

The Dean Digest

Fun in Fintry!

What family doesn't like to go on holiday? Our young people have been asking for a long time to plan a holiday together and in September 2017 we made it happen.

The big question was, with children or not? After much discussion and planning we decided to do both! A two day break for our young people and their children followed by a second two day break for our young people without children. We rented out three beautiful cabins in the grounds of the gorgeous Culcruech Castle in Fintry, had a van load of food delivered and commandeered a fleet of staff cars to drive us around to a whole host of activities for our families and young people.

We went to The Kelpies...we made friends with the Captain on the SS Sir Walter Scott at the stunning Loch Katrine...we picnicked in Queen Elizabeth Forest...did the tourist thing at the Aberfoyle Wool Centre and fed the goats at Place Rigg Country Park.

But best of all we played together, ate together, cooked together and laughed together. We went to waterfalls and walked home in the dark wishing on the shooting stars. It was so exciting to see parts of rural Scotland we have never been to before and to experience our beautiful countryside.

Well done to our young people for turning the dream of a holiday into a reality, thank you to all the staff who gave joyfully and freely of their time and their cars to charabanc us around and a huge thank you to the **Aviva Community Award** who helped to make the holiday affordable for all our young people.

Fintry 2018? Bring it on!!

By Fiona Liddle, Group Work Coordinator



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Letter from the Chief Executive



Pamela Kidd
CEO

We are now entering Dean and Cauvin Young People's Trust's 285th year in operation and are excited for the year ahead. We hope to further develop our teenage/mother and baby Fostering Service, having already recruited two families.

Our partnership work with White Stuff has now been established and we look forward to all the events they have organised with us for the coming year. The young people will be actively involved in supporting us in this venture and the White Stuff staff are giving their own time to decorate the residential units and run an arts and crafts workshop with our young people.

This year will see our plans to get a purpose-built unit to replace our Portland Street residential unit with Port of Leith Housing Association develop further. All very exciting times!

I would also like to say a huge thank you to all our staff who are so committed to ensuring all young people who come through the Dean and Cauvin family are given every opportunity to reach positive destinations. Well done!

Pamela Kidd

Scott-Moncrieff Christmas Bags

As in previous years, we were thrilled when Scott-Moncrieff announced that they would be donating Christmas gift bags for our young people. These bags are always very warmly received and much appreciated by our young people. On behalf of them we would like to thank all staff and management at Scott-Moncrieff for this very generous donation.



Top left: Staff at Scott-Moncrieff help to prepare the gift bags

Top right: Wemyss Stewart, Partner at Scott-Moncrieff delivers the gift bags to Dean and Cauvin CEO, Pamela Kidd

Left: One of the happy recipients of a gift bag



As you may know, Dean and Cauvin Young People's Trust are currently supported by White Stuff on George Street. We were nominated by a member of the public then staff from the store voted on all nominations and chose us! Despite lots of investigation we have still not been able to discover who nominated us, but if it was you – thank you!

Since July, White Stuff have run two bake sales to raise funds, sold books and Christmas cards and donated income raised from the sale of carrier bags; for the six months until the beginning of Dec, they have raised an impressive £3746.67 for the Trust.

Staff at White Stuff have also allowed us to use their space for a range of different activities, such as hosting an art exhibition, selling paintings by Tony Burton, which raised additional funds. Our new Fostering Service have utilised the store as a venue for drop-ins and young people have been able to attend counselling sessions there. During 2018 we will increase the opportunities for White Stuff staff members to volunteer at the Trust and we look forward to working with them into the future.

Around the Trust at Christmas



Party Time at Aftercare

'Santa comes to Dean and Cauvin'

The Aftercare and Transition teams held their annual 'Parent and Child' Christmas party on the 15th December, with an impromptu visit by the big man himself! The party provided a great opportunity for young parents and staff to get together with their children and kick off the festive period. The whole range of Christmas games including 'pin the nose on Rudolph' and a pass the parcel marathon were enjoyed by all. It was great to see so many young parents attend with their children!

Christmas Fun at Cauvin

During December residents and staff transformed Cauvin House into an amazing Santa's Grotto, with a lovely tree and plenty of lights, tinsel and garlands around the house. The Christmas table was decorated with red tablecloth and matching Santa boots on each leg. There were candles, crackers, painted glasses and Santa-shaped confetti to finish off the festive feel. But it didn't stop there; Santa left his footprints in front of the fire place and even the toilet got a snowman's outfit. Christmas spirits were high in Cauvin House!

On the 10th of December, residents and staff all went out for a lovely Christmas lunch. Mums had dressed their babies in wee elf outfits, which raised smiles from everyone who saw them. Some members of staff joined the holiday dress code and got their faces painted with glittery snowflakes and brightly coloured holly. Mums and babies got to meet Santa, have their picture taken and all received a little gift from his burlap sack. Santa had also left presents at Cauvin House, which everyone got to open during the lunch. There was wrapping paper and smiles all around the fully filled table.

Everyone agreed that this had been a Christmas to remember!

by Eva Edelaar



All set for Christmas Dinner at Cauvin House

Portland Street Christmas Outing



Staff and young people enjoying an evening at Nandos

When staff at Portland Street asked their young people where they would like to go for a staff/residents' meal in the run up to Christmas, the resounding answer was "Nandos"! It was duly arranged and all set off in high spirits. The meal was greatly enjoyed and the night was declared a huge success by everyone.

Christmas Day at Portland Street was celebrated in the usual hectic but happy way, with the house being decorated in festive fashion and a delicious Christmas dinner shared by staff and young people. Gifts were opened and admired.

Young people and staff alike enjoyed the celebrations and will take away some happy memories.

Staff Christmas Night Out

Twenty members of staff attended the annual Christmas night out at Jury's Inn. After sitting down to a three-course meal it was time to hit the dance-floor. Jury's had laid on a mini casino and provided all attendees with "gambling money". It was a fabulous night and a great way for staff from the residential units, Aftercare service and admin team to spend some fun time together.

Young People's Participation

Nicole Mason is an active member of our working group and the face of our new Fostering service. In September of 2017 Nicole had the idea of making gifts for Dean and Cauvin's young people. She made a massive donation of beautifully packaged presents to be delivered in time for Christmas. The packages contained a selection of luxury body care products and small personal gifts.

In this interview she tells us what inspired her to do this and how she went about making her plan happen.



Nicole's gift bags ready to go!

Nicole, what gave you the idea of making personal care gift bags?

The idea of making gift bags came about as I received a gift bag from an organisation at Christmas time several years ago. I was overwhelmed with my gift bag and I wanted to do the same for other people and give back to others.

How did you go about advertising and asking for donations?

I set up a Facebook page, explained what it was about and added a list of items people could donate. I then shared the Facebook page and I also asked local pages/groups on Facebook to donate.

What kind of response did you get?

I got a few donations when I first advertised but it was rather slow to begin with. Then things picked up and the amount of people wanting to help was mind blowing!

Have you any experience of gift raising like this before and what were the challenges?

I had no experience of gift raising before. The main challenge I had was people offering to donate but then didn't. I didn't think I was going to have enough donations or that I would get the bags completed in time.

You have a very busy life and a young family yourself where did you find the time (and space) for such a big undertaking?

I sat at night whilst the kids were sleeping, sorting out the bags. I did have the donations in my room but once I started sorting the bags and the donations grew, they sat they sat on my dining table and underneath it!

Each gift was personalised to the child or young person to match their age and gender. What sort of things you were able to give?

I had made a list of what I thought would be essentials and a few luxuries. All young people and kids/babies got health essentials like toothbrush/toothpaste, deodorant, sanitary towels, shower gels, baby products. Some of the other items were colouring books, pencils, sweets, chocolate, baby toys and jewellery. There were too many things to name everything!

It is always great when young people get involved in helping each other, what would you say to other young people would like to be involved in something like this?

Just go for it!! I did and I'm so happy I was able to help so many young people and kids. You should always treat others as you would like to be treated. If anyone would like to be involved with something like this then find your nearest charity or foodbank and ask if you can help.

I would like to thank Mary and friends, Robyn Aitken, Pam Aitken, Sheena and Ian Cant, Susan Burr, Caroline Drain, Denise Turnbull, Sheila Sneddon, Sarah Boyle and colleagues at Tesco Corstorphine!

I couldn't have done it without all the donations handed in.

You are all truly amazing!

I'm looking forward to doing another Christmas gift bag appeal in 2018. I hope it goes as well as the gift bags I've just done. If anyone would like to help with sorting bags when the time comes, you're more than welcome!



Nicole Mason

Christmas Card Design Winner

Once again we held a Christmas card design contest amongst our young people, staff and their children. The choice was unanimous, with **Nicole Mason's** creative and unique designs being chosen as the clear winner. In fact, it was so difficult to choose which of her two designs to use as the Trust Christmas card this year that we used both of them!

Nicole received a small prize and some of the printed cards to thank her for her very imaginative designs.

Well done to all who took part in the contest - all the entries were fantastic!



The winning designs

News From Around the Trust

Learning Trip to Finland

In September of this year a couple of us were lucky enough to be invited to take part in a learning trip to Finland with Children in Scotland. The focus was on young people, education and society. We visited various organisations and educational establishments, we learned about the culture and the emphasis on holistic wellness, tolerance and equality and sense of community.

Learning took place in all aspects of the child's day whether they were outside, learning from older peers, crafting, movement and rhythm. Personal responsibility was empathised and there was no sign of the risk averse society we now inhabit. Children as young as 3 were able to use real tools – saws, axes etc and to come and go from the classroom as they chose. Parents were welcomed into the schools and classrooms and were encouraged to take up family counselling sessions which were available at the majority of schools.

Families unable to cope either through drug or alcohol addiction, social difficulties or poverty received as much help as possible within the family environment – mentors, support workers, financial aid, transport to and from school all to enable the child to stay with their birth family. If this level of intervention failed, the whole family would be moved into one of the “social villages” with a higher level of social work involvement. Only if there were signs of abuse and trauma present and no other family members willing to take them were the children removed into state care.

Severely disabled young people did not feature in the organisations we visited and we did not receive an answer as to where these young people lived or were educated and risk assessments did not seem to feature strongly in any organization we visited. There seemed to be a no blame culture and complete trust given to teachers and social workers by wider society.

In conclusion there are a number of positives to learn from Finnish society, however, I still believe they could also learn a great deal from us or at the very least give them “Food for Thought”.

by Marian Lang, Portland Street Manager

Transitional Development Team

On Your Head

As part of the National Care Leaver's Week in October, Dean and Cauvin joined together with colleagues from Throughcare Aftercare, to put an Edinburgh team forward for a national football competition in East Ayrshire. The event comprised of teams of young people and corporate parents from across Scotland who battled it out on the field of play. Representatives from Dean and Cauvin included: David Graham, Craig Richardson and Luke Suddaby. Well done to all!



by Richard Costigan, Transitional Development Manager

Farewell Luke, Welcome Audrey

The Transition Team said farewell to Luke Suddaby at the end of November with Luke moving on to do his MSc in Social Work at Stirling University. We thank Luke for all his hard work in supporting the development and roll out of ‘Movin On...In!’ within Dean and Cauvin and wish him well with his studies.

Replacing Luke, we welcome Audrey Gibson to the team. Audrey is known to many young people from her time at Four Square especially her work in ‘Number 20’ and ‘Stopover’. Many young people have been pleased to welcome her familiar face to the fold! We wish Audrey well in her new role.

‘Movin On...In’ - Further Developments

Richard Costigan (Transitional Development Manager) is currently working closely with Oilean putting the finishing touches to the programme to meet the conditions of SQA for prior approval. This will mean that the programme will fully meet the standards of the SCQF level 4 award in Tenancy and Citizenship without additional work needing completing.

Richard is excited to announce that the City of Edinburgh Council has now commissioned the programme for use within the Council's Residential Units, as a model of good throughcare preparation for young people leaving care. Richard commented “This is a great opportunity to embed the programme within the local authority area and we look forward to working closely with colleagues to ensure it is a success”. Richard held a roll out event at St Johns Road which was attended by over 20 staff from the Council's services to launch the programme.

Room4U Update

ROOM4U have been very busy with foster carer recruitment, training and even film making. In November a historic moment took place for the Trust when we approved our very first sets of foster carers. We also had a super successful radio campaign in November. You might have heard our advert on Forth 1.

We are planning another carer recruitment in April. Watch this space!

ROOM4U are now fully staffed. We were delighted to welcome Lana Canny to the team in November 2017.

ROOM4U are proud to have many of our young people involved with foster carer training and recruitment. Our very own poster girls Nicole and her baby feature on our parent and child leaflet and banners. Ashley and Rachael were appointed as fostering panel members and have provided valuable input and perspective as part of the panel.

Really exciting news! ROOM4U and Dean and Cauvin Young Peoples Trust were involved in making a number of films to recruit and inform prospective foster carers. We have several amazing films which include interviews with our young people. White Stuff are hosting the launch of the films with our very own film premiere night on:

Thursday 5th at April 5pm - 6.30pm

Please come along and see our film stars in action!

Tanya Gray, Room4U Fostering Manager



Our young people taking part in foster carer recruitment filming



Aftercare

Care Inspectorate

The Care Inspectorate visited the Aftercare Service in December. Along with our Inspector the service was also inspected by one of the 'Young Inspector' Volunteers who attended the Young Peoples Working Group. We received a lot of positive feedback and were graded at level 5 (Very Good) against Care and Support and Management and Leadership. A big thank you to all young people, staff and stakeholders for their responses and positive feedback!

Young People's Working Group

"The Dean and Cauvin Working Group meets on a Wednesday night once per fortnight and gives a chance for young people to give their input into the day to day running of the Trust. During 2017 we suggested several things, including that the name of the Trust was changed to include 'young people', a holiday was put on for young people accessing Aftercare and that a counselling service was set up by the Trust. Dean and Cauvin listened and we now have a new name, we had a great holiday and young people are able to access counselling.

Being involved in the Working Group has given us the chance to be involved in interviews for new staff, presentations, funding applications and fundraising opportunities. Being able to have a say and the fact that we are listened to has resulted in young people going on an amazing holiday as well as being able to gain access to a wider range of services. We are always looking for more young people to get involved (just talk to your worker if you are interested)."



"The Working Group gives me a sense of purpose and makes me feel important"

Rachael

Mums Group Restarts!

New Year, New Mums, New Venue!

Our Mums group has restarted with a bang. We have been welcomed at our new venue in Leith Community Centre where we have the use of two lovely rooms. We are delighted to welcome back our two amazing crèche workers Gina and Lynn who look after the children so the Mums can have some time together in adult only space.

As always we have a packed agenda with our Mums who are looking forward to arts and craft activities, child development sessions, visiting speakers, positive health activities, pamper and play times all wrapped up in friendship and support.

It is such an exciting time being a Mum and this group is a safe space for our Mums to come together and share the highs and help each other through the lows. We learn about our children and give each other tips on good food, positive play activities and the best ways of helping our children grow up. Watch this space for the latest news on our latest projects.



One of the book boxes we made to help us read interactively with our children.

Mick Gibson

Residential Worker - Cauvin House

Hi my name is Mick, my early years were spent working in textiles and was fortunate to work with some of the world's top fashion designers. My real passion was ignited following a stint working in my local Children's Unit. I then went back to study and achieved my HNC Social Care as well as my SVQ 111 Promoting independence. From here I applied and was successful in gaining a post at Cauvin House where I have been since 2000. I have been fortunate to have worked with lots of YP in my time many of whom now have their own young children. It has been an exciting journey watching Cauvin transform from a house for 4 teenagers to one that now avails itself to mums and babies. My current interests are football (spectator), spin classes, foreign holidays and spending time with my family, especially my wee granddaughter.



Meet the Staff



Debra Paterson Room4U Administrator

Hi. My name is Debra Paterson. I have been working as Fostering Administrator at Dean and Cauvin since March 2017. I have enjoyed the challenge of helping set up ROOM4U Fostering and it was a proud moment when we approved our first foster carers. I have worked in fostering and adoption for 12 years and relish the challenges.

I am from Musselburgh in East Lothian but now live in Bonnyrigg with my husband, David, and English Bulldog, Snorri. Snorri keeps me busy and amused with his daily antics. I enjoy arts and crafts, reading, clubbercise and spending time with my husband and dog.

Staff Tidbits

Welcome to **Lana Canny**, Senior Social Worker who has recently joined the Room4U fostering team. Lana has already proved to be a great asset to the team!

George Jose has joined the Trust as our first ever Finance Manager. George and his family have relocated from "down south" so it's not only a welcome to the Trust but welcome to Edinburgh!

We also welcome **Audrey Gibson**, who recently took over the role of Transition Support Worker. Audrey has settled in well and is putting her experience of working with young people to good use!

Ann Corstorphine (Cauvin House) has taken extended leave to visit her daughter in New Zealand. We wish her a safe and happy trip and look forward to her return at the beginning of April.

Leslie Dible has taken on Anne's senior role temporarily, while **Donald Banning** moves from bank staff into Leslie's role.

Portland Street staff and young people said goodbye to night shift worker **Nigel Beal** recently. We wish Nigel well in his future career.

Dean and Cauvin

Young People are at the heart of all we do at Dean and Cauvin; hence the name change to 'Dean and Cauvin Young People's Trust'. Part of my role involves talking to current and previous clients about the support they have had and the difference it has made to them. Young people often describe the organisation as a family, talking about how staff stuck with them and never gave up on them. It is your support that enables us to do this; so thank you.

Naomi Selim, Deputy CEO

Newsletter Submissions

Would you like to submit an article/photo for our next newsletter? Do you have any questions or comments about the contents in this edition?

Please contact Susan Whitelaw on 0131 337 3295 or susans@deanandcauvin.org.uk

Want to work with us?

Our website has up to date details on any job vacancies we may have. You can also email us at recruitment@deanandcauvin.org.uk

Want to support our work?

There are several ways you can help us to continue the work we do with some of Scotland's most disadvantaged young people. Please see our website at <http://www.deanandcauvin.org.uk/work-with-us/support-us/> or call us on 0131 337 3295.



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Dean and Cauvin Trust is a charity registered in Scotland with charity number SC013890

Our Funders & Supporters

Without funding we would be unable to carry out the work we do with our young people. We are grateful to the following organisations for their support;

