

# YMCA Glenrothes Annual Report 2013 - 2014



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## Chairperson's Report



The theme of this year's Annual Report is *"What does the Y mean to me?"* I've been thinking about this while reading the Report and have come to the conclusion that YMCA Glenrothes is a very special organisation indeed – full of ordinary people, staff and volunteers alike, doing extraordinary things every day to provide essential services, support and encouragement to a wide range of people in our community.

Like many other organisations at the present time, the Y has recently been going through a necessary period of change. This has presented us with challenges and opportunities which we've tackled head on, working with our partners and funders so that we can continue to offer excellent services to our existing service users, whilst taking on new projects where we feel we can also be helpful to the community. All this, of course, has been done within ever stricter financial constraints.

My sincere thanks go once again to the Board of Trustees, the Director and all staff and volunteers for their support and continuing commitment to the Y. This Annual Report shows how much the work everyone does is valued by those who benefit from it.

## Mission Statement

**Glenrothes 'Y' values and welcomes everyone equally. We are dedicated to delivering practical support, services and information, demonstrating Christian principles at all times.**

### Our Values

- Accepting
- Loving
- Approachable
- Non-judgemental
- Caring
- Professional
- Christian
- Supportive
- Confidential
- Tolerant
- Friendly
- Transparent
- Helpful
- Understanding
- Welcoming

### Trustees for 2013-14

Cathy Adamson, Chairperson  
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# Director's Report

This last year has been very significant for the YMCA Glenrothes. The YMCA implemented three new programmes and made major changes in the way support is delivered to young homeless people in Glenrothes.

The three new programmes are:

## 1. Yz Choices for Work

A Big Lottery funded programme that enables young people from all over Fife to become Peer Educators for Drug and Alcohol education.

## 2. Thinking Differently

A three year Glenrothes project which encourages young people, adults and the local communities to talk about, explore and be challenged about ways of managing alcohol.

## 3. Glenrothes Foodbank

The final programme commenced as a response to a massive community request for something to be done about food poverty in Glenrothes. The YMCA took the lead in the Glenrothes Foodbank programme and the new Foodbank at the Saltire Centre was opened by the Lord Provost of Fife, Jim Leishman and foodbank volunteers in December 2013.

In this report we will detail much of what we do at the YMCA and how we respond to community needs. As an organisation that is used to changing and adapting, we have faced several hurdles this year, one being the withdrawal of interest in our North Street premises by a major supermarket. The planned relocation for the Central Office will no longer take place.

But, looking ahead, we have many plans for this year 2014 and onwards, mainly around programmes for young people who need support for learning, employment, independent living, drug and alcohol awareness and creative arts participation.

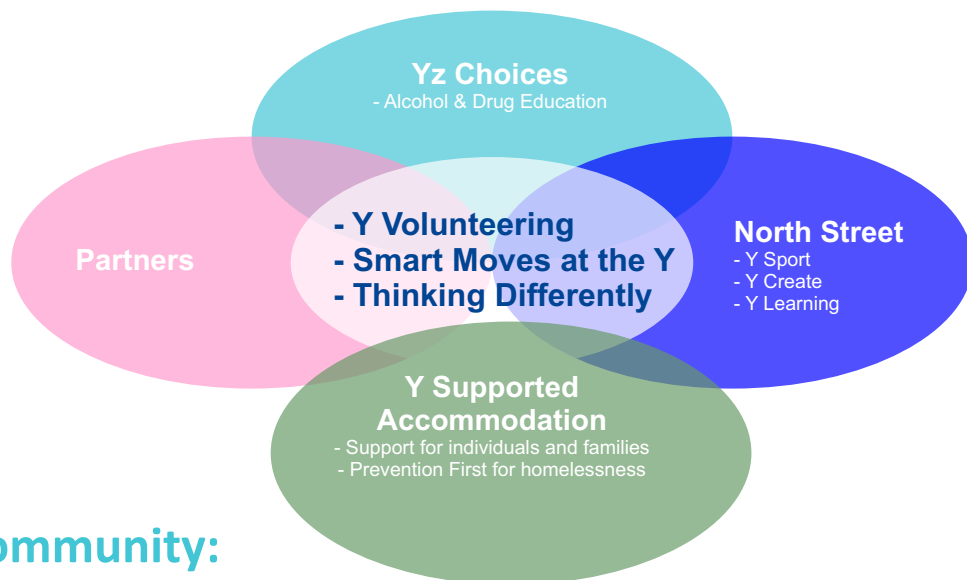
The YMCA would not be able to do any of the programmes that you will read about, without the support of a significant staff team and many volunteers. My personal thanks go to each person who makes up the Y family, for another fantastic year of commitment and dedication.

The theme for this year's report "*What does the Y mean to me?*" has shown that people like and respect the Y for its caring support and commitment. We are delighted that this year the Y was recognised by the European Foundation for Quality Management as being "Committed to Excellence" I do you hope you enjoy reading this report.

Mary Hill, Director

Glenrothes YMCA is proud to be recognised by:





## Y Community: Overview of Programmes

- **Y Supported Accommodation** – Staff provide intensive and 24 hour support for individuals aged 16+ in YMCA hostels, houses and flats spread throughout Glenrothes and Leslie.
- **Prevention First** – Based within the YMCA, Prevention First provides solutions to homelessness: people are enabled to remain in their home or directed into alternative accommodation.
- **Smart Moves @ the Y** – a personalised employability programme for young people - for personal goals, self confidence and skills development.
- **YzChoices** – This programme delivers alcohol, drugs (including legal high) education to individuals aged 16+ in Fife.
- **Yz Choices 4 Work** – This programme prepares young people to co-deliver sessions on drug and alcohol education to their peers.
- **Thinking Differently** – Thinking Differently focuses on supporting young people to explore and create key alcohol messages to deliver to the local community.
- **Y Create** – A creative arts programme for young people 13+; music, film making, digital animation, dance.
- **Y Sports** – mainly badminton, with tasters in other sports.
- **Y Learning** – A year long programme including accreditation - which offers short taster sessions in a variety of activities for example music making, sports, cookery, dancing, healthy eating, healthy lifestyles and volunteering all delivered within generic youth work and community settings.
- **Y Lunch Together** – Churches Together provide a free weekly hot lunch for people in need.

During 2013, the number of hot meals served by Y Lunch Together increased by 13% to 853. The YMCA made 167 welfare telephone calls for people, up by 30% on 2012. But the biggest increase of the year concerned the issue of foodparcels. By December, just before Foodbank assumed responsibility, the YMCA had issued 483 foodparcels, a 60% increase on 2012.

Thank you to the people of Glenrothes for supporting the YMCA in so many ways.

## What does the Y mean to me?

"I have learnt the effects of alcohol are dangerous and can seriously affect you and your children's lives"

**Teen Parent Group Participant**

"I have really enjoyed taking part in the programme. I know lots of useful things about alcohol. Doing the alcohol brief interventions training has given me the confidence to help others"

**Peer Educator**

"I only come into school for this group. I now know about what alcohol can do to my body"

**School Group Participant**

"I have learnt lots of technical things like how to use a camera and lots about alcohol which will help me lots in the future"

**Film Group Participant**



## Thinking Differently

**Thinking Differently** is a new project which commenced in July 2013. The programme will run over the course of 3 years, aiming to reduce alcohol related harm in Glenrothes, by working with young people and parents to challenge attitudes to alcohol and the "drinking to get drunk" culture. Since August the project has worked with over 400 young people and 100 parents.

Project developments have included:

**Film Project** – A film written, produced and led by young people which explores the many layers of alcohol use, including minimum pricing, alcohol education and mixed alcohol messages.

**Song Writing Project** – a six week project where young people were enabled to write and record a song about relationships with alcohol.

**Teen Parent group** – the group produced a leaflet for parents which outlines the different sides of alcohol use in families and how parents can discuss alcohol use at different ages.

**Peer Education group** – in partnership with Community Learning and Development and NHS Fife, this group trained in Alcohol Brief Interventions and enhanced their alcohol knowledge to share their learning with peers and others.

**Work in schools** –Thinking Differently has worked with local secondary schools to gather thoughts, attitudes and messages on alcohol use and used these to create short animations and posters to share with others.

**Mobile Health and Wellbeing** – this partnership project brings youth health services to young people in their local area and encourages positive lifestyle choices through activities and discussions.

**Work with colleges** – the project has worked with local college students to encourage positive lifestyle choices through using resources and activities created by young people.

**Work with parents** – Thinking Differently has consulted with local parents to gather key information, suggestions and ideas on how best Thinking Differently can support parents.

### Future Plans

Over the next year the project plans to deliver the key messages created by groups, to the Glenrothes community, to embed a more local consistent alcohol message. In November 2014, Thinking Differently will host an '**Alcohol World Café**' event at The Rothes Halls, bringing together young people, adults and key decision makers to discuss new ideas and approaches to alcohol use.



## Y Create

**Y Create has responded to the needs of young people by developing new activities as part of the Tuesday Youth Arts provision – this includes working with a young volunteer to create a computer based Digital games programme.**

Y Create has worked in partnership with Auchmuty High School to support and organise a charity music event, which raised £106 for local charities. The project has also developed a music and media group in partnership with Glenwood High School, making links between pupils and other Y youth programmes.

Y Create work continues to focus on literacy and numeracy with young people. Pupils created an exhibition of artwork which was displayed at St Ninian's Community Café.

Y Create music project continues to be popular with young people. In partnership with Cupar Youth Café, funding has been secured from Youth Scotland's BIG Music Hub. This gives 10 young people the opportunity to train as youth music champions and develop Y Create Music as a sustainable, Fife, youth-led project for the future.

## Youth Work

**The Wednesday YMCA youth club for Primary 7 to S3 offers activities including basketball, pool, football, arts and crafts and baking.**

The youth club is based at North Street but also supports youth trips outwith the Centre. One trip involved participation in the Scottish Youth Active Sports Festival which was held in Glasgow last October. This festival enabled YMCA young people to participate in a different range of sports including athletics, football, squash, judo, and table tennis. In December the youth club held a Christmas Celebration for all YMCA youth activities. Young people were presented with YMCA Glenrothes awards.

The YMCA youth club has trained five volunteers who give up their time to ensure that the youth club is successful; three of the volunteers are aged between 18 and 22. These volunteers have achieved their 50 hours Ascent Saltire Awards and are working towards their 100 hours.

*What does the Y mean to me?*

*"I've learned new things"*  
**Y-Music Participant**

*"A place where my musical thoughts can become a reality whilst still being able to socialise and have a laugh"*  
**Y-Music Participant**

*"The Y sparked an interest in music for me and helped develop skills and talents I didn't know I had"*  
**Y-Music Participant**

*"I didn't realise there would be a role for my daughter as a volunteer. I knew she liked animation on her computer but I didn't know how good she was. It's like another world!"*  
**Parent of YCreate Animation Participant**

*"Our son has really been interested in the Games Development workshops. He needs a hobby like this and the volunteers have been great at encouraging him to join in"*  
**Parent of YCreate Animation Participant**

**What does the Y mean to me?**

“I've enjoyed learning everything so far to be a Peer Educator. My support worker was really friendly, helpful and outgoing, and you learn everything so quick. Shadowing lessons sounds scary but once you try it, everything you've learnt falls right into place. Met some really nice people who volunteer too.”

“I volunteered at the beginning of the year because I wanted to learn more about the tough situations that surround us....”

“I feel more confident about peer education because I know more than what I thought I did.”

“I don't have a lot of self esteem and I don't like being in big groups of people but with peer education it will help me push myself to talk in big groups of people.”

**YzChoices for Work Participants and Peer Educators**

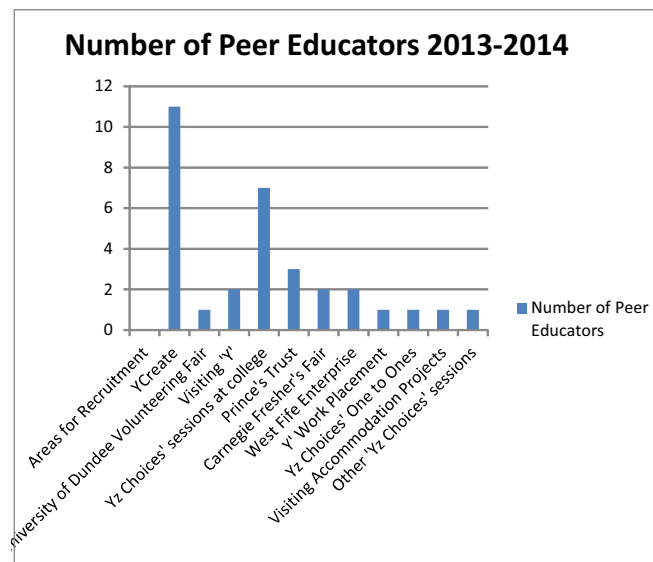


## Yz Choices 4 Work

**“Yz Choices 4 Work” is a peer education programme that is targeted at young people aged 16 – 25. It aims to improve the awareness and work-readiness of young people who encounter alcohol, drugs and lifestyle choices as part of their daily lives.**

During the past year, 157 young people attended YzChoices sessions and from this group, nearly 40 young people expressed a desire to become a Peer Educator. Out of 40, five people have completed their training as a Peer Educator. The remainder commenced on what can be an intensive learning journey, so the numbers joining and leaving are entirely in line with expectations.

YzChoices has discovered that some young people really want to spread the word about substance use to others of their own age. Peer Educators benefit by learning more about the effects of drugs, “legal highs” and alcohol on the mind and body. They learn how to promote discussion about coping strategies and resistance skills. They learn how to help other young people make a Personal Safety Plan. Finally they gain skills in group work and the delivery of presentations to small audiences. All of these skills are achieved within the context of volunteering and this valuable peer education experience helps young people towards employability and training. The five peer educators continue to be supported by YMCA staff from YzChoices and Thinking Differently.



Thanks goes to the YzChoices Volunteering Support Worker, Laura Cation, for commencing YzChoices 4 Work as a programme. We wish her every success in her new chosen career of teaching and thank Laura for her time and considerable effort at the YMCA.



## Yz Choices

- **Yz Choices (Wise Choices) is a specialist alcohol and substance misuse service aimed at young people aged 16 and over in Fife. In the past year Yz Choices has exceed its targeted numbers by 31%: 1644 young people engaged with Yz Choices by attending courses (1 - 6 sessions) focussed workshops, information stands or participating in a confidential 1-1 educational support session.**

Highlights include:

**Alcohol and drug awareness** - 91% of the 370 young people who participated in the sessions recorded an increase in knowledge of drugs and alcohol and their effects.

**Alcohol and the impact on sexual health** - 90% of tutors identified that the participants' behaviours had improved since taking part in the sessions and could identify tools and coping mechanisms to assist in reducing risks and keeping themselves safe. Of the 301 participants that took part, 134 achieved certification on drug and alcohol awareness.

**Substance misuse and employability** – 91% of participants recorded increased understanding of the impact that substance use can have in the workplace.

**New Psychoactive Substances (NPS) "Legal highs" awareness** - 91% of participants recorded an increased understanding of the effect of NPS and could fully comprehend the harms and risks associated with them. 540 young people took part.

**1-1 work** - Yz Choices has worked with 19 young people within supported homeless accommodation units to assist them to reduce their substance misuse and work towards living a healthier lifestyle.

**Football partnerships** with East Fife and Raith Rovers saw participation by a total of 65 parents and young footballers in drug/alcohol sessions.

**Volunteer development** - Four volunteers have been trained to co-deliver and facilitate community sessions.

### Future plans

Yz Choices will continue to train volunteers and peer educators to deliver drug and alcohol sessions in the community. Work will expand to include new partners, in addition to the regular partnerships set up with Fife College, West Fife Enterprise Training Centre and Rathbone UK Training.

*What does the Y mean to me?*

"I will take away from the sessions the knowledge of drugs and alcohol and also the message that drugs are dangerous and you don't need to take them to fit in or be cool."

**Princes Trust, Leven Participant**

"Something I have learnt from the session is that drugs and alcohol when working is dangerous and you put yourself and others at risk. Also you should be aware of what you have the night before as well as this can cause problems when working."

**Elmwood College Participant**

"The sessions were very beneficial to the pupils as they now have a better knowledge around legal highs and the dangers, which hopefully will keep them safe. The sessions were delivered at the right pace, with lots of interaction, the approach that Yz Choices use was very pupil friendly. Keep up the good work."

**Auchmuty High School**



Sequence Dancers - Y Sports



YMCA representatives  
with the EFQM Award



Y Create  
- Schools work



Y Music  
- Band Night



Thinking Differently  
- Team Building



Showcasing animation  
work - Y Create



Y Supported Accommodation

Y Supported Accommodation  
Smart Moves - Residential



Volunteering at the Y



Board of Trustees



Y Supported Accommodation  
Smart Moves - Residential

*What does the Y mean to me?*

“The YMCA has provided a roof over my head and shown me respect.”

“Without the Y I would be lost.”

“The staff have helped me develop my basic living skills.”

“The Y gives me time and space to focus on my life and where I want to go.”

“Without the Y I would still be sleeping on the street.”

“Being here has given me a job, confidence, motivation and the help to get my relationships back on track.”

**YSA Service Users**

## Y Supported Accommodation

**Y Supported Accommodation (YSA) provides temporary accommodation with support for up to 59 vulnerable homeless people in houses, hostels and flats throughout Glenrothes and Leslie. Support is provided by a staff team which includes Case Workers for intensive work and Accommodation Workers for 24 hour support. Staff help people with independent living skills and to engage with health, mental health and other services.**

The YMCA “Farmhouse” caters for mainly 16-22 year-old male service users, while the “Leslie Cottages” offers specialist accommodation and support to young women and young mums with babies. The “WASH” in Alexander Road offers shared accommodation in ten 2 bedroomed flats with on-site support. Additionally, YSA provides housing management and housing support to the 12 Shared Accommodation Partnership (SAP) properties in Glenrothes and surrounding areas. We provide a matching service between people, supporting them individually and then together, to introduce them as “Service Users” who will share a two person flat. This sensitive and humanitarian approach means that people are much more likely to remain in their accommodation. YSA staff help people with cooking, cleaning, attending appointments, setting goals, getting into training, budgeting and money management.

### Report from 1st January 2013 to 31st December 2013

Number of people in YSA supported accommodation	329
Number of people moving from temporary accommodation to settled accommodation	38

The number of people able to move into settled accommodation is dependent on the number of council tenancies available and if they are able to return to the family home. Privately rented accommodation accounts for a very small percentage of the “settled accommodation”. All too often, people in YSA accommodation are disadvantaged by age, experience, training and qualifications. The number of people entering settled accommodation, from YSA, improved by 5% this year.

### New Ways of Working

Maintaining Housing Support Services within the current financial climate has presented many challenges to voluntary organisations. We met these challenges by reviewing the service and consulted beforehand with residents and staff around some proposed plans. As a consequence staff roles were altered, changes implemented and this new way of working - more intensively and holistically, has been endorsed by the national regulator, the Care Inspectorate. We have been able to identify further savings and improve on the quality and effectiveness of the service provided to people. Now, for example, a person is supported by one Case Worker who will follow a person wherever they are based in YSA accommodation, providing continuity and a quick response in times of crisis. This new model of service was introduced in February 2014 and we are continuing to make improvements to raise the overall quality.



**What does the Y mean to me?**

### **Improved support and recording systems**

During 2014, we introduced a new system to recognise and record people's details, needs and aspirations. These details are held securely on the Fife Online Referral Tracking system (FORT) As well as consolidating people's information this secure electronic system allows YSA staff to make a speedy "one click" referral for a person to a range of agencies that can provide additional support in Fife. These include: local Council offices, Social Work Department, Housing Associations, Women's Aid, mental health groups, drug/alcohol support charities, Wise to Welfare and the Disabled Person's Housing Service, to name but a few. The system allows YSA managers to have a clear oversight of the quality and quantity of service delivery.

### **Measuring Outcomes Achieved by Service Users**

Being "outcomes focussed" is integral to a persons' support and during this past year we tested the "Outcomes Star" coaching approach. OS enables people to discuss and set their own personal outcomes, with staff; then to measure the steps taken and the distance travelled in reaching the personal outcomes. The YMCA has taken the best of this coaching approach and dovetailed it with the Personal Plan:

### **Personal Plans**

We have changed and improved the way we assess young people by introducing a new Personal Plan. A Personal Plan encourages people to express their own Choices and Preferences in relation to their support. Initial feedback received from Service Users has been very encouraging.

### **Smart Moves at the "Y" - Employability Support**

We have, in partnership with Fife Council's Client Action Team, continued to provide employability support for homeless people, by facilitating Job Clubs in-house and at the local Glenrothes Auchmuty Learning Centre. Funding from the Fife Health and Well-Being Alliance will enable YSA people to take part in three outdoor employability and health programmes, scheduled this summer, at Fife Fordell Firs Activity Centre.

### **Care Inspectorate**

The Care Inspectorate is the regulator of housing support services in Scotland and inspects YSA periodically. An unannounced inspection to all YSA sites was made in early April 2014. The Care Inspectorate said: *There is...*

*"an ethos of respect where everyone's views are valued. Participation is a part of daily life and there is a sense of equality and normality to daily routines. Support is delivered in a way that suits the individual needs and interests of the service users. The staff and senior managers have a good overview of what is happening. We observed positive relationships between the staff and people who are supported".*

The service was awarded three "4s" (Good) and is aiming to reach "5s" (Very Good) for its next inspection, by evidencing that the improvements made over the past year are being maintained, with a focus for continuous improvement.

"My Case Worker has helped me with Doctors appointments and overall general health."

"The staff are amazing and brilliant to get along with and I'll miss them when I leave."

"Since I have been at the service, I have learned a lot of new skills."

"The start of a new way of living."

"I really liked how it was all about me" and "I liked doing my personal plan, it helped me think more about what's important to me."

"A safe place for me to think about my future"

**YSA Service Users**



*Foodbank wishes to say special thanks to ...*

The Churches of St Columba's, St Ninian's, St Paul's & St Mary's, Christ's Kirk, Collydean Baptist, St Margaret's, Leslie Baptist, Markinch Parish, the United Reformed Church and Coaltown of Balgonie, local neighbourhood supermarkets, employees from Fife Council, NHS Fife, local businesses, Friends of Glenrothes Foodbank, and the many wonderful individuals and families who donate food.

A special thank you goes to each and every volunteer who has joined Foodbank, giving service in various ways without personal profit or gain.

Volunteers keep the Glenrothes Foodbank clean; date food items, stack shelves, collect food from outreach static collection points, and liaise with the local agencies that refer people to Foodbank. Volunteers issue food to people in crisis and provide an exemplary, caring service.

## Foodbank

**The YMCA is currently the lead organisation for Glenrothes Foodbank. In 2013 Glenrothes Foodbank opened in response to a local need, a need that was identified by many communities and churches in Glenrothes.**

The need was clear - that some people for whatever reason were hungry and without food. Following meetings of all interested Glenrothes organisations and churches the YMCA took the lead and sourced financial and in-kind help to start up Foodbank.

The Big Lottery agreed to support Glenrothes Foodbank as the main funder, and awarded a grant of £50,000 to last until 2015. Fife Council contributed towards start up costs, thanks to cross-party political support and with these foundations in place, the urgent journey towards opening before Christmas commenced. During the autumn, volunteers were recruited, premises found, food collected and shelves filled. The doors to Foodbank opened at 2 Pentland Court, the Saltire Centre, Glenrothes on 19th December 2013.

Six months later, at the time of this report, the need and the response has increased. Throughout Glenrothes there are now organisations and businesses that help by holding a static food collection box in their public and staff areas. These regular collection points enable the wider public to donate food locally, although many people drop off food at Glenrothes Foodbank in Pentland Court.

Thanks to the goodwill of the local community and to the hardworking band of around 37 cheerful volunteers, the main objective - to reach individuals and families in crisis - is being achieved. Since opening, Glenrothes Foodbank has distributed food on 346 occasions between December and April, feeding a total of 632 people - 187 children and 445 adults. Of these 66% came to Foodbank because of benefit changes - benefits either being stopped, reduced or delayed. Of the 632 people, only 19 were supported beyond three visits.

Food weighing a total of **16 tonnes** has been donated! The majority of donations (23%) is given by individual people. The Glenrothes group Churches Together gave 9%.

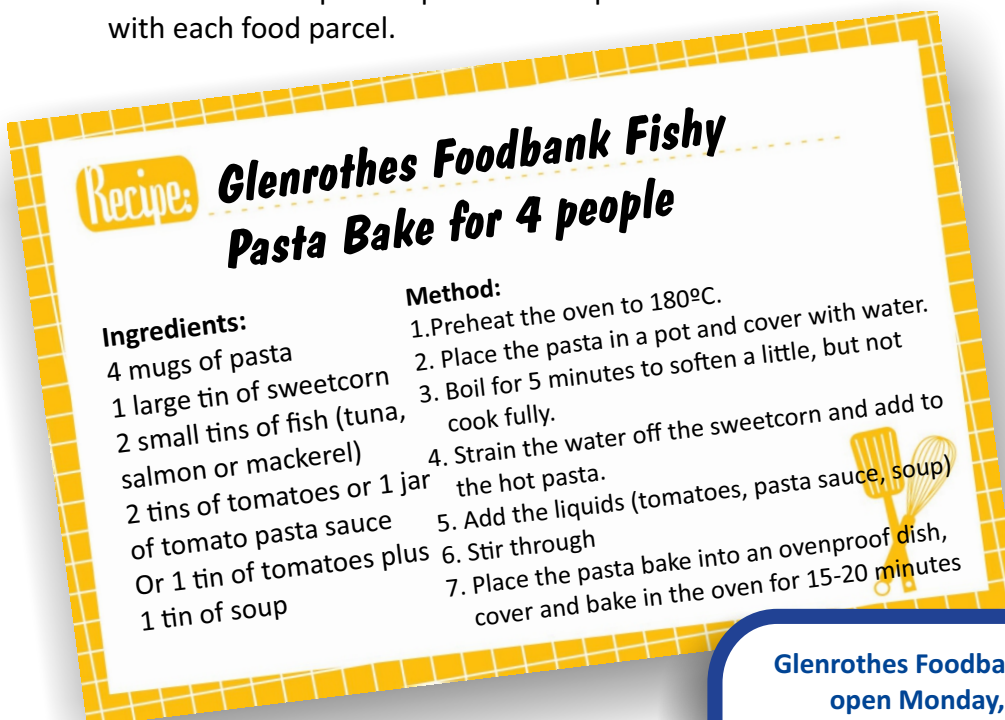
**YMCA Glenrothes is supporting Foodbank to become its own charity during 2014-15.**



This Shopping List changes frequently in accordance with donations and stock levels. Some items that are always low in supply are tinned vegetables, any type of puddings, toiletries and nappies.

Although foodbank is run by volunteers there are still administrative costs to be met, like electricity and rent. If you can help in any way with money or food, please contact: Glenrothes Foodbank on 01592 631088 or the YMCA on 01592 612674.

In partnership with NHS Fife Health Promotions and Fife Council Community Food the Foodbank Recipe Card scheme was launched. NHS and Fife Council staff devised recipes which compliment food that is distributed. Recipes are printed on wipeable cards and are issued free with each food parcel.



[www.glenrothes.foodbank.org.uk](http://www.glenrothes.foodbank.org.uk)  
Email :[info@glenrothes.foodbank.org.uk](mailto:info@glenrothes.foodbank.org.uk)

**Glenrothes Foodbank is open Monday, Wednesday and Friday between 2 and 5pm and for dropping off food, Mon,Wed,Fri between 12 noon and 6pm.**

**What does Foodbank mean to me ?**

“Thank you to the volunteers for being so kind. I did not want to come because I have never been in this situation before. I thought only people who wouldn’t work needed foodbanks.

**Customer on zero hours work contract.**

“Thank you for helping, we had nowhere else to go for help. You have all been so kind and the people who give food to the Foodbank are kindness itself”

**Customer made redundant for the third time in 16 months**

“I am sorry I have to come here but I am on Jobseekers allowance but I am in arrears with gas and electricity and my washing machine needs repairing”

**Customer from Job Club in Auchmuty**

“Without the help of foodbank I would have ...I did not know who to turn to for help and my situation was impossible”

**Customer on zero hours contract**

## What does the Y mean to me ?

### Case Study

Prevention First recently interviewed a young person facing homelessness as a result of a relationship breakdown with his parents. One of the contributing factors was the use of illegal substances.

Mediation between the young person and his parents was the first option offered and accepted by the young person.

A meeting was set up between, Yz Choices, Prevention First the young person and his parents. This partnership approach meant the whole family could have their needs listened to and met.

The outcome was the young person resolved the issues with his family. He was then able to get help with his substance issues which made steps to changing his lifestyle . This partnership approach is something that Prevention First prides itself on - to offer customers holistic and comprehensive support.

## Prevention First

**Another year gone by for the Glenrothes YMCA Prevention First service, and this year has seen a rise in the number of appointments. We have advised, supported and helped more people to solve their housing issues in the past year than any of the previous years the Service has been in operation.**

Homelessness or the threat of being made homeless, can happen to anyone: relationship breakdown being the most common factor, as well as other issues such as loss of employment, benefit sanctions, debt, domestic abuse or the implications of the “bedroom tax”.

The YMCA offers anyone with any housing issues a professional, confidential, friendly and very accessible service. This has become more evident this year as a result of increased publicity and raising awareness of what Prevention First does. There is also the option for previous customers to return for an informal chat for further advice. Customers can signpost friends or family to the service if they too require advice on housing issues.

YMCA Glenrothes strives towards delivering a 100% target in ensuring all customers receive the best advice, support and options relating to their housing needs.

It is most rewarding that on three occasions this year we have arranged mediation between young people and their parents. This mediation proved successful and on one occasion the young person was able to return to the family home.

In this challenging, but rewarding, year Prevention First has developed its strong working partnerships with Fife Council, Fife Keyfund (for tenancy deposit assistance) and other agencies. Collaborative working has proved to be essential in making the service a success.

This collaborative approach and commitment shows that we are fighting homelessness and making a huge difference to people who are threatened by homelessness.

From April 2013 - March 2014 Prevention First assisted **353** customers. Some may have been in crisis situations, others may have been wanting to explore housing options. Along with other services the Prevention First approach has reduced homelessness in Fife by 28%.

# Funding

Last year the Y was fortunate to obtain external funding for new projects. Although the charity relies on core funding, it is very appreciative of the efforts made by volunteers and staff to support the YMCA. Each week regular donors visit the Central Office in North Street with cash donations for the Y and Foodbank. We also received regular donations of food and toiletries destined for Foodbank. Last year staff raised over £500 from one raffle alone, enabling us to give a gift to each YMCA homeless resident at Christmas.

Our main funder remains as the local authority Fife Council, specifically the departments of Housing and Community Learning and Development. We continue to work closely with the Council and thank the Link Officers in particular for their support. Through these partnerships we are able to deliver services to a high standard, within a climate of continuing restrained finances.

A key part of the annual Fundraising Campaign is the Pledge by standing order. If you would like to commit to a monthly standing order please get in touch with Y Central Office, North Street, Glenrothes. As a regular donor you will be informed about how our fundraising efforts are going, and how we use the funds to support people, especially young people in the community.

## Additional Funding

We are grateful to the Big Lottery for grants from the programmes of Young Start, Support & Connect and Awards for All. Thanks also goes to the Thinking Differently Partnership and Creative Scotland Youth Music Initiative for providing core funding for our major programme of community learning. A special mention goes to the Fife Council Area Committee whose elected members approved a £19,918 start up grant to Foodbank.

## Regular Contributors

The Maxwell, Mitchell and McLellan families; the Glenrothes Churches Together, St. Ninian's Charity Shop, Ladies Badminton, Sequence Dancers and other regular food parcel providers, many of them individuals within the community. We thank Andrew Reilly, Chartered Surveyor for his advice and support with property matters.

## Partners and Groups

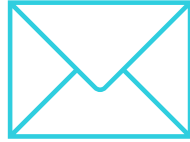
Fife Council Community and Learning Development and Housing Services, Churches Together (One Stop Shop), Salvation Army, St Ninian's Charity Shop, Fife Intensive Rehabilitation & Substance Misuse Team (FIRST), Drug and Alcohol Project Ltd (DAPL), NHS Fife Promotions, Addaction, ADAPT, Fife Key Fund, Trust in Fife, Scottish Christian Alliance (Gilven House), Frontline Fife, Penumbra, Clued Up, Fife Young Carers, Charis Foundation, YMCA Scotland, Youth 1st, all dancers and Ladies Badminton.

## 'Y' Chaplaincy

We are fortunate to count on the services of two clergyman in Glenrothes, the Reverend John MacSporran of Collydean Baptist Church and Fr. Gerry Hand of St Paul's, Glenrothes and St Mary's Mother of God, Leslie.



ALBA | CHRUTHACHAIL



## Contact Details

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### **Thinking Differently**

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### **Y Create**

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Email: [ycreate@glenrothes-y.co.uk](mailto:ycreate@glenrothes-y.co.uk)

### **Y Supported Accommodation**

The WASH 128 Alexander Road Glenrothes, Fife, KY7 4JD

Tel: 01592 612666 Fax: 01592 564110 Email: [wash@glenrothes-y.co.uk](mailto:wash@glenrothes-y.co.uk)

The Leslie Cottages 4—8 Murray Place Leslie KY6 3DL

Tel: 01592 743608 Fax: 01592 573609 Email [tlc@glenrothes-y.co.uk](mailto:tlc@glenrothes-y.co.uk)

The Farmhouse Maxwell Place Glenrothes, KY6 1ET

Tel: 01592 611268 Fax: 01592 611325 Email: [farmhouse@glenrothes-y.co.uk](mailto:farmhouse@glenrothes-y.co.uk)

### **Glenrothes Foodbank**

2 Pentland Court, Saltire Centre, Glenrothes, KY6 2DA

Tel : 01592 631088 Email: [info@glenrothes.foodbank.org.uk](mailto:info@glenrothes.foodbank.org.uk)



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