



DYNAMIC
CHRISTIAN
YOUTH
WORK



Transforming Young Lives

Activity Report
2024-2025

Welcome Andy!

Head of Youth Work

'The thing that makes KYTHE good is the people...'



When I arrived at KYTHE seven months ago, I spoke to as many young people as I could, to find out what KYTHE means to them.

For some, KYTHE is the place where they formed their first band, tried their hand at spray painting or where they come to play video games with their pals. For others, the connection goes deeper. Some young people described KYTHE as a second home, where they feel totally safe to be themselves and a place where they can make sense of life. Some young people described how KYTHE has helped them recover the self-confidence that they lost during their schooling.

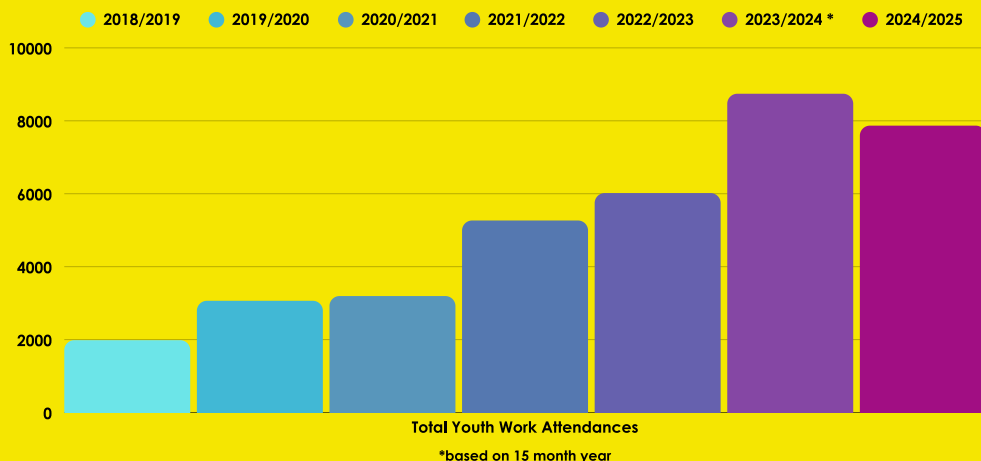
And for some, KYTHE is the place where they discovered a life-changing faith.

How can we understand what KYTHE means to young people? It is a community that means many things to many people. But I will leave you with the message I have heard most often from young people who are part of the community...

'The thing that makes KYTHE good is the people. That sounds like something straight out of an American movie! The people are what makes KYTHE fun to be at.' LJ (16)



Summary of the year 2024-2025

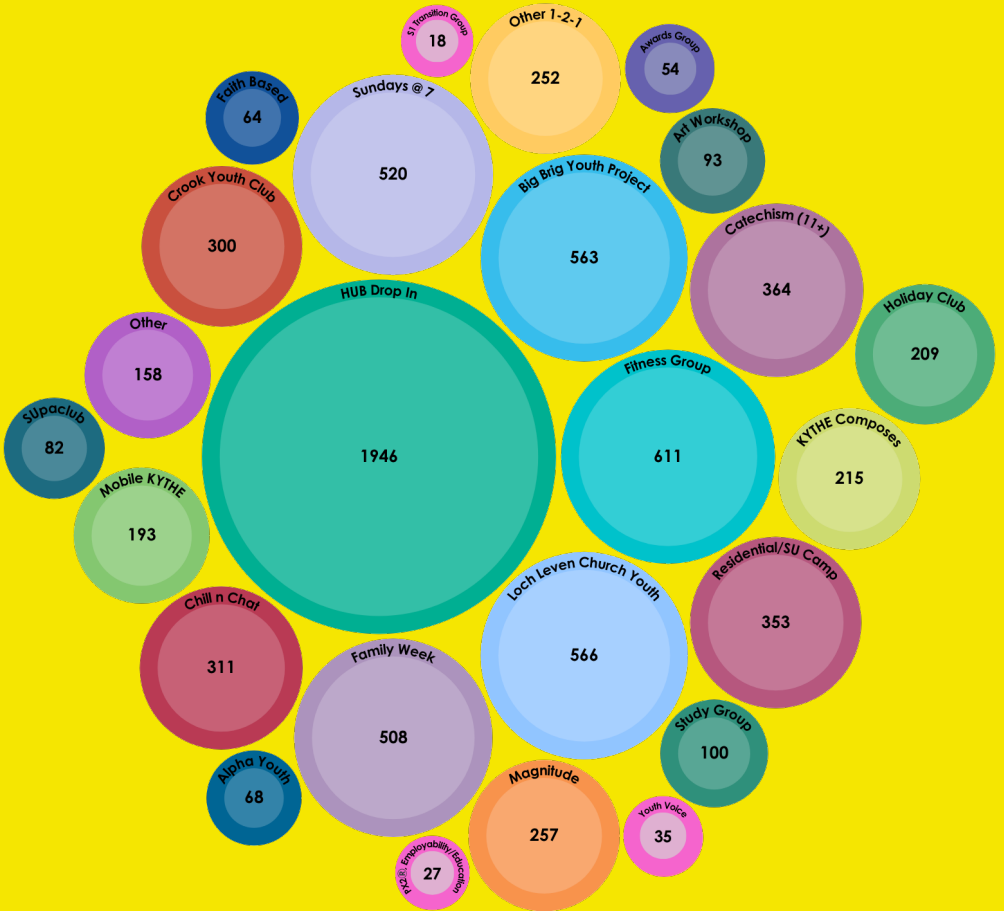


The number of instances of youth work at KYTHE in 2024/2025 has exceeded expectations, continuing to grow each year (except for COVID times) with our youth work staff, supported by a growing team of volunteer and paid staff supporting a range of diverse activities.

Youth work can take many forms, from large group interactions to more personal support. For example, Friday after-school drop-ins often see up to 60 young people spending time together after a busy week at school. At the other end of the spectrum, youth work might involve one-to-one support tailored to specific needs (see Innes' story on page 8), or smaller group activities such as the youth band (see Olivia's story on page 11).

Person Centred Working

Every young person coming through our door is valued as an individual and our youth work responds to the expressed needs of our young people. Our flexibility creates a bespoke environment where the young person can be themselves, be at ease with what they're doing and connect with the youth workers and others.



Mobile KYTHE - On Tour



This year Mobile KYTHE has been out and about, delivering youth work events in Oudenarde and on Gannochy Green, taking our talented musicians to perform at community events, or simply picking up supplies to ensure all our young people are fed.

We partnered with YMCA for our youth work event at Gannochy Green, Perth in May for three fun-filled Friday nights with food. Football was on offer for two of the evenings, thanks to the Street Soccer team. Our usual bike maintenance, music and inflatable darts

plus various games were enjoyed by approximately 60 young people at each event.

Visits to Oudenarde are always welcome, and the young people there do enjoy a game of UNO, even if they play by their own rules!

Delivering the youth work further afield encourages our young volunteers to join in. Mobile KYTHE allows them to interact with others and shows them how they can play an important role in engaging others.

'You can just come to KYTHE and chill out after a tiring day at school. Come see all your friends and any of the workers - you just get away from anything that's bothering you. It's great. I feel that when I come to KYTHE, I can be safe to actually be myself.' DB (14)



YouthLink Scotland Awards Night!

In June, the KYTHE team attended the National Youth Work Awards in Glasgow, celebrating youth achievements.



Since 2019, KYTHE has been part of the innovative Perthshire Youth Work Partnership (PYWP), which includes seven grassroots organisations dedicated to empowering youth voices and ensuring access to quality youth work. With support from the Gannochy Trust and Perth & Kinross Council, PYWP has engaged nearly 4,000 young people, accounting for 46% of the local secondary school population.

The partnership won the Community-based Youth Work award, at the YouthLink Scotland Youth Work Awards, highlighting the community-rooted efforts where young people actively shape programs through local Youth Voice groups. KYTHE representatives, Gillian and Andy, were proud to see their collaborative work recognised on a national level.

***'The youth awards are very good, because I left school without that many qualifications. I think I've got two Nat 5s or something but then doing the awards I feel like I'm actually gaining something from it, and I'm getting more qualification. I don't have many qualifications, but I do have this.'* LW (16)**



Youth Work Outcomes

97% built their health and wellbeing



439 YP

96% developed and managed relationships effectively



434 YP

85% created and applied their learning and described their skills and achievements



384 YP

97% participated safely and effectively in groups and teams



439 YP

67% considered risk, made reasoned decisions and took control



302 YP

27% grew as active citizens, expressing their voice and enabling change



121 YP

41% broadened their perspectives through new experiences and thinking



188 YP

37% increased understanding of their own spirituality and/or God



168 YP

Over the past year, we have refreshed our core outcomes to synchronise more closely with the National Youth Work Outcomes and Skills Framework. It is encouraging to see in these numbers the breadth of work that goes on across the KYTHE community, reflecting our holistic commitment to young people's wellbeing.

'KYTHE is a place where people can meet up to make friends and stuff. You can talk about anything. You can talk about your day and stuff. It's a way to connect with young people.' BB (16)



Innes's Story



Universal youth work covers much of KYTHE's face-to-face youth work. Here we make the bonds, build relationships and deepen the connections with young people.

This can be through music groups, art workshops, drop-ins, cooking sessions and adventure days, among many other activities. Sometimes during these activities, we meet young people who then ask for more specialised support in the form of 1-2-1 engagement. These sessions usually involve person-centred, activity-based mental health/emotional support. It could be a game of pool, a walk in

the woods, art or music. We make it clear to the

young people that KYTHE is not a counselling service, but we can listen and provide practical and emotional support when they need it.

One person who connected with us was Innes. He had been coming to drop-ins and art sessions getting to know us fairly well. Last year Innes found out that his mum was terminally ill, which is an incredibly difficult and complex concept for any young person to have to cope with. Innes carried on as best he could, but shortly afterwards she unfortunately passed away.

Initially Innes wasn't ready for any sort of support but knew that when he was ready KYTHE would be here. After some time, he bravely asked if he could have a chat and started his 1-2-1s with Katy-Beth. The loss of a parent at any age is difficult, especially at the age and stage he was at, but he wasn't keen to see a bereavement counsellor - he just needed someone to talk to who would listen without judgement.



Through CRUSE Scotland, Katy-Beth completed some bereavement training on how to work with young people who have suffered loss and was able to help Innes organise his thoughts and put into words how he was feeling about such a huge loss.

Some days those 1-2-1s were animated chats about movies and music, other days were much deeper conversations with memories and stories expressed in Innes's incredibly creative way, other days were a good old shouty, sweary rant! We encourage our young people to express themselves in ways that feels comfortable!



Youth work is about meeting young people where they are and sometimes that involves (as we often say) sitting with them in the dark. It's not about cheering them up or making problems go away, but being with them in those moments in their pain and being present for what they need. It's an absolute honour to work with young people like Innes and be that trusted person for them. It's a joy to be able to sit with them in the dark and privilege to then dance with them in the light.

'Having 1-2-1 sessions has greatly affected me and my mental wellbeing over the past six months or so. Not only is having a set small amount of time away from school very refreshing and helps clear my head, but me and Katy-Beth have great chats and can talk about pretty much anything, whether very serious or not at all.' Innes (15)



Lilias's Story



Lilias has been involved in KYTHE since she was in primary school and attended 'Talk Back' which was a faith-based group where young people acted out bible stories. From there she heard about SU camps and started going to them. She loved camps but 'I wasn't going for God; I was going for the vibes'. She enjoyed the atmosphere, the activities and the fun but she didn't really believe in God or have any personal faith.

However, from primary 7 until S3, Lilias didn't come to KYTHE, but she was still attending SU camps run for Perth, Kinross and Fife. During one camp in S3, Lilias was reminded of KYTHE by one of the leaders and dropped in a couple of times the following week. However, it was then another year until we saw her again.

Lilias came along to the Magnitude Festival in 2023 with the KYTHE group, where she would say she started to grow in her faith on a personal level.

Lilias said that 'my first time at Magnitude was where it all started to make sense'.



Afterwards, Lilias came to the Magnitude worship night and SU camps, and started attending church, LLC Youth and Magnitude again the following summer. Lilias' personal faith grew, and she decided she wanted to follow Jesus. We saw Lilias at faith-based events from then on! Endorsed by Kinross High School, KYTHE ran a course called PX2, which Lilias participated in. She found PX2 was 'very useful and I learned a lot about myself'.



She was the only one in her cohort to complete the course and completed her bronze Youth Achievement award. She also completed APEX, an entrepreneurial week run by KYTHE in partnership with the school and learnt many skills.

After this, Liliás attended other groups at KYTHE and quickly became a young volunteer too. Following from her bronze Youth Achievement award, her volunteering with KYTHE and SU has earned her five awards. At the annual youth awards event, she received Hi-5, dynamic, bronze, silver and gold youth achievement awards.



In the summer of this year, she made the decision to get baptised in a service led by KYTHE and other local churches. She attends Loch Leven Church Youth, which is run in partnership with KYTHE, and here she has started to dig into the bible every week and really explore it.

Eight years after getting involved with KYTHE, Liliás now has grown in her personal faith from the point of not knowing God at all to having a close relationship with him, and helps to run two faith-based groups a week and is a leader at the same SU camps she used to attend as a camper!

'When I started coming to KYTHE, I got so many opportunities – PX2, APEX, the youth awards. I learnt a lot from the PX2 course about the way I work and now I use that throughout my daily life. Volunteering at the Supaclub has helped me, not only grow in my faith, but help other people grow in their faith. You have to dive even deeper to tell other people about it, than you would if you were just doing it for yourself.' Liliás (17)



Awards Celebrations @ KYTHE



The annual Youth Awards Evening celebrated the incredible achievements of our young people over the past year. Special guests were Steven Greig from the Gannochy Trust, and Brian Hutton from Perth & Kinross Council, on behalf of the Strategic Youth Work Partnership.

Our awards programme has three levels, and these are nationally recognised, appearing on SQA certificates and carrying SCQF points.

This year our young people dedicated an incredible 1,649 hours to their awards, resulting in three Hi5 Awards, 23 Dynamic Youth Awards and 12 Youth Achievement Awards.

The projects were as diverse as they were inspiring. One young person worked with a KYTHE team member to restore a BMX bike, learning mechanical skills like fitting a new brake system – ensuring the bike could stop as well as it could go! Another completed an award involving technical soldering and electronics, supported by volunteer, John, who understood the “electronic wizardry” involved! A group completed the APEX/PX2® programme, exploring how our brains work, how habits form and how attitudes shape our lives.

A special moment of the evening was the presentation of our second Gold Youth Achievement Award to Liliias, who not only completed this but achieved four additional awards throughout the year – a first for KYTHE and a truly remarkable accomplishment.

Steven Greig reflected, ‘What happened tonight was utterly amazing. Handing out SCQF credit rated and levelled certificates for such a diverse range of activities that has the common factor of starting with what young people want to do. The certificates are important but the journeys to get them is of much more value.’



Olivia's Story



The idea of “bringing your hobbies to work” has long been promoted at KYTHE. Through various music projects over the years, most recently KYTHE Composes, we have been able to tap into the team's musical skills. After spending a term concentrating on songwriting, this encourages the creation of creative content and songwriting, tying together creativity and music.

Olivia's story is among the most notable during these projects. Olivia, who had trouble forming friendships and navigating social situations, began attending KYTHE while she was in S1. Through KYTHE, she was able to pursue her passions, including music, and make new friends.

After that, Olivia began attending the youth band project, which has been a huge help to her for the six years that she has been at KYTHE. Now that she has her own band, she feels like she belongs, can relate to them, and is a member of a group where she can express herself freely!

Olivia responded “yes” to KYTHE's recognised Youth Awards. These are offered as part of universal and group session, as a method to provide young people the chance to accomplish more than meets the eye! Olivia received her Dynamic Youth Award at the 2025 Awards Giving Evening, which served as a testament to her accomplishments in the KYTHE music groups this year.



I'm happy to report that Olivia has discovered her “thing” in life. She is currently enrolled at the Royal Conservatoire of Music and just gave a solo performance- what a great achievement!

Ross' Story of Volunteering

'Get involved, with a bit of humour, you'll be KYTHE'ed very quickly!'



I started volunteering with KYTHE just over two years ago and it has really helped to open my mind! I felt a bit lost after COVID, after two weekly groups I went to folded, leaving a big gap in my week and I lost any regular contact with people of my own age. I told this to one of the group organisers who suggested I should volunteer somewhere, and she suggested KYTHE.

She contacted Barry, the previous Head of Youth Work, and I was invited along to KYTHE, to meet him and the team and to try it out. The

roles and groups were discussed, and Friday Drop-in was suggested as a place where I would find the most to volunteer with.

At that first drop in, when the young people piled in through the door in droves, I thought 'What have I let myself in for!'. It was quite daunting, because I didn't know anyone apart from the team. But I really enjoyed the vibe and right away I thought 'this is so good!'. Everyone made me feel welcomed, the staff and the young people too, and I do what I can, when I can.



Some of my volunteering highlights have been when young people invite me to play table football at KYTHE, whether at the HUB in Kinross or at the Crook Youth Club. It's great to feel included and invited to join in by the young people. Another was going along to the Perthshire Young People (PYP) Games Day, held at Doo'cot Cricket Pavillion in Perth, where the seven youth work organisations from the strategic youth work partnership got together in teams to compete for the PYP cup!



I completed the Ready for Youth Work course with Laura from Youth Scotland, who gave me confidence to see that what I do when I volunteer matters and made me realise that I had all the skills I needed to volunteer with KYTHE. It's an introduction to Youth Work and gave us all tools and tips to help us when we volunteer with young people. At this course, I also completed a Dynamic Youth Award and was trained how to deliver Hi5 and Dynamic Youth Awards to young people too. I wouldn't have known about these if it wasn't for KYTHE inviting me to this training course.



Gillian said, 'Something really ignited within Ross in terms of volunteering directly following on from the 'Ready for Youth Work' course. I supported Ross by scribing for him. After this, he volunteered to run an activity at Crook Youth Club, and I was so delighted to hear him expressing leadership in this way. Having seen his journey from before to now, it shows that volunteers really do get as much out of KYTHE as the young people do! Now we can't imagine KYTHE without Ross being here!'.

As well as the young people, I have connected with the staff and other volunteers at KYTHE who are in my age group, that's awesome to be involved in. I also think having a good sense of humour helps, too.



Ross is one of our many volunteers. KYTHE relies on the help and support of all of them to support our young people.

← **(That's the equivalent of 3.75 full time staff!)**



Parents' Views



'KYTHE has been a fantastic opportunity for our child to make new friends, gain confidence and enjoy new experiences. She's had the opportunity to play (and sing!) in a band, write songs and perform in front of an audience - something which is now a big part of her life. We're so grateful to Gillian and the team for creating such a supportive and fun environment.'

'I love how my children come to life when they are with their KYTHE people. They don't feel the need to mask who they are to fit in, they are comfortable being them! KYTHE gives children a safe, happy and respected space for them to be themselves and have fun! I was so chuffed with both my kids achievements at the awards night too. You guys rock!'



'My son absolutely loves coming along to KYTHE. It is his favourite time of the whole week. He gets to learn new skills and socialise in a really safe environment, where he is accepted and can just be himself. As his Mum, I feel so incredibly grateful to all the wonderful staff and volunteers at KYTHE.'



Trustee's Reflections

It's wonderful to hear young people say, 'KYTHE's a great place. It's a lot of people's safe place, where they can go to be themselves.'

We continue to build a sustainable structure which will ensure KYTHE continues to develop in the future. We would like to thank all our staff as we welcomed Andy, our new Head of Youth Work, and our background staff who enable the frontline to do their great work. We couldn't have done it without our volunteers who provide their time, skills, and commitment over 6486 hours! Thank you everyone!

There are many highlights, but being recognised at the National Youth Work Awards as part of the Perthshire Youth Work Partnership (PYWP) was one. Also, the KYTHE Annual Youth Awards Evening celebrated our young people's achievements over the past year. These hard-earned awards are recognised by the SQA and were presented by Steven Greig and Brian Hutton on behalf of the Strategic Youth Work Partnership.

As we reflect on the activities of the last year, KYTHE has a platform to develop so we can provide Dynamic Christian Youth Work, which does Transform Young People's Lives.

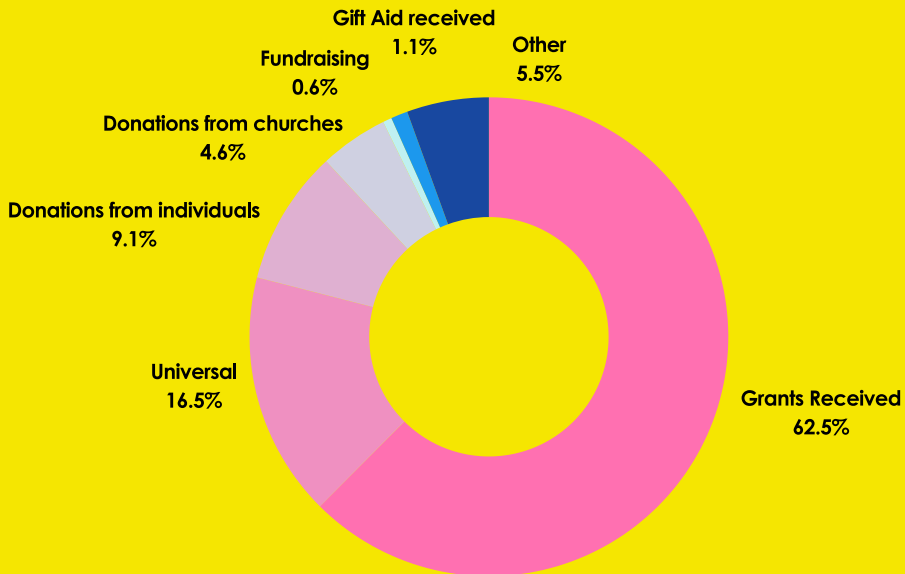
Jaffery Weir,
Trustee Convenor



'I can be a bit more myself at KYTHE, rather than having to be worried about judgement because there are people who come here who have similar interests to me. I can get along with them better instead of having to lay low. It's nice to have that form of expression here.' LJ (16)



Income 2024-2025



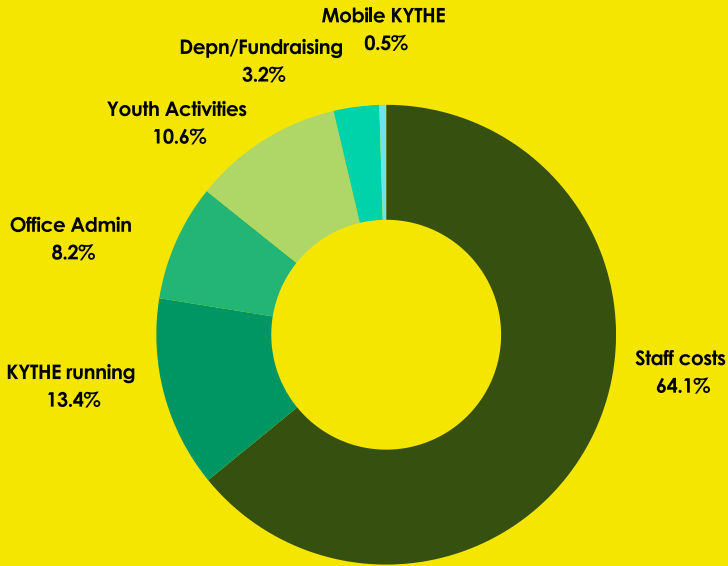
KYTHE's total income for the financial year ended 30th September 2025 was approximately £290k with expenditure of approximately £278k. Full detailed financial information can be found in our Annual Report on our website at www.kythe.org.uk

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 continue to run as efficiently as possible, keeping costs low, however, the majority of our costs are fixed, being staff costs and Hub running costs.

KYTHE activities are usually free for young people. If you would like to donate on a regular monthly basis or make a one off donation we would be extremely grateful for your support. To donate, visit www.kythe.org.uk and click the 'Donate' button.



Expenditure 2024-2025



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:



'KYTHE's a great place. It's a lot of people's safe place, where they can go to be themselves.' CD (14)



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



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