additional language skills, and interaction with other children. Partnership working is essential in order to meet the necessary outcomes for the children and young people.

The partnership with Active Schools has allowed the Trust to access training, deliver many more 'get active' sessions and provide outdoor activity days. These have proved extremely popular and have helped the Trust to provide healthy activities for a range of ages and abilities.

The Trust is grateful to its many partners and will not only continue to work with these partners but will expand partnership working as it builds for a sustainable future.



Memories That Last Forever

What our parents had to say.....

'Thank you to all the staff & volunteers for the time & effort they have put in. I'm very grateful that there is such a fantastic organisation in our area for my daughter to attend. She has had so much fun & met many new friends.'

'Lewis and Aaron love it and their younger brother Flynn can't wait to join in.'

'My little lady had a fab day today thanks again.'

'Karyn had a ball - thanks again.'

'It's obvious how much time and effort you have put into this. They've loved every minute of it.'

'Kids had a blast thanks.'

'My son had a brilliant day, thank you!! He can't wait for tomorrow.'

'Ava & Noa had a fab day.'

'A huge thank you to everyone involved, your time and effort are much appreciated xx.'

'Well done to all involved. Memories the children will have forever.'



Funding

Local fundraising including the generous monthly giving of individuals and local groups (including churches), local companies and the support of South Lanarkshire Council are all important elements of our overall funding strategy.

However, we rely on a number of large grant providers for the majority of our funding. We have been very fortunate to receive multiple awards from a number of core funders including BBC Children in Need and the Robertson Trust over many years in addition to the large Big Lottery grant last year. Strict limits on repeat funding require the Trust to seek alternative sources of funding. Significant sources of new funding are required from March 2017.

Although we have a very strong record of delivery and extremely positive responses from our existing funders, being successful with new funders who do not know us directly is challenging. The continuing challenging financial backdrop means that a lot of very strong organisations like the Machan Trust are seeking the available funds. We have spent considerable effort in the last six months in identifying potential funders. We have made initial applications to a number of them and are working on more applications to be submitted in the coming months. We will update our key stakeholders as these applications progress.





Children's Work

Primary 1 to Primary 4

It has been another busy and exciting year for the children's work team with both school based and community based activities. The team have engaged with over 300 children throughout the year delivering groups and activities that increase children's confidence, enhance their relationship skills and allow them to develop new life skills.

Activities

- 3 Breakfast Clubs
- 4 After School Groups
- 4 Lunch Clubs
- 3 Get Active Clubs
- Story Telling Group
- Healthy Food Group
- Children's Youth Club
- Children's Forum



Children's Forum

Children Talk. We Listen

This year a children's forum was developed with participants from each of the primary schools in the Larkhall learning community. The forum was aimed at Primary 4 children, encouraging them to have a voice and to share their opinions on the community in which they live. The forum met on a monthly basis and worked on various skills such as working as a team, effective communication and problem solving. With all of these skills the children then went on a residential weekend to Wiston Lodge, where they participated in a range of outdoor activities. The children worked together and discussed their thoughts around healthy living. They shared how they thought The Machan Trust could support them to have healthier lifestyles. All of the children had a great time participating on the weekend away and for most of them it was their first time staying away from home. This trip provided children not only with a say in future activities delivered by The Machan Trust but also memories and friendships that will last a very long time.

Charlotte's Year

Increasing confidence and life skills

Charlotte is a young girl who has been involved with the Machan Trust now for the past year. Prior to attending the Machan Trust groups Charlotte lacked in confidence and struggled when interacting with peers and adults. Charlotte engaged with The Machan Trust through a partnership built with one of the local primary schools which led to her engaging through one of our lunch groups. The lunch group has allowed Charlotte to build positive relationships with children's workers and volunteers which has led to increased confidence. Positive feedback from the school indicates that during play time and lunch Charlotte is happier and more confident when engaging with her friends. Now with positive relationships built with children's workers and volunteers. Charlotte also attends our afterschool clubs which enable her to socialise with her friends out-with the school environment. Since attending the various activities Charlotte has worked on life skills such as cleaning dishes and increased hand eye coordination.



Activities

- 3 Lunch Clubs
- 8 After School Groups
- 4 Badminton Groups
- 3 Girl's Groups
- 2 Youth Groups
- 2 Healthy Cooking Groups
- Netball Group
- Drama Group
- Arts and Crafts Group
- Football Group
- Residential activity weekends



Youth Work

Primary 5 to Secondary 6

This year the youth work team has continued to provide a variety of activities for young people, which support the development of confidence and resilience, as well as improving health and fitness. We have also continued to provide evening and weekend diversionary activities for young people, allowing them to choose safe and enjoyable ways to spend their time. The Larkhall Academy lunch groups have proved to be immensely popular and have given us the opportunity to get to know the young people from across the wider community. This has led to many of the young people attending other Machan Trust activities. The residential trip to Derwentwater for the S1+ age group was a particular highlight of the year and gave many young people the opportunity to try outdoor activities that they had never experienced before.

Diversionsary Activities

Safe Activities Reducing Anti-Social Behaviour

This year thanks to funding from the Larkhall Problem Solving Group, we have been able to work in partnership with the police to deliver street work on Saturday nights. This has involved the use of a gazebo to provide pop-up activities and engage with young people in areas identified by the police as having high instances of anti-social behaviour. Through this, we have been able to engage with as many as 50 young people each night, providing them with alternative activities, encouragement and support.

In addition to the street work, we have provided various evening youth groups, girls groups, and sports coaching. These have proved to be very effective and will be increased in the coming year.

Paul's Journey

From Underage Drinking to Weekend Working

Paul* is a 14-year-old boy who has been involved with the Machan Trust since he was in primary 5. His unsettled home life made it difficult for him to adjust to various house moves within the area. All of the while the Machan Trust was a constant in his life. In the past Paul* was known to be involved in underage drinking and anti-social behaviour, and was often in trouble. He became involved in some of our evening youth groups, at which he participated in various activities and developed positive relationships with the leaders and new friendships with his peers. As well as having a better attitude towards school, he has also become more involved with the wider community and has joined a football team. Paul* took part in an anti-hate crime film project which he engaged with very well, and attended an outdoor adventure weekend with the trust. Paul* has recently got a weekend job, which he is very proud of, and has said that he is now 'keeping himself to himself'.



Our People Staff

The Machan Trust has a great staff team each of whom plays a vital role in ensuring that the Trust makes a real difference to the lives of the children and young people and meets the planned outcomes. There is a real team spirit and an enthusiasm which is shared with volunteers, parents, partner organisations and especially the children and young people.



Project manager Hazel Shaw can't speak highly enough of the staff who are supported by team leader Fiona Dryburgh. Our youth work team consists of 4 part time workers - Jacqui Perrie with 11 years' service, Sandi Allan 5 years, Laura McCallion 3 years and Lauren Stokes almost a year. Lauren was a young person accessing our programmes who then became a volunteer (4 years) and is now a valued member of our staff team. Thanks to Lottery funding in 2015 we increased our staffing to include a children's work team which has one full time worker Josh Clarke and two part time Laura McCallion and Maire McCarney. The Trust could not function without our amazing volunteers and therefore we have two part time volunteer coordinator roles dedicated to recruiting, training and retaining over 130 volunteers. Fay Kiwak and Jen McKinlay fill these positions as a job share. Martha Rodger has been a key figure in the Trust for 7 years now and is our administration and finance guru

Sessional Workers

The Machan Trust sessional workers staff various activities including Drama, Breakfast Groups and Football. We have been very lucky to have sessional workers—Donna, John, Ann, Ross, Laura and Nicole who are invaluable in providing encouragement to the young people.

Volunteers

Our volunteers are really important to us and so is their knowledge and skills. We have been proud to nominate volunteers for external awards including South Lanarkshire's Volunteering Awards, Saltire Awards, Regen FX Awards, and Red Cross Humanitarian Awards. We recently undertook a survey amongst our volunteers, to gather first-hand information about their volunteering experience with us. We are delighted that every respondent confirmed that they feel valued.

Training

- Emergency First Aid
- Child Protection
- Additional Support Needs
- Mental Health Awareness
- Foundations for Volunteering
- Team Dynamics
- Online Bullying Awareness
- Young People Taking The Lead
- REHIS
- RESPECT ME anti-bullying
- Managing Challenging Behaviour
- Manual Handling
- Team Building
- Mindfulness
- Big Skills
- Safetalk
- Mental Health First Aid
- Oral History



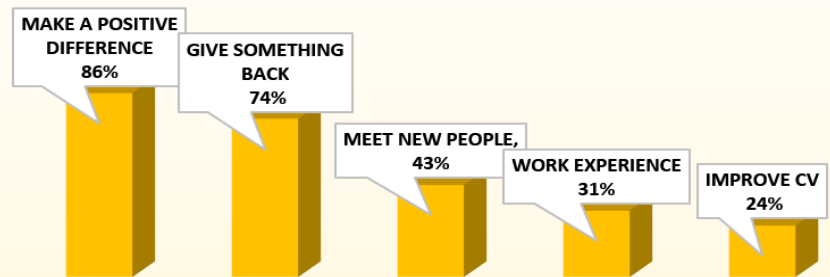
What our volunteers said:-

- "... I am able to approach the staff with a new idea and see it implemented." Alistair N
- "...I love spending time with the children, and their positive response to me is very fulfilling." Janette McD
- "...I enjoy working alongside other volunteers and staff. The team is strong, and this allows us to provide quality sessions for the young people." Jack G
- "...I have so much support, training and encouragement." Sharon MacD
- "... I am always offered great development opportunities and training courses." Chloe M
- "... I feel involved with the planning of sessions as well as the hands-on work." Caitlin F
- "...I help create an environment where kids are happy and comfortable." John G
- "...The Trust takes a very personal approach towards volunteers." Lewis B
- "...Everyone is welcoming and appreciative." Emma H
- "...My opinions matter to the staff." Katie Mcl

Valuable Volunteers

More than 10,000 volunteering hours!

Between 1st May 2015 and 30th April 2016, our team of over 160 committed hardworking volunteers have accumulated an impressive 11,047 volunteering hours. Over the past year we have continued to recruit new volunteers, conducting 57 new volunteer inductions, of which 43 have already become regular members of our team. We recognise that volunteers join us for a variety of reasons, as can be seen from survey responses to the question "Why do you volunteer?".



What our volunteers do

We recognise that every volunteer has a unique set of skills and interests, and this is reflected in the type of work they undertake with us. Some volunteers participate in one specific aspect of our work, while others become involved in a variety of ways.

As we move forward, the Trust is looking to increase volunteers' involvement in the 'behind-the-scenes' workings of the organisation. To this end we are currently working on recruiting volunteers with expertise in social media, website development, marketing, funding applications and events management

Whilst supporting volunteers' hands-on work, this year we have placed increasing emphasis on increasing their involvement in the planning and evaluation aspects of our programmes. We are now seeing volunteers delivering groups themselves, with background support from staff. We actively target people from the local community to participate in volunteering, and now have 21 volunteers (13%) who became involved because a family member attends our groups. Our young volunteers continue to be actively involved in the delivery of our programmes, and through the Youth Committee have been leading activities and thereby increasing the sustainability of the project.

Ruby Sneddon, one of our longest serving volunteers, died in April of this year aged 91 years old. Ruby hand delivered Birthday Cards to all our young people. She had many poignant stories and at the age of 89 was still delivering up to 300 cards a year! Ruby will be sadly missed.

What Our Partners Say

'The Machan Trust are an integral part of the Larkhall Practitioners. Indeed an integral part of Larkhall itself...'

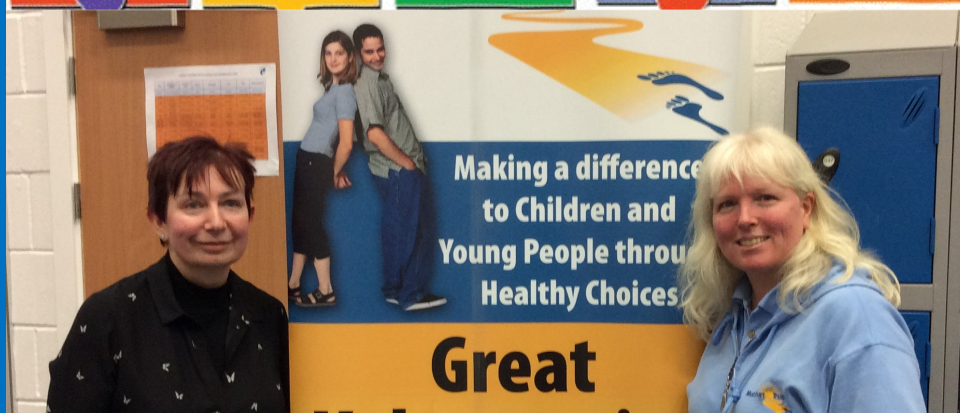
'Working in partnership with the Machan Trust is a positive experience. A very genuine partnership. We appreciate the value, and have achieved a lot together...'

'Through all of the Machan Trust clubs it's about the social interaction of the children and developing life skills in them that are complimented within the schools as well...'

'The collaborative work that the Machan Trust has undertaken has made a positive contribution to the work in our schools....'

'What a fabulous job you do in schools and the wider community. We have really benefitted from your input...'

'The Machan Trust is invaluable to us as local police officers in achieving our goals and keeping people safe.'



Core Funding

We are indebted to all our funders, many of whom provided repeat funding over many years, including BBC Children in Need, Robertson Trust and Lloyds TSB Foundation for Scotland.



Local Support

Without the support of local individuals and groups, through individual monthly donations and also a wide range of fundraising events, our work would not be sustainable.

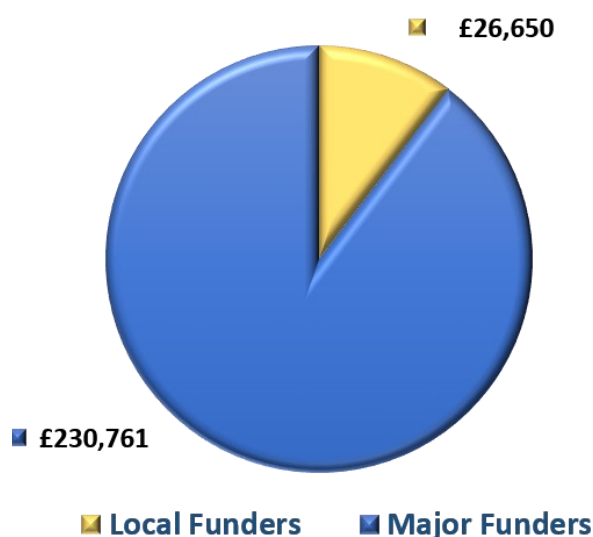
We are grateful to St Machan's Church for their continued support in providing use of the office and DJS computers for technical support.

We are grateful to all of the local churches and community halls who provide free use of their facilities and hospitality allowing us to serve the children and young people.

Finances

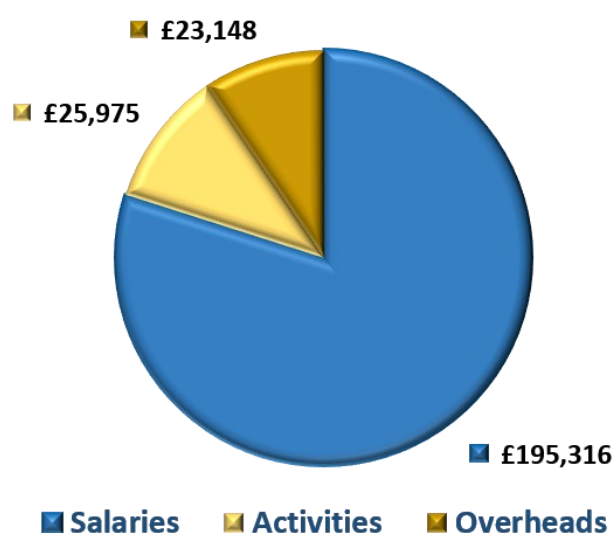
INCOME

1st April 2015 to 31st March 2016



EXPENDITURE

1st April 2015 to 31st March 2016



Full accounts are available on request

Building The Trust For The Future

The Machan Trust continues to do great things in the local community.

We constantly improve lives.

We thank you for your ongoing support and look forward to changing lives in the future!



Creating Sustainability

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