



DYNAMIC
CHRISTIAN
YOUTH
WORK



Transforming Young Lives

Activity Report
2022-2023

In memory of

Ruary MacLeod

17th January 1944 - 6th December 2022



Ruary's professional life began as a lawyer in Edinburgh but his many interests included setting up a youth group as one of the most important.

A loving father and grandfather, Ruary always had the interests of young people at heart. When Very Rev. Angus Morrison mentioned a project in Oban, they visited and KYTHE was born, with Ruary being a founding trustee. Beneath his outer persona as a knowledgeable lawyer - which he put to good use to help KYTHE - he was young and fun at heart as shown by his idea and financing of the graffiti wall at KYTHE!

He maintained his interest and enthusiasm for KYTHE, its working and growth, wanting to know how the young people were benefitting. He encouraged us all to join in by volunteering and contributing to the funding that KYTHE needed as it grew. Ruary was committed to a space for young people from all backgrounds – a safe, non-judgemental atmosphere of kindness, support and encouragement.

We miss his enthusiasm, his commitment, his fellowship. A man of faith and many talents, all of which he used in God's service. Of all his interests, KYTHE was the closest to his heart.



What a fantastic year! Starting with the recruitment of Abbie, our apprentice youth worker, she has taken to the role like a pro! A fantastic team of employees and volunteers supports the front-line team in all of the activities we provide. This includes our Board of Trustees and Management Committee, as well as young people and adults. They are worth their weight in gold.



We launched Mobile KYTHE in Summer 2022, delivering pop-up youth work providing many exciting challenges. A new team emerged at Dunbarney Church, Bridge of Earn, and significant numbers attended midweek youth drop-ins. Kinross-shire, Almond & Earn areas continue to benefit from Mobile KYTHE.

By providing physical, emotional, and spiritual support to young people, we have seen many young people move to positive destinations. This work is crucial for creating stronger, more sustainable communities!

Barry Dougall
Head of Youth Work



KYTHE continues to support young people in Kinross-shire, thanks to everyone who contributes time and money. This report highlights the positive impact of Barry and the team on the lives of young people. However, resources are limited, and KYTHE needs your help to ensure its sustainability for the future. Donations, volunteering, and support are needed to fund costs and ensure the organisation's sustainability for young people.

Jaffrey Weir
Trustee Convenor

The people of KYTHE



Barry Dougall
Head of Youth Work



Gillian Lindsay
Youth Worker



Katy-Beth King
Youth Worker



Abbie Keely
Modern Apprentice
Youth Worker



Liz Logan
Head of Fundraising



Annika Roberts
Book-Keeper



Lynn Caldwell
Mobile KYTHE Lead



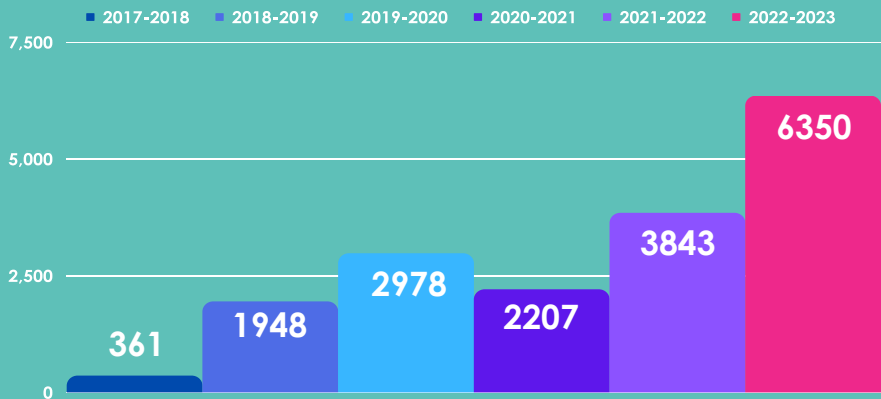
Jack Bland
IT/Digital Media

"Being a part of KYTHE is one of the best things I could have asked for in my life. Whether you're a volunteer or a young person that goes there for the fun, one or the other, it plays a major part in your life."

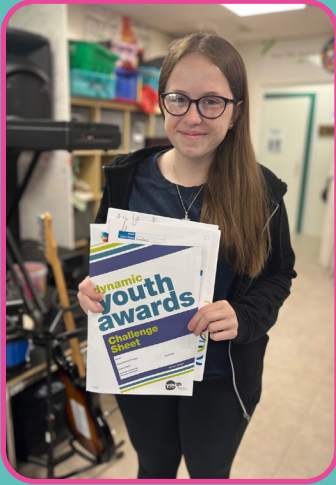
Ewan, Team

Summary of the year 2022-2023

This year has seen a huge increase in activity with both the numbers of young people attending KYTHE and the activities on offer. KYTHE's mission is to ensure every young person in Kinross-shire is given the opportunities they need to reach their potential. By taking a personalised approach to youth work, every young person coming through our door is valued as an individual, and this is seen in the activity figures. To find out more about our individualised approach, see page 6.



Person Centred Working



Our mission is to ensure every young person in Kinross-shire is given the opportunities they need to reach their potential. We take a personalised approach to youth work and every young person coming through our door is valued as an individual.

Providing the opportunities to a variety of young people can be challenging as every young person is different. The regular groups such as chill n chat and Friday afternoon drop-in sessions are great for the majority, but often an individualised approach is needed to connect with a young person.

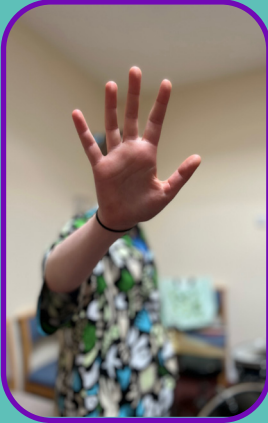
Flexibility and availability creates a bespoke environment where the young person can be themselves, be at ease with what they're doing and it is often much easier to chat.

In the last year, KYTHE has provided:

- Cooking & baking
- Woodwork
- Bush-craft
- Pool
- Bowling
- Cycling
- Mini-golf
- CV writing & supporting employability
- Board games & card games
- Puzzles
- Creative writing & poetry
- Exploring Christian faith & spirituality
- Walking & above all...
- The time & chance to chat.



Alex's Story



What was life like for you in 2022?

'I felt like I was a prisoner in my own home. I didn't want to leave or felt I couldn't leave. I didn't have much going on. I was quite lonely actually. I felt bored cause I wasn't doing very much other than gaming and speaking to my family and didn't meet anyone outside of my family. Social anxiety stopped me from doing a lot of things I wanted to do.'

Over the last 10 months, working with those at KYTHE, how have things changed for you?

'I've gained more confidence and I'm able to communicate better. This time last year I wouldn't have wanted to go outside, but now I can play with my dog with a ball catcher, and I enjoy that. I can go into shops and in public a lot easier than what I was able to do last year because of social anxiety. I'm able to do more, for example, I can now go out a lot more, I come to KYTHE, I go with my grandad and cousin to play pool in Perth, which was a very new environment. I'm even at college now and I wouldn't have thought that was possible for me this time last year.'

So looking back, what are the top three things you gained from KYTHE?

'It's reduced my anxiety, boosted my confidence and it's got me "out there".'

You've seen some significant positive changes in your life, so what would you say to anyone who may feel the same?

'Just go for it because it helped me so much. It's been hard at times, but really worth it. The progress will be slow but it pays off and it's paying off for me now. I'm not perfect now, but I'm much better.'

Mobile KYTHE - On Tour



Following a successful pilot, KYTHE purchased its own welfare van to provide regular pop-up youth work sessions across the Kinross-shire area.

One of the key benefits of Mobile KYTHE is the ability to quickly set up and start delivering services within 15 minutes of arrival at any given location.

This allows us to be flexible and responsive to the needs of the community, as we expand to areas that may have previously been under-served. With our gazebo, one large table, some camping chairs and beanbags, we are able to set up a variety of tabletop games, ball games and throwing games. We also bring along our tuck shop stock and flasks of hot and cold water for drinks.



By utilising the available outdoor spaces, we are able to provide a youth service where previously there was none. KYTHE has visited 8 locations with 309 attendees in the last year.



Mobile KYTHE allows us to connect with other communities and introduce them to all that KYTHE has to offer.



Community Engagement

This year KYTHE has supported the community at:

- The Kinross Show
- Fossoway Gathering
- Kinross Rugby Club Family Day
- KLEO Kinross Festive Street Market
- Fossoway Carols in the Car Park
- Open Waters Movie Night
- Better Place to Live Fair
- KYTHE Community Car Boot Sale
- Portmoak Gala
- Kinross and District Men's Shed Open Day



"We had a great day for our Open Day and thanks to the great work from the guys and girls from KYTHE, as the band had our guests boogying away with their burgers in hand. Thank you from all of us to all at KYTHE." Quote from Glenn Neve, Chair of Kinross and District Men's Shed.

Geez a Seat

The Cleish communities came together to recognise the work of KYTHE serving the young people during the COVID pandemic. They raised funds for a bench for the young people to pause, reflect and chat. This is located in the grounds of the health centre and we are grateful for the permission given by Loch Leven Health Centre to install this.



Fundraising @ KYTHE

Welcome Liz Logan, Fundraising Lead!

Hi everyone,

I'm excited to start my new role in KYTHE raising funds and applying for grants for this great local youth charity, whose aims are so close to my heart. There is a huge opportunity to raise the profile of KYTHE and shine a light on the great transformational work of both the team and the young people.



If you'd like to discuss how you can support KYTHE and be a part of "transforming young lives", please contact me on: fundraising@kythe.org.uk. We have plenty of opportunities to take part in fundraising challenges and I am available for support and look forward to meeting everyone! Many thanks for your continued support on behalf of all at KYTHE.

Best wishes,

Liz Logan

Fundraising Lead

Amazon Wishlist

KYTHE created an Amazon wishlist in preparation for Mobile KYTHE going on the road again during the Easter holidays. The team were thrilled to receive incredible support from various groups and individuals as numerous deliveries arrived with sports equipment, arts and crafts supplies, cleaning products, and other essential items.

As we strive to continually replenish our supplies, we regularly update KYTHE's wish list. Be part of this initiative to support the young people in your community. Your contribution will provide them with opportunities to learn new skills, make new friends, and have fun in a safe and supportive environment.



To make a difference, scan here to access our Amazon wish list.



Fundraising Highlights

We are happy to announce that KYTHE has secured three-year funding from both the Robertson Trust and the UK Youth Fund. This is a significant boost to the work we do, by receiving support from these respected organisations.



Our dynamic Youth Band has been incredibly active throughout the year, participating in various local community events, with their donation buckets. If you spot them, please give generously. Not having cash is no longer a barrier, as they now travel with a card machine!

Our first KYTHE Live event was a tremendous success. Held at Milnathort Town Hall, it was a remarkable showcase of our talented young people.

Car Boot Sale Success

KYTHE held its inaugural car boot sale at the start of April. Despite the cold weather, the KYTHE Hub was buzzing with 31 sellers. Over 100 people came to browse and support the event, where the KYTHE team provided tea and coffee and a spontaneous jamming session that added to the atmosphere. Feedback from the sellers was overwhelmingly positive, with many of them asking, 'when's the next one?' And another was organised for July.



Volunteering at KYTHE

"I volunteer with KYTHE as part of the management team which brings together various people for the benefit of young people in Kinross-shire,"

Fiona, Team



"Volunteering makes me feel like a part of the community and I'm helping to provide a safe space for young people,"

Samuel, Team

July 2022 –
June 2023 =

3 4 0 3
hours

"Volunteering with KYTHE is brilliant! It has given me opportunities to gain confidence and leadership skills."

Sam, Team



"Volunteering at KYTHE has helped me by giving me content for my CV and helped me learn new skills for part of my Duke of Edinburgh award."

Lewis, Team

The Board of Trustees and Management Committee of KYTHE:

Jaffery Weir, Rob Packham, Annika Roberts, Ginni Auld, Gordon Roy, Stephen Hutt, Sue Packham, Lynn Caldwell, Cara Chalmers, Fiona Eastop.
(Not pictured: Alison Gardner)

Some of our dedicated volunteers at KYTHE



KYTHE could not be sustained without our volunteers. They range in age from 11-80 years old, and truly no skills are wasted here at KYTHE, as we work together for the purpose of serving the young people of Kinross-shire.

Donating your time through volunteering is a really special way to support KYTHE. There is a wide range of ways you can get involved including helping out with face-to-face youth sessions at the Hub, supporting the Fundraising team at events and raising awareness of the charity in the local area. You can do as much or as little as you like.

To find out more about how you can help email: info@kythe.org.uk



Scan here to sign
up to volunteer
with KYTHE



Sam's Story



I started high school and found it tough. I couldn't concentrate, I was easily distracted and I couldn't do the work well. I assumed the role of the class clown to distract from my work, but this got me into trouble. However, through this time, KYTHE was always just there for me, I could just come in and relax, breathe and be myself.

The school began testing me for dyslexia and the diagnosis came a year later. It became clear that I was 'different', and I then got a CAMHS referral and I was diagnosed with Autism Spectrum Disorder. I felt a sense of relief about this because I never felt as if I fitted in at school, this was why. Whenever I went to KYTHE, this didn't matter; I could just be myself.

I found myself struggling with grief following the sudden loss of my auntie and then in 2019 a close family friend died in the summer and this impacted me hugely. I didn't 'deal' with the grief for at least five months after her death. I just kept myself busy and distracted and suppressed all the emotions as much as I could to avoid dealing with them.

In December 2019, my mental health took a real dive during the Christmas holidays. KYTHE was shut and I felt like I had nowhere to go. So, I shut myself in my room and didn't speak to anyone much - I was alone with my thoughts.



KYTHE opened back up, and I felt an instant relief from the intrusive thoughts. I felt good for a while, keeping myself busy with new hobbies. And then, two months later, global lockdown. I did okay for a while, but then I got bored of lockdown and things got bad for me quickly. I started to question my place in life and whether there was a place in life for me. I started to plan how I would end my own life.

In January 2021 a schoolmate did take his own life. This changed everything. There wasn't anyone who could say they weren't affected by this, but it really opened the wounds of grief for me. In the wake of this, I decided to give life one more try.

But then about a year later, I decided it wasn't worth trying anymore. I'd made up my mind, so I'd planned to go into KYTHE to say my goodbyes. I met Abbie there where she told me about a thing called Magnitude, a huge Christian festival that was happening that summer, and she asked me if I wanted to go, which I did, even though I didn't believe in god. When I got to Magnitude in July 2022, I decided to go 'all in' with nothing to lose. I had an incredible time there and when I came back I decided to go to church and now I believe in God!



Life has its bumps and hurdles, and over the last year there's been many challenges, but I can honestly say my prayers were answered - I found myself and I am now able to love myself properly. No masks, nothing fake; I can now be my true, authentic self. I didn't need to question my purpose in life, my sexuality, or anything else; I could just be who I am and not worry about the rest of that stuff. I try

to be better now, and I haven't had these kinds of thoughts anymore because I'm happy. I am truly happy! I know what peace is now. And it's great! No, it's wonderful!



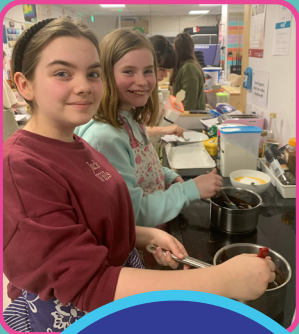
Thanks KYTHE for walking with me, accepting me and helping me find hope for the future.

Holidays @ KYTHE



Holiday activities are always popular at KYTHE, whether single events or week-long blocks of activities.

Over the last year, there has been Adventure Week, KYTHE Cooks, Movie/Quiz/Games evenings, Litter Picking and many more. As well as providing these activities to boost confidence, skills and socialising, KYTHE supports the physical needs of young people by providing a free meal to everyone who attends any of the holiday activities. Funding for this equitable project is provided by The Food Holiday Insecurity Poverty Fund, also known as Fuelled for Fun, funded by Perth and Kinross Council. With food poverty increasing, this is especially important during the school holidays when young people cannot access free school meals.



October
2022

153

Easter
2023

128

Summer
2022

721



Ellis's Story



Meet Ellis, a young person who struggled in social situations and with their mental health. School was a challenge, and college proved difficult in the post-COVID era, leading to their drop out. It wasn't until Ellis was diagnosed with autism that they began to understand the true nature of their obstacles.

Seeking help, Ellis turned to KYTHE's job club and there Katy-Beth helped Ellis with interview techniques, CV writing, and employment skills. With lots of encouragement, Ellis secured a part-time job in a small establishment, gaining social skills and contributing meaningfully to the household.

But Ellis's journey didn't stop there. They still attend KYTHE and have been volunteering in our art groups, providing support to other young people exploring their artistic abilities.

A family member expressed their gratitude, saying;

'We cannot thank Katy-Beth enough for all her support with Ellis. Their confidence has improved so much since going to KYTHE. Katy-Beth welcomed them with open arms, supported them though everything; from their autism diagnosis to how they identify, to supporting them to develop their creative passion (and feel proud of it!), and allowing them to feel comfortable and happy in themselves. Now, Ellis has a job, is studying a course they love, and more importantly proud of who they are! Thanks so much to KYTHE for all your support!'



The Big Brig YOUTH PROJECT

Dunbarney and Forgandenny Parish Church in Bridge of Earn have witnessed the enthusiasm of local young people for the KYTHE Mobile holiday outreach program. Inspired by this positive response, and after a visit to the church, Barry and Lynn discussed the idea of sharing KYTHE's expertise and expanding their services into the Almond & Earn area with the help of local volunteers.



This led to the launch of "The Big Brig Youth Project," a drop-in session that took place every Wednesday evening starting in April.

The four-week pilot of The Big Brig Youth Project was a resounding success, with approximately 70 instances of youth work and 30 individuals participating. Encouraged by the positive outcome, the programme continued until the summer holidays, totalling 128 instances of youth work.

The growth potential for this initiative is great, but the current team consists solely of volunteers and to meet the increasing needs, a professional youth worker will need to be employed as the work develops.



Watch this space as The Big Brig continues to "Transform Young Lives" in Dunbarney!



Big Brig YP
128

Feedback from Young People

"I love KYTHE because you can have loads of fun with people you wouldn't usually be around. And also you can be who you are without worrying about how people will judge you."

"KYTHE has helped me understand that I'm smarter than I may realise and helped me understand how to help myself achieve my goals."

"KYTHE has been good for me this year because, after my mental health took a turn, I immediately had a wonderful team of people there to support me."

"KYTHE has allowed me to have incredible and informative music experiences, through both the organisation of the youth bands and allowing me to use the hub as a rehearsal space and more. I'm very grateful to be able to partake in such activities and meet the people that I now consider close friends."

"KYTHE has helped me break down barriers to thinking about my mental health and helped me realise that there's always someone willing to listen to me."

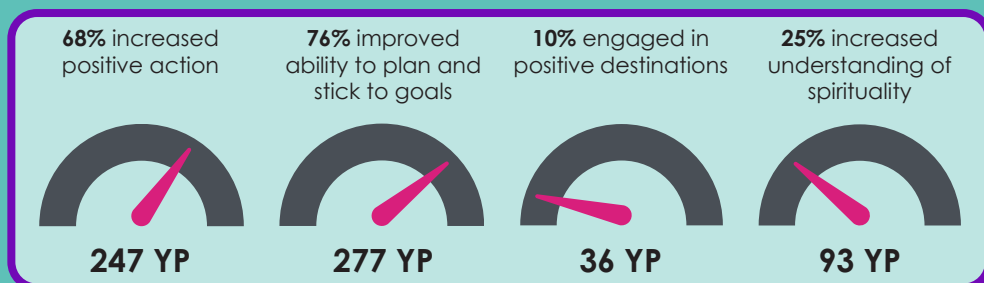
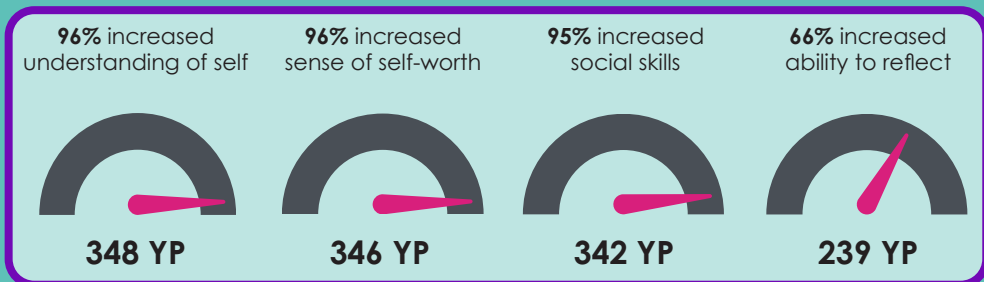
"Instantly, I was made to feel comfortable; I felt as if I trusted the team at KYTHE and knew I could tell them anything, like how I felt and share my week with them. That helped a lot."

"KYTHE has supported my band with both personnel and equipment for our own gigs."

Youth Work Outcomes

To evaluate the impact of our work with young people, KYTHE has outcome indicators to evidence transformation in young people, such as increased levels of confidence, increased self-belief, and new skills gained.

Based on these outcomes KYTHE has supported young people to develop themselves in the following ways:



This information gives us insight into the ongoing journey of young people year on year. For example, this year 10% of young people engaged in a positive destination, last year a further 11% of young people eligible went onto a positive destination either in education, employment or training and as such, the number is a cumulative 21%. This growth is also true for those deepening their spiritual understanding of themselves; 25% did so this year, on top of the 37% that did last year.

Partners of KYTHE

Churches:

- Cleish Parish Church
- Dunbarney & Forgandenny Parish Church
- Fossoway Parish Church
- Kinross Christian Fellowship
- Kinross Parish Church
- Loch Leven Church
- Orwell Parish Church
- Portmoak Parish Church
- St. James RC Church
- St. Paul's Episcopal Church

Community:

- Better Place to Live Fair
- Broke Not Broken Food Bank
- D3 Audio & Visual Technologies
- Fossoway Gathering
- Kinross Local Events Organisation (KLEO)
- Kinross Rugby Club
- Kinross Volleyball Club
- Kinross Wooden Products
- Kinross and District Men's Shed
- Kinross and District Rotary Club
- Oudenarde Community Cabin
- Portmoak Gala Committee
- The Kinross Show

Schools:

- Kinross High School
- Kinross Primary School
- Milnathort Primary School
- Portmoak Primary School
- Fossoway Primary School

Professional:

- Active Schools Kinross
- Awards Network
- Hillcrest Futures
- Perth Autism Support
- Perth College UHI
- Perth and Kinross Council
- Perthshire Youth Work Partnership (YMCA Tayside, Logos, SCYD, AYP, Breathe, CAYAG)
- RASAC Perth
- Scripture Union Scotland
- Skills Development Scotland
- The Gannochy Trust
- The Lighthouse for Perth
- Youth Scotland
- Youth Work Journeys
- YouthLink Scotland



The Gannochy Youth Panel



KYTHE was delighted when apprentice youth worker, Abbie, and young volunteer, Jack, were asked to be volunteer members of the Gannochy Trust's Youth Panel who are 12 young people aged from 14 to 21 years.

This innovative fund of up to £100,000 per year was designed to be assessed by young people for young people and was launched in February 2023, and gives the Trust an invaluable insight into the needs and concerns of young people and the impact that funding can have on the quality of young people's lives.

The Youth Panel have designed the core aims and outcomes for the fund, which includes Youth Activity, Youth Voice and Youth Health and Well-being.

This is a great opportunity for Abbie and Jack and acknowledges the work that KYTHE is delivering as Abbie and Jack see first-hand the positive impact that working with young people can bring.



After their first Assessment Meeting, the Gannochy Trust tweeted, "With a broad range of projects to consider, they debated some challenging questions with integrity and maturity. We are very proud of them!"

Well done Abbie and Jack!

Curly Park Takeover



Working with the Gannochy Trust and Tayside YMCA, Mobile KYTHE delivered a series of pop-up youth sessions during May at Curly Park, Perth, over three Friday evenings with a total of 100 young people attending throughout the sessions.

Each week had different

activities, with week one focusing on getting to know each other and games; week two focused on bike maintenance and mechanics and week three was music night with one of the KYTHE youth bands, That's What She Said, providing the entertainment for the evening.

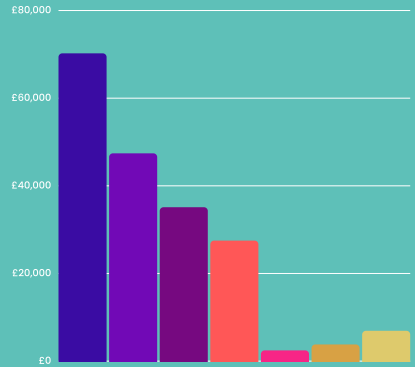
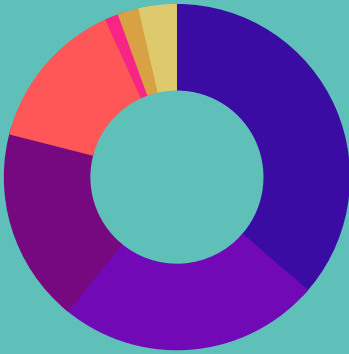


Football was the most popular game, although gymnastic skills were encouraged by Abbie. The BBQ (often tended by young volunteer, Sam) offered every young person a burger, a drink and a snack. The young people enjoyed the evenings, with great feedback from the community and the request to come back again! One young person asked, "Are you back again next week!"



It was great for the KYTHE team to meet the young people of the Gannochy estate and see first-hand their energy and their genuine excitement to engage with the youth team. This left the team feeling both uplifted and with the sense that there are still gaps to be filled in youth work provision in our localities.

Income 2022-2023

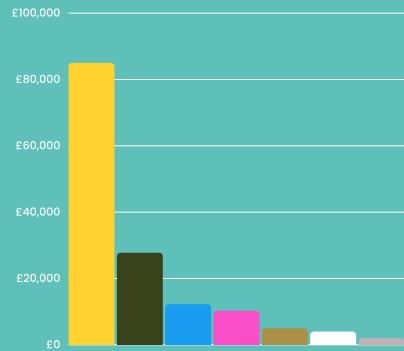
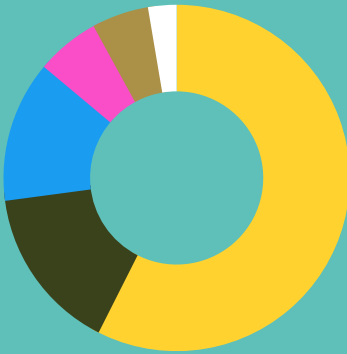


- Grants received
- Universal Youth Work Funding
- Donations from individuals etc
- Donations from churches
- Fundraising
- Gift Aid received
- Other

KYTHE's total income for the financial year ended 30th June 2023 was approximately £193k with expenditure of approximately £187k. The majority of our funding comes from grant applications and the Universal Youth Work contract we have with Perth & Kinross Council and The Gannochy Trust. We were without a dedicated fundraiser for half of the year impacting on the amount of funding we were able to secure. We try to run as efficiently as possible, keeping costs low but the majority of our costs are fixed, being staff costs and Hub running costs.

KYTHE activities are free for young people, and donations are welcome on a monthly or one-time basis. To donate, visit: www.kythe.org.uk and click the 'Donate' button. Your support is greatly appreciated.

Expenditure 2022-2023



- Staff costs
- KYTHE HUB running costs
- Office admin
- Youth activities
- Depreciation/Fundraising
- Mobile KYTHE

We are thankful to the many people and organisations that support the work of KYTHE to enable us to 'Transform Young Lives'.
For details of some of these organisations, please see our website:
<https://kythe.org.uk/fundraising/>



To donate please scan
the QR code here:



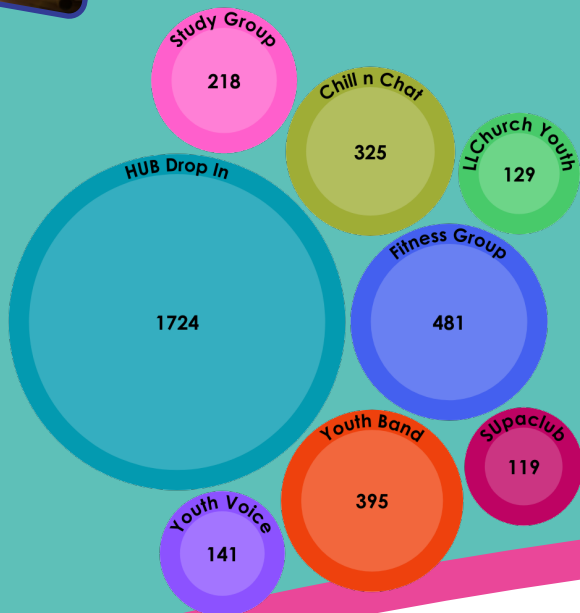
Week to Week @ KYTHE



The variety of weekly groups and activities at KYTHE continue to be popular among young people.

Ranging from more specific groups such as Fitness Group and Youth Band to Friday Drop-in after school. This year we restarted SUPAclub at Kinross Primary School as well as Study Group, support with Maths tuition.

Newer groups formed this year include Youth Voice, an opportunity for young people to discuss the issues affecting young people and feed into the wider Youth Voice in conversation with local government.



Parents' Feedback

"My son has dipped in and out of KYTHE over the last few years. He has now found his space in KYTHE in the form of youth voice. He is passionate about ensuring young people are heard and with the support of the KYTHE team he is really enjoying being part of youth voice."

"The youth band has been fantastic in bringing on my son's musical talent, especially as there are no alternatives! It is a positive environment to learn and socialise in."

"KYTHE continues to be a focus for my daughter, though her band is not facilitated by KYTHE, they are included in KYTHE events, and KYTHE has supported them with equipment when they've had live gigs. A wonderful group of folks who genuinely look out for the best interests of the young people in the community!"

"My daughter attended the art group and found it is just fantastic at introducing different crafts and art techniques. It helps bring like-minded young people together and improves on social skills! Thank you KYTHE!"

"Thanks to you all for making such a special space for our son. Not only has he a physical space to call his own but the mental, emotional and spiritual assistance and encouragement from the whole team is unparalleled. You are all appreciated."

"Since joining the KYTHE band, my son has come on leaps and bounds with his social and people skills and musical development... Keep up the excellent youth work; you all do a fantastic job- from one happy parent!"

"My son has participated in many activities over the years with KYTHE and has found it to be a relaxed space with no judgement or expectation. You can just turn up, hang out with friends and just be you. The leaders provide a wonderful space and amazing support for the young people of Kinross-shire."

Transforming Young Lives

Our mission is to ensure every young person in Kinross-shire is given the opportunities they need to reach their potential.

We take a personalised approach to youth work and every young person coming through our door is valued as an individual.

Supported by



For more information contact:

Telephone: 01577 869290

Email: info@kythe.org.uk

Address: KYTHE, Muirs, Kinross, KY13 8FP

Website: www.kythe.org.uk

