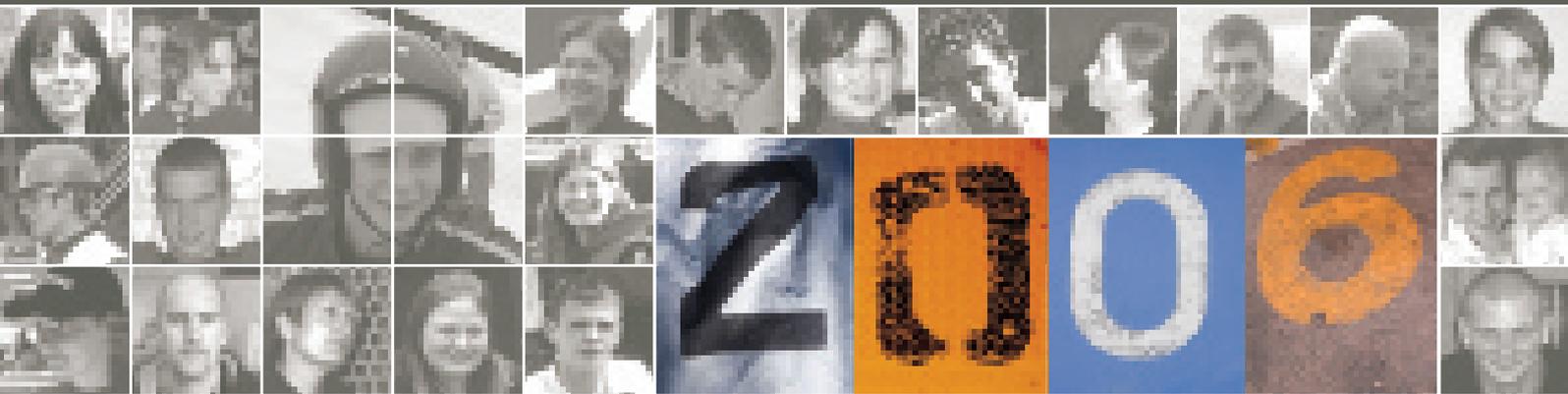




aberdeen foyer

# ANNUAL REVIEW





## INTRODUCTION...▶▶

**Aberdeen Foyer is a successful charitable organisation working to prevent and alleviate youth homelessness and unemployment in Aberdeen and Aberdeenshire. We provide supported accommodation and access to a range of education, training, employment opportunities and community health services for young people and their communities.**

**We address all the issues facing vulnerable young people enabling them to take the next steps towards independent living, learning and work.**



Since the first accommodation site opened in 1998, Aberdeen Foyer has housed and supported well over 1000 young people including single parents, care leavers, ex offenders, those who have had drug or alcohol problems, learning difficulties or mental health issues.

Currently we have 80 tenancies across 6 supported accommodation sites in Aberdeen, Peterhead, Fraserburgh, Stonehaven and Banchory.

As well as providing supported accommodation these are some of the services on offer to tenants and people in the wider community:

- **Prince's Trust Team** - a 12 week personal development programme
- **Lifeshaper** - a community rehabilitation initiative for those who have had alcohol/drug problems and are ready to take the next steps towards education, training and employment
- **Progress2Work** - an employment support service aimed at helping former drug users to overcome barriers into work and a partner organisation in the Aberdeen Integrated Community Drug Rehabilitation Service
- **Move-on** - practical support for former tenants moving into their own homes
- **Outside In** - tenant centered learning programme accredited by City & Guilds
- **Build and Train** - offers participants the chance to achieve job aspirations while meeting the employment needs of Grampian's construction industry
- **Opportunity Gateway Partnership** - Learning Houses providing free, informal learning opportunities to the community in Aberdeen and Aberdeenshire
- **Platform to Work** - offers participants the chance to achieve job aspirations within the oil and gas industry
- **Foyer Music** - state of the art rehearsal and recording facility available to all young people, music related workshops

- **Foyer Drive** - working in partnership with Roadwise Driver Training, offers a comprehensive range of driving packages to suit individual and corporate needs
- **Community Health Services**
- **IT classes**  
... and social and recreational activities too!

Foyer Enterprise is our trading company encompassing the Foyer Restaurant & Gallery and Foyer Graphics. These businesses generate income to support the work of Aberdeen Foyer, provide an interface with the wider community and offer training and employment opportunities for young people. In November 2006 we opened a Ben & Jerry's Partnership in Aberdeen's Bon Accord Centre offering training and employment to unemployed young people as Trainee Retail Assistants.

Aberdeen Foyer's success is built on our partnerships with a range of organisations including Grampian Housing Association, Aberdeen College, Aberdeen City and Aberdeenshire Councils, NHS Grampian, Jobcentre Plus and a range of private sector investors.

Our innovative approach to supporting young people through the transition to social and economic independence and our determination to find ways of working that produces success has led to Aberdeen Foyer receiving many accolades and awards and to our work being featured at a national level in relation to examples of good practice.

Through our existing services and various new developments we continue to respond to the needs and issues of young people and their communities in Aberdeen and Aberdeenshire.



## CHAIRMAN

**It gives me great pleasure to introduce this year's Annual Review – the fourth I have presented as Chairman since 2003. The report describes our activities over the last 12 months and, I am sure you will agree, demonstrates what a vibrant, busy, ambitious and effective organisation Aberdeen Foyer continues to be.**

This year the work of our staff has been formally recognised for consistently exceeding standards through the achievement of awards and accolades including a Scottish Training Award in partnership with Aberdeen College, Scottish Business in the Community Standard of Excellence award, Scotland's Health at Work Gold award, Chamber of Commerce Northern Star Commended award for Commitment to People Development and the Foyer Restaurant & Gallery has been highly commended by Visit Scotland as one of the best three restaurants in the north east of Scotland.

Striving for excellence continues to motivate staff and volunteers alike; through their hard work and dedication they have supported over two thousand disadvantaged people this year to overcome barriers, realise their potential and move on in their lives. My sincere thanks to all our staff.

Highlights in 2006 include the introduction of our oil and gas initiative 'Platform to Work'; new Foyer Learning services in Banff and Macduff; opening our Foyer Graphics studio in Huntly Street; the recently opened Ben & Jerry's Partnership in the Bon Accord shopping centre; a presentation from Elish Angiolini, Solicitor General at our annual Investors' Dinner; and our first Foyer client passing his driving test through the support of Foyer Drive. Our core services continue to do well with very positive feedback from the recent Care Commission inspection of our supported housing services.

Volunteering has become a valuable additional resource with 31 registered volunteers contributing approximately 222 hours per week. Our Board of Directors are also volunteers and the Foyer benefits greatly from their commitment and enthusiasm; I would personally like to thank them all for their ongoing support.

My thanks to all our partner agencies and Investors whose continuing support and interest in our work has allowed us to develop our services ensuring we continue to meet the needs of homeless and disadvantaged young people and their communities.

Finally, on behalf of the Board, my warmest congratulations to Ken Milroy our Chief Executive. Ken was awarded an MBE in the Queen's New Year Honours List. The award is well deserved recognition of the work Ken has been involved in over the years to address youth homelessness and unemployment and to develop services that truly help young people re-engage with life and move on to brighter futures.

**David Paton** OBE  
Chairman





## CHIEF EXECUTIVE KEN MILROY

I am delighted to invite you to take a glimpse at the work of Aberdeen Foyer over the past year. In our first 10 years we earned a reputation for growth, innovation and quality. During 2005/06 we continued in that spirit by adding to our portfolio of services and initiatives, building our organisational capacity for sustainability and further growth and most importantly celebrating the achievements of those we work with and for.



Jack McConnell visits  
Aberdeen Foyer  
and talks to a tenant

A measure of our success has been the continued interest in and support for our work from Government, and beyond. Since October 2005 we have welcomed an array of important and influential visitors to Aberdeen Foyer including:

- government officials from Norway, Greece and Belarus
- Deputy Minister for Health, Lewis MacDonald MSP
- Secretary of State for Culture, Media and Sport, Tessa Jowell MP
- Scotland's First Minister, Jack McConnell MSP
- Minister for Communities, Malcolm Chisholm MSP
- Permanent Secretary at the Scottish Executive, John Elvidge KBE
- Wendy Malycha, Chief Executive of St John's Youth Service, Adelaide, Australia
- prominent businessman Sir Robert Smith, Chairman of SSE and the Weir Group, appointed by the First Minister to lead a high level advisory group into the NEET group (those Not in Education, Employment or Training)

Some of our new service developments include: the formal launch of the Opportunity Gateway Partnership, sustaining a network of community based learning and employability services; the launch of the Scottish Pilot Learning programme supporting our tenants to re-engage in education and Amplified – our new regional youth music competition.

What's more, all the work, services and initiatives we have built up in the last 10 years have continued to thrive.

Before turning the page and looking in more detail at our achievements over the last year, I wish to acknowledge and praise the work of our staff and our Board members, and to thank our funders, service commissioners and individual and corporate 'Investors in the Foyer' for your continued support of Aberdeen Foyer.

# FOYER HOUSING SUPPORT MOVING IN ➔

Aberdeen Foyer provides fully furnished supported accommodation for up to 81 young people, aged 16 - 25 in Aberdeen, Peterhead, Fraserburgh, Stonehaven and Banchory. All applicants must be homeless, threatened with homelessness or at risk where they currently live and want to set goals for their future including moving onto their own independent tenancy, into education, training or employment and moving towards feeling better about themselves.

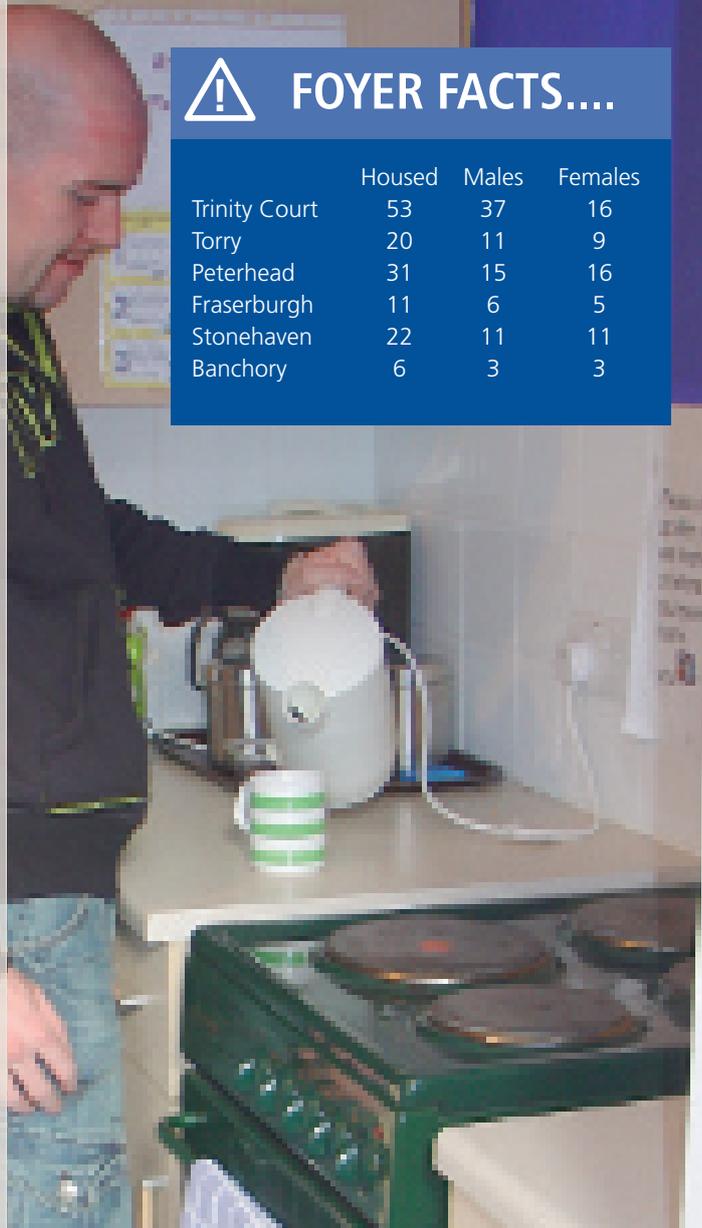
When young people refer themselves to the Foyer they attend a series of interviews to allow the housing support worker to assess their support needs. Aberdeen Foyer supported accommodation is not simply a home, but also a place of opportunity, to support young people to make all the changes they wish to make to enable them to become independent, happy and achieve their full potential.

For many the move in period, familiarisation and beginning to build relationships, is not easy. It is not unusual for young people to feel let down by adults leading to a lack of trust, regular meetings with their support coordinator help them find ways to improve their self esteem.



## FOYER FACTS....

	Housed	Males	Females
Trinity Court	53	37	16
Torry	20	11	9
Peterhead	31	15	16
Fraserburgh	11	6	5
Stonehaven	22	11	11
Banchory	6	3	3



"I came to Aberdeen Foyer because things were really terrible at home. My mum's new boyfriend hates me and it was causing all sorts of problems. At first I was really excited about moving in, the flat was lovely and it felt good to get away from the hassle. However it's really lonely living on your own. My support worker was great, and I know they wanted to help me but it's hard to think about your future when you are still so angry about the past. I invited everyone I could think of to come to keep me company and soon got into trouble, making a lot of noise and some of my visitors upset other tenants. After lots of warnings it was made clear to me that things would have to change and I have just started the Prince's Trust Team course. It's great and I feel so much better. For the first time in ages I feel like I am taking control of my own life and I have a clear path ahead of me to a much better future."

**Alison**

"When I was in jail someone from Aberdeen Foyer came in to talk to us about supported accommodation. I thought it was the best option, I knew that if I just came out and went back to my old way of life it wouldn't be long before I was back on drugs and back in prison. There's a lot to do at the Foyer, you just have to get up and get going. I am doing things I could only have dreamt of before, climbing hills, playing football once a week and going to the gym. I have been doing a new course called Outside In. It's the first time I have managed to achieve anything academic and I will soon have my first qualification. Sometimes there is still a temptation to use drugs, I just think about how proud my family are of me now (they wouldn't talk to me before) and the feeling soon goes away. I am really glad I moved into Aberdeen Foyer and I am really looking forward to what I can achieve in the next year."

**Jack**



**GRAMPIAN**  
HOUSING ASSOCIATION LTD

investing in the work of aberdeen foyer

# MOVING UP ↑

When a young person moves in they are given a 6 month lease which may be extended for up to two years, giving them full rights as a tenant. They are introduced to a support coordinator and together they will develop an action plan focusing on the hopes and desires of the tenant, identifying the goals they have set to help them achieve social and economic independence. The tenant will be assisted to break down the targets into small, easily achievable steps thus building confidence.

Tenants meet regularly with their support coordinator, continuously reviewing progress or, occasionally, working out how to cope with difficulties, endeavouring to prevent problems developing. Previous experience for many young people leads them to believe that mistakes cannot be overcome. It is therefore vital that our tenants are supported to look at ways to learn from mistakes. It is amazing to watch the difference the right

opportunities can make to the progress of our tenants. To hear someone say that no one has ever believed in them before and that they have always been told they are a waste of space underlines the need for opportunities to learn that they should believe in themselves and can have a successful future. At Aberdeen Foyer we are aware that many of our tenants have had unhappiness in their past but we constantly reinforce the message that they can create a much brighter future through hard work and perseverance.

Aberdeen Foyer's supported accommodation is inspected and regulated annually by the Care Commission. The latest inspection was carried out in November 2006 and again identifies many areas of good practice and indicates a highly successful service. The latest report can be found on our web site.



I have stayed at Aberdeen Foyer for over 18 months now. It is the longest I have stayed anywhere since I went into care at the age of 14. At first it was a big change, you have to cope with so much on your own but it is nice to have people there to support and guide you. I like art so I take part in all the "arty" things like the Sorted with the Arts events. They're great fun and make you feel good about yourself and what you can achieve. I gradually started to believe in myself and now I even have a job – something I never thought I would be able to do. I am coming to the end of my time at Aberdeen Foyer and at my last review I agreed that I would have to look at moving on. That's not going to be easy but it's not so scary now. I have learned that I can look after myself and at last I will have a place that is truly mine."

## Cathy

"I've done so much in the last year. I have finished two courses, improved my reading and writing and have written my own CV. I did a course to help me get work offshore and I have submitted my CV to lots of companies. I'm hoping I'll soon get a job and be earning lots of money. I would really like to give my granny some money so she could go away for a holiday."

## Sarah

! FOYER ISSUES....							
Trinity Court	24	22	3	26	40	13	12
Torry	11	6	2	5	12	3	2
Peterhead	8	8	4	11	19	6	1
Fraserburgh	5	8	0	5	7	2	0
Stonehaven	6	7	4	6	12	5	1
Banchory	2	1	2	2	5	1	0
	mental health issues	substance misuse	learning difficulties	offending behaviour	family breakdown	looked after children	debt

investing in the work of aberdeen foyer



# MOVING ON ➔

When our tenants are confident that they are ready to live independently they begin the process of moving on. Tenants work through our moving on pack which reassures them that they have learned all the necessary skills and have all the relevant information to run a home on their own. In the last year 29 tenants have worked through the move on pack, and 24 have successfully moved into their new home.

For the last three years Aberdeen Foyer has offered all tenants the option of receiving support once they have moved into their new home. This service was made

possible thanks to the Laidlaw Youth Project which funded the scheme for the first two years and subsequent grants from the Homeless Strategy budgets of both Aberdeen City Council and Aberdeenshire Council and Communities Scotland. The project involves a support worker visiting the young person in their new home, providing support to ensure they have settled into their new community and are coping with the demands of their new tenancy. External evaluation of this by the Laidlaw Youth Project rated the service as excellent.



## FOYER ACHIEVEMENTS

	college	university	employed	work placement	volunteers	venture trust	prince's trust team	lifeslayer
Trinity Court	12	2	17	6	8	4	11	6
Torry	6	0	4	2	1	1	2	1
Peterhead	2	1	8	3	1	1	9	1
Fraserburgh	2	0	2	1	1	0	2	0
Stonehaven	3	0	7	0	0	0	1	0
Banchory	0	0	4	0	0	0	0	0

“I lived in Aberdeen Foyer just over six years ago. I still occasionally keep in touch just so I can show off. When I went to the Foyer I was homeless, had a serious alcohol problem and occasionally used drugs as well. I can tell you I was not doing too well. Not to bore you with all the details it's sufficient to say that having had my backside severely kicked I took control of my own life. I was angry that my parents had split up and neither of them seemed interested in me any more. They both had new families and I just seemed to be in the way. However all I really wanted was to be an important part of their lives and I realised I would have to be happy with me before they were going to be happy with me. I went on the Venture Trust programme and the Prince's Trust Team. By then I knew that I wanted to be a painter and decorator so I went on a training course. I got a work placement and they employed me at the end of the placement and I have worked there since. I now own my own house and both my mother and father love me”.

**Kenny**



“Having stayed at Aberdeen Foyer for just under 2 years I was offered a really wonderful flat by Grampian Housing Association. I have lived in so many horrible places and was really worried about moving away from the Foyer. I didn't want to go somewhere I wouldn't feel safe and cosy. However having my own flat is actually ace! I chose all the colours for the walls and picked my own furniture. I had been collecting as much as I could before I moved out so now I have a really nice flat. I have a support worker who meets me every week and who I know I can phone for help if I need it, but so far I have managed on my own. If you are homeless I would absolutely recommend going to Aberdeen Foyer”.

**Jack**



# OUTSIDE IN

A person centred learning experience leading to a new certificate in Self Development



Tenants at Aberdeen Foyer, Edinburgh Cyrenians and Glasgow Simon Community are now able to benefit from a specially designed programme of learning, tailored to the needs of homeless people. The programme is part of a pilot project developed by the Foyer Federation and funded by the Scottish Executive. We are also delighted to receive sponsorship for the next 2 years from the BG Group. Outside In was launched at Aberdeen Foyer by Communities Minister Malcolm Chisholm in February 2006.

A reception to mark the launch of Outside In at the Scottish Parliament was attended by tenants, one of whom spoke about her experience of homelessness.

Outside In, a tenant learning programme and staff development training initiative, delivers a nationally quality assured programme to re-engage former homeless people, to equip them with transferable learning and skills which will enhance their opportunities and motivation to access further education, training and work.

This person centred learning plan, driven by tenants, addressing self development and lifeskills, consists of 4 modules allowing accreditation to be gained at each level and evidenced by a portfolio unique to each participant which will lead to a City & Guilds qualification.

Homeless people have very often missed out on statutory education because of family circumstances during their

childhood and adolescence, for example 25% of Foyer residents across the UK had ceased to attend school by the age of 14 and 50% had no qualifications at all on entry to the Foyer. In addition there is a strong national benefit to increasing the employability of homeless people; the financial benefit of re-engaging a young person currently not in education, training or employment is around £100,000.

The Learning Power Award has been built on research evidence on effective ways of working with unemployed and homeless people, addressing self development and lifeskills. In this pilot, the learning is delivered through the frontline staff that tenants most trust and depend upon with back up from partnerships with local colleges.

The course is certificated at 4 increasingly difficult levels, to allow for the advancement of the learners' basic skills. If a tenant has enjoyed working towards their first certificate and they feel that they want to learn more, then the option is there to continue onwards and upwards through the course, linked to both their personal action plan and their tenancy with Aberdeen Foyer.

Outside In is a unique opportunity to establish and deliver a programme of learning within Aberdeen Foyer, in partnership with Aberdeen College, that builds on our good practice and expertise in developing and delivering effective opportunities for tenants.

# YOUNG PEOPLE'S FORUM

The Forum meets monthly with a remit of discussing issues prior to decisions being taken which will affect young people, to organise activities and to have representation on the Foyer's Board of Directors.

In 2006 Forum members met with Anne Begg MP and Richard Baker MSP primarily to discuss how to improve drug services in the north east. They also visited the Emmaus Project, a Foyer based in Aldershot and the Houses of Parliament.

We are grateful to Technip for sponsoring a grant scheme to which tenants may apply for personal items such as clothing for interviews, white goods and books, tools etc for employment and training.



Malcolm Chisholm meets with the young people's forum

## TRANSCRIPT OF INTERVIEW WITH MALCOLM CHISHOLM MSP

Monday 6 February 2006

### Mike: Why is politics important?

Malcolm Chisholm (MC)  
I know a lot of people think it's nothing to do with them, but politics can influence things that matter – your job, education, income, hospitals – I know people get frustrated with politics and politicians, but they do have an influence over things that matter. How would society run otherwise?

### Anne: I've been homeless and a heroin addict for the last 8 years before coming to the Foyer. What difference does politics make to someone like me, living in a Foyer?

MC: We have big ambitions for housing in Scotland, to provide houses for everyone. I accept that there are also other services that people need, e.g. drug rehabilitation services.

### Lorne: What do you think are the most pressing issues for young people in Scotland and the UK?

MC: To get an accurate answer, you'd have to ask young people, and it will be different according to their age. For young people attending school, they will be concerned about getting a good education and about what activities are available to them outside. For those who have left school, they will be focused on opportunities to get on, to access education and training and then to get a job.

### Lorne: What have you done for young people as a politician?

MC: Regeneration is one of my areas of responsibility, and one of the 5 priorities for regeneration in Scotland is services for young people. We need to make sure we engage with young people and take account of their views. There are also other areas, such as education and health which have a specific focus on young people.

### Mike: How do you persuade young people to vote?

MC: You may not be happy with what politicians are doing, but you do have the power to influence things through voting – you can't complain about politicians if you don't vote. We

have to listen to young people's views, but we have to persuade them to vote and take part in elections so that we can provide what young people want and need.

### Anne: Why did you decide to become a politician? What are the things you enjoy/things that frustrate you?

MC: I was quite idealistic – a lot of politicians become involved in politics because they want to make society better, and to help the most disadvantaged, people living in poverty. That's what drives me. It is frustrating that you can't progress as quickly as people want.

### Lorne: I didn't know who or where to go to until my social worker introduced me to the Foyer. It has completely changed my life – I'm happy for the first time. The Foyer have dealt with the issues that were making me unhappy – they didn't just put a band aid on them.

### Anne: The Foyer has looked at everything in my life and helped me deal with it.

MC: It is a good model for what we should be doing across Scotland. We can all learn from this work, and need to carry it out across Scotland.

### Anne: I want to go back into work but I can't afford to live in the Foyer and work full time because I'll lose my housing benefit.

MC: It is why it's important for politicians to be out in the community meeting people – the more we talk to young people the more we know what the issues affecting them are. Politicians need to listen and then help find solutions.

### Mike: What's the difference between the Scottish Parliament and the Parliament in Westminster? What difference has the Scottish Parliament made to people's lives in Scotland?

MC: Benefits and other areas are the responsibility of Westminster, but housing and education are the responsibility of the Scottish Parliament. Some people want more powers given to the Scottish Parliament – I don't think many people would now want them given back to London. Some people look to Scotland as leading the way on issues, such as homelessness – no other part of the UK has the ambitious targets that we have here.

# FOYER LEARNING

## GET INTO LIFE

Get Into Life is a 4-week programme aimed at young people who have had drug or alcohol problems. The programme runs for two and a half days per week, and is intended to help participants gain structure and maintain routine in their lives.

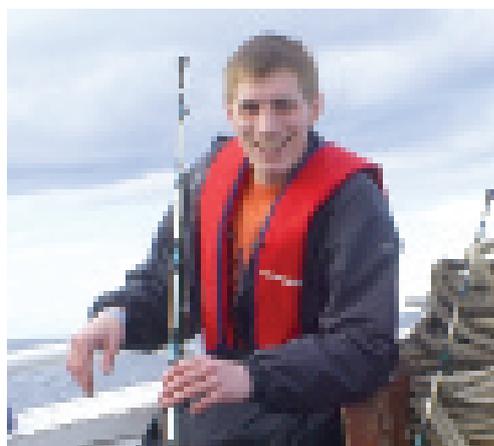
Modules within the programme include:

- **Get Into IT** – a short computer course to help increase employability
- **Group Skills workshops** – developing skills such as communication, listening, recognising and managing emotions, and problem solving

- **Lifestyle workshops** – educational workshops run by NHS Grampian to encourage participants to consider a healthy lifestyle and diet
- **Chill-Out Zone** – a short introduction to relaxation techniques

The emphasis of the programme is on gaining confidence, learning about yourself and interacting with others.

So far three programmes have been delivered with 9 participants graduating onto the Lifeshaper programme, and 1 graduating to Progress2Work.



lifeshaper programme Banff

## LIFESHAPER

The 12-week Lifeshaper programme runs in partnership with Aberdeen College in Aberdeen, Peterhead and Banff and is intended to create a solid foundation and re-introduce routine into an individual's life. The programme is geared towards having a healthier and positive outlook for the future. Lifeshaper is funded by Lloyds TSB Foundation for Scotland and NHS Grampian. The course is a stepping stone for getting back in to education, training or employment.

The balance of "work, rest and play" focuses on a step in the right direction to gaining stability and routine. The work element consists of the Local Investigation Project, Core Modules, Working with Others and Problem Solving where participants work in groups. The Local Investigation project encourages participants to do their own intensive research. Other elements are

the Chill-Out Zone and the clients' one to one sessions with the Lifeshaper Co-ordinator. We encourage clients to participate in physical activity such as going to the gym and we also arrange group outings to the cinema and bowling.

Once a participant joins the programme they are enrolled at Aberdeen College. Throughout the programme we look at certain skills and development for a person to achieve. Within the 12 weeks clients also gain IT skills ranging from beginners level right through to ECDL (European Computer Driving Licence).

Since October last year 30 Lifeshaper participants have completed the programme, many of them moving on to courses at Aberdeen College, Progress2Work, Volunteering and employment.



## FOYER LEARNING

### PROGRESS 2 WORK ➔➔

Progress2Work (P2W) is a JobCentre Plus funded project aimed at helping people who have experienced problems with drugs and help them to prepare for and access, training, education and employment. Each P2W client is allocated their own case worker and together they will establish a training plan which the client will work towards. Clients on P2W receive training in core employability skills such as IT, CV, application process, job search, interview skills and career development. Once a client has gained enough confidence the P2W team will help the client access work placements, training, education and employment.

During the period covering January - December 2006 the P2W team helped 15 people find employment and 49 people access training or further education courses.



### ICDRS []

The ICDRS (Integrated Community Drug Rehabilitation Service) provides a package of support to people in Aberdeen who have taken steps towards a healthier and more positive future. The ICDRS has been in operation for just over two years and at present works with 60 clients in Aberdeen. There are dedicated support workers within the service based at Aberdeen Foyer, Drugs Action, Phoenix House and Aberdeen Cyrenians, all offering specialist support. The specialist issues covered are employability, housing and drug issues.

The Foyer offers specialist employability support. The role of the Employability Worker at the Foyer is to co-ordinate the development of employability services for former drug users, address the main barriers to employment and education and source employment opportunities. An individual action plan will be compiled for each client, the existing projects and programmes available at the Foyer may be accessed, as well as using link services within the city.

## FOYER LEARNING PLATFORM TO WORK

The booming levels of activities in the oil & gas industry has accelerated the urgency to address the issue of skill shortages. Aberdeen Foyer has been working with the private sector to repackage and "sell" the industry to the next generation. Although unemployment levels in Aberdeen/Aberdeenshire are among the lowest in the country, youth unemployment remains worryingly high and significantly above the national average. Platform to Work is a new programme that offers participants the chance to achieve job aspirations within the energy sector. The programme is designed to meet the needs of employers while supporting trainees through preparation for work, formal training and into employment and complements activities being undertaken by OPITO, the oil and gas skills training body.

With backing from the Offshore Training Foundation, Aberdeen Foyer is working together with the Offshore Contractors Association, OPITO, Petrofac Training, AMEC, Well Services Contractors Association, KCA Deutag, JobCentre Plus and Scottish Enterprise Grampian to deliver a European Social Fund (ESF) funded programme available to a wide range of participants, though specifically targeted at the 18-25 age group, who have been unemployed for up to 2 years.

We are most appreciative of the support we have received from various companies, especially OPITO who have helped us gain an understanding of the sector and its 'language'. The programme participants are a committed group of people. Feedback from employers offering work placements and/or full time employment is very positive, noting a high calibre of enthusiastic and motivated trainees. One student travelled from Fraserburgh to Dyce on public transport; a 13 hour day for 6 weeks to complete his rigger training and is now in full time work and is undergoing further training in Canada.

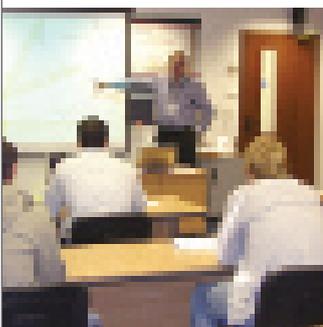
Platform to Work has received over 100 referrals since June 2006 and has worked with 32 participants, 15 are now in full employment, exceeding the initial target of training 60 a year.

Both the Scottish Executive and the UK Government are promoting "joined-up solutions to locally identified problems". This training programme is a prime example of how working in partnership can simultaneously tackle economic and social issues, contributing to the creation of sustainable communities across the North East of Scotland.

We are delighted that ESF has confirmed funding for a second year of the programme and the industry will provide match funding to continue to develop an innovative programme which allows participants to gain new skills and the chance to move into better waged skilled employment.

*"We are delighted to be involved in this initiative. It is benefiting the industry and AMEC, but more importantly, is making a huge difference to those participating in the programme. This is a unique partnership and the feedback from both the business and the individuals involved is very positive"*

**William Serle**, HR Director, AMEC





## FOYER LEARNING BUILD & TRAIN

The Build & Train programme continues to develop and make a positive impact in helping to fill the skills gaps in the local construction industry working with over 70 employers. Run in conjunction with local colleges, JobCentre Plus and financially supported by Communities Scotland, the programme was primarily designed to help train unskilled/semi skilled unemployed people as general building operatives within the construction industry.

In 2006 the Department of Work and Pensions and JobCentre Plus decided to end all Build & Train contracts nationally as the programme had not been successful in some areas of the UK. Aberdeen Foyer's contract was due to run until end of March 2007. Following the intervention of MPs Anne Begg and Frank Doran, representatives from Aberdeen Foyer met with Margaret Hodge, the then Minister of State at the Department for Work and Pensions with responsibility for Work and Welfare Reform, to present the case for allowing the contract to run its course in Aberdeen where the programme was making a tangible difference. The meeting resulted in a positive outcome and Aberdeen Foyer will continue to run Build and Train in the Grampian area until March 2007.



### FOYER FACTS....

#### Performance Oct 2005 – Dec 2006

- 6 courses completed
- 84 participants – 44 completed the course, 15 in training
- 41 participants gained full time employment



# FOYER LEARNING PRINCE'S TRUST TEAM

Aberdeen Foyer in partnership with Aberdeen College delivers the Prince's Trust Team in Aberdeen and Aberdeenshire.



prince's trust team community project at Maidencraig Rehabilitation Unit



prince's trust team presentation at the town hall

Since October last year 103 young people have participated in the Prince's Trust Teams; 3 teams in Aberdeen, 3 in Peterhead and 1 in Macduff.

A greater emphasis has been placed on raising awareness of and improving the health of our team members. A successful bid for funding from the Health Improvement Fund allowed us to buy fitness equipment for use during lunch breaks and kitchen appliances so we can offer healthy breakfasts. There were sufficient funds to offer team members free lunches at the Marywell Centre and cooking lessons have taken place at the Summerhill Education Centre. Early evaluation of these additions to the programme shows that team members have noted an improvement in their general health and a much improved awareness of the benefits of healthy eating and exercise.

We have built strong relationships with GlobalSantaFe, the Rotary Club of St Fittick, Petro-Canada and ExxonMobil who offer sponsorship and practical help on projects, sharing their knowledge and expertise with the teams. The teams are also delighted with the support from B&Q who donated paint and various goods.

## Community projects & team challenges in Aberdeen and Aberdeenshire:

### community projects

- Woodend Hospital, Maidencraig Rehabilitation Unit
- Sandilands Nursery
- Tilly Youth Project
- Boyndie Centre near Banff
- decorating at Barkley Park Pavilion in Peterhead
- Barnardo's 16 +
- Fraserburgh Library
- Peterhead Academy
- Faith Acres charity

### team challenges

- renovating youth club at Printfield Community Project
- Get Active Get Healthy week
- decorating rooms at Inchgarth Community Centre
- outing to Storybook Glen with children from Raeden Centre
- healthy eating session for Foyer clients
- party for Foyer clients
- Macduff Primary school
- garden makeover for the Young Carers Association in Peterhead
- Collieston Park, where the team built a dry stone dyke with help from HMP Peterhead
- painting boards for shop fronts in Fraserburgh
- playground makeover Buchanhaven Primary School in Peterhead.
- Healthy eating taster day with children from Clerkhill Primary and Anna Ritchie School

One of our team leaders was nominated for a Best Team Leader Award and an Assistant Team Leader attended an event in Edinburgh to celebrate the Prince's Trust's 30th anniversary.



## FOYER FACTS....

- 96 passes in First Aid
- 92 REHIS - food hygiene
- 103 passed Intermediate 1 level in Communication and Social Awareness and Development
- 21 moved into full time employment
- 6 moved into part time employment
- 4 moved on to full time voluntary work
- 17 into full time education/training



# FOYER LEARNING OPPORTUNITY GATEWAY PARTNERSHIP

**Opportunity Gateway Partnership - building stronger communities**  
Learning Houses deliver free and flexible support into learning and work in Middlefield, Sandilands and Torry in Aberdeen City and in Peterhead and Fraserburgh in Aberdeenshire along with an Outreach service in West Aberdeenshire.



Families using the IT facilities at a learning house

## OPPORTUNITY GATEWAY PARTNERSHIP

It has been a good year for the unique partnership of Aberdeen City Council, Aberdeenshire Council, Scottish Enterprise Grampian, Communities Scotland, Grampian Housing Association, Aberdeen Foyer and Tenants First Housing Cooperative. Targets set by the partnership for employability and moving into education have been exceeded. Learning House staff meet regularly with Foyer tenants to assist in the preparation of Learning Plans and Foyer programme participants are referred to the Learning Houses to help with CV preparation and ITC skills. New initiatives have been introduced such as Torry Learning House working hand in hand with Grampian Racial Equality Council to help migrant workers improve their IT skills, the Learning Houses in Aberdeen City work with the Homelessness department to support the integration of new tenants through advice and training. The introduction of the Working for Families Fund allows us to extend the level of help and support we offer clients, additional links have been made with JobCentre Plus to assist in large scale and on-line recruitment. We are partners in the Robert Gordon University project – Access to RGU - which helps and encourages people to consider higher education.

In 2006 the Outreach project re-started in West Aberdeenshire covering the Huntly, Turriff and Alford areas and a Learning House and Outreach Project was introduced in Fraserburgh. Due to the delay in receiving planning permission for the Fraserburgh Learning House, Aberdeenshire Council provided space within the Fraserburgh Business Centre enabling Learning House staff to start engaging with the local community.



*building stronger communities*

The main target agreed by the partnership is to assist 72 people into work per year and to move at least 150 people into further learning. For the period October 2005 to December 2006 we achieved the following figures, clearly demonstrating the value of the Learning Houses within the local communities.

### FOYER FACTS....

Clients into work – 134

Clients into further learning – 1022

681 people sat the European Computer Driving Licence test

20,389 individual visitors to the Learning Houses

# ABERDEENSHIRE HOMELESSNESS NETWORK - EMPLOYABILITY GROUP



**In August 2005 Aberdeenshire Council established an Employability Sub-Group of the Aberdeenshire Homelessness Network. Aberdeen Foyer was commissioned to support the work of the sub-group in relation to training and employment and a broader employability agenda. James Martin a Support Worker with Aberdeen Foyer was appointed to the role of Employability Support Officer in February 2006 to support the work of the sub-group.**

The specific objectives of the sub-group include quantifying the employability needs of those presenting as homeless in Aberdeenshire. This has involved establishing and 'testing' recording and assessment processes for employability, looking at current service provision and identifying the gaps.

The sub-group brings together agencies already providing or commissioning employability services in Aberdeenshire; including Careers Scotland, Aberdeen College, Banff and Buchan College, Scottish Enterprise, Aberdeen Cyrenians, Baranado's, Aberdeenshire Council, JobCentre Plus and Aberdeen Foyer.

Aberdeenshire Council Housing Options staff, with the support of the Employability Support Officer, have already carried out a basic employability survey. This has begun to establish a much clearer picture of the education, employment and training backgrounds of those presenting as homelessness throughout Aberdeenshire.

An initial mapping exercise of existing employability services provided in Aberdeen and Aberdeenshire has also been completed. From this information the group is identifying gaps in existing provision and considering what action is necessary to provide viable, sustainable solutions for improving employability for those affected by homelessness.

It is anticipated that the work will assist the Community Planning Partnership in Aberdeenshire develop its response to the recently launched Workforce Plus Strategy. SHEN (Scottish Homelessness Employability Network) is planning a joint seminar with Aberdeenshire Council and Aberdeen Foyer to highlight Employability and Homelessness in a rural setting later in the year.



# STUDENT PLACEMENTS

**Kirsten van Eyck** and **Karolien Manders**  
from Belgium - RGU social work students placed  
with Foyer Learning and Housing Support

**Franziska Glauche** and **Anne Loblein** Art therapy  
students at the College of Arts and Art Therapy,  
Nurtingen, Germany (via an arrangement with the  
Art Therapy Department at Cornhill Hospital)

**Erika Lemon**, RGU student mental health nurse -  
placed with Community Health Services

**Claire Dixon**, RGU placement with Lifeshaper



## Interview with Gary Williams Robert Gordon University student on placement

### Which course are you doing at RGU and how long is your placement at Aberdeen Foyer?

I'm doing a MSC in Social Work and will be at the  
Foyer for 11 weeks.

### What part do you play in the Lifeshaper programme?

I work closely with participants both individually and  
as a group assisting the Support Worker lead the  
course.

### How do you think the Lifeshaper programme benefits the participants?

It helps to give a structure and focus to previously  
chaotic lives and allows participants to realise their  
ambitions that may have been forgotten. By taking  
people away from the chaos of their former lives it  
helps them to realise what they really want and we  
can help them work towards that.

### How successful do you think the Lifeshaper programme has been?

When I arrived two former participants had just moved  
on, one was actively looking for a job and the other  
was doing a welding course at college. Participants  
enjoy the course and I see the improvement in many  
who will be able to head on to better things.

### Have you enjoyed your time working at the Foyer?

Absolutely, I've loved it. I believe I've had the best  
placement out of all the people on the course and  
have enjoyed my time here very much.

### How do you think your time at the Foyer has benefited you?

It's given me the confidence to realise I can actually be  
a social worker, working with the young people has  
dismissed any doubts.

### What advantages do you think the Foyer offers in helping young people?

The atmosphere at the Foyer is very warm and the  
young people realise everyone is trying to help them  
and this is extremely important. The staff are very good  
at mixing with participants and getting to know them.

Interview by Stuart Tuckwood  
Robert Gordon's College  
(work experience)

# FOYER ENTERPRISE

businesses trading for a social purpose,  
investing in the community.



## foyer restaurant + gallery

A haven of light, taste and style, the Foyer Restaurant & Gallery continues to excel. The professional team consistently delivers high quality food and attentive, friendly service in an uncluttered, relaxed setting. The seasonal menu changes every 7 weeks offering discerning diners a modern, confident twist to classic cooking and where possible produce is sourced from local providers. Notably, the Foyer Restaurant is a favoured choice for vegetarian diners, offering varied and appealing menu options.

2006 was another successful year. December was the busiest month since the restaurant opened in 1999 and we were delighted to receive a 'highly commended' citation by Visit Scotland as one of the best three restaurants in the north east of Scotland.



Exhibitions in the Gallery space by contemporary artists, supported by corporate sponsors, provide an ever-changing backdrop. Within a partnership agreement between RGU and Aberdeen Foyer the Exhibitions Coordinator organised the following shows between October 05 and December 06.



Emma Holden  
sponsor: Jenkins & Marr



Timber Skins, Conrad  
Weidemann at RGU



Susan Brown & Jennifer Stroud  
sponsor: UKOOA



The Scott Sutherland School  
of Architecture and Built  
Environment, Thinking and  
Making Degree Show at RGU



Ronald Plowman  
sponsor: Ernst and Young



Sofa so Good (in association  
with Instant Neighbour)  
sponsor: TOTAL



Smart Designs at RGU



Stuart Johnstone  
sponsor: Technip



Anne Bulmer  
sponsor: Petro-Canada



Debbie Beeson  
sponsor: BP



Bronwyn Platten,  
Kiri Abraham & Vicky Neil  
sponsor: Word 06, University  
of Aberdeen and Nevisprint

profits generated support aberdeen foyer's work with young  
people and their community

investing in the work of aberdeen foyer





www.foyergraphics.com

creative design studio

Celebrating 7 years' of trading Foyer Graphics moved into a new studio at 73 Huntly Street in April 2006. The site was refurbished and equipment upgraded with funding from Communities Scotland, providing our graphic design team with bright and spacious premises.

At a well attended opening, sponsored by UKOOA, we launched our new corporate identity and website and introduced guests to a new member of the team, assistant designer, Emma Blue.

At Foyer Graphics we specialise in design for print, web design, corporate branding and all areas of creative consultancy and development. Our strength lies in transforming a client's project from a set of ideas and requirements, to a successful solution by providing more than creative skills but also the ability to listen, comprehend and resolve issues effectively.



professional graphic communication

corporate identity
leaflets
web sites
stationery
business cards
brochures
advertising

newsletters
annual reports
booklets
menus
flyers
posters
postcards

exhibition panels
signage
pull up banners
vehicle livery
shop signs
corporate gifts
and much more

tel 01224 562864

73 huntly street,
aberdeen ab10 1te
laura@foyergraphics.com
www.foyergraphics.com

"We have worked with Laura from Foyer Graphics on a number of marketing projects over the past year and cannot recommend her highly enough. Laura has really taken the time to understand our business, the aims of our marketing strategy, is incredibly creative, efficient and has the patience of a saint! Thorpe Molloy have used several different companies for our marketing needs over the past 9 years and none have come close to Foyer Graphics in terms of level of service, creativity and cost. Nothing is ever too much trouble and it's clearly evident that Laura and her team are truly passionate about their work".

Karen Molloy
Thorpe Molloy

"Foyer Graphics are the best sort of social enterprise, one that competes on quality and performance with the private sector and wins. They have helped us out of jams, produced great work and are fun to work with."

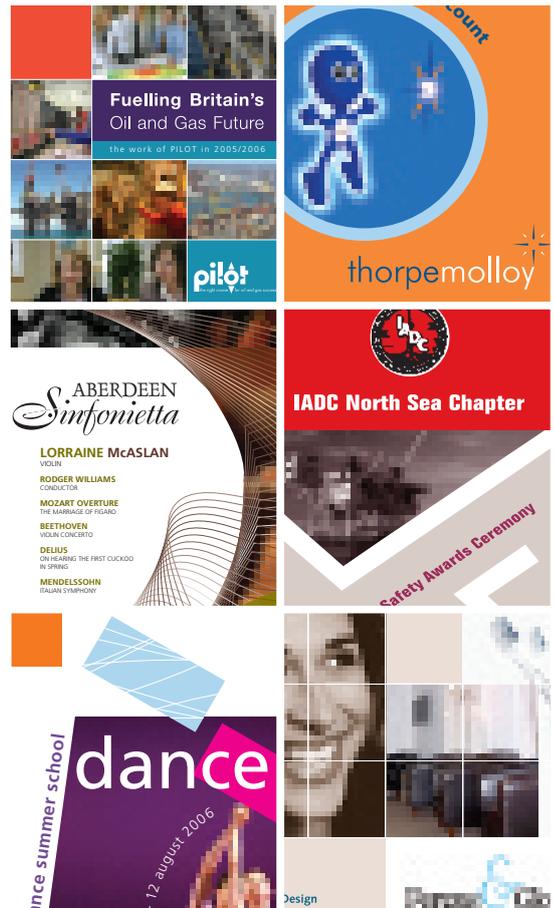
Steve Harris
UKOOA



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profits generated support aberdeen foyer's work with young people and their community





Aberdeen Foyer's Ben & Jerry's Partnership  
in the Bon Accord Centre

On National Social Enterprise Day in November 2006 Foyer Enterprise opened a Ben & Jerry's 'Partnership' in Aberdeen's Bon Accord Centre. This social enterprise is the first franchise of its kind in Scotland. A 'Partnership' is a unique concept; as well as selling ice cream, waffles, brownies, coffee etc we offer supported training and employment opportunities to unemployed young people aged 16-25 years. Supporting people into employment is at the heart of our services at Aberdeen Foyer.

The Trainee Retail Assistants are trained, as a minimum, in Food Hygiene and Customer Care with the possibility of accessing additional accredited training via Aberdeen Foyer's partnership with Aberdeen College. An Aberdeen Foyer Youth Worker will also support the trainees, where necessary, for non business related matters such as confidence building and motivation.

The success of many social enterprises relies on partnerships, either with the public or private sector. In addition to the support from Ben & Jerry's to set up the business, we are delighted that Shell has invested in the enterprise.

***"We are delighted that Shell's financial support for Aberdeen Foyer's new initiative is specifically aimed at sustaining the training and support element of its programme which is undertaken with local young people - helping them into work - and making a difference in the community."***

Shell's Communications Manager  
Deirdre Michie

***"Our hippy co-founder, Ben Cohen once said that business has a responsibility to give back to the community and Ben & Jerry's has lived by those words ever since. Our Partnership initiative is part of this philosophy and has helped thousands of youths get back into employment since it launched in the US in 1985. This is a long term commitment by Ben & Jerry's to help make a difference in Aberdeen."***

Ben & Jerry's Retail Operations Manager  
Mark Stewart-Maunders

# FOYER DRIVE

- Driving Tuition
- Corporate Safe Driving Packages



Foyer Drive is a unique venture - the profits generated from commercial driving activities are used to subsidise the cost of driving lessons for disadvantaged young people. Supported by the Rank Foundation, ExxonMobil, Aberdeen College and Grampian Police, Foyer Drive offers the young people we work with their only real chance of getting a driving licence. For the vast majority the cost of a one-hour driving lesson equates to half their weekly income. Additional funding from Scotland Against Drugs and the Youth Justice Strategy Group has allowed us to help people with a history of substance misuse or youth offending to continue to move on with their lives and focus their energies in a more positive direction.

2006 heralded a year of significant expansion for Foyer Drive; we aligned ourselves with a new commercial partner, Roadwise Driver Training, entered the corporate driving market with a range of tailored packages and supported local initiatives to promote road safety in the Grampian region. The alliance with Roadwise Driver Training has brought many benefits not least the experience, reputation, and local knowledge of its instructors. The company also shares our commitment to educate young people on how to become safe and responsible drivers. Safety is imbedded in every element of a Foyer Drive package from car maintenance courses through to theory support sessions. Instructors are quick to instill that learning to drive is not just about passing a test but about taking responsibility, being aware of the potential risks to other road users and learning how to competently anticipate and handle hazardous situations.

Through our partnership with Roadwise Driver Training we are now able to offer – in addition to lessons for individual learners - a range of corporate driving

packages including defensive driving, skid training and road familiarisation courses for staff and spouses relocating from abroad. All packages are competitively priced with the profit generated being re-invested in Aberdeen Foyer and, more specifically, Foyer Drive so that we can help a greater number of young people obtain their driving licence. For the companies involved, Foyer Drive presents an attractive opportunity to satisfy corporate social responsibility and business needs simultaneously, as well as demonstrating commitment to staff well being and development.

For many young people, especially those living in rural communities, the lack of a driving licence can be a barrier to work as David Duthie's story clearly illustrates. David, a former tenant at Aberdeen Foyer's supported accommodation site in Fraserburgh, recently passed his driving test with the help of Foyer Drive. Unfortunately, David was unable to complete an Art and Design course at Banff and Buchan College due to financial constraints. He found seasonal work painting boats for a shipping company but regrettably was paid off as he did not have a driving licence. Unable to afford driving lessons, David turned to Foyer Drive and was fortunate enough to secure a place on the scheme. Now settled in his own home David said, *"Without the help of Foyer Drive I could not have afforded the lessons or to pay for the test. Best of all because I now have my licence I have a full time job and my work supplies me with a van. Thank you to Aberdeen Foyer for giving me this chance."*

**Please contact the Foyer Drive Co-ordinator on 01224 224266 or email [foyerdrive@aberdeenfoyer.com](mailto:foyerdrive@aberdeenfoyer.com) for further information. Gift vouchers are available.**



**FOYER MUSIC**  
www.foyerlive.com



the launch of foyer records in one up

winners of Amplified:  
The Hatchet Men



### FoyerLive

Live performances are critical to any musician's development and FoyerLive gives young musicians the opportunity to hone their skills and test out new material on an eager crowd. The gigs attract audiences in excess of 300 people with young people responsible for all 'behind the scenes' aspects of the show i.e. marketing, health and safety, stage management, collecting ticket monies, sound and lighting. It is an invaluable educational opportunity, teaching young people how to run safe, successful shows as well as develop transferable skills such as how to delegate, budget and work as part of a team.

### Wow Factor

Wow Factor, a talent show devised by two fifth year pupils from Westhill Academy, attracted young bands, singers and solo musicians from across the North East. The winner was Replay, an energetic four piece band from Ellon Academy.

**AMPLIFIED**  
foyer music

Following the success of Wow Factor, Foyer Music launched Amplified (sponsored by Global Santa Fe) in the summer of 2006. Amplified is a regional music contest featuring singers, musicians and bands aged twenty five and under. Over 75 acts auditioned and after two hard-fought semi finals, twelve acts progressed to the sell out Grand Final at the Lemon Tree. The prize of a professional recording package was awarded to the winners, Banchory band, The Hatchet Men. The judges were impressed by the quality, professionalism and commitment of all involved, such a wealth of talent bodes well for the future of the local music scene. A 'Best of Amplified 2007' album will be released on Foyer Records, available from all good record shops!

### Project Scotland

Foyer Music was fortunate to secure the services of Project Scotland volunteer, Kevin Yule, on a six month placement. Kevin was instrumental in the development of our schools' outreach programme and responsible for the production and direction of our 'Essential Guide to Foyer Music' DVD.

### Songwriters

Sponsored by Petrofac Facilities Management and Atlantic Resourcing, Foyer Music's team of dedicated volunteers are working with six talented solo artists to develop their performance and songwriting skills. A showcase event is planned for summer and a CD to follow.

### goNORTH

Foyer Music is one of the main organisers of goNORTH, an industry showcase for unsigned acts. This annual event attracts highly respected industry figures such as Alan McGee of Poptones and Radio One's Evening Session broadcasts live throughout the week. The event attracted performers and music fans from all over Europe, many of whom attended the popular acoustic sessions at Kilau run by Foyer Music.

### Foyer Records

The Foyer Music Support Group released a debut EP early in 2006 following the launch of their 'not for profit' record label, Foyer Records. The young people involved have each assumed a specific role such as A&R or marketing and the venture has proved an invaluable insight into the workings of the music industry. Foyer Records offers a creative outlet for young local artists keen to widen their audience, produce professionally recorded material and attract the attention of radio stations and larger, more-established labels. The team actively promoted the first release, organising high profile events such as an acoustic performance at One Up which generated impressive sales as well as significant press interest.

### Outreach

At the behest of schools and community centres, Foyer Music loaded up the 'tour bus' and hit the road in 2006. Working in partnership with the Community Education team in Ellon, we have established a weekly music 'drop in' at the Ythan Centre involving DJ workshops, instrument tuition and mentoring for young bands. We were invited by Kincorth Academy to run lunchtime awareness sessions and pupils have visited the Marywell Centre to find out more about the workings of a professional studio and the different career options within the industry. The team provided technical support for 'battle of the bands' style competitions at Aberdeen Grammar School and St Machar Academy. The purchase of mobile recording equipment (funded by Global Santa Fe) has enabled us produce material with young musicians living in isolated communities.

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of aberdeen foyer



# VOLUNTEERING

Volunteers are an integral part of Aberdeen Foyer, offering a wide range of skills, abilities and enthusiasm greatly benefiting the young people we work with. We highly value our volunteers who are an important resource, making a vital contribution to our aims and objectives.



some of our volunteers

## Darren's story

I first got involved with Aberdeen Foyer over a year ago after going through a rough few years. To start with I took part in the Lifeshaper and Progress2Work programmes then I became a volunteer. My first role was as a Lifeshaper Mentor, during this time I supported new Lifeshaper clients by helping them understand what the course was about, helped answer questions and deal with any of their concerns. I was then asked to go along with the Prince's Trust Team to a week's residential at Aviemore as a volunteer support worker. This gave me my confidence back and allowed me to prove to myself and others that I am capable of working well in a team.

After returning, to my delight, I was asked to join the team as a full time volunteer support worker. It's just great to have been given the chance and I love it. Volunteering with Aberdeen Foyer has also inspired me to join other voluntary trusts and be involved in setting up a service users' group for anyone who has used services.

My main aim now is to progress with the Prince's Trust and Aberdeen Foyer because without their constant help and support I don't know where I would be now. I would like to take this opportunity to thank all the staff at Aberdeen Foyer for making me feel happy and working again, I would also advise anyone else thinking of doing a course or becoming a volunteer to go for it, because if I can turn my life around, then anyone can.

## Ross's story

I first got involved with the Foyer through the Prince's Trust, participating in the team was good fun and after it finished my Mum suggested I look into the possibility of volunteering.

The kitchen at the Marywell Centre was looking for volunteers so I thought it would be a good idea to give it a go. About the same time I also started volunteering with Inchgarth Youth Club, the Community Food Initiative North East and as a poolside helper at Stonehaven Swimming pool.

After she heard about all my volunteering, the Volunteer Co-ordinator suggested I go for the Millennium Volunteers Award. I had to keep timesheets of my volunteer hours and once I got 200 hours, hand them into the Volunteer Centre.

My family and Helen from the kitchen came along to see me presented with my Award of Excellence 200 hour certificate during a ceremony at the Art Gallery.

I have learnt a lot through my volunteering and I feel more confident than when I first started, I can even manage when people are cheeky to me. I think the skills I have picked up here will definitely help me when I start to think about getting a job.



## FOYER FACTS....

### Volunteers

30 volunteers contributing approx 7000 hours every year

### Befrienders

5 Befrienders trained and matched with young people  
3 attending training in February

### Kitchen Volunteers

3 Part time volunteers supporting Marywell Kitchen

### Foyer Music Volunteers

1 Full time volunteer through Project Scotland  
5 Part time volunteers

### Art Volunteer

One art volunteer who carried out 12 weeks of general art workshops, has done card making with tenants, t-shirt making for Sorted with the Arts and various other art taster sessions.

### Prince's Trust Team Volunteers

1 part time and 2 full time volunteers who support the Prince's Trust Team Leaders, one through Project Scotland.

### Lifeshaper Mentors

A volunteer mentor supports the participants on the 12 week course. Generally mentors are recruited from the previous team.

a volunteer training in our IT suite



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# COMMUNITY HEALTH SERVICES



Lindsey Cooper - Best Female Player Football World Cup



Health Fair held at Peterhead



## Homeless World Cup

After finishing in the top four at the two previous Homeless World Cups, the Scotland team was more prepared than ever for Cape Town in Sept 06. In the specially constructed street soccer stadium in the historic Grand Parade 48 countries and 500 players took part in the competition and changed their lives forever.

The Scotland team was selected after a rigorous series of trials involving over 300 players from across the country. Russia won the overall competition. The Big Issue Cape Town Cup was won by Scotland and Lindsey Cooper (17) a striker from Aberdeen Foyer won the Best Female Player trophy.

## Interview with Lindsey before the Homeless World Cup

**What made you feel that you wanted to apply for the HWC?**  
To be given the chance to play for my country.

**What does it feel like to represent Scotland at the homeless world cup?** It feels like a dream come true.

**Do you feel a minority as a female taking part in the HWC?**  
No! I feel I'm an example to other girls.

**Have you always been interested in football or is this a recent interest?** I've always been interested in football as I have a football orientated family. I don't play in a local team.

**Have you ever been to South Africa?**  
Never even been abroad. I've only seen pictures but it looks amazing.

**What do you think you've gained from the experience so far?**  
I feel more confident playing in front of people, I've also gained the motivation to look for a girls team to play for.

**What do you hope to gain from the experience?**  
I've already made the final team, I hope to gain better communication skills and also to become better at travelling.

**What would it mean to you personally if you got in?**  
It means everything to me because football is a big part of my life and this is a once in a lifetime opportunity.

**Scotland's Health at Work Gold Award** attained for promoting staff health at work.

### Get Active Get Sorted 2006

140 staff, tenants and service users registered to take part in this year's physical activity month. Participants spent 1135 hours on activities including badminton, volleyball, tenpin bowling, snowboarding, salsa dancing, Ice skating, golf and wall climbing.

### Health Fairs

Two very successful Health Fairs were held, one in Aberdeen and our first fair in Peterhead, attracting around 150 participants.

**NHS Health Improvement and Food in Focus Funding** allowed us to integrate health into the Prince's Trust Team programme in the form of group lifestyle sessions, healthy breakfasts and lunches, drugs awareness workshops, practical cookery sessions, community health events.....and more.

**The Move On project** can now offer tenants moving on to independent living a healthy 'starter pack' containing basic store cupboard goods, cooking equipment and utensils, healthy recipes, support and advice.

**Active Futures** - partnership with Aberdeen College to enable young people to participate in sports and activities as well as giving college students the opportunity to volunteer and enhance their own skills.

**Pack it in!** - 6 week smoking cessation project in partnership with ASH Scotland.



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The mental health and wellbeing project, 'Sorted Not Screwed Up' and the Foyer's specialist drugs worker have continued to provide a range of therapeutic opportunities to the clients and staff of Aberdeen Foyer (and beyond!) for example:

- Cognitive-behavioural therapy**
- Person centred counselling**
- Risk/needs/mental health assessments**
- Advocacy**
- Complementary therapies**
- Auricular acupuncture**
- Training**
- Staff advisory/consultation role**
- Promotion of arts**
- Art therapy**
- Information/resource provision**

**Counselling Service**

We have introduced our new counselling monitoring and evaluation software system, Clinical Outcomes in Routine Evaluation (CORE). In the period October 06 to December 06 identified problems/concerns at the initial assessment stage of clients range from depression, low self-esteem, addictions, bereavement and anxiety to abuse, relationship, welfare and personality problems. A total of 54 Foyer clients accessed the initial assessment stage during this period, 25 female and 29 male. The average age of a Foyer counselling client is 22 years.

The top 3 life event categories (as recorded by CORE) that clients have experienced in their developmental history include:

- 1 Problems related to primary support group, including family circumstances (typically relationship with parents and the affects of separation and divorce)
- 2 Problems related to upbringing (especially emotional neglect, and hostility and scapegoating of child)
- 3 Problems related to negative life events in childhood (especially events resulting in loss of self-esteem in childhood)

**Training**

Delivering and sourcing staff training on a variety of health and wellbeing topics is a significant part of the services offered by Aberdeen Foyer's Community Health

Services team. Training delivered this year in Aberdeen and Aberdeenshire includes Health & Homelessness Multi-Agency Awareness Sessions, Mental Health Awareness & Young People training, Optimism Training sessions, Making Sense out of Confusion (CBT approach) sessions and in-house Drugs/alcohol and Blood Borne Virus training sessions.

**Partnership Working**

Developing links and working in partnership at both local and national level is vital to the development of an effective service and influencing change.

"Aberdeen Foyer has been a valuable member of the Choose Life Steering Group since its inception in Sept 2003. This has been in terms of both direct service provision in tackling suicide prevention and as a stakeholder to the overall co-ordination and integration of suicide prevention activity in Aberdeen."

**Sandy Reid**

*Joint Future Planning Manager, NHS Grampian*

"Aberdeen Foyer is one of eight innovative project sites around the UK involved in the Mental Health Foundation's Youth Crisis Project. The project aims to demonstrate how the Foyer and the other sites have been able to engage with young people; provide a creative and responsive service; and the impact it has had on the lives of young people."

**Ines Garcia**

*Youth Crisis Project Manager, Mental Health Foundation*

"The Young People's Department and Aberdeen Foyer have a common purpose in that they seek to provide the best options available to their clients to help them with whatever difficulties they may be encountering. It is important for organisations working with young people to communicate effectively and freely and working in the way that we do with Aberdeen foyer facilitates this process."

**Russell Arthur**

*(Nurse Specialist, Adolescent Mental Health)  
Young People's Department, Cornhill Hospital*



# INVESTORS



Investors' dinner at foyer restaurant



National Training Award for Partnership working between Aberdeen College and Aberdeen Foyer

## A few highlights of the year

- Chief Executive, Ken Milroy, awarded MBE in Queen's New Year Honours List
- Launch of Opportunity Gateway Partnership - Learning Houses
- 'Outside In' Launch and reception at Scottish Parliament
- Annual Investors' Dinner
- Opening of new Foyer Graphics Studio
- Opening of Head Office, 18 Marywell Street
- New Lifeshaper and Prince's Trust Team provision in Banff/Macduff
- Opening of Ben & Jerry's Partnership
- Foyer Drive and Roadwise Driver Training partnership

## We would like to thank the following investors for their continued support:

- |                                 |                                       |                                    |   |
|---------------------------------|---------------------------------------|------------------------------------|---|
| Aberdeen Asset Management       | Café Drummond                         | Hudson Charitable Trust            | Rotary Club of Aberdeen St Fittick        |
| Aberdeen City Council           | Cannons Gym                           | Internet for Business              | Rotary Club of Aberdeen St Machar         |
| Aberdeen College                | Cape Industrial                       | Intertraining                      | Scotland Against Drugs                    |
| Aberdeen Football Club          | CHAP Construction                     | Karen Berry                        | Scotoil                                   |
| Aberdeen Green Drinks Company   | Choose Life                           | Kilau Coffee Company               | Scottish Business Achievement Award Trust |
| Aberdeen Healthy Living Network | CLS                                   | Laidlaw Youth Project              | Scottish Business in the Community        |
| Aberdeen-music.com              | Communities Scotland                  | Lavinia Carr                       | Scottish Enterprise Grampian              |
| Aberdeenshire Council           | CRISIS Changing Lives                 | Lemon Tree                         | Scottish Executive                        |
| Activpayroll                    | Cults Parish Church                   | Lloyds TSB Foundation for Scotland | Shell U.K. Limited                        |
| Alpha Health Services           | Diced Cap Charitable Trust            | McWilliams Ltd                     | SMC Jenkins & Marr                        |
| AMEC                            | Donside Ball                          | Mirdle Bequest Trust               | Space Solutions                           |
| Anderson Anderson Brown         | Dulux                                 | Nevisprint                         | Susie Price                               |
| Atlantic Resourcing             | Early Years and Childcare Partnership | NHS Grampian                       | Talisman Energy                           |
| Auditel                         | EMI                                   | Offshore Training Foundation       | Taylored Sound                            |
| B M Communications              | Ernst and Young                       | One Up Records                     | Technip                                   |
| B&Q                             | Esmée Fairburn                        | OPITO                              | The Best of Aberdeen                      |
| BAA Aberdeen Airport            | European Social Fund                  | Paul Foy                           | The Brownington Foundation                |
| Bank of England                 | Evening Express                       | Paull & Williamsons                | The Tudor Trust                           |
| Bank of Scotland                | ExxonMobil                            | Petro-Canada                       | The Warehouse                             |
| Banks O'Dee Sports Club         | Fairshare                             | Petrofac Facilities Management     | Tullynessle Church                        |
| Ben & Jerry's                   | Fifth Dimension                       | Petrofac Training                  | Two Sopranos                              |
| BG Group                        | Food in Focus                         | Rank Foundation                    | UKOOA                                     |
| Big Lottery                     | Fox Lane Garden Centre                | Rider Hunt International           | University of Aberdeen                    |
| BMI                             | GlobalSantaFe                         | Rigtrain                           | Waves FM                                  |
| Bon Accord Ladies Probus Club   | Grampian Business Products            | Ritson Smith                       | Whitehall Bowling Club                    |
| BP                              | Grampian Housing Association          | Roadwise Driver Training           | Wood Group                                |
| Brownington Foundation          | Grampian Police                       | Robert Gordon University           | Woodend Barn                              |
| Business Network Scotland       | Halliday Fraser Munro                 | Rotary Club of Aberdeen Bon Accord | Youth Music                               |



# FINANCE

## Statement of Financial Activities for Aberdeen Foyer and Foyer Enterprise for the year ended 31 March 2006

	2006 £
<b>INCOMING RESOURCES</b>	
Incoming resources from generated funds	
Voluntary Income	237,484
Activities for Generating Funds	772,448
Incoming resources from charitable activities	
Housing Services	1,062,049
Learning	1,392,948
Health	200,685
Other	76,200
<b>TOTAL INCOMING RESOURCES</b>	<b><u>3,741,814</u></b>
<b>RESOURCES EXPENDED</b>	
Cost of generating funds:	
Costs of generating voluntary income	26,120
Fundraising trading: cost of goods sold and other costs	757,612
Charitable activities:	
Housing Services	1,188,118
Learning	1,397,005
Health	195,825
Other	118,951
Governance costs	6,169
<b>TOTAL RESOURCES EXPENDED</b>	<b><u>3,689,800</u></b>
Net incoming resources before transfers	52,014
Transfers	-
Net movement in funds - net income for the year	52,014
Total funds brought forward	395,536
Total funds carried forward	<b><u>447,550</u></b>

The company has made no gains or losses other than as reported above.

## Aberdeen Foyer and Foyer Enterprise Balance Sheet - 31 March 2006

	2006 £
<b>FIXED ASSETS</b>	
Tangible assets	501,421
<b>CURRENT ASSETS</b>	
Stocks	6,667
Debtors	510,996
Cash at hand and in hand	3,702
	<u>521,365</u>
<b>CREDITORS:</b>	<b>558,041</b>
<i>amounts falling due within one year</i>	<u>558,041</u>
<b>NET CURRENT LIABILITIES</b>	<b>(36,676)</b>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>	<b>464,745</b>
<b>CREDITORS:</b>	<b>17,195</b>
<i>amounts falling due after more than one year</i>	<u>17,195</u>
	<b><u>447,550</u></b>
<b>FUNDS</b>	
Restricted	88,949
Unrestricted	358,601
	<u>447,550</u>

Signed of behalf of the Board of Directors



**David Paton**

Chairman

Audited Accounts are available on request.



## **ABERDEEN FOYER BOARD (2006)**

Mr David Paton (Chairman)  
*Local Business Representative*

Mr Mike Melvin  
*Special Director*

Cllr Sandra Macdonald  
*Aberdeen City Council*

Mr Hayden Barrett  
*Prince's Trust*

Mr Bill Ferguson (Treasurer)  
*Local Business Representative*

Cllr Aileen Malone  
*Aberdeen City Council*

Dr Leela Gautam  
*NHS Grampian*

Dr Linda Leighton-Beck  
*NHS Grampian*

Cllr Alister Leitch  
(Vice Chairperson)  
*Aberdeenshire Council*

Mr Alan Moat  
*Grampian Housing Association*

Cllr Sheila Thomson  
*Aberdeenshire Council*

Mr Malcolm McNeil  
*Grampian Housing Association*

Mr Ross Richardson  
*Local Business Representative*

Mr Ritchie Johnson  
*Advisor - Aberdeenshire Council*

Mr Ken Milroy  
*Company Secretary*

4 young people  
representatives

## **FOYER ENTERPRISE BOARD (2006)**

Mr Alan Moat (Chairperson)

Mr David Paton

Mr Ciaran Monaghan  
(Retired 2006)

Mr Bill Ferguson

Mr Richard Barnes

Mr Ken Milroy

## **SOLICITOR**

Paull & Williamsons  
Investment House  
6 Union Row  
Aberdeen AB10 1SA

## **AUDITOR**

Anderson Anderson  
& Brown  
6 Carden Place  
Aberdeen AB10 1UR

## **BANK**

Bank of Scotland  
201 Union Street  
Aberdeen AB11 6UG



### **Aberdeen Foyer**

Marywell Centre  
Marywell Street  
Aberdeen AB11 6JF  
Tel: 01224 212924  
Fax: 01224 252899  
[www.aberdeenfoyer.com](http://www.aberdeenfoyer.com)

### **Head Office**

18 Marywell Street  
Aberdeen AB11 6FS  
Tel: 01224 224250  
Fax: 01224 224268

### **Sandilands Learning House**

20b Sandilands Drive  
Aberdeen AB24 2QA  
Tel: 01224 277547  
Fax: 01224 277563

### **Foyer Restaurant + Gallery**

82a Crown Street  
Aberdeen AB11 6ET  
Tel/Fax: 01224 582277  
[www.foyerrestaurant.com](http://www.foyerrestaurant.com)

### **Foyer Graphics**

73 Huntly Street  
Aberdeen AB10 1TE  
Tel: 01224 562864  
[www.foyergraphics.com](http://www.foyergraphics.com)

### **Torry Learning House**

12a Balnagask Road  
Aberdeen AB11 8HX  
Tel: 01224 896156  
Fax: 01224 873336

### **Torry (Supported Housing)**

139b Victoria Road  
Aberdeen AB11 9LY  
Tel: 01224 876167

### **Trinity Court**

82a Crown Street  
Aberdeen AB11 6ET  
Tel: 01224 582900

### **Middlefield Learning House**

28b Manor Avenue  
Aberdeen AB16 7TJ  
Tel/Fax: 01224 682861

### **Aberdeen Foyer Fraserburgh**

46a Broad Street, Fraserburgh  
Aberdeenshire AB43 9AH  
Tel: 01346 516932

### **Aberdeen Foyer Banchory**

50 Sycamore Road  
Hill of Banchory  
AB31 5JP  
Tel: 01330 820685

### **Peterhead Learning House**

54 Slains Court  
Peterhead  
Aberdeenshire AB42 2YF  
Tel: 01779 473520  
Fax: 01779 473940

### **Aberdeen Foyer Peterhead**

1a Exchequer House  
25 Broad Street, Peterhead  
Aberdeenshire AB42 1HY  
Tel/Fax: 01779 477783

### **Prince's Trust Team (Macduff)**

Arts Centre  
39 Clergy Street  
Macduff  
AB44 1LP  
Tel: 07977411547

### **Fraserburgh Learning House**

Fraserburgh Business Centre  
South Harbour Road  
Fraserburgh  
AB43 9TN  
Tel: 01346 585312

### **Aberdeen Foyer Stonehaven**

67 Arduithie Road, Stonehaven  
Aberdeenshire AB39 2NE  
Tel: 01569 764695  
Fax: 01569 765102

### **Lifeshaper (Banff)**

Princess Royal Park  
56 Airlie Gardens  
Banff  
AB45 1AZ  
Tel: 01261 818303

