

STEEPLECORP™

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HOT  
CHOCOLATE  
TRUST  
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ANNUAL  
REPORT  
2018  
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AN  
EXPERIMENT  
IN  
LIFE  
TO  
THE  
FULLEST  
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IT'S ALL IN

HOT  
CHOCOLATE  
TRUST

we are Hot Chocolate  
we are a family  
we are a building  
we are a hot drink  
we are a foundation  
17 years old  
we are in a church  
in the centre of Dundee

we are a cold pair of hands  
we are the front door opening  
we are food and music

we are mess and strange  
we are goths and emos  
rats, sloths, and racoons

we are change

we are rockstars and monsters  
black jeans and welcoming

we are a broken pool table  
we are the green couch  
and Courtney the Shark


we are Scottish and growing up  
we are a rowdy bunch  
we are £3 meal deals

we are weapons of mass destruction  
leaving a mess wherever we go

we are a cactus  
a bunch of...

we are knives in the kitchen  
cutting through the bullshit

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we are Doc Martens  
and the kettle boiling  
poured with love

we are painfully truthful  
we are supportive and supported

we are residentials  
laughter, meetings,  
and time spent together

we are rain and wind  
storms and hail

we are snow melts and  
old people hate us

we are skating, rolling, sleeping,  
and the occasional head butt

we are keys on the piano  
we are one to ones

we are in need of funding

we are industrial estates  
tall buildings and icebergs  
we are hugs

we are Hot Chocolate  
we are a family  
we are a building  
we are a hot drink  
we are a foundation  
17 years old  
we are in a church  
in the centre of Dundee  
we are a home.

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Spoken word written & performed by  
Matthew, Quin, Brooke, Vivienne, Ryan,  
Paige, Daisy, Sam, Rhori, Robbie, Dione  
and Leyla

**Hot Chocolate Trust (HC) is a youth work organisation based in the Steeple Church, Dundee.**

Since 2001, HC has worked with thousands of young people (YP) who hang out in the city centre, building relationships and supporting them to become fully alive.

How we work is really simple and is based on our core values which include...

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**1) Viewing young people as whole people: supporting their holistic development which realises physical, mental, emotional, social and spiritual potential.**

**2) Growing a community with young people which is safe, welcoming and affirming to all.**

**3) Building relationships based on respect and trust, relationships which are voluntary and two-way.**

**4) Ensuring that plans and activities are owned by young people, adapt with the culture, and bring positive change for all involved.**

**5) Embracing a culture of reflective learning where we learn from our own experiences (even our mistakes).**

**6) Knowing what we're good at - and not so good at: working with other people and organisations who can provide specialist opportunities for young people that we couldn't make happen on our own.**

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HC is open to all young people without prejudice or distinction of religion, race, culture, disability, gender identity, sexuality or politics. The only restrictions are of age: young people must be in 1st year of high school up to 21 years of age (although we do sometimes continue to work with folks on an individual basis after that).



An ancient guru called Jesus once spoke about what it means to be 'fully alive'.

We kinda liked that phrase, so we spent 2018 thinking together about what it might mean.

To help us on our quest, we built a science lab and brought skeletons and mannequins back to life.

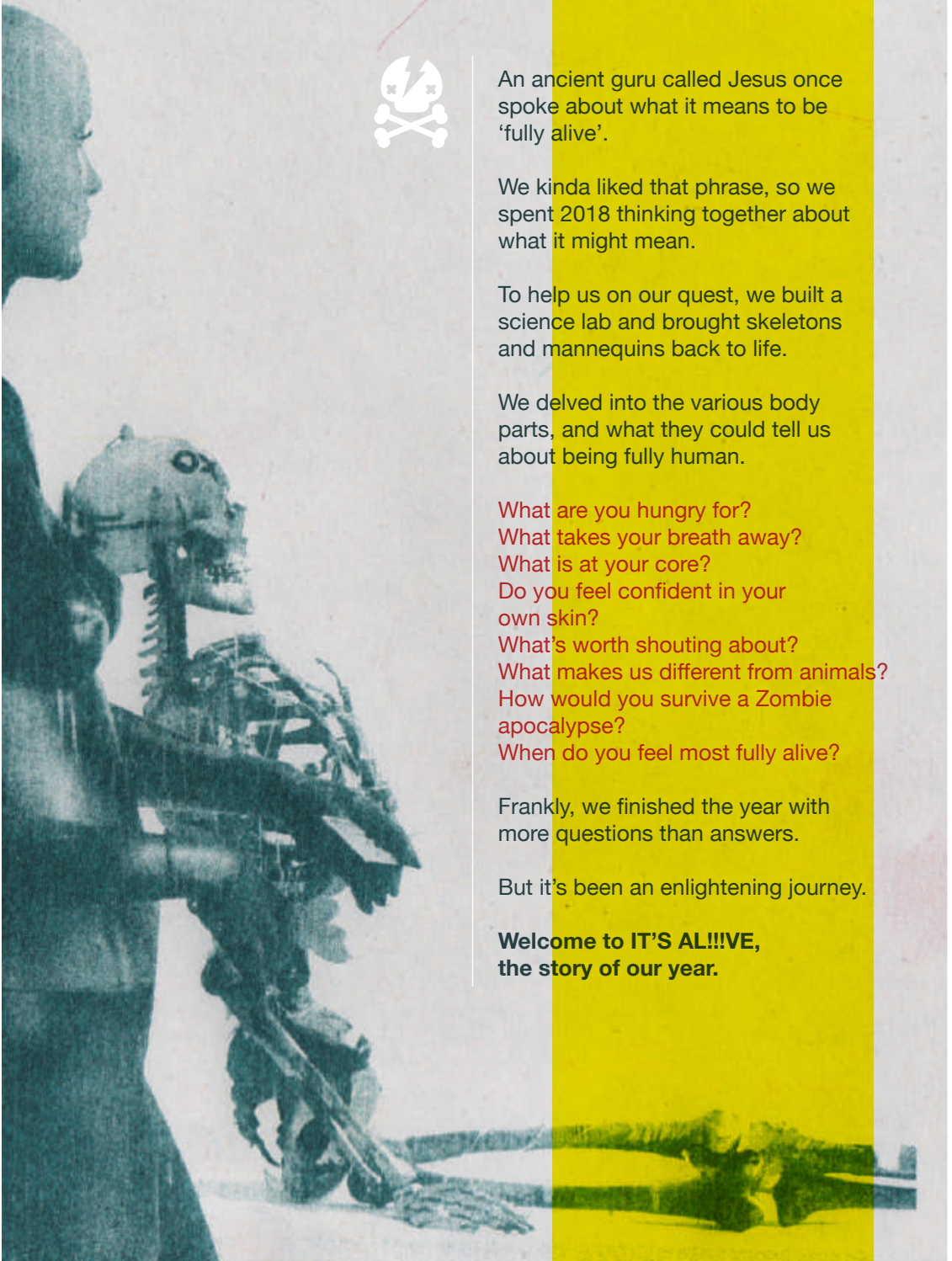
We delved into the various body parts, and what they could tell us about being fully human.

What are you hungry for?  
What takes your breath away?  
What is at your core?  
Do you feel confident in your own skin?  
What's worth shouting about?  
What makes us different from animals?  
How would you survive a Zombie apocalypse?  
When do you feel most fully alive?

Frankly, we finished the year with more questions than answers.

But it's been an enlightening journey.

**Welcome to IT'S AL!!!VE,  
the story of our year.**



**You always feel welcome here.**

You're always feel free to put your voice across, you feel comfortable here. The team doesn't work against us, or even for us - we work together. It's our place. It's the one place I've never felt out of place.

Daisy, 18

**Atmospheric. Sociable.**

A nice place to be.

Kaitlyn, 16

It's f\*\*\*ing amazing... Pretty good...

Mediocre... Almost average...

Nah, I'm kidding: Steeple's the best.

We feel safe here because we feel protected - the youth workers have got our backs. I've even seen team tell police that they can't come in, because they don't have a legit

reason to.

Michael, 16

It's a safe place. It calms me down.

I just love being here.

Hammad, 18

If I need any help then it's here, in a low pressure environment.

No-one's on my back - I can be part of a project or not, it's my choice.

It doesn't feel like a youth group, but more like a community. It's just people who care. Some places feel target driven, but here it's just what young people want, no pressure.

Dawn, 18

HC is my temporary peace and quiet.

Rhori, 19

I live alone and support myself, so that's why these opportunities are so important for me and YP like me. And it's not just the youth workers inspiring the young people, we inspire the team too - it goes both ways.

Kai, 18

I've been really lost in my life before, like I was just existing.

But here you find meaning. There's a self-discovery. I just get such a good sense in my heart when I do things here. It feels really deep, otherworldly even.

Mikaela, 18

I never came out to anyone until I'd come here. This place is for people who feel like the outcasts. Despite the growth of LGBT in society, we still feel like the outcasts.

But not here.

MK, 19

We admire HC's work and are thankful for their continued support - training opportunities, shared learning, resources, and their continued encouragement as we all seek to bring hope to the young people we work with.

Elaine Kinloch, Project Manager,  
Linlithgow Young People's Project



## **ANNIE'S STORY** (not her real name)

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I struggle a lot to trust people, and that affects my relationships. It's not easy. I'm in constant conflict around whether I feel safe with people or not. I've been sexually assaulted, twice, by different people, both who I knew and trusted. That messed with me so badly for a long time, thinking that anyone could be capable of anything.

People don't understand what 'triggered' actually means. They tell me to just get over it or to confront the people about it. It makes me feel crazy, wondering if I'm normal, or whether I should be able to do what they're suggesting.

But when you have flashbacks and panic attacks and bad dreams and night terrors, it's like it's happening to you all over again. I can't remember specific physical details because it's like my brain has blocked that out. But whenever I'm triggered, I relive it all again emotionally. It's like I go through the five stages of grief. Your brain is all over the place, and people don't get that.

Coming here and getting involved with all the different opportunities has been like a kind of therapy. It's safe, like a secondary life support system. I get a weird vibe of clarity and peace almost. I'm not religious, but it sometimes feels like a miracle or something.

Learning about trauma from the team has helped me a lot. I've had literally years of thinking that there's something wrong with me, like it was my fault, like I deserve it, like I'm a burden when I speak about it, and feeling stuck. But to hear about trauma I was like: 'What? There's a reason for me feeling like this?' I got upset when I first heard because I realised I'm not crazy and I'm not alone and healing is possible. It was a breakthrough.

I want my story to help people who have also gone through it to know that they're not alone either - and to help other people to understand us better.

**So here I am.** I guess I'm doing ok. It gets a bit easier every time I talk about it. It's one step at a time, retraining my brain to think in new ways. I don't know if I'll ever feel fully free of it, but I hope so.







## **CORE YOUTH WORK**

Whilst every week is different at HC, there are some key essentials in what we regularly do:

**Open Sessions,  
Individual Support (1-1s),  
Groups & Projects,  
Youth Led Volunteer Team (YLVT),  
Trips & Residentials.**

## OPEN SESSIONS

(150+ each year)

TUE 7-9pm // WED 7-9pm // SAT 2-5pm

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

Open sessions? You need to come and experience it. Words can't describe them.

Angus, 14

## 1-1s

(400+ each year)

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

HC supports me to speak about issues that I can't really speak to other people about. My 1-1s with Esther are very helpful. Finlay, 18

You can get 1-1s to chat about anything that might have been bothering you or that's been going on for you. It's good to get those things off your chest, get it out and see if you can get some help with it. It made me feel better. It's always good to talk. Never bottle stuff up. Jordan J, 16

## GROUPS & PROJECTS

(100+ each year)

**An important part of Hot Chocolate's life, responding to the needs and interests of the community.**

I come here to meet people and have a bit of an escape from being a young parent, to get my own space. I have Asperger's and have spent a lot of my life on my own, or with older people. Being sociable with people my own age is not easy for me. I've joined a music group because I'm trying to push past my fear of being in groups... but I feel safe and not overwhelmed. It's chill. Gray, 17

## YOUTH LED

### VOLUNTEER TEAM (YLVT)

(12-15 young people each year)

**YLVT is when young people organise events or activities themselves.**

We come in every Wednesday to discuss our plans and then have dinner with the team. Dinner's great - fun, enjoyable, inspiring. It makes me feel like I'm part of something, gives me a reason to keep going. This time for YLVT we got a budget of £100, and we're organising a movie night with it. There's been a lot to think about - when to have it, getting the right movie rating, limiting numbers for food. My confidence has really grown through it - speaking in a group, doing things, helping out. It's made me happy. Hammad, 18

## CORE YOUTH WORK (CONT.)

### TRIPS

When young people and team go on a purposeful adventure together, to somewhere outside the Steeple. These might have a creative/ outdoorsy/volunteering/exploration focus - or simply be for some much needed escape, TLC and fun. The focus will depend, as always, on the desires/needs/situations of the young people.

Trips are opportunities. Some people don't get out of Dundee much. I've always wanted to go to a TEDx talk – I watch them all the time online. I like the more science ones about discoveries and adventures, what they've learned and how they came up with inventions. So when I heard we could go to the one in Glasgow, I was really up for that. It was great. Motivation. Inspiration. Knowledge. I love learning stuff.  
Sean B, 20

I loved the Enchanted Forest trip, they went all out, I had never seen anything like that before.  
Amy, 16

### ACTIVISM

We are a community that seeks to change the world for the better. Through 2018 there were 30 groups focussed on activism, volunteering and young people's influence within HC.

We do activism - placards and campaigns and all that. But we don't really label ourselves as activists, coz sometimes people just want to come and chill. My favourite thing (not a huge bit of activism) was when I put positive notes all round the building with inspiring and thought provoking quotes. There's loads of dark stuff in the world, especially just now with Trump and Brexit, but if you can find a wee way of making someone smile and give them a glimpse of hope, then it's totally worth it.  
Mhairi, 19



## **RESIDENTIALS** (4+ each year)

When groups of young people and team head off to a house in the country or an outdoor centre and spend a weekend creating music and art/facing fears/developing skills/exploring themes/researching new project ideas/escaping the city. In 2018 we ventured as far and wide as Ardeonaig, Elie, Paisley and Glasgow, Fort William and Skye. Here's some snippets from one of these weekends...

## **WHEN DID YOU FEEL FULLY ALIVE THIS WEEKEND?**

Going for a swim in freezing water.  
Falling off the raft.  
Diving head first in the lake.  
Archery.  
Lifeys round the firepit!  
Eilaine's hugs.

## **WHAT WERE THE BEST BITS?**

Manhunt (I won).  
Good laughs.  
Peace and quiet.  
Retreat.  
Friends.  
Activity.  
Confidence building.  
Jumping from big heights.  
New experiences.  
Team work.  
Communication.  
Cooperation.  
Peace of mind.  
Opening up to team.  
It's damage.  
Trying new things.  
The coffee's brilliant.  
Crate climbing.  
Archery.  
Walks.  
Freedom.  
**THE FIREPIT!**  
Chats around the campfire, they gave us all the feels.

## EXODUS

Exodus is a three week intensive programme over the summer, crammed full of creative projects, discussions, trips and ice cream :)

Following the IT'S ALIIVE theme we became mad scientists on a quest for that elusive vital spark...

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There was lots to do around the theme of science experiment type stuff. We were making potions, sewing lots of bits of teddy bears together, stuff like that. We made the whole Chilling Room into a lab. I loved the maths and science vibe, and the fact that I could write equations on all the boards, and all the science equipment lying around.

Erin, 16

It all comes back to the theme of identity and humanity.

Tegan, 16

Llamas bring out the best in me... they're like therapy.

Jordyn F, 18

At the Life Sciences Centre they showed us around all the labs and we got to grow things in the petri dishes from our hands, money, make up and stuff. I was good at washing my hands! And at the Surgeons Hall there was a lot to learn. Seeing all those body parts... brains and organs and things in jars. It was kind of gross, but it was really interesting. There was a game you could play to see if you had the skills to be a neurosurgeon - I was good enough!

Ebony, 18

My best memories are from Exodus last year cos there was so much going on and so much to do, lots of arty things. I remember making a mask, like, yes Exodus is a memory close to my heart.

Anon



## WHEN DO YOU FEEL MOST FULLY ALIVE?

When I am in the company of people who like me for who I am.

When I'm jumping off a cliff into waterfalls.

When I'm playing guitar. Because I'm doing what I love doing.

When I'm doing something fun and worthwhile (Something I really shouldn't be doing).

When I'm with my friends doing stuff that everyone wants to do. Like skating.

## IF YOU HAD THE POWER TO CREATE LIFE, WHAT WOULD YOU CREATE?

A dragon.

Myself.

A ladybug mixed with a butterfly.

A dog mixed with a fish.

A cat-dog!

Groot.

Pikachu.

An owl-cat.

A creature that knew how to sing.

Dunno.

A dinosaur.

A money tree.

Lots of foxes.

Time Lords.

Myself.

Nothing appropriate.

A thousand cats.

A dogphlin.

A plant with food that could sustain the whole world.





## STEPHEN'S STORY (not his real name)


I was partying a lot, taking a lot of drugs, so I was always out. Sometimes I'd be gone for a few days. One day he told me not to bother coming home again. After a couple of months I went home and it was fine for a bit. But a cycle began of me being there for a while then getting kicked out again. That happened on and off, and for longer periods of time. I tried to get my own place, but the different landlords and housing associations let me down. I'm 20 now, so I've basically sofa surfed for four years.

There's a freedom about my life. Freedom is massively important to me. After my parents split up, I didn't feel free at home. It was hard at first, but now I'm used to it. I have no interest in a relationship with them. I've never really had a solid friend group either. I like that though. It's free and I don't have to put up with people's bullshit. I live day by day. I don't plan ahead. I just wake up, see what's happening, try to find a job. It's fun.

When I was younger I was really anxious. But I'm not anxious anymore. I don't know when it stopped, but I just stopped caring about what other people think. I just approach everything with an attitude of 'f\*ck it'. That attitude could have got me in bother - I've definitely had situations where things could have ended up really dodgy, but they've always ended up working out. I think I'm just really lucky.

My philosophy in life is that I'll try everything once. I take drugs because I like the way they make me feel. You have to accept the fact that you can never really know what you're taking, so you just need to try to reduce the risks. I'm off everything just now though, apart from weed. Weed mellowes me out. I've stopped taking the other stuff for my girlfriend. She said she didn't want to be going out with a 'junkie'. I don't see myself like that, but I see how people could label me like that: I take a lot of drugs and I'm couch surfing.

This place is something to do. **That doesn't sound like much, but it's a lot.** There's not much to do in Dundee. But here offers something different. I've had help with writing CVs, trying to find housing, getting 1-1s. It's literally stopping people doing bad stuff, it's offering an alternative. My life's alright though. It could be worse, it could be better.



Art can be scary, but it can also be freeing and fun and exciting.  
Jack, 21

### **CREATIVE**

We just love making stuff,  
expressing stuff, learning stuff,  
showcasing stuff...

This year we did a mind-blowing  
**EIGHTY NINE** arts and music  
group sessions!


Even if I'm in a good mood, art still  
makes me feel even better. People  
use art to express themselves in  
their own unique way.

Quin, 16

The music room's my favourite.  
If Nicole wasn't here, I wouldn't  
have written any songs.

She's helped so many people.

Angus, 14



I always said I couldn't do art and I wasn't creative because school had taught me that. Then I came here and I learnt that a doodle could be art. Art's meant to be a manifestation of who you are. And people aren't orderly or in a straight line.

Erin, 16

The music has been the most important part of HC for me. Nicole's help has really helped me grow, especially in terms of songwriting. I still remember lots of the wee lessons she's taught me.

Teghan, 18

Esther's really good at saying 'draw what you're feeling', and then starting conversations from there. Its really good, especially for people who think they can't do art.

**Creativity's important:  
for expression,  
for improvisation,  
for brain stimulation.**

MK, 19

I'd always liked street art, but never tried it before. So when I heard C.GUL was doing a workshop, I wanted to be part of it. He helped us make ideas and showed us how to spraypaint. We painted at Mary Ann Lane, a legal graffiti spot. It makes me feel really proud and happy that you can walk down there and see my art. I'd like to learn stencilling next, but it's really hard to do.

Nathan, 12

## **YEAR OF YOUNG PEOPLE**

2018 was the 'Year of Young People' (YoYP) in Scotland. Whilst we consider every year in HC to be 'the year of yp' ;) this specific national focus allowed us to jump on some new and exciting public creative collaborations.

**RE:FORMATION...** a street art project where various groups of YP from across the city painted Reform Street. The Re:formation project was really fun. Loads of people stopped to ask about our mystical space sloth design. It gave me loads of confidence and pride that something we designed was on the main street of Dundee.

Aaron, 16

## **DUNDEE CONTEMPORARY ARTS (DCA) EXHIBITIONS**

A bunch of the Exodus stuff we made went into an exhibition at the DCA. We spraypainted mannequins. There was the potions. We hung the stencils on the wall, the scans of the skeleton, and the hands that had what action people wanted in the world/what steps they wanted to take to make the world a better place. There was so much to think about, like where things need to go, like painting the wall to make sure it doesn't have stains on it, how to hang stuff up with fish wire. It was amazing to have a forum to show off the end product, and to show the amazing insanity that is HC to the public. It's not the actual work that matters, in my brain, it's the process and the emotions that people were feeling.

Erin, 16

As part of the YoYP, young people from HC had three weeks across March, June and September, inhabiting the gallery space, meeting with Eoin Dara, DCA Curator, and selecting, hanging, re-making work for public displays plus devising activity for visitors to do or experience whilst visiting. The three exhibitions were presented professionally and in feedback YP have commented how they have grown through the experiences of presenting artworks in a bigger more public space at DCA. Stand out comments included: "Displaying it made me want to share more of what I do, and the feedback made me feel great" and "My aspirations have certainly grown because of my involvement in these projects". This project has given us some fabulous insights and a real desire to keep up the working connections with HC young people and team.

Sarah Derrick, Head of Learning, DCA

## PECHA KUCHA TAKEOVER

Pecha Kucha is a thing when you talk for 20 seconds about 20 slides in front of loads of people, about anything you want. When I heard about it I thought 'how hard can it be? It's just talking, and I do that all the time...' My plan was to talk about my art and the movies I liked. But when I got up there and saw all those faces, I froze. I stood silently for what felt like minutes. Gillian came on stage and helped me by asking me questions until I was back in my rhythm, then she crept off. Someone shouted from the back of the audience: "you can do this, you're a dragon!" It was a really good vibe from them. Apparently when it finished I got a standing ovation, but I didn't see it - I ran off, back to my seat, really embarrassed. At the break loads of people came and said congratulations - and even in the streets around town for a few days after...

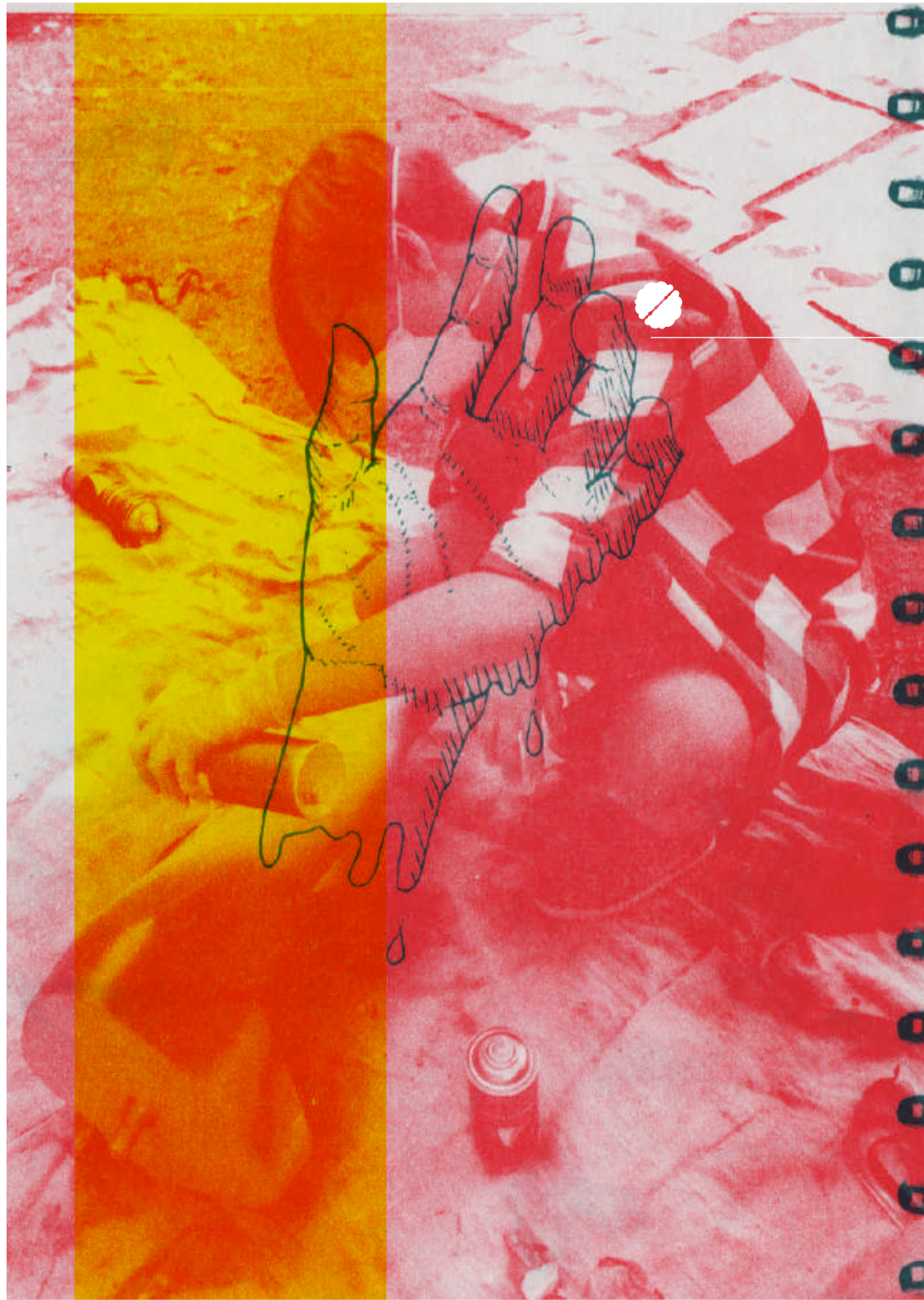
...I wouldn't do it again, but I'm really glad I did it. I was really proud of myself... go me!  
Quin, 16



## INSPIRING SCOTLAND'S 10th ANNIVERSARY

I did some spoken word - that's when you speak words. ;) We created some pieces for the IS event, which was dead posh. But it was good because we could write about whatever we wanted to, and Leyla helped us structure it. We were scared sh\*tless, having to perform in front of people we never knew - I was shaking from head to toe. It felt amazing afterwards, that we'd achieved something really important. Daisy, 18

It was such a blast working with the young people who describe themselves as rats, sloths and racoons. They are also resilient, articulate and full of energy. I'm always blown away by young people who are unapologetic and frank, while still being so generous with what they share.  
Leyla Josephine, Poet & Performer



## NEXT STEPS

The YP have many hopes and aspirations for their futures. A big part of what we do is to help the YP reflect on and celebrate the progress they're making and lessons they're learning in life. This happens through a range of ways including CV writing, job searching, application support, and even conversations about GDPR (yes, you heard that right!)

When I was asked about GDPR consent I wanted to see my journey on the database. I was worried about what would be in there, what the team might have written. I thought it would be highlights of all the bad stuff I'd done, like my school reports used to be. But when I saw it, it was really different, really positive - all the music stuff I'd been involved in, the progress I'd made, all the wee chats I'd had with team. It was really interesting, all the stuff I'd forgotten. It wasn't a file on me - it felt like more of a conversation. The tone was really personal. It was good to know that the team were thinking and saying such good things about me. I'm definitely wanting to keep that file - I want to see what else is in there by the end of my time here.

Teghan, 18

It's helped me with sport - I want to be a PE teacher, and the team really encourage me to stick in at school. It made me think about school - I used to just mess about, but meeting everyone here, I think about my potential. I feel like I've got one shot at this and I want to do well. It's given me confidence to talk at school about what I actually want to do, and as a result I'm playing basketball two times a week and working towards my future.

Nathan, 12

Hot Chocolate has been a member of the Inspiring Scotland 14:19 portfolio [supporting YP towards employment, education & training] since its formation in 2008. During that period the organisation has delivered outstanding results for young people in Dundee. The ability to deliver such results on a tight budget has been truly awe inspiring. We have also been impressed by the constant search for improvement in programmes, with HC having the courage to change course to improve outcomes - and, in addition to put young people at the heart of the decision making process.

Duncan McKechnie, Performance Advisor, Inspiring Scotland

## BOARD REPORT

I am pleased to be able to record the continued development of the Board and HC as a whole in the achievement of our priorities.

We continue to value the on-going support from the Rev. Robert Calvert, the Kirk Session, and friends at The Steeple Church. This support, coupled with a widening circle of external sponsors and donors who offer their time and resources, enables us to keep pursuing our vision and make clear positive inroads into fulfilling our mission.

Board scrutiny has been strengthened through our strategic plan, which helps shape operational priorities against the needs of the young people. We have reinforced our Board with the addition of two new Directors: Piers and Debbie, who are filling expertise gaps in our overall support functions. Our HR review, along with a number of detailed policy and practice reviews, has strengthened our clarity and practice around staff employment, support and supervision, and self-evaluation. By working with the Charities Aid Foundation, we are seeing clear developments around performance management and benefits from leadership training, which is sharpening our clarity of vision and objectives across the whole staffing team.

We are confident that in 2019 we will continue to improve our

premises and IT resources, to improve our youth work practice and office support services.

We have clarified our intention to further develop our computer based monitoring system, and are now pursuing funding to realise this into a possible commercial outcome.

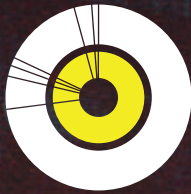
We continue to research the YP's needs and respond in a personalised way, supporting them around the stresses and pressures that many experience as they cope with economic, health, housing and addiction challenges in their lives. As a Board we are reminded by the daily impact of the above pressures on the YP, as to why our vision is paramount - and we continue to thank God for meeting our support needs. The impacts of our clarity of purpose, and the team's expertise in the support they offer, is seen in the improvement of young lives and potential.

In His Service,  
Tony Boffey  
(on behalf of the HC Board)

Mr Tony Boffey // Chairperson  
Mr Richard McCallum // Vice-Chairperson and Treasurer  
Mrs Amy McDonald // Vice-Chairperson  
Mr Piers Bowser // from June 2018  
Mrs Julia Brown  
Mr Stephen Elwell-Sutton  
Mrs Deborah Farley  
Mrs Debbie Fellows // from October 2018  
Mr David Johnstone  
Mrs Chris Lafferty  
Ms Pamela Mellstrom







Analysis of Income 2018  
**Total Income £545K**  
**£401K** Restricted Grants  
**£31K** Unrestricted Grants  
**£13K** Gift Aid Donations & Tax  
**£10K** Other Donations  
**£77K** Donated Services  
**£11K** Wider Impact Income  
**£2K** Other Income



Analysis of Expenses 2018  
**Total Expenses £533K**  
**£511K** Charitable Activities  
**£22K** Fundraising



Funds at 31 December 2018  
**Total Funds £183K**  
**£143K** Unrestricted Funds  
**£40K** Restricted Funds

\*These rounded figures are from our draft accounts and may be subject to change. Our full accounts will be available on our website in due course.

## FINANCES

At HC, we couldn't do what we do without the generous grants and donations from our funders and donors. Most of our money is spent on salaries, as, in order to build and deepen relationships with young people, we need to spend time with them. As with most charities, we need to do a lot of fundraising so we can continue to respond to the young people's needs.

At HC, we have been grateful to receive funding, donations or donations in kind during 2018 from the following funders, fundraisers and donors:

Abertay Renaissance Martial Arts Society + Aldi Scottish Sports Fund + Angus Allnatt Charitable Foundation + BBC Children in Need + CAF Resilience + CashBack for Communities Youth Work Fund + CashBack for Creativity Targeted fund + Comic Relief + Creative Scotland: Youth Music Initiative + DC Thomson and Co. Ltd. + Dundee Discovery Rotary Club + Dundee Trust + Ecclesiastical Insurance Office plc + Gannochy Trust + Inspiring Scotland + Lord Armitstead's Dundee Trust + MAKE Trust + Miss AM Pilkington Charitable Trust + NHS Tayside (Maryfield Financial Services Centre) + Northwood Charitable Trust + People and Communities Fund + Robertson Trust + Sainsbury's Active Kids + Saints and Sinners Club of Scotland + Souter Charitable Trust + Tay Charitable Trust + The Boozy Cow Foundation + The Corra Foundation + The Henry Smith Charity + The Joseph Rank Trust + The St Katharine's Fund + The Snowball Committee + The Stafford Trust + The Steeple Church: Dundee (Church of Scotland) + The Tudor Trust + Tillyloss Trust + William S Phillips' Fund + WM Sword Charitable Trust + and all our individual donors and fundraisers.

## AND NOW FOR SOME NUMBERS...

It might be kinda obvious by now that we're big fans of stories. But we also believe that numbers are really important, to help us put those stories into context.

### CENSUS

We regularly do a 'census' - a confidential questionnaire that asks a wide range of questions about the lives and experiences of the YP.

#### AGE

- 10% 12-15
- 44% 16-17
- 44% 18-21
- 2% 22+

#### ETHNICITY

- 94% white British
- 6% other

#### GENDER

- 54% male
- 38% female
- 8% trans/non-binary/other

#### SEXUALITY

- 38% straight
- 14% gay/lesbian
- 38% bisexual
- 10% other/not sure

#### SPIRITUALITY

- 19% believe in something
- 54% don't believe in something
- 27% maybe believe in something

### WORRIES/PRESSURES

- 28% not in education, employment or training
- 56% living in most deprived 20% postcodes in Scotland
- 49% worry about money nearly all the time
- 24% have experienced homelessness
- 30% have family in prison
- 32% feel extremely unsafe in Dundee
- 58% have experienced traumatic events in the home
- 82% have had someone close to them who has died
- 26% have caring responsibilities for a family member
- 96% have supported friends with mental health problems
- 58% would like to undertake mental health training

## IMPACT!

The informal and flexible way we work is based on solid educational theory and strong evidence that our approach makes a real difference in the lives of the young people. Here's some statistics from 2018 to prove it...



### ACTIVITY

This year we worked with around:

**400 young people**  
(208 of whom were new).

This work took the shape of:

**162 x open sessions**  
(with around 400 different YP)

**453 x 1-1s**  
(with 86 different YP)

**140 x group sessions**  
(with 139 different YP)

**4 x residentials**  
(with 30 different YP)

### OUTCOMES

As part of these activities, we ask YP to reflect on their experiences and learning - and how they're changing as a result. These reflections, along with the team's observations (and GDPR consents!) are recorded on our 'outcomes database', letting us better understand the difference we make.

So, in the past year, we have supported young people to develop in the following ways:

**227** grew in self-knowledge  
(199 last year)

**218** increased self-worth (200)

**274** improved social skills (230)

**207** increased their awareness that they can positively impact their lives and communities (188)

**171** acted to positively impact their lives and communities (150)

**149** improved their ability to look ahead, plan and stick to goals (148)

**190** were supported towards positive destinations in education, employment and training (167)

**54** deepened their understanding of their spirituality and/or Christianity (23)

## TEAM

The HC team are a diverse bunch of staff and volunteers, ages and stages, perspectives and worldviews... but wholly united in commitment to the young people.

You are dead warm and friendly, but also good at helping people through difficult situations.

Tegan, 16

They're helpful, outrageous, courageous. You can have good laughs with them. They listen.

Jordyn F, 18

They listen to genuine concerns. The Christmas dinner for parents was good, really good. You got to be around other mums and stuff, but it also showed that the team are a good support network for young parents. Rebecca, 21

I just love the team! When I first joined, it was an incredible culture shock. I was used to working in fairly formal, corporate settings. There it was all about doing, but here it's also about being. People care, really care - and you get to care about them as well. I don't have a lot of contact with the YP, but when I do, they get right under my skin. I find myself thinking of them, praying for them. It's not just a job - it becomes part of your life. I'm invested.

Megan, Administrator & Book-keeper

## SPIRITUALITY

HC is a Christian organisation, offering opportunities across the community to explore their sense of spirituality (and, if they want, their understanding of Christianity).

I know I can talk about my faith without being scrutinised, judged or criticised about it. I know it's a safe place to talk about my beliefs.

Daisy, 18

I'm not heavily religious, but I do believe. It gives you a hope. I've been in tough situations before and I've prayed. I always like it when team say grace at dinner on residential. I think we should stop and be thankful for what we've got, especially when there's people who don't have anything.

Mikaela, 18

HC's mission in the city is important because it's a prophetic statement of the grace of God, expressed as love and acceptance to all people. I think it's marked out in its approach by the fact that the team work hard to break down barriers - the YP are treated as equals, rather than clients. And the team show vulnerability - they are open to change, and so are changed in the process.

Rev Canon Kerry Dixon,  
St Paul's Cathedral, Dundee



## **WIDER IMPACT**

A key part of HC's vision and mission is to help amplify the voices of the young people, and to use our experience and resources to influence policy and practice across Dundee and beyond.

In 2018 we had the opportunity to lead and deliver an entire module for Community Learning & Development (CLD) students, within HC's space. As always, we made sure that YP were at the heart of this:

I helped deliver a CLD module to first year students. It helped me realise that youth work is the thing I want to do - I want to do that uni course. So now I just need to go back to college to get the English and Maths grades I need.

Mhairi, YP, 19

I came to HC for a uni module. As first years, we'd be in classes with education and social work until that point - so it was great to see a real CLD environment and its impact. You could just tell that it was a place created by young people, for young people. I came here on placement and it was absolutely brilliant. As soon as I entered the doors I was instantly committed, instantly invested in the lives of the young people. It felt like the kind of youth work I'd always wanted and needed. I didn't think a place like this existed - I thought I'd have to get my degree and then go and create it somewhere. I've stayed on as a volunteer. It's made me know for sure that CLD is the career for me.

Jaymie, CLD student & HC volunteer

We have been working alongside HC and, as always, it has been a pleasure as well as an inspiration. The first year CLD students have studied at HC on a weekly basis and had the opportunity to learn from excellent, theoretically grounded and respectful grass-roots practice with young people. HC created engaging learning opportunities for the students and the students couldn't help but learn from the amazing Mhairi.

Jean McEwan-Short, Programme Director

BA Community Learning & Development, University of Dundee

## PAUL & KATY'S STORY (not their real names)

We had a baby and moved into a new flat in the space of a month. The flat was awful. The roof was leaking so it was really damp. There was also wires sticking out of the wall, and even a live plug socket that was just dangerous. We had to live out of one room for ages because they wouldn't come and do the repairs. We were told by the agency that because we were social tenants, all we should expect was a roof over our heads. But we'd at least expect that roof to be dry and the place to be safe.

We ended up in loads of rent arrears and other debts too. Eventually a family member helped us out with it, so we now owe her £4000. But that's better than getting a loan, coz we don't have to pay interest. It's affected our mental health and our relationship.

Charis helped out massively by sitting listening to us and helping us by pointing us in the direction of where to go for getting our own place, helping with financial advisors and generally making us feel at ease knowing everyone at HC is there to listen and help when they can! Through the referral to the money project we found out we were actually eligible for housing support and some other money too - no-one had ever told us that before.

In the end, the flat situation was so bad that we contacted our MSP. They sent their assistant who took photos and lots of notes. They were disgusted with what they saw. The next day, the maintenance manager was at our door to organise repairs. We asked for compensation and they offered us next to nothing, so we fought back and they offered us more for an easy settlement. We know we could get more, but that would mean going to court, and we've got enough going on already.

Just in the past few weeks, **it feels like we've turned a corner, that we're getting somewhere.** We'd like to move out and find a new place to live, but at least we know that this flat is now safe for the next family who moves in.

Paul and Katy, along with the 60ish other voices in this wee book - and the further 300+ people in our community - are still trying to figure out what it means to be 'fully alive'.

We've learnt that the elusive Vital Spark can't be found in those mountaintop moments that Pepsi Max™ might try to sell you, as an individual.

See, there's a lot in this world that also kills, steals and destroys our ability to become fully alive: poverty, injustice, abuse, discrimination, shame, oppression (to name just a few).

What if being fully alive is not about the experience of individuals, but about the experience of society?

What if being fully alive is about a society free of these destructive forces?

What if becoming fully alive might involve us confronting these things head on?

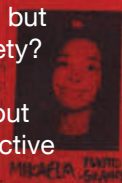
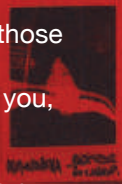
We think it might. That's why we're forming a resistance for 2019...

**Wanna join?**

#resistance2019



ITS ALIIIVE!



All fancy pictures and big words by the Hot Chocolate family. Stories curated by Charis Robertson and Debbie Johnstone. Designed with love by Brooke Beattie, Callie Shirkey, Dawn Albiston, Gray Leitch, Hannah Cook, Mikaela Aktag, MK Gianniio, Quin Beattie, Ryan Bence, Courtney Kendal Healy, Esther Farrell, and Andy Robertson @Hot Chocolate Trust 2019



**Hot Chocolate Trust**

The Steeple, Nethergate, Dundee, DD1 4DG

01382 223 880 | [admin@hotchocolate.org.uk](mailto:admin@hotchocolate.org.uk)

[www.hotchocolate.org.uk](http://www.hotchocolate.org.uk) | Scottish Charity SC035714