

# URB ANTI ZED

WE MAKE THE CITY

HOT  
CHOCOLATE  
TRUST

ANNUAL REPORT 2012/2013

Hot Chocolate Trust is a grassroots youth work organisation based in the Steeple Church, Dundee. Since 2001, Hot Chocolate has worked with thousands of young people aged 12-21 who hang out in the city centre, building relationships and supporting them into positive futures.

Hot Chocolate isn't a service: we don't put stuff on for young people, instead we build community with young people and support them to develop their own interests and opportunities, and to identify and overcome the challenges they may face.

Hot Chocolate is open to all young people without prejudice or distinction of religion, race, culture, disability, gender, sexuality or politics. The only restrictions are of age – secondary school age up to 21 years old.

Hot Chocolate loves working alongside other people and organisations to provide creative and specialist opportunities for young people that we couldn't make happen on our own. You'll hear some of these amazing partners' voices throughout this wee book - as well as story after story directly from young people of course.

**THE WAY WE WORK IS NOT ROCKET SCIENCE. THERE'S A BUNCH OF THINGS WE THINK ARE IMPORTANT, AND SO WE ALWAYS TRY TO DO YOUTH WORK IN A WAY THAT STICKS TO THEM. THESE VALUES INCLUDE:**

01. Holistic development which realises physical, mental, emotional and spiritual potential
02. A place which is open, responsive, safe, accepting and grows community
03. Relationships, based on respect and trust, which are organic and reciprocal
04. Plans and activities owned by young people, that adapt with culture and realise change for all involved
05. An organisation which embodies a culture of reflective learning



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**"Nobody's perfect here, but everyone's accepted here."**

It feels like our place: if we want to decorate a room, we can, and all the art on the walls is from us - you can just tell it's a young people's place. There's not set things to do - we get to plan our own stuff and put on our own events, like talent shows and stuff.

It's so different. People are so easy to get on with, and the team are absolutely brilliant - they can have a total laugh, but won't take it too far. I'm not treated like a baby. I feel like I'm maturer than my age suggests, and I'm treated that way. You get respect here - the team trust you, and that makes you feel really responsible. It feels like family - everyone looks after everyone. Obviously there's fights from time to time, but that's what happens in families, and people look out for each other."

**Jenna, 14**

**"Hot Chocolate has been probably one of the best things that's happened to me, if I never went there I'd be some wee delinquent ned."**

Hot Chocolate is like f\*\*\*ing home man, probably **the most warm welcoming place** I've ever been in that isn't my home, all the team put in 100% of their time 3 days a week for at least 2 hours a night to hang out with us.

Where else can you play free pool, practice with your band for free and not need to bring your own instruments, sing yer heart out, do some funky art in loads of different ways or go on free trips?

**The Steeple is an amazing place with amazing people, that's all I'm saying."**  
**Ross M, 20**

# THE VIBE!

## WHAT A NORMAL\* WEEK MIGHT LOOK LIKE

Any young person can make an appointment within normal office hours to arrange some individual support or group work (out with any school or college commitments that is!)

**Monday (normal office hours 10am-5pm):**

Team planning

**Tuesday (normal office hours 10am-10pm):**

Open session 7-9pm // Youth Team challenges

**Wednesday (normal office hours 10am-10pm):**

// 2x 1.1s // 1x Group // Team meeting

**Thursday (normal office hours 10am-5pm):**

Open session 7-9pm // Youth Team challenges

**Friday (normal office hours 10am-5pm):**

// 3x 1.1s // 1x Group // Volunteer support

**Saturday (normal office hours 1pm-5.30pm):**

3 x 1.1s // Band practice // Volunteer support // Partnership meetings

**Sunday (office closed):**

3 x 1.1s // Volunteer support // Paperwork // Planning

\*if such a thing were to exist...



# THE PAST YEAR

## SEEKING FOUNDATIONS...

“Dundee’s trying to transform itself into something else. It doesn’t want to be that dark cloud any more.”  
**Cameron, 20**

At the start of the year we were reflecting on the massive regeneration that is happening in Dundee.

We began to grapple with both the opportunities and the risks that this brings for our city and the Hot Chocolate community around us.

These new developments have great potential to bring fresh hope, creativity, employment, reputation, identity and pride, but they also bring a very real risk of increasing the inequality that exists... enhancing the quality of life for some, whilst further alienating others from any sense of connection and belonging to their city.

Furthermore, whilst change is often seen as positive and life-giving, the constant transformation of our surroundings can also play into the pattern of uncertainty and rootlessness that has been a key feature in the lives of many in Dundee.

So with these ideas in mind, we were faced with some important questions: How do we shape our city, and how does our city shape us? How can we challenge inequality? How can we influence the regeneration process and encourage otherwise unheard voices to be heard? What does it mean for a city to be healthy, happy and vibrant? And what’s our part in building this? How can we provide a stable and caring community amongst lives that, much like their geographical surroundings, are being fundamentally changed and constantly reshaped?

This year’s annual report follows our journey into embracing, living and answering these questions - and as always is written and designed by the young people of Hot Chocolate...

Oh, and we also built our very own cardboard city!

**Welcome to Urbanized...**

OVER THE COURSE OF THE YEAR...  
OCT 2012-SEPT 2013

300

Young People involved  
in Hot Chocolate this year  
(averaging 120 each fortnight)

Open Sessions

(not including additional holiday sessions)  
with an average of 39 young people per session

150

92

...Young People worked with **in-depth** through...

254

1-1s (with 59 different young people)

79

Groups (with 74 different young people)

Weekends Away (with 33 different young people)

15

Young people on Youth Team

In the past year we have supported  
the following number of young people  
to increase and improve in the following ways...

120

Grown in self-worth

109

Grown in self-knowledge

109

Improved their social skills

112

Increased their understanding that  
they can impact their lives and communities

89

Acted to positively impact  
their lives and communities

100

Improved their ability to plan  
ahead and stick to goals

33

Grown in their  
awareness and  
understanding  
their spirituality

Hot Chocolate has also supported  
many young people to move onto  
'positive destinations' such as  
employment, education or training.

16

young people started education

32

young people started employment

11

young people started training

31

young people were supported to sustain their 'positive destination'  
despite significant barriers (e.g. financial, housing, family)

at Magdalene Green and the teams were mixed from every people group – asylum seekers and taxi drivers,



# WEEK TO WEEK YOUTH WORK

OR WHAT'S OUR PART IN BUILDING A CITY

## OPEN SESSIONS:

Informal drop-ins where young people come to build relationships, have a safe place to 'be', develop new skills, and explore new ways of thinking.

"When you walk through the door, there's always loads of people there. On the walls there's lots of hand-prints - they're from everyone who's been involved, past and present. They're dead important coz they make us feel really part of it, like it's our place.

There's always tea and coffee and hot chocolate too - it's nice to get into the warmth and make yourself a cuppa when it's cold and wet outside. There's loads you can do - sports in the sports hall, cook your noodles in the kitchen, music stuff in the music room, make stuff in the art room, or just chill. My favourite is the chilling room, where you can listen to music and have a wee gossip. Without this place, I'd definitely just be sitting in the house bored..."

Sarah, 18

## INDIVIDUAL SUPPORT:

When a team member and a young person meet 1 to 1 to explore issues/interests/ambitions that matter.

"1 to 1s with Hot Chocolate have been so helpful for me. I went through a really tough patch that involved some serious family issues. Hot Chocolate let me be myself and allowed me to grieve in my own way. I broke down one evening and had amazing 1 to 1 support from Charis, where she helped me through that time. She helped me speak about my problems, how to deal with them and how to find ways forward. 1 to 1s have also helped me with other personal problems where I have finally become happy to be myself."

Jamie, 19

"1 to 1s are very important. It gets everything off your chest. You can vent or speak about anything that's on your mind, that's worrying you or bothering you. Everyone needs someone to speak to. Every time I have a 1 to 1 I feel more comfortable here - the team knows what I've been through and I trust them more. It feels good.

If this place wasn't here I'd be lost."

Connor, 17

## YOUTH TEAM:

A supported and accredited volunteering programme where young people take on extra responsibility and develop skills and confidence.

"Being on Youth Team meant that I volunteered in open session and met with a team member each week to get support around stuff. When I volunteered in session, I got to lead, and see what running an open session was like. It was pretty good for team building.

I was involved in interviewing Director Dave too - that was really fun and a great experience actually, being an interviewer rather than being interviewed. Soon after that I moved on from Hot Chocolate because I got a job in a nursery. I'm sure volunteering with Hot Chocolate was really helpful for me finding a job in that field."

Dale, 19

"The opportunity to volunteer through Youth Team was brilliant. I really appreciated seeing Hot Chocolate from a different perspective and gaining experience to put on my CV and stuff.

It really helped me gain confidence in speaking to different people and it was really helpful having 1 to 1s every week to speak to someone outside family and friends! I'm really glad I was given this opportunity through Hot Chocolate. It's benefited me so much and I know it will continue to benefit so many others."

Georgia, 18



## DANI'S STORY

Dani first started speaking to a team member when she was 16, sharing that she was finding home difficult and was trying to move out. The team didn't know her very well - she'd been around open sessions for about a year, but was quiet and mainly stuck close to her boyfriend. She was coming up for her Highers and was a bit worried about them, finding it difficult to concentrate at home. She started opening up more as things got worse. Her relationship with her mum was deteriorating, and her mental health became a real concern. She was experiencing extreme anxiety, panic attacks and frequent suicidal thoughts. Crisis point came during the school holidays when Dani moved out of home very quickly. She was eager to remain at school, but the chaos of her life was threatening this.

Hot Chocolate began supporting Dani very intensively during this time, through 1 to 1 support.

*"It was a really dark place when I was at home. I felt that I deserved to have no friends, to be picked on. But by the team encouraging me, it made me feel like I was wanted in the world. They really helped me by taking me to Skills Development Scotland for benefits, Dudhope for my mental health, Action for Children for housing, Insight for some counselling - and did a whole bunch of other stuff for me too like bus tickets and food and speaking with my school..."*

Within a three week period, Dani had settled into a homeless unit and significantly improved in her mental health and confidence. However, this difficult experience inevitably affected her school work, and Hot Chocolate found a tutor to help her with some of the trickier subjects and to help her stick in with school.

After this intense period began to settle down, Dani admitted that she felt a bit embarrassed about all the support she was getting. Recognising her desire to be a contributing part of the Hot Chocolate community, she was invited onto Youth Team.

*"It felt good to be invited onto Youth Team. Before that, I was just in my room crying all the time. Through it, I felt like I was working, contributing, part of the team. It showed me that there were people who were nice, who were willing to help. It was very different from how I used to be treated. I loved sitting around the dinner table. I found myself listening to the stories that other people were telling about their lives. I felt content. And without this routine, I actually don't know what I'd have done. I'd probably have given up on school a long time ago. I just wanted to get out of the hole that I was in - Youth Team really helped me to do that."*

Nearly a year on, life is still not easy, but Dani has remained engaged at school and the finish line is in sight. And because of some of her own experiences, she now has ambitions of further study: *"I realised how good the atmosphere was between the young people and team at Hot Chocolate. It was relaxing, and it was always positive. When someone was upset, I saw the team members saying 'I'll help you with that'. This place has inspired me to go into the field of social work and mental health."*

**Dani, 17**



# GROUPS

**COOKING:** "In the cooking group we made a different variety of things, like chocolate cake, chilli and soup. It taught me a lot about food hygiene. It was a great experience and good to get involved."

One time we were in pairs to make a chocolate cake and me and Kelsea were paired together, it ended up as a disaster and called it "chocolate volcano". On the whole the group was fab."

**Daniel B, 16**



**GROUPS ARE AN IMPORTANT PART OF HOT CHOCOLATE'S LIFE, RESPONDING TO THE NEEDS OR INTERESTS OF THE COMMUNITY. RANGING FROM BAND PRACTICE TO JOB CLUBS TO COOKING TO DESIGN TO CLEANING DAYS TO YOUTH TEAM TO WEEKEND AWAY PLANNING, THERE'S BEEN MORE GROUP WORK HAPPENING THIS YEAR THAN EVER BEFORE**

**MUSIC:** There's been a few open mic nights and workshops in the summer, and loooooads of band practices, but there hasn't been a tonne of planned music projects stuff going on this year.

But that's all about to change with several folks on a serious mission to make more opportunities happen...

"It would be cool to see more people in the music room again. The drums and equipment is in fine condition, maybe the guitars and amps need a bit of work but over all I still think it would be cool to see more people up there again. And possibly see the room a bit more decorated with more art work or anything to do with Hot Chocolate... Possibly just what people draw or create in their spare time in the art room and have pictures on the walls. That would be cool."

**Sam, 18**





**ART & DESIGN:** "I'm absolutely in love with the art room. It's amazing, people are always so chilled and friendly. There's always interesting groups and projects going on. We bought so much new stuff not that long ago - it's awesome!

Me and 4 other young people from Hot Chocolate got to go to London for 2 days for a conference with V&A [in November, so featured in next year's annual report!] which was absolutely amazing, i couldn't ask for more, it was a great opportunity and I just had so much fun. Hopefully there's lots of new and interesting projects to go!"

**Anastasija, 16**

"At Hot Chocolate I can open up a lot. I don't have boundaries in the art room. I don't get told what I have to draw or do - I can do what I want. I enjoy it more when it's coming from me. Everyday, young people look at things and they wonder 'why is it there, why does it not look like that?' I think young people are design, coz we are designers of our own self.


We are all limited edition. We are designed to design. And that makes us think "I am special. I am not anything else. I am my own."

**Heather S, 19**



Lino cut by Martin Hill (Community Arts Intern) as part of a print workshop





I was really confused about my sexuality and I always kept it to myself. But I found this was a really safe place to be myself. I don't want to say that it's like 'home', coz everyone says 'home', but for me, the love I experienced from the community here helped me feel more comfortable and gave me confidence to tell my family. And my family now love me even more.  
**Kenny D, 20**

I come here to see my mates. It's warm and I get a cup of tea :)  
**Alysha, 16**

For the past year I've been helping with building checks, stock checks, and generally making sure that everything's ok with the place. The wee problems we can fix, the bigger stuff we phone around the people who can help. It's important for people's safety, and to keep the place nice and fresh and clean. I've been around for a long time so I know the building well and wanted to give something back - plus it's good for the CV.  
**Dazz, 19**

Hot Chocolate helps with CVs - and anything really. When I had problems at home I had some 1 to 1s - that helped me a lot. It's a place where there's no discrimination - you can be yourself. You get a lot of opportunities to go away on trips and weekends too. When it comes to a Tuesday, I think: "Great - the Steeple's open tonight."  
**Jade, 19**

I started coming about a year ago, and have been involved in trips and cooking and making films. This place is really good banter and fun, and they're really good people. The team have a good laugh, and they know when to be serious too. Plus, I get my art on the walls - you wouldn't get this vibe anywhere else!  
**Jenna, 14**

Hot Chocolate is a teckle place that has been supporting people for many years and many years to come.  
**Aled, 18**

Hot Chocolate has good couches - they're quite comfortable. And big Glen - he is a beautiful man who'll go out of his way to help anyone.  
**Mykailo, 20**



I've been around since April. It's great when Connor's cooking for us - especially his chocolate tart. I've been part of the Wednesday afternoon art group quite a lot. I really like that, it's quite free so we can do what we want, and it's the only place I know like it.  
**Gemma, 17**

I like Hot Chocolate as the people that are there are really nice and yeah that does include you. I like playing pool and beating everyone.  
**Jordan, 12**

Hot Chocolate has always been a place where you can feel free. For me, Hot Chocolate brought me confidence and taught me hundreds of life lessons that I use every day. It gave me the willpower to make something of myself and they do this for every person. It gives everyone that chance in life they maybe thought they would never have, it gives hope to every individual for a better life. It was and always will be home for anyone that needs it. Hot Chocolate is family and they will always be a shoulder to lean on.  
**Elise, 17**

Hot Chocolate has really brought me a long way the past year since starting Youth Team. I have been involved in some amazing opportunities like film weekend and have met so many amazing people. I feel like I am now seen as Hannah as opposed to just Tommo's girlfriend. Which makes me feel better about myself.  
**Hannah B, 19**

If this place wasn't here, I'd be getting into way more trouble on the streets. I think it should be open on a Thursday, Friday, Sunday and Monday!  
**Aaron, 17**



# WEEKENDS AWAY

**FILM-MAKING:** Taking it to a new level for all of us... 14 young people, 6 team, and a very ambitious film production project! The final film was showcased at the ODEON during Exodus.

"I initially wanted to go because I wanted to get a feel of the course I was interested in doing, and ultimately it made me confident in the educational route I wanted to travel down. I'm now studying Introduction to Broadcast Media Film and Radio at Aberdeen College, and I couldn't thank you guys enough for it!"

Liam S, 19

**ARDEONAIG:** our annual big weekend away to an outdoor centre at Loch Tay, with 20 young folk.

"Going to the 'Big Weekend Away' was a great experience. I spoke to people who usually I would just pass by and it strengthened the relationships I already had with people.

The thought of going away with a group of people for the weekend can be really quite daunting but by the end of the first night you are all best pals. Like you kind of need to trust a person to let them hold your safety ropes while climbing up a massive pole! The best part of the weekend for me was the quiz, it was just so much fun, but it made it better that my team won... If anyone asked I would definitely tell them to go for it."

Simone, 18

"The weekend away was a getaway for all of us. With this we could go away with friends and the team and we would go through different activities which required team work and bravery. The weekend away gave us a place to breathe and overcome our fears."

Elise, 17

**RESIDENTIAL WEEKENDS ARE ALWAYS A HIGHLIGHT OF THE HOT CHOCOLATE CALENDAR. THIS YEAR WE DID THREE AMAZINGLY DIFFERENT WEEKENDS AWAY, ALL SHAPED AND PLANNED BY THE YOUNG PEOPLE.**

"I got involved cos I knew I had skill in acting and so I could give something to the team. We spent about 2 months preparing, writing the script and figuring out different parts - at first I was playing a background character but then it developed into being one of the main characters in the story.

When we got there we had a few icebreakers to get us used to working together. The next day we broke into groups of acting, camera work, music and stuff and worked really hard filming all day. The funniest part was every single day breaking into song with Kenny! It pushed me to go more into acting and find out what there is to do back home in Dundee."

Tanya, 21

**LADS:** an idea was born, the proposal was written, the plan was pitched to funders (with suits and powerpoints and everything), and the 'lads weekend' was created...

"In february some of the lads organised a guys only weekend. We stayed in a big house and went Go-Karting, Bowling and Laser Tagging. It was a good laugh - everyone was raging at Glen because he brought his X-Box but forgot the cable!"

Ricky, 15

"Well, we all moaned at Glen for forgetting the lead to the xbox, so we did a few group activities instead and just had a laugh!!

The best bit was making a slide with a mattress down the stairs - and the go-karts too. The weekend showed me that if you treat people with respect and listen more it makes life a lot easier..."

Kenny B, 21

**HOT CHOCOLATE HAS AN AMAZING TEAM, FULL OF CREATIVE PEOPLE, UTTERLY COMMITTED TO THE VISION AND VALUES OF THIS PLACE.**

**WITH A SMALL STAFF TEAM AND A LARGE VOLUNTEER TEAM, THERE IS A HUGE WEALTH OF TALENT AND SKILLS TO DRAW FROM IN YOUTH WORK.**

# TEAM

"I've been involved with Hot Chocolate for about 7 years. I think I've known every team member and have really bonded with them. For any problems or issues I've faced, I've known which team member to speak to about different stuff. Whether I've had too much to drink, needed help with CVs or job searching, trouble with friendships or relationships, or whatever - the team will listen to me and help me figure out the best outcome. The team is so laid back. After all this time here, the team feel more like my family than my workers."

**Hannah S, 20**

"I loved hanging out as a team before session, having dinner and preparing for session. To me this time reflects how the church is described in the Bible: people coming together to pray, support and love one another before stepping out in faith that lives will be changed. The Bible talks about God's love for us, and Hot Chocolate is one of the places where I see that love daily, from the simple act of welcoming someone coming through the door to the long term support provided. In Hot Chocolate 'love' is a verb. The young people are amazing. Quite often I would feel like I have gained so much more than I had given, leaving feeling encouraged, loved and supported, by young people and team alike. But I guess that is just what you do in a family."

**Dave J, Volunteer (2010-13)**

"They make me feel better when I'm totally down and take my mind off stuff that I don't want to think about. I know I can always arrange a meeting with them, I'm so thankful they give me some of their own time and I know for sure they would be always there for me - they're not just staff who work there. I honestly can't imagine how I would be able to go through the stuff I'm going through without them. So big thank you to Jo and Andy."

**Anastasija, 16**

"I first came to Hot Chocolate when I was 13. All I can remember back then is playing music - coming in on a Saturday and going straight up to the music room. I met loads of folk who really encouraged me to write and play and sing. I was involved with a few opportunities here, mainly gigging in the Overgate and at the Open Night (that was the first gig I ever played actually).

I moved on from Hot Chocolate after a few years and went to college to do Music. I did an NO, all the way up to an Honours Degree. If I'd never met the people I did through here, I don't think I'd have gone on to do music at all - I wouldn't be where I am in life now.

I reconnected with Hot Chocolate by doing a placement here for uni and I've stayed as a volunteer since. Over the summer I was supporting young people to do open mics and songwriting, as well as organising a performance in the city centre. Two months beforehand, they would have never got up and done that. To see them get up there and perform in front of so many people - it was really cool."

**Nicole, Volunteer (and former Hot Chocolate young person)**



**EXODUS IS OUR 3 WEEK SUMMER PROGRAMME, WHERE THE YOUNG PEOPLE TAKE A THEME AND BREAK IT DOWN INTO DIFFERENT QUESTIONS TO EXPLORE THROUGH ART, DISCUSSION, SONGWRITING, VIDEO MAKING, TRIPS, AND COOKING MEALS TOGETHER. THE THEME THIS YEAR WAS, OF COURSE, 'URBANIZED'.**

"Exodus is always the best thing of the year - it's damage! I love that it's open all the time, that the sun's shining and everyone's out on the grass. There's a lot more to do, there's a bunch of trips.

I went to laser tag (good exercise, but I was knackered by the end - and my camouflage trousers kept falling down coz they were too big) and go-karting.

I really like the themes of Exodus - they mean that each year is really different.  
Sam S, 17

"Exodus is a banter. I was here pretty much every day. It was great during the summer holidays - it gave me something to do. For three weeks we did a bunch of trips, and made a cardboard city (I made the phoenix).  
Rhoi, 14

# EXODUS

**WE EXPLORED DIFFERENT QUESTIONS EVERYDAY, AND COLLECTED SOME OF THE RESPONSES TO USE AS PART OF THE CREATIVE PROJECTS. HERE'S A WEE SAMPLE OF SOME OF THE QUESTIONS AND RESPONSES...**

Who owns the city...?  
The local mafia, the gangsters  
// The council, the government - and that's not fair coz they're in London  
// Should the people themselves own the city? No - if they did there would just be chaos.

If you owned the city what would you do...?  
I'd lower the age of buying computer games  
// I'd change the way schools work. I'd make it better for people who have a hard time there. I'd invest in more job opportunities too, like apprenticeships.

If God ruled the city, what would the city look like...?  
There's so much corruption and suffering, I think he'd want to sort it all out // I don't think the town centre would look any different - I think what the Steeple does is pretty much the way God would want it // I think he'd burn pretty much everything to the ground and want us to start again from scratch.

**ONE OF THE HIGHLIGHTS OF EXODUS WAS WORKING WITH SINGER/SONGWRITER YVONNE LYON WHO SUPPORTED THE YOUNG PEOPLE TO WRITE AND PERFORM THEIR OWN SONGS.**

**Needles And Knives**

We are all discovery // Searching, broken, weary // We are all discovery // We are free we are free

I am more than needles and knives // Cut together by a thousand lives // Lives that linger, lives that cost // Do you know who I am? // Do you know who I am?

We are all discovery // Searching, broken, weary // We are all discovery // We are free we are free

I am more than sugar and lies // Fused together by a stranger's smile // Smiles that dare you, smiles that warm // They don't know who I am // They don't know who I am

**Lyrics and Music: Tommo, Lydia, Catherine, Ross, Kelsea, Nicole, Yvonne & Hannah**

"The theme was "Urbanized", and we wrote a song.

It was so inspiring to write it.

It's about the fact that everyone in the city needs to be discovered by someone, that everyone has their part to play."  
**Lydia, 16**

"It was amazing, especially getting to work with Yvonne during Exodus. She is so down to earth but at the same time so professional, she knows what she's doing and helped me a lot in coming up with songs! She treats you like you are a professional - she learns from you and you learn from her. The way she acts is just mind-blowing."  
**Tommo, 20**

"Exodus is one of those things where everyone's brought together. It can be pretty stressful coz it's really hard work, but it's totally worth it.

I spent three weeks working on music with help from Yvonne and Nicole. They pushed me forward a lot, with my confidence on my guitar skills and performance. It felt so good to perform. Once you've done it once, you want to keep going."  
**Lydia, 16**

"Yvonne makes it seem easy to write a song - she helps and gives loads of ideas, but makes sure its still my song.

This is the only place I do music - and I helped organise and perform at quite a few gigs over Exodus. It's really helped me grow in confidence in writing and performing."  
**Catt, 16**

**SONGWRITING EXODUS**



**EXODUS NORMALLY FEATURES A LARGE SCALE ART PROJECT AND THIS YEAR WAS NO DIFFERENT, AS WE WORKED ALONGSIDE VARIOUS LOCAL ARTISTS AND CREATIVE ORGANISATIONS TO BUILD A GIANT CARDBOARD CITY IN OUR SPORTS HALL.**

Through this process, we grappled with many of the questions we had: How do we shape our city? How does our city shape us? How can we challenge inequality?

What does it mean for a city to be healthy, happy and vibrant? In the third week we partnered with the 'Blue Skies Festival' and opened our doors to the general public so that they could help us build the city of our current reality and future dreams.

"Working with Hot Chocolate was an opportunity for the Blue Skies Festival to link its themes of 'kite-flying, stargazing and rainbow-chasing in all their forms' with some inspiring work around visioning the future of Dundee.

The cardboard city that was created through the project was not only a great way to articulate the hopes and fears of these young people in a spectacular way, it was also a reflection of the ways in which artists in the city can engage with and contribute to how we perceive and make real our future in the world around us.

The work of Hot Chocolate is creative, imaginative and ambitious and we very much look forward to continuing to work with them into the future."

**Clive Gillman**  
Director, Dundee Contemporary Arts

"I thought the project was a really good idea. It got people really thinking about what Dundee really is all about. I enjoyed seeing different ideas and views on how everyone sees Dundee. I made a high striker (carnival themed) starting from the top, working all the way down: the "high and lows" of Dundee. This piece really got us thinking about what Dundee actually has to offer: from sight-seeing (the discovery ship etc.); being able to shop in the city centre; having our own home football teams; having a really bad gang culture; young people finding it really hard to find work and their own space (i.e. flats); and not to mention we're probably one of the worst cities in Scotland for "breaking the law". But overall, I wouldn't exactly see we're that bad. We have one of the best universities, and also with the steeple having the group session's opened for young people, help is always available.

**Chantelle, 17**

"I came in with my daughter and we made a sheep house together for the cardboard city coz she really likes sheep! You're not normally allowed kids in the building so it was really different. There were loads of other children here too so it was really nice for her. She really enjoyed it."

**Lucy, 21**

**EXODUS  
THE CARDBOARD CITY**



# EXODUS THE STEEPLE CHURCH

We also viewed the Cardboard City to be a creative research process for the Hot Chocolate community (and for the wider community through the 'Blue Skies' festival). We wanted to name and challenge the inequality we experience in Dundee, as well as highlight our hopes and dreams. So we invited some people of influence in the city, such as local politicians, the head of Dundee's Waterfront Regeneration Project, representatives from the V&A, and Google Streetview, to see our creation and discuss our findings.

"V&A at Dundee consulted with Hot Chocolate as one of the most successful independent youth organisations in Dundee and were particularly impressed with their approach to youth work which puts the young people at the heart of decision making about what they do and ownership of the spaces they use at The Steeple Church. The result is a really vibrant, creative place for young people, made by young people. The approach is really refreshing and it is definitely one that V&A at Dundee can learn from as we develop our young people's programmes. We look forward to working with Hot Chocolate young people as we develop the V&A at Dundee project and once we are open."

**Sarah Saunders**  
Head of Learning and  
Engagement  
V&A Dundee

"Jenny Marra (MSP) came for a visit and I got the chance to show her around the cardboard city and approach her with a few views about employment for young people. We had a slight 'debate' at the end of it, and she offered for me to go to Parliament and speak alongside her to put across the views of young people in the city."

**Jamie, 19**

**YOU CAN TAKE  
A VIRTUAL TOUR  
OF BOTH THE  
CARDBOARD  
CITY AND OF  
HOT CHOCOLATE  
TRUST THROUGH  
GOOGLE MAPS  
'STREETVIEW'...  
CHECK US OUT!**

"I organised a talent show for young people to showcase their talents on the last night of Exodus. It took four weeks of planning: venue, people, planning meetings, publicity, rehearsals, stage management, music... I'd never organised anything on that scale before. I learnt lots about how to be organised, how to manage an event, and how to work to deadlines. People said they loved it, that it was great, that it was the best way to end Exodus, and that I should take up performing for a career! Afterwards, I was really buzzing. I would do it again in a heart beat."

**Kenny D, 20**

"We are all discovery // Searching, broken, weary  
// We are all discovery // We are free we are free"



EDUCATIONAL.  
LOVING.  
QUALITY.  
FUN. HOME. RANDOM.

LOVE.  
HOPE.  
FAITH.

HOT CHOCOLATE IN

3

LITTLE

WORDS

FUN. FAMILY. DIVERSE.  
COOL. HELPFUL. LOVE.  
FUN. FRIENDLY.  
CARING. FRIENDLY.  
ENJOYABLE. SOCIAL.  
FRIENDSHIP. COSY.  
HILARIOUS. THICKER  
HAPPY. CRAZY. THAN  
WATER.



LOOK OUT FUN. WARM.  
FOR FRIENDS. CARING.  
SMILE. A LAUGH.  
EACH OTHER. HAPPY.  
WELCOMING. FRIENDLY.  
NIPPY. BANTER. SHARING.  
TUMMY FUN. LOVEABLE.  
LOVING HOME. COMPLEX.  
CARE. BE YOURSELF.  
EXTREME ABSOLUTELY  
TOTALLY  
BANGIN'.  
HIGHS + LOWS.  
DYSFUNCTIONAL. FRIENDS.  
HOT. CREAMY. DIFFERENT.  
CHOCOLATEY. HELPFUL.  
WELCOMING. LOVEABLE.  
ONE BIG WARM.  
HAPPY RANDOM. WEIRD. DIVERSE.  
FAMILY. INDIVIDUALITY.  
SAFE + SECURE.  
EVERYONE OCCASIONALLY  
CAN BE HAPPY.  
THEMSELVES. LEGENDS.



"Laura helped me find work. She helped me with the jobs club, my CV, and came with me to sort my debts out. I'd have found that really difficult to do on my own. I'm now working as a Youth Opportunities Advisor over in Fife."

**Alex C, 19**

"The summer was a really difficult time for me. I was unemployed, totally skint, was threatened with eviction, and my health was pretty bad. I got involved with Exodus and it gave me something positive to do (I was sick of Jeremy Kyle - that guy just takes advantage of folks!). And also Sam helped me with CV stuff and helped me get a job. My advice? Stay in school kids!"

**Mykailo, 20**

"I wanted to get some work experience because I hadn't worked in a long time and my CV wasn't very strong. So Laura arranged some with the Overgate."

I met with Morag (from the Overgate) to arrange it - it was good that I got to meet her first so I had a friendly face when I went there. I worked with the charity Help for Kids and also with security.

"I've learned that what seems like the tiniest little job is more important than you think. That experience was really worth it. I'd definitely recommend it to others."

**Simon, 18**

"Providing work experience at Overgate for the young people of Hot Chocolate has a number of great benefits for our centre."

These benefits include gaining fresh ideas and inspiration from the young people, increasing our understanding of the people who live in the community that we aim to serve, and longer term **we always consider the possibility of these young people joining our team and being a part of the future of Overgate and the future success of Dundee."**

**Morag Dennis  
Operations  
Manager  
Overgate Centre**

"What I like about Hot Chocolate young people is that they are always inviting and willing to show off what they have done - there is loads of enthusiasm amongst them."

Myself and my colleague Steve have spent time at Open Sessions which has been a good opportunity to pass information about the various Princes Trust projects and also to catch up with some of the Young People that we have worked with in the past."

**Walter McIntosh  
Outreach &  
Development  
Worker  
The Prince's Trust**

**BUILDING  
FOR THE  
FUTURE**

Hot Chocolate helps young people think about the direction of their lives and what they enjoy, and supports them to set short and long term goals towards achieving relevant learning and employment opportunities. This happens through all our regular youth work, but also more specifically through offering a jobs/training folder, partnering with relevant organisations around development opportunities, forming job clubs when a need arises, supporting with CV writing and interview prep, and arranging work experience.

Growing up in foster families. Dropping out of school. Getting a house. On the brew. Getting an ASBO. Getting in fights. Losing the house. Best friend committing suicide. Stealing from Hot Chocolate team. Hitting rock bottom. Going to hospital. Court cases. Hair getting longer. Hair getting shorter. Believing in myself. Getting a job. Joining Youth Team. Growing up.... That's been my life so far.

I started coming to Hot Chocolate years ago with some of my mates, and we caused a lot of trouble for the team. But not as much as when we were out on the streets. We weren't officially a gang, but we basically were. There was one guy who called all the shots. We did what he said coz we wanted his respect. We were like a pack of wolves. We'd split up, circle our victim, intimidate them at first and then batter them. It wasn't just about that though - sometimes we also protected people who had problems. But twice I had to drop out of college courses because I broke bones in fights.

One night when I was really drunk, a couple of us broke into the business of a team member's family and stole a bunch of stuff. I find this really hard to talk about. In fact, I can't even describe how I feel about it. Every time I saw her afterwards I felt horrible, that I'd let her down. I felt so much shame inside about what I'd done. She handled things really professionally, but I could see she was really upset and disappointed. I can't believe that she's actually forgiven me - I feel that I still need to make it up to her somehow.

When I think about the guy I was back then, I feel totally disgusted with myself. I think about the pain I inflicted - not just physically, but emotionally too. I've stopped people from becoming who they should be.

I think a lot about the 'what ifs' in life. I think about what if Hot Chocolate wasn't here? Would I still be doing all those stupid

things? Would I be in prison? I definitely would.

When Regan died, that was a total wake up call. I'd never really thought about death before, and his death took me a really long time to come to terms with. He was always the sensible one in the group, always calming the rest of us down. Eventually I realised that the only thing I could do was to become the person he knew I could be.

I used to be the guy who caused trouble and picked fights, now I'm the person who stops others from doing that - I go out of my way to make sure other young people are safe. Even this time last year I was signing on and blowing all my benefits in one day. Now I have a job and I can provide for my girlfriend and my grandma - like when her budgie died, I could buy her another one.

The Hot Chocolate team go way beyond what they need to - just look at all the stuff I've put them through. But I remember when I was really ill - Andy met me on his day off and went with me to my appointment. He didn't have to do that. They will go out of their way to help people... I've only got a year until I'm too old to come here any more - but I can't wait til I can come back and join the team.

Hot Chocolate helped me build myself into the man that I now am - there's nothing I've went through that they didn't help me with along the way.

# ANDY'S STORY



I am pleased, as the new Chairperson, to write a Board report. This year has been both challenging and rewarding with a number of staff on maternity leave and the settling in of our Executive Director, Dave Close. We have benefited from his leadership and expertise in efficiently managing our operational priorities and staff. We say goodbye to retiring Board members, Colin, John and Heather and thank them for their support and service - and welcome our new Board member, Becky. We also thank the Rev David Clark and wish him a fruitful and enriching retirement. We are indebted to the Steeple Church for their support and look forward to nurturing this important relationship with their new minister and Kirk Session.

The implementation of the Board review recommendations are well under way and we have now established clear remits and practices for the sub-groups, who discharge our governance responsibilities. Along with the staff, we have developed a 3 year draft Operational Plan. Rich has accepted the position as Vice Chair and will hopefully be joined by a second Vice Chair. The Chairs will work with the staff leadership team to form a leadership sub-group, to chart our strategic focus for 2014/15. All Chairs are contributing to a peer review appraisal process to commence in 2014. A revised Directors Handbook has now been completed and is already in use as we recruit additional Board members. As indicated in the Finance section, we continue to be rewarded by God as He provides resources to help us meet our strategic vision and outcomes. We are deeply appreciative of all the financial and in-kind support we receive from our funders and partners, who complement the teams of volunteers that enrich the Hot Chocolate family.

The Board continues to contribute freely of their time and expertise, aiming for a high standard of stable governance infrastructure. This provides security for the operational team to develop positive quality relationships and engagement with young people so that they can achieve their potential at a pace and depth that allows growth, learning and retention. Our working with and for young people involved in Hot Chocolate continues to enrich each of us as we confidently step up to meet 2014.

In His service, Hot Chocolate Board

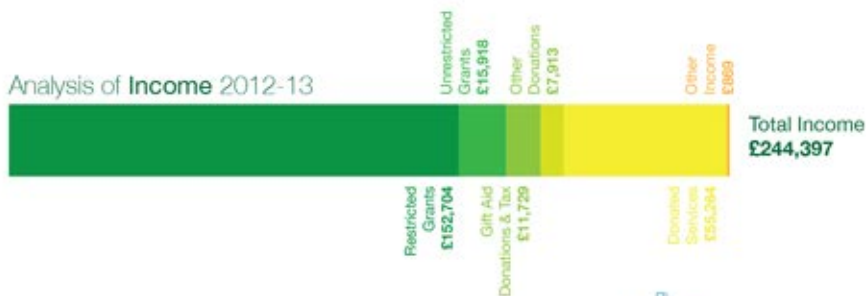
<b>Mr Tony Boffey</b>	Chairperson from March 2013
<b>Dr Colin Paterson</b>	Chairperson (retired March 2013)
<b>Ms Lynda Forte</b>	Vice Chairperson until June 2013, board director thereafter
	Treasurer

<b>Mr Richard McCallum</b>	retiring March 2013
<b>Mrs Alison Cartwright</b>	retired December 2013
<b>Mrs Deborah Farley</b>	
<b>Mr Joe Lafferty</b>	
<b>Mr John McIntosh</b>	retiring March 2013
<b>Miss Heather McKenzie</b>	retired December 2013
<b>Miss Rebecca Wood</b>	from June 2013

# BOARD REPORT OR THE CITY BLUEPRINT



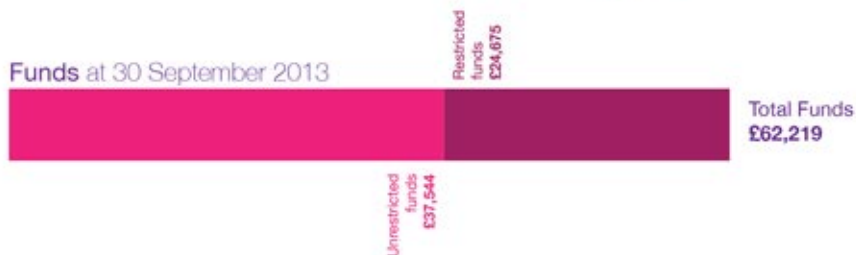
## Analysis of Income 2012-13



## Analysis of Expenses 2012-13



## Funds at 30 September 2013



# FINANCE

## OR THE OTHER CITY BUILDERS

We couldn't do what we do without the generous grants and donations from our funders and individual donors. Our greatest area of expense is salaries, as so much of youth work depends on spending time with young people and building and deepening relationships with them. As with most charities, we constantly need to seek new sources of funding in order for the organisation to continue to respond to the young people's needs. Hot Chocolate has been grateful to receive funding or donations in kind during the financial year (1 Oct 2012 - 30 Sep 2013) from the following organisations:

Alliance Trust  
Angus Fruit Growers  
Awards For All  
BBC Children In Need  
Big Lottery Fund; Young Start  
Cash4Communities  
Cashback for Communities  
Church of Scotland  
Cruden Foundation Ltd  
Discovery Camps Trust  
Dundee Christian Youth Trust

Dundee City Council: Local Action Fund  
Dundee College  
Inspiring Scotland  
Lloyds TSB Foundation for Scotland  
Miss ME Swinton Paterson's Charitable Trust  
Moffat Charitable Trust  
Northwood Charitable Trust  
Omni Instruments  
People and Communities Fund  
PF Charitable Trust  
Robertson Trust

Rotary Club of Dundee  
Saints and Sinners Club of Scotland  
Scottish Council for Voluntary Organisations  
Sir Cliff Richard Charitable Trust  
Tay Charitable Trust  
The Steeple Church: Dundee (Church of Scotland)  
The Tillyoss Trust  
The Trusthouse Charitable Foundation  
University of Dundee  
Voluntary Action Fund

Without significant donations from individuals, larger grant-making bodies would not be happy to fund our work. So, we would like to say a huge thank you to all our individual donors for your partnership in Hot Chocolate. What you give makes all the difference! We would also like to thank Mr Richard Young CA, who generously gave his time to independently examine our accounts. You may have spotted that our expenses for the year exceeded our income. Much of this relates to a move by funders away from paying grants across for a year to paying grants by the quarter. There's still money in the bank, and as ever our fundraising continues.



**SHARING LEARNING:** we want to ensure we are always learning from our youth work and sharing it with others - and learning from the wealth of knowledge and experience of others too. This has happened through leading a workshop at the Youthlink Scotland conference; having a documentary made about us by Fresh Expressions; and numerous conferences, training courses, visits and visitors we have engaged with throughout the year.

**INVESTING IN VOLUNTEERS:** Andy, our Youth Worker, morphed into our VOLUNTEER MANAGER. This means we can invest lots more into the amazing volunteers. These volunteers can then give a lot more care, wisdom and resource to young people than just one Andy.

**NEW LEADERSHIP TEAM:** Dave Close arrived new in January as Director // Charis (having been Acting Director for 2 years), took up the new innovative and innovating role of Assistant Director (Development) // Tony Boffey became Chair of the Board. Together they bring an exciting blend of skills, experience and resources.

**THE GUVNORS:** good governance lays the right foundation for everything else, and in sub-groups and as a board, our directors bring energy, care and expertise to anything from contracts, salary scales and risk registers, to strategic vision, sustainability and youth work excellence.

OCTOBER  
NOVEMBER  
DECEMBER  
JANUARY  
FEBRUARY  
MARCH

BAND PRACTICES  
COOKING GROUP  
SEWING & FASHION  
WORKSHOPS  
HALLOWEEN PARTY

JIM MCGOVERN MP  
VISITS  
INTERVIEW THE  
NEW DIRECTOR

BIG ARDEONAIG WEEKEND  
AWAY  
PHOTOGRAPHY  
CHRISTMAS DINNER

COOKING GROUP  
STARTS AGAIN  
CLEANING DAY  
ANNUAL REPORT

OPEN NIGHT  
LADS WEEKEND AWAY  
PANCAKES  
NEW YOUTH TEAM  
STARTS

WEE FILMING PROJECT  
INTERVIEWS FOR NEW STAFF  
EGGY BREAD WHOOP!  
RESEARCH ABOUT EMPLOYMENT,  
EDUCATION & TRAINING

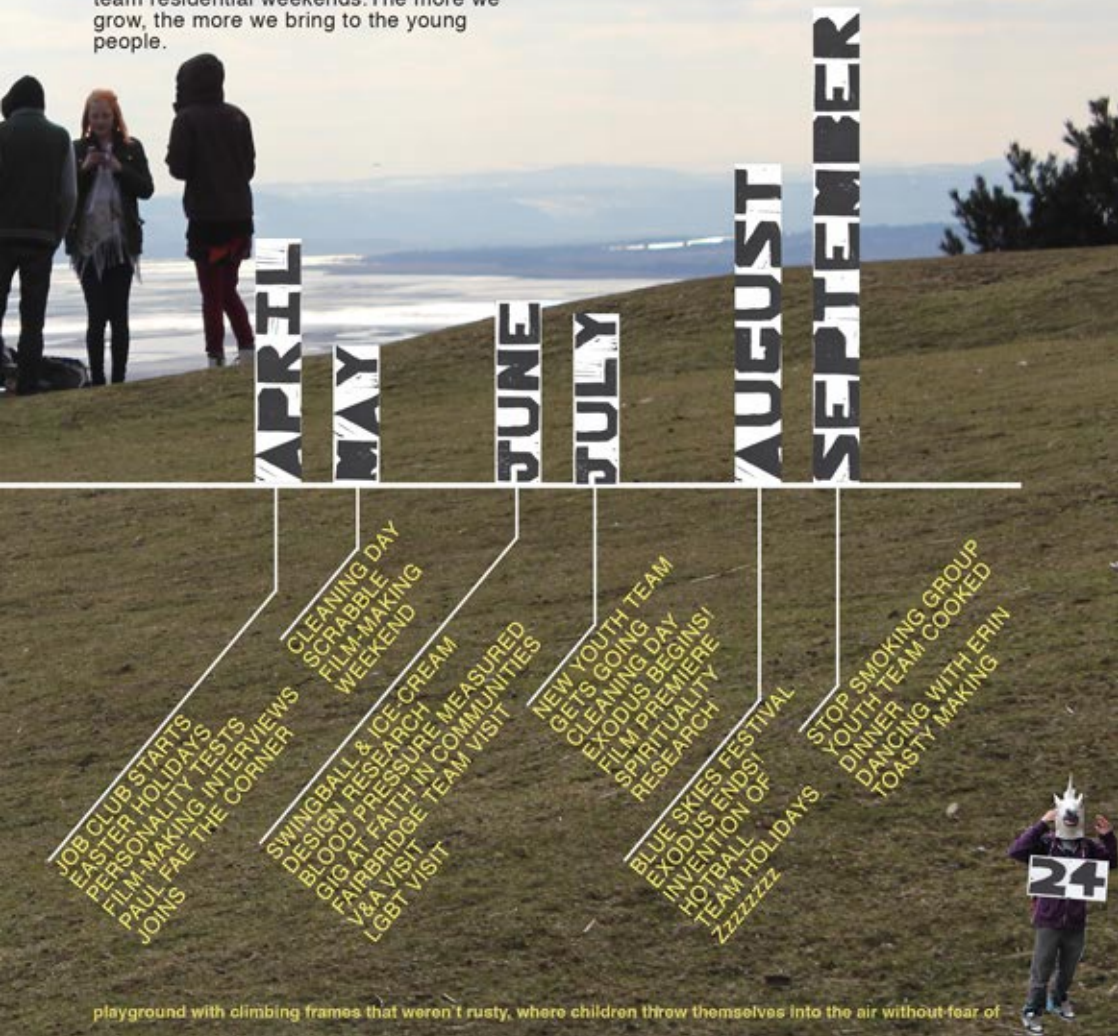


**CHRISTIAN ETHOS:** exploring spirituality is important to us, both with any young people who might consider this important to them, and also with any team members who want to dig deeper or to grow the Christian community within Hot Chocolate. These explorations happen every week, formally and informally. They happen: weekly over the dinner table with young people and team; through 1 to 1s; informal research projects; and more structured group times together.

**DEVELOPMENTAL:** in every part of Hot Chocolate life we aim to be helping people grow and flourish. We invest in excellence in the development of team, through week by week reflective practice, individual support, in-house training sessions and bi-annual team residential weekends. The more we grow, the more we bring to the young people.

**PARTNERSHIP:** from working long term with partners (such as the Corner or Parish Nursing), to joint projects (with Blue Skies and Dundee Urban Orchard), to corporate support (like the Alliance Trust and Overgate Centre), to our ongoing kinship with the Steeple Church, we depend on our many partners to help resource our essential work with the young people.

**KEEPING ON TRACK:** from weekly youth work planning and briefing/debriefing teams, to an annual operational planning cycle, we are working hard to be intentional in our work and attentive to learn as we go. Reporting to our funders is also a very key element in this attentiveness, especially the consistently valuable quarterly review process with Inspiring Scotland.



The first time I took drugs was at a house party about five years ago. I was really rebellious and frustrated about a lot of things. I remember smoking a joint, lying back and not caring anymore. I guess it was that sense of release that got me into it. It slowly became more frequent. We'd start with smoking weed but it'd always progress.

My mum and dad bubble-wrapped me a lot when I was growing up. They tried to lay down so many rules from a young age, never giving me any leeway. I'm angry at them for not preparing me for life. They over-protected me and hoped everything would be ok. So I'd go crazy whenever I got the chance. I'd run away a lot, I just didn't care. I've had to develop my own strategies to help me deal with the tough stuff, the pain, the conflict.

Since that first house party I've taken weed, rocky, khat, ecstasy, cocaine, LSD, mushrooms, experimental drugs (like DMT and EMT), a bunch of legal highs, MDMA... Basically, anything as long as you didn't inject. I've been brought down all my life. What else am I going to turn to? When you're on drugs, you feel like you're in control of yourself. And when I'm on hallucinogens, I get inspired. The resolution's higher. Dundee's a bleak place, and it's nice to see a bit of colour.

I'm worried about my brain and my body. I'm worried about how long I'll live. With uppers and experimental drugs, no-one makes it out unaffected. It worries me a lot. I think more now of the possibilities and dangers, and I've calmed down a lot. I even want to stop smoking fags. It's hard though. It's so much easier to take something to get high, than to find some sort of life high that takes so much effort to have the same feeling of accomplishment.

I've been promised so much throughout my life and it's never come to anything - so I don't believe anything until it's actually happened. But I have never felt let down by Hot Chocolate. It's a refreshing place to be. I don't feel judged for the way I am. I feel guided - they've always pointed me in the right direction. They believe in me and have given me so many opportunities to accomplish my dreams - projects, 1 to 1s, residencies, responsibilities, help to find jobs... It's a real safety net, where I'm comfortable to be myself and free to grow.

What I want to accomplish is quite simple: I want to work, to create, to have a wee house, to get on with my family, to be at peace. I feel like I'm not playing any more - this is now serious business and my dreams are finally becoming real. I am rebuilding my life, and I could not be more thankful for the support from Hot Chocolate.



"I feel like Dundee is being destroyed at the moment, with several places being knocked down... but despite that we are still here - trying to make something beautiful out of that destruction"  
Darren G, 20

# THE END.

## OR HOW WE LEARNED TO BUILD A CITY...

Those wise words apply to not just our city, but often our own lives too.

Our Urbanized journey has led us to some interesting discoveries:

What we need is honesty about the place we find ourselves in.

What we need is beauty. Safety. Peace. Joy. Community. Hope.

What we need is a Dundee where there is no more loneliness or poverty or rejection or betrayal or unemployment or homelessness or addiction or tears or pain or suffering.

Now, we're not naive. We know that building a city from a pile of cardboard boxes won't fix the injustice and struggle. We know that inequality will continue to be the destructive force it is.

What we need is inconceivable.

Our broken and beautiful and quirky community finds itself every day in the middle of inequality, oppression, chaos and injustice - and we know we can't change the city or country overnight.

But we also know that every major social transformation has always started as a small idea amongst friends; a faint hope portrayed through art; a small and unassuming glimmer of joy in the monotony of daily life.

We can make something beautiful out of destruction.

### THE CREDITS:

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**HOT  
CHOCOLATE  
TRUST**

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TO LIVE A  
CREATIVE  
LIFE WE MUST  
LOSE OUR  
FEAR  
OF BEING  
WRONG

