

## Tweeddale Youth Action Small Steps Big Changes CCF 3351 end of project report 2015-16

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### In the beginning

Our foray into climate change started in 2012 when we first met Gary White from Peebles CAN. Through the Peebles CAN project we developed a strong working relationship that gave us access to their community garden and carbon saving and climate change agenda. I think it's fair to say that climate change wasn't on our radar and collectively, we knew very little about it. This led us to consult our young people on their views on climate change and we weren't completely surprised to hear that very few were really aware of climate change, and even fewer were concerned about it or acting on it in any way.

In response to this, we applied to CCF for funding to run a residential trip with our youth management team and Peebles CAN in December 2013, primarily to ask our young people, "what prevents certain groups of young people's involvement in community projects and engagement in important national issues such as climate change and energy reduction, and how can we bridge that gap?"

The responses were wide and varied but the consistent response was, "because it's boring!"

During the residential, with fun team building exercises and hard hitting inputs from Peebles CAN, we observed a shift in attitude and our youth management team felt there was a need to do something but it would need to be exciting, fun and engaging to get young people's buy in.

Recurring themes of bike up-cycling and cookery emerged and 5 of our attendees took it upon themselves to form a steering group, with support from our youth management co-ordinator, Peebles CAN's Gary White and myself, David Hodson. Over the following year the steering group mapped out a project that they felt would excite and engage young people and we entered an application in early 2015.

Our projected outcomes were as follows:

1. Reducing Car Miles - In the first year we will see a 50% reduction in unnecessary car journeys for 50 young people, which will reduce carbon emissions by 10% leading to a reduction of 4.7kg of Co2 per week.

2. Cycle training – a progressive series of indoor cycle training courses will equip young people to ride safely, look after their own bikes and learn new skills. Safer riding will encourage more young cyclists to commute to school.
3. Reduction in waste material going to landfill – diverting used bikes from landfill and reducing the travel from the village to waste collection facility.
4. Eat Local and Seasonal – A year-long programme of local and seasonal eating events, workshops and activities. A total of 200 young people will engage in at least one event.
5. Promotion and consumption of locally produced food at lunchtimes – A total of 400 young people will be engaged in a weekly outreach project on the Tweedgreen to promote low carbon living, sustainable, local food and healthy eating choices. Young people are more aware, better informed and more willing to engage in environmental issues.

When we received confirmation of our award in March 2014, we engaged Agenda Carbon to assist us in undertaking a baseline study of young people in Tweeddale’s understanding of, and attitude towards climate change and this report is attached as **appendix 1**

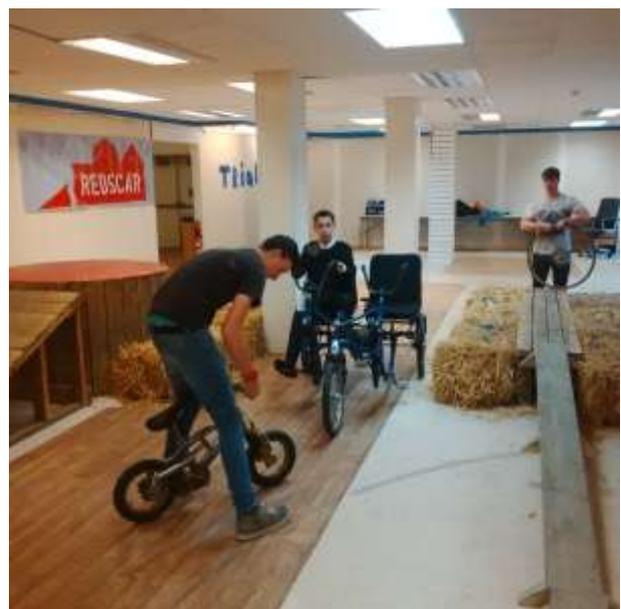
### **Headline Achievements**

Throughout our project we have achieved a huge amount and the headline achievements are high-lighted below:

**Establishment** of 2, free to use bicycle repair and maintenance workshops. Through our 2 workshops we have left a legacy of repairing and re-using that has taught valuable bicycle repair skills and has reversed the trend of viewing bikes as disposable objects that get scrapped when they need repairing. Giving young people the necessary skills to repair and maintain their bikes and the tools, space and expert knowledge of staff to assist them has affected a positive behaviour change in our young people. Having a well maintained bike has had a significant impact on decreasing the number of journeys that young people rely on lifts in cars for.

**Community** buy in and support. We have been overwhelmed with the support we have received from our local community and have received a huge number of bikes that would otherwise have been sent to landfill. In addition to these bikes, we’ve had several members of the community coming forward to offer their time and support for our Bike and Food Punks project and this has allowed us to facilitate “dark rides”, community food events and best of all, has given us a new hub to work from in Innerleithen.

Our new Innerleithen building has allowed us to expand our bike repair workshop and has given us the space to work on increasingly sophisticated and exciting projects, all essential for the buy in of young people.



## **New kitchen** in our Peebles youth club



We have always had a strong food ethos at our youth club, and as a former chef, I've tried to help young people overcome deep seated fears of unfamiliar food. We've never had a kitchen at our youth club and had historically cobbled together enough cooking equipment to just about manage occasional cookery sessions as well as one-off cookery events.

Having a proper kitchen with running water (previously we had to fill our kettle and basins from the sole tap in the bathroom) has had a huge impact on what we're able to cook and how often we're able to do it. Because of our new kitchen we now cook twice a week during our drop-in sessions and it has allowed us to showcase our food knowledge at community events such as the barbecue for a thousand in August 2015. In addition, our new kitchen has changed the food culture at our youth club and we

now have a team of young people with the necessary skills to regularly cook for all our young people and volunteers. Best of all, the food we use is surplus food from the Cyrenians which would otherwise be destined for landfill.

## **Representation** at local community events.



We have always done our best to open up opportunities for our youth club members to engage in community life through events and community projects, but limited resources has always limited the scale of what we've been able to do. Funding from JCCF has allowed us to take a central role in these community events and this has had an exponential impact on the number of young people we've been able to recruit to our project, the number of community stakeholders that have wanted to get involved and support us and the number of people we've been able to reach, to high-light the impact of climate change.

In the past year, this has included June and July's common ridings where we entered floats to promote our projects, August's barbecue for a thousand, October's wood festival, a celebration of local food and game, December's Christmas Lights Switch On in both Innerleithen and Peebles and March's Multi-cultural ECO event in Edinburgh.

**Partnership work** with a variety of statutory and voluntary organisations. We couldn't have achieved what we have in isolation and we're very grateful for the support we've received from other organisations who've allowed us to get involved, giving us the platform to reach the wider community. A good example of our partnership work is our current volunteer bike mechanic who was put in touch with us from Youth Criminal Justice. We have been able to teach him the basic skills of bike maintenance and he's now become an important part of the Bike Punks team where he gives up one day a week to help the up-cycle team prepare bikes to be given away. We have also worked with a cohort of 40 young people from Peebles Scouts group who attended a weekly bike repair class in our Peebles workshop. Following this project, we now have a regular cohort of attendees who also attend the scouts and were keen to get involved with our project.

**Climate Change** Champion award. I was thrilled to receive the Climate Change champion Award at the National Youth Worker Awards ceremony in Glasgow in March. This award is a reflection of the work and energy that the entire Small Steps team have put into this project and is a huge achievement.

### Activities

Throughout the past year we have delivered:

**Two**, weekly bike repair workshops, one in Innerleithen and one in Peebles. Over the past year we have worked with 65 young people and given away 41 Bike Punks certificates of basic bicycle maintenance competence. Through our workshops we have been donated 81 bikes and with Bike Punks assistance we have given away 34 bikes to young and old in our community and we have an additional 15 bikes that have been repaired and are ready to be given away. We have 32 bikes in various states of repair and our mission is to use every component of these bikes to create an additional 20 bikes. The remaining parts will be used for future projects to practice welding skills and create unique bike themed art, racks and storage devices.

**Weekly** cycle skills training in a variety of locations, including indoor training at our Innerleithen premises with ramps and beams as well as several outdoor riding sessions that culminated in 2 dark rides in February. Throughout the year 42 young people have attended the cycle skills training, including 5 y/p that didn't know how to ride a bike at all. Building up our young people's confidence to ride a bike has had a hugely positive impact on their health and well-being and we have seen an exponential increase in the size and number of journeys that Bike Punks make by bike.

**Two**, weekly cookery sessions at our youth club in Peebles. Using food waste from the Cyrenians has brought in a Ready Steady Cook culture, where our young people don't decide what they're cooking based on what they fancy, but a real world cooking scenario based on "what have we got"? Throughout the year 50 y/p have taken part in the cookery sessions and this has become a hot bed of learning that is becoming the start of a Food Punks peer education project around reducing food waste and how to healthily cook the sort of food that y/p want while using local seasonal produce.

**Weekly** intergenerational cookery session with adult learners at Peebles Community Centre using food waste from our local green grocers. These intergenerational cookery sessions have been run by 6 Food Punks that were school refusers and excluded from school. Through these cookery sessions we have seen a full circle transformation from our Food Punks and they now take control of the session, buying the food and collecting the food waste from our local greengrocers, planning the menu and serving it up to 12 elderly attendees at the Drill Hall. In the beginning, this cookery class was heavily facilitated by TYA staff but we are now looking at this becoming a stand-alone project, run by the Food Punks with minimal involvement from staff.

**Weekly** lunchtime input on Tweed Green to engage Peebles High School students with free, healthy and local food. Due to timetabling constraints, we were unable to start this element of our project until after the school summer holidays and it has taken many weeks of manning the stall in foul weather to get to the starting point of carbon conversations with Peebles High School students. We've learnt many lessons from this stall and have had to work hard to get the balance right, between having food ready to be given away in a timely enough fashion for the

students, but not too quickly as to miss the entire point of engagement around climate change. Through this weekly stall we have engaged over 400 Peebles High School students but have struggled to engage them in other aspects of our Small Steps project. Ten of these students have engaged with other elements of our project, such as our drop-in sessions where cookery plays a huge role, and we're hopeful that we can support them to be more involved with our climate change project as time goes on. Being in an environment where there is fresh food being cooked and literature on climate change is a good starting point though!

**Two** residential trips to Callander Youth Hostel where 18 participants received climate change information and learnt how to reduce their carbon footprint. Both of these sessions were effective in giving y/p the chance to think about things in a new way and, in some cases, reinvent themselves away from the pressure of their usual peer groups and every day life. Fun inputs from Agenda Carbon were eye opening for some and all of the participants demonstrated increased understanding and buy-in upon evaluation.

**Two** trips to Dynamic Earth in Edinburgh were very useful at engaging our younger cohort of P7 and S1's. Again, giving access to interesting, fun ways to learn about climate change was key and we have gained considerable interest from this group.

**Monthly** Steering Group meetings have been vital in keeping this project youth focussed and the Steering Group have had some great ideas along the way. It has taken considerable courage for the Steering Group to modify elements of the project that they weren't happy with and they have been a vocal driving force behind the project.

**Monthly** climate change talks at Peebles Youth Club where young people consolidated their learning with inputs from Carbon Agenda, local bee keepers and resilient communities among others. These monthly talks were a suggestion from our Small Steps Steering Group and 15 y/p took part in the talks throughout January and February. Instead of delivering a talk in March, we included our core group of Food and Bike Punks to take part in the joint end of project event in Edinburgh, where all 15 attendees got involved with the inputs on offer, as well as delivering their own food and cycling events.

**Involvement** in 11 community events, including March's end of project celebration event that saw Food Punks demonstrating cookery techniques to reduce food waste and Bike Punks created a display team from riders that have attended the weekly cycle skills training. These community events have been pivotal in engaging new cohorts of Food and Bike Punks, consolidating the learning of existing Food and Bike Punks through their volunteering at these events and reaching out to the wider community and engaging them around the need to reduce carbon and help address climate change. The response to these events has been fantastic, from both our young people and the wider community and we will use these as platforms again in the future!

Throughout the year we have delivered 2 cookery inputs at Peebles High School, an outside cookery session with volunteers at Galashiels Works, TYA members and staff and volunteers at Glenlude Wilderness Estate, a community barbecue to celebrate the start of our project and the opening of Leaven Deli in Peebles and a leftover soup session and game and wild mushrooms cookery demonstration at Peebles October Wood Festival. In addition we have entered 2 floats into local Common Ridings where we've promoted our project and directly engaged hundreds of people, two Christmas Lights Switch on's in Peebles and Innerleithen where we've promoted our Small Steps project and given recycled bikes back into the community and finally March's end of project celebration in Edinburgh.

It's difficult to put a figure on the number of people we've reached through these community events and they've differed dramatically in size and scale, but we cooked for a thousand people at August's Big Sunday Festival barbecue and gave cookery demonstrations and food samples to more than one hundred people at October's Wood Festival alone.

## Carbon Outcomes

6.04 Tonnes of Co2e saved over the past year

**400** young people engaged with the Small Steps Big Changes project, of which,

**121** young people directly involved with Small Steps Big Changes through Food Punks, Bike Punk and Small Steps Steering Group



| Month  | Water Pledge savings (kg. co2e) | Car miles saved (kg. co2e) | Food Punks Savings (kg. co2e) | Bikes saved from landfill (kg. co2e) | Total           |
|--|---------------------------------|----------------------------|-------------------------------|--------------------------------------|-----------------|
| August   | 33.6                            | 7.8                        |                               |                                      |                 |
| September  | 43.68                           | 66                         | 40.2                          | 160                                  |                 |
| October  | 40.32                           | 143.4                      | 634.19                        | 116.7                                |                 |
| November   | 9.24                            | 180.4                      | 29.04                         | 40.87                                |                 |
| December   | 47.04                           | 243.4                      | 315.39                        | 415.5                                |                 |
| January  | 160.44                          | 267.9                      | 474.14                        | 187.33                               |                 |
| February   | 20.16                           | 349.99                     | 326.5                         | 95.37                                |                 |
| March  | 40.32                           | 369.5                      | 610.22                        | 831.06                               |                 |
| Carbon produced by delivery of waste food from Cyrenians |                                 |                            | <b>- 260.64 kg.co2e</b>       |                                      |                 |
| <b>Total kg.co2e saved</b>                               | <b>394.8</b>                    | <b>1,628.4</b>             | <b>2,169.04</b>               | <b>1,846.83</b>                      | <b>6,039.07</b> |
| <b>Total kg.co2e target</b>                              | <b>0</b>                        | <b>2,374</b>               | <b>0</b>                      | <b>2,366</b>                         | <b>4,740</b>    |

Carbon outcomes have been calculated with KSB and CCF online resources, with the exception of water pledges which were calculated through carbon footprint from Coca-Cola and bikes saved from landfill, calculated through Zero Waste Scotland:

Water pledges: Calculated through <http://www.coca-cola.co.uk/stories/sustainability/environment/whats-the-carbon-footprint-of-a-coca-cola/>

| Carbon footprint (g/CO <sub>2</sub> ) | Coca-Cola | Diet Coke | Coke Zero | Oasis |
|---------------------------------------|-----------|-----------|-----------|-------|
| 330ml aluminium can                   | 170g      | 150g      | 150g      | n/a   |
| 330ml glass bottle                    | 360g      | 340g      | 340g      | n/a   |
| 375ml glass bottle                    | n/a       | n/a       | n/a       | 340g  |
| 2 litre plastic bottle                | 500g      | 400g      | 400g      | n/a   |

Car miles saved: Calculated by multiplying the total number of kilometres ridden by Bike Punks by CCF Low Carbon Route Map Travel conversion factor for the average emission factor for light vehicles of 0.24156

Food Punks savings: Calculated by multiplying the total weight of food that would have been destined for landfill, by KSB conversion factors spreadsheet 2015, energy, food waste 0.459

Additional Food Punks savings: Calculated by multiplying the total weight of food that would have been destined for landfill, by KSB conversion factors spreadsheet 2015, energy, food waste for the average embodied emissions for food and drink (4.06)

Carbon emissions for food deliveries: This has been calculated through KSB conversion factors spreadsheet 2015, energy, food waste. We have based the delivery emissions on the 48 mile round trip from Leith to Peebles x 15 deliveries x large diesel car factor of 0.362.

Bikes saved from landfill: Calculated through emissions savings relating to the production of new materials and products, and the emissions relating to waste disposal. (kgCO<sub>2</sub>eq per kg of materials) (ZWS), conversion factor of 3.406

### **Outcome, partially delivered**

We had calculated 2 outcomes from our project that we haven't fully met the targets from:

- (1) Car miles saved: When we mapped out our carbon savings from increased cycle use, we hadn't anticipated the length of time it would take us to establish our workshops, recruit staff and young people to the project. As a result, our carbon savings in earlier months were much less than anticipated. As the project gathered momentum and more young people accessed our Bike Punks cycle training and, in some cases, got a bike for the first time, we saw our carbon outcomes increasing exponentially. We didn't manage to achieve our target of 100 young people recording their data and reducing their car miles, but we did work closely with 65 young people through cycle skills training and Bike Punks workshops, and continue to monitor their cycling data.
- (2) Bikes saved from landfill: To calculate the number and weight of the bikes we have saved from landfill, we have only reported on the bikes we have given away through our project. Our target was to up-cycle and repair 100 bikes, but again, through delays with recruitment and establishing our bike workshops we were unable to achieve this figure. Instead, we up-cycled and gave away 49 bikes, of which 34 have been given away and another 15 are ready to be given away and we have homes for. We still have an additional 32 bikes in various conditions and states of repair, from which we aim to create 20, fully working bikes. The remaining parts will be used for art, racking and storage solutions. We haven't included these bikes and bike parts in our carbon calculations, but have included all of the bikes we've given away, as well as the bikes we have reconditioned that are ready to be given away.

## **Unexpected outcomes**

- (1) Water pledge savings: While we were away at our first Callander residential in June we were horrified at the amount of fizzy drinks our young people were typically drinking. Consultation with them revealed they typically drank 2 cans of fizzy drinks and a bottle of flavoured water or fizzy juice every day. Scarily, we did a further consultation with other TYA members when we returned and this pattern of drinking huge amounts of fizzy drink was reflected there also. To high-light the carbon footprint inherent in this life style choice we came up with a water pledge where young people signed up to drink only tap water for one day a week for 4 weeks. Initial pledgees were reluctant and worried, but gave it a shot and surprised themselves with being able to do this. Some young people carried the pledge on for longer than the 4 weeks and we have seen a reduction in fizzy drink consumption through our youth clubs.
  
- (2) Food Punks savings: Our Food Punks project was planned as an educational strand and we hadn't anticipated substantial carbon saving outcomes, although we had anticipated some modest carbon savings from sourcing the food we cooked with locally. As the Food Punks project gathered momentum we became aware of an opportunity to use surplus food from food manufacturing and supermarkets through The Cyrenians and started using a weekly Cyrenians food delivery to simulate real life cookery, cooking what needed to be used up instead of solely focussing on local seasonal produce. To compliment this new approach, we engaged Peebles CAN to continue a weekly cookery class, using local seasonal produce, including produce straight from their community garden. As a consequence we have managed to make substantial carbon savings from using food that would otherwise go to landfill.

## **Youth work outcomes**

From the outset we were mindful of our need to work in a youth focussed way and had to ensure that our Small Steps Big Changes Project met the needs of young people. As a result, our outcomes from this project are not solely around the carbon savings we've made and the positive carbon behaviour we've influenced.

Creating opportunities for young people to get involved with community life has seen huge growth and development from our members in areas such as team work, self-confidence, reliability and self-esteem.

Having the confidence to raise their heads above the parapets and stand up for something they believe in has had led to some unexpected outcomes that we never anticipated or expected and these include:

One 14 year old male who was a school refuser and engaged in a pattern of risk taking behaviour and petty criminality. This y/p is very bright and very able but was locked into a pattern of conflict with the school and felt unable to re-engage. Accessing Bike Punks gave him the confidence to take pride in his achievements through the project and became the catalyst for him re-assessing what he was doing with his life. He is still no angel and needs to have his energy harnessed in positive ways, but he has re-engaged with school where he has now caught up and is achieving good grades.

A 19 year old female who was part of Small Steps original steering group. Being involved with Small Steps and attending regular meetings where she met people she didn't know has given this young lady the confidence to take up new opportunities and make decisions on what she wants to do in the future. Prior to this project she was often paralysed with fear when making decisions and often buried her head in the sand and had decisions made for her to avoid making them herself. She has recently taken a huge leap of faith and been accepted to work on a cruise ship next summer, something she cites as being impossible a year ago but now believes will give her the opportunity to get out into the world and be a success.

These 2 examples are among many that we have seen during the Small Steps project, and although they don't directly relate to climate change, we feel they are still a hugely important part of the context that this project sits within.

### **Learning and Reflection, the good, the bad and the ugly!**

Throughout our project we've had ample opportunity to reflect on what has worked as intended as well as plenty of opportunity to reflect on what hasn't worked so well and how we can make our next project better. The following learning is an overview from our monthly reports:

#### **Youth engagement**

Because of the tight timescale of our project we were gutted at missing out on Tweed Love, Peebles cycling festival last May. Due to recruitment and having to wait for our staff team to be in place we were unable to be part of this event. This made us all the more determined to get involved with it next year and I'm delighted to report that we will have a presence this year from both Food and Bike Punks who will use this opportunity to promote our new project and engage a new cohort of young people to get involved.

We were also disappointed by the lack of opportunities for young people to get involved with climate change events and had hoped to find youth focussed events that we could piggy back onto. This was one of our best and most important lessons that saw our Steering Group and project participants determined to set something up themselves to get other young people fired up. We had originally planned to undertake this ourselves as our end of project celebration, but saw a great opportunity to get involved with a larger scale project through partnership work with other CCF funded organisations. This was a great opportunity for our young people to get involved with a "bigger picture" event that has spurred our young people on to setting something up that's specifically designed to be attractive to young people and is part of our new project.

During our project we also noticed a lack of take up of opportunities from young people that are typically shy and lack the self-confidence to attend our youth project. I think it would be fair to say that our youth club attracts a considerable number of service users and the atmosphere is a little boisterous for some. Partnership working with Peebles CAN's Leaven Deli has given us a great opportunity to extend our Food Punks project and reach out to those that don't feel confident enough to attend our youth club, but feel comfortable in the quieter and calmer environment of the Deli's kitchen. The hybrid Food Punks/Deli project has engaged 12 y/p through weekly cookery sessions and we have been able to work with these young people in cross pollinated projects and community events. We're mindful of our mission to support all young people and feel that innovative partnership work like this is a great way of opening up opportunities for those that feel unable to directly engage with us.

#### **Residential trips**

The 2 residential trips we undertook were very effective at providing a platform for young people to get engaged with carbon conversations, but as time went on it became apparent that our young people were less and less interested in attending. This gave us a great opportunity to relook at our plan and we were delighted to include a new cohort of Primary 7 and S1's, who were fired up about getting involved and wanted the chance to be away for the night. Sadly, the weather played its part and we had to cancel their residential in January because of heavy snow. We have learnt a considerable amount from this and have not programmed any overnight trips into our new project, instead we have focussed on opportunities that can be delivered in shorter time frames and our y/p have supported this and want to get involved.

#### **Data collection**

We made some early school boy errors with our data collection and modified our bicycle weight recording by purchasing scales and weighing each donated bike. Previously we had calculated a mean weight of each bike but quickly realised a huge variance between bicycle weights. We had also planned to calculate participant mileage through a mean calculation of distance cycled. When we saw the huge differences in journeys, we purchased bike computers and encouraged participants to log their actual mileage, either through Strava or the bike computers. This gave us a far more accurate picture of what our Bike Punks were doing.

Early on in the project we also identified a considerable number of young people that were drinking a huge amount of soft drinks. In response to this, we created a Water Pledge that promoted drinking tap water only for 1 day a week for 4

weeks. This was hugely successful but needed regular monitoring, something that took us a few weeks to truly get our heads around. We now have a robust process of encouraging and supporting water “pledgees” and we have found that this support and encouragement has had a considerable impact on the completion rate.

Our Big Sunday barbecue in August was a time of considerable learning and reflection and we had to change tack on how we promoted and monitored our carbon savings. Previously we had believed that substituting higher carbon meats for lower carbon alternatives would give us tangible carbon savings but we realised we couldn't promote this as part of our project and we are focussed on promoting and cooking with our local and seasonal food. Prior to this, we had been using local and seasonal produce and discussing this with Food Punks but we had promoted our carbon savings through the substitution of beef and lamb at large events and will no longer do this. On the back of this we managed to get our local fruit and veg shop prepared to give us food waste that they can't sell and we incorporated this into our showcase events and cookery classes in a ready steady cook element. This food that would otherwise be destined for landfill gave us tangible Co2e savings.

Following this success, we made contact with the Cyrenians and have been receiving weekly food boxes, made up of food donated from supermarkets that would otherwise be destined for landfill. This food waste element of Food Punks turned our cookery classes on their head and created a far stronger and more relevant strand that challenged our young people's skills as cooks and instilled a zero waste philosophy that many have taken back to their family home.

### **Timetabling of activities**

Again, because of early delays to our project through recruitment, we struggled to meet our commitment to directly engage young people at Peebles High School. Bad weather also played a part and we were only able to deliver 2 food inputs at the school. I'm glad to report that both cookery inputs were effective at promoting our project and brought new participants but it would have been more effective if we'd delivered more inputs and been able to further consolidate learning.

We also struggled to get our bicycle maintenance staff onto the Velotech qualification early enough to have the most impact from giving bikes back into the community. We hadn't anticipated the training being so infrequent and had to wait until August before both of the bike team were qualified. This had a knock on effect of us not being allowed to give bikes away until then because of public liability insurance implications.

### **Promotion**

We had focussed so intently on promoting our projects and engaging young people that we had overlooked a basic opportunity to get our message across, posters!

This was high-lighted by the Small Steps Steering Group and we now have posters all over both our youth clubs with simple messages on what climate change means as well as simple things that everyone can do to reduce their carbon footprint. A good example of overlooking the obvious and not a mistake we will make again!

### **Organisation and Finance**

We were awarded £66,110.08 of which, we have spent everything through regular fortnightly claims.

During our project we have come across several hurdles and have been very grateful for the continued support of our JCCF funding officer and team in allowing us to reprofile budgets that best met the needs of our project.

Our original budget was drawn up with the help of our young and inexperienced Steering Group and our finances have needed to reflect the ever changing nature of our project spending.

Early into the project we were given the use of a fantastic, centrally located building in Innerleithen that allowed our project the space it needed to develop and grow. Our changing budget has allowed us to equip this building with the necessary tools to make it our main up-cycling hub.

We were grateful for the decision to allow us to employ Tweeddale Youth Action Manager, David Hodson to oversee the project and Tweeddale Youth Action's administrator and book keeper to administrate the project and make the necessary financial reclaims.

All project spend has been authorised by Tweeddale Youth Action's Treasurer and Small Steps Steering Group who've made some very sensible budgeting decisions as well as giving valuable insight into spending in areas to excite and engage young people in our project.

Monthly progress reports, including current spending were submitted to JCCF funding officer Holly Best, as well as to Small Steps Steering Group and Tweeddale Youth Action's Board of Trustees.

## Legacy



The legacy of our project is considerable and includes:

Future access for young people to fully equipped bike repair workshops in Peebles and Innerleithen

A culture of behaviour change around young people's transport, including self-reliance on getting to places by bike and less dependence on parental lifts

A culture of behaviour change around repairing and maintaining bikes, compared to the previous prevalent culture of scrapping bikes that didn't work properly to be preplaced by new, cheap bikes.

A culture of behaviour change around attitudes towards buying local, seasonal food and less reliance on fast food and ready meals. Young people involved with the Food Punks project know how to cook good fresh food from local ingredients

A culture of behaviour change around attitudes towards food waste and a strong knowledge base of how to reduce food waste, as well as how to prepare delicious, healthy meals with it.

A kitchen at our Peebles Youth Club. Given our commitment to engaging young people with food and our understanding of the power that food has to break down barriers, having a safe, working kitchen is paramount. This new kitchen will inform provision at our youth club for many years to come and will allow us to maintain a cooking profile at local events.

The biggest legacy of our project by far is the understanding that young people have gained around climate change and the need to lessen their carbon footprint. Our target community are hard to reach and often struggle to engage with issues they feel don't directly impact on them. Following our project we are seeing the green shoots of young people taking an interest and evaluation has demonstrated TYA's members as being more aware and concerned about climate change than their peers. We have sown the seeds for future interest in carbon reduction and, dare we say it, activism!

Climate Change and the need to reduce our carbon emissions are now firmly embedded in our day to day life at the youth club and we're hugely excited at receiving our recent CCF award to grow and expand our project further.

### **Supporting information**

The following supporting information has been uploaded to Flickr and will be shared with JCCF funding officer, Holly Best

Bike Punks flyers

Food Punks flyers

Monthly meeting flyers

Climate change event

Big Sunday festival

October festival

Photos

### **Name of report authors and date it was finalised**

Report authors:

David Hodson, Tweeddale Youth Action and Small Steps Project Manager

Sarah McPherson, Small Steps Steering Group Chair

Christine Clarke, Tweeddale Youth Action Chair

Report finalised 21.04.2016

**Output grid**

|   |          |
|---|----------|
| Advice and information sessions (monthly climate change talks, residential climate change talks, Dynamic Earth climate change talks, Peebles High School climate change talks and weekly outreach on Tweed Green) | 20       |
| Food and Bike Punks sessions  | 150      |
| Events (Peebles High School, Innerleithen switch on and joint end of project event)   | 4        |
| Qualifications (Velotech Gold x 2, food hygiene training x 4)   | 6        |
| Total number of staff engaged with Small Steps project = 7  | 1.66 FTE |
| Number of people actively engaged in our project  | 121      |
| Volunteers  | 15       |
| Schools involved  | 3        |
| Community owned buildings refurbished   | 1        |
| Miles of car journeys reduced   | 4189     |
| Tonnes of food waste diverted from landfill   | 0.45     |
| Tonnes of bikes diverted from landfill  | 0.58     |