

# Applicant: Achieve More Scotland

Application ID: FR-000003912

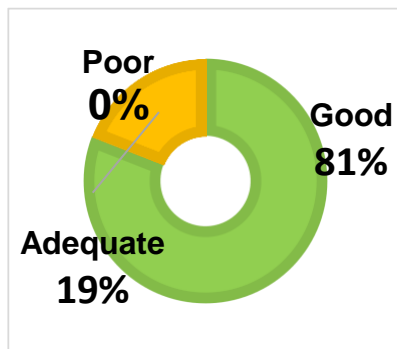
Project Name: Changing Lives Through CashBack



## Inspiring Scotland Initial assessment review

INSPIRING SCOTLAND

Overview of Inspiring Scotland application assessment scoring of sections rated good, adequate or poor:



Good	34
Adequate	8
Poor	0

CashBack request: £1,474,345

For further information on the initial assessment across each of the application response categories please see below (double click to expand):

### Eligibility

Eligible organisation:	Yes
Meet all of the project criteria:	Yes
Age range between 10 to 25 years old:	Yes
Delivery minimum 24 months/within Phase 6 period 1/4/23 to 31/3/26:	Yes
Priority communities represent top 20% SIMD:	Yes
Seeking CashBack funding of £150,000 or more:	Yes
No indication that funding is sought to deliver mainstream services:	Yes
Not seeking funding to match fund another non-CashBack project:	Yes
Not solely for a capital project:	Yes
Overall rating for criteria:	Pass
Note to Panel:	

### Organisation

Registered charity / company number correct / matches to applicant:	Yes
Governance structure:	Adequate
Financial accounts - audited:	Audited
Financial accounts - up to date:	Current
Is organisation structure suitable to support proposed project:	Good
Is there separation of duties in respect of projects with grant making proposals	Not Applicable
Is proposed CashBack project team structure suitable:	Good
Overall rating for organisation, finance and governance response:	Good
Note to Panel:	
While overall assessment is good, note the applicant relies on 2 govt programmes focussed on a relatively limited geographic area for a substantial proportion of its funding. See details below on financial concentration.	

## Proposal overview

Proposal fit to criteria and suitability to support participants:	Good
Age range:	10-24
Number of LAs to be worked in:	3
Number of communities to be worked in:	10
Number of LAs currently work in:	3
Number of new LA areas proposed to be worked in:	0
Does the project include Scottish Island LAs	No
Any concerns proposing new areas / areas where no existing presence:	Good
Project supports provided to / or young people from high SIMD decile areas	Good
Number of young people:	6000
Number of young people rational, achievable and matches to resources	Adequate
Evidence of need articulated and project addresses	Good
Young people input provided to proposal:	Good
Co-delivered:	No
Co-delivery partner:	
Proposal is comparable to existing applicant activities:	Yes
Proven track record of delivery of comparable projects:	Good
Referral routes for participants (into project):	Good
Referral routes for participants (outward upon completion):	Adequate
Threats and risk assessment:	Good
Sustainability plan:	Adequate
Promotion understood and clearly identifies CashBack	Good
Note to Panel: Proposal implies a significant increase in activity for the applicant. See comments below on financial scale. Referral model (outwards) lists organisations, but does not describe process.	

## Outcome: measurement, indicator selection, delivery, monitoring & impact measurement

Outcome 1: diverted from antisocial, criminal behaviour / justice involvement	
Outcome 1: proposal contributes to outcome?	Good
Outcome 1: all indicators selected are appropriate?	Adequate
Outcome 1: evaluation method is appropriate?	Good
Outcome 2: learning, positive destinations	
Outcome 2: proposal contributes to outcome?	Good
Outcome 2: all indicators selected are appropriate?	Good
Outcome 2: evaluation method is appropriate?	Good
Outcome 3: Young people's health, mental health and wellbeing improves	
Outcome 3: proposal contributes to outcome?	Good
Outcome 3: suitable wellbeing intervention and measurement?	Good
Outcome 3: suitable mental health interventions and measurement?	Good
Outcome 3: all indicators selected are appropriate?	Good
Outcome 3: evaluation method is appropriate?	Good
Outcome 4: communities	
Outcome 4: proposal contributes to outcome?	Adequate
Outcome 4: all indicators selected are appropriate?	Good
Outcome 4: evaluation method is appropriate?	Good
Outcome 5: personal skills, resilience, behaviour change, support networks	
Outcome 5: proposal contributes to outcome?	Good
Outcome 5: suitable behaviour change interventions and measurement	Good
Outcome 5: suitable parent/family therapy or project work	Adequate
Outcome 5: all indicators selected are appropriate?	Good
Outcome 5: evaluation method is appropriate?	Good
Have all outcomes been completed appropriately?	
Note to Panel:	

Outcome 1: applicant refers to sourcing Police Scotland area-specific call-out statistics for bespoke indicator(s). It is not clear that this data is available to the applicant or whether this is just an aspiration. Outcome 2: applicant refers to Erasmus+ being available to participants. This is not expanded upon and is not thought to be the case, given UK is not a participating country. Outcome 4: lack of specification about volunteering programme (how many will participate etc.)

## Finance

Total project cost	£1,474,345
Total CashBack funding sought:	£1,474,345
CashBack % of total project	100
Cost per young person:	£245.72
Ranking of cost per young person within CashBack theme: (ranked from lowest cost per young person)	18/157
% of CashBack request to annualised turnover (last 2 years)	50
Total CashBack funding received (2008-2023)	£500,000
All costs on the budget summary appear eligible:	Yes
Funding split project 80+%/capex 0-10%/management 10%/evaluation 5%:	Yes
Receiving current Scottish Government funding:	Yes
- amount (if applicable)	£500,000
Applied for Scottish Government funding:	Yes
- amount (if applicable)	£0
Is all matched funding guaranteed?	Not applicable
Overall rating project finance: response:	Good
<p>Note to Panel: Note that the annualised CashBack Phase 6 funding request is 50% of previous year income, which also includes CashBack Phase 5 funding. In the prior financial year, CashBack funding was a smaller part of applicant income, so the applicant is proposing in this new application to proportionately increase their dependence on CashBack quite substantially, all else being equal.</p>	

## Policy areas

Adequate EQIA response for meeting Equalities Act 2010 requirements	Good
Collection of information on protected characteristics for EQIA	Good
Children's Rights and Wellbeing Assessment (CRWIA)	Good
Ability to provide ACEs support and relevant staff training, qualifications and procedures	Good
Best Start, Bright Futures: child poverty delivery plan	Good
Positive climate action / Net Zero	Adequate
<p>Note to Panel: Net zero - no reference to an organisational policy.</p>	

# Scottish Government Assessment form

## Assessment form

Please complete and return this form to Claire Pentland, by the **deadline provided on your covering email**.

## Section 1: Overview of Proposal

### Project description

**Q18. Please provide a summary of your project and what you are seeking funding for. You should make specific reference to how it will benefit those it is aimed at. (500 words max)**

**Answer –**

Achieve More Scotland will provide weekly early intervention and diversionary based activities for young people, aged 10-24, across 12 identified areas in Glasgow and South and North Lanarkshire.

This project will involve a minimum of two evenings sports coaching and youth work activities on a weekly basis in each targeted community. In addition to the weekly activities, we will deliver (sometimes in partnership) a number of targeted workshops that will focus on a range of issues including, volunteering, alcohol/drug misuse, health and well-being, personal and social skills and choices and consequences.

Activities will generally take the form of sport and physical activity sessions (as requested by the participants most at risk or involved in crime and ASB) delivered across 12 sites, 5 nights per week, with services always being delivered on Friday evenings. All activities will be delivered in local venues, including community centres, schools, leisure centres and church halls that can be easily accessed by local communities.

Poverty affects confidence and self-esteem, physical and mental health and well-being and life chances. The proposed project will replicate and build upon already proven methods for addressing these specific needs. It will engage young people in regular, fun and structured sport and physical activity sessions both inter and intra local communities which suffer from poverty and associated high levels of social deprivation and crime.

We will deliver all activities in the evening which allows young people to come together from different circumstances. We engage them in group activities which builds cohesion within individual communities but also works across communities and helps to break down territorial barriers and to help reduce crime. Police Scotland support and recognise the importance of this work.

By providing early interventions/diversionary activities in the form of a health and sport activity programme, young people will be encouraged to adopt healthy lifestyles that will improve their physical and mental health and well-being, engage them in positive activity and divert them from negative lifestyle choices such as alcohol/drug abuse/misuse and involvement in crime/ASB.

Through regular engagement with positive role models (the coaches/youth workers) and attendance at occasional workshops, positive lifestyle choices will be encouraged and reinforced. This programme will be run in the evenings between 5-10pm, including a Friday evening when young people are most at risk.

The main objectives are to reduce the number of young people at risk of involvement/or involved in crime and anti-social behaviour in targeted areas of the country whilst also improving their skills and life chances. This project will create a sense of community amongst beneficiaries through team activity and a competition element that will help to break down territorialism. This project will also break down race barriers as several of the communities that will be targeted have a high BME resident population, who will be engaged in meaningful activity alongside indigenous young people.



- Obesity in children and young people
- Lack of fitness and issues relating to physical and mental health and well-being
- Alcohol and drug abuse/misuse
- Low educational and qualification attainment in key areas

Inequality of income and wealth are at staggeringly high levels and are damaging society. We know that in countries with such high levels of inequality, we also see higher levels of mental and physical ill health, drug and alcohol addiction and violent crime, as well as lower levels of social mobility, trust and educational attainment. Given the cost of living crisis, this is getting worse.

Feedback from young people, families and other community organisations from the targeted areas have told us about their needs to help reduce crime and improve long term outcomes for the children, young people and families living there.

## Assessment and scoring – Question 26

What we would expect to see	Check List
<ul style="list-style-type: none"> <li>• Current sources of evidence that have been used to clearly identify an issue.</li> <li>• The proposal recognises that services delivered by the project may need to be varied according to need across local areas.</li> </ul>	<input type="checkbox"/>  <input type="checkbox"/>
<b>SCORE: Evidence of need</b>	<b>Click to score</b>
<b>Positive Evidence</b>	
[Please complete]	
<b>Lack of Evidence</b>	
[Please complete]	
<b>Comments</b>	
[Please complete]	

## Delivering on need

**Q27. How will your project best meet the needs evidenced in Q26? (200 words max)**

**Answer –**

We will deliver free, fun and openly accessible community based sporting and physical activities across targeted areas to young people who face significant barriers in their lives. Through providing freely accessible activities which are delivered by role models and local people we will create a sense of community ownership which is enshrined in all of the work we do. The proposed project has been designed and developed through regular conversations with young people from the targeted communities. No young person will be out priced from taking part as all activities will be free to attend and our staff and volunteers will support each young person to improve their life chances through regular participation in both inter and intra community activities that will support them to improve their physical

and mental health and well-being, skills and qualifications and reduce their risk taking behaviour. This project will reduce the numbers of young people involved in crime and ASB and calls requiring police attention across the targeted areas through providing positive activities to take part in which are supported by skilled and trained staff who have faced similar problems to the young people themselves therefore they can provide key support and council.

## Assessment and scoring – Question 27

What we would expect to see	Check List
<ul style="list-style-type: none"> <li>• A clear demonstration of how the project will meet the needs specifically identified in Q26.</li> <li>• Provides evidence of considering which activities are already available in the local area in order to ensure the project addresses a gap and avoids duplication.</li> <li>• If the applicant is an existing CashBack partner they should demonstrate how they are building upon their current project.</li> </ul>	<input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>
<b>SCORE: Delivering on need</b>	<b>Click to score</b>
<b>Positive Evidence</b>	
[Please complete]	
<b>Lack of Evidence</b>	
[Please complete]	
<b>Comments</b>	
[Please complete]	

## Views of young people

**Q28. How did you take account of young people's views in developing the proposal? (200 words max)**

**Answer –**

Achieve More Scotland put young people and the communities we work in at the heart of our decision-making process. We currently have young people who are ex-participants in our programmes who advise our Board of Trustees (BOT.) This group of young people form a "Youth Committee" which sits separately from the BOT, come up with new project ideas which are then developed by members of staff in conjunction with the youth committee. This group works closely with our young volunteers to gather feedback re our project delivery and its effectiveness in meeting its goals. Throughout the past 3 years of our Cashback funded work extensive feedback and opinions of young people who are facing disadvantage has been gathered by ourselves and by Research Scotland (independent evaluators). This feedback helps to shape and adapt our work to ensure it is meeting the needs of those it aims to support.



This feedback is essential as it helps to assure targets and outcomes re being met. Every project delivered by Achieve More Scotland has been developed as a direct result of feedback received from the children and young people who we support through the provision of community based activities.

## Assessment and scoring – Question 28

What we would expect to see	Check List
<ul style="list-style-type: none"> <li>• Clear evidence of how young people’s experiences have played a role in the development and design of the project.</li> <li>• Details of any direct consultation by the applicant with young people</li> </ul>	<input type="checkbox"/>  <input type="checkbox"/>
<b>SCORE: Views of young people</b>	<b>Click to score</b>
<b>Positive Evidence</b>	
[Please complete]	
<b>Lack of Evidence</b>	
[Please complete]	
<b>Comments</b>	
[Please complete]	

## Section 2: Collaboration, referral routes and risk management

### Partnership working

**Q32. Please detail the main organisations with which you will collaborate to deliver your project and briefly explain their role in project delivery (200 words max)**

**Answer –**

We have worked extensively with a large number of these partners previously, including Primary and Secondary Schools, Colleges, Local Authorities and ALEO's (e.g. Glasgow Life), Police Scotland, NHS Youth Health Services, NGB's (including Cricket Scotland, Tennis Scotland, Scottish Cycling) and local youth work providers who will play a key supporting and delivery role in this project. There are new partners who we have not worked with previously but who we anticipate being involved in the project. However, the role that they will play will be determined in future discussions/service level agreements, but we anticipate this will include; marketing and promoting sessions, referring young people, delivering workshops, linking into the volunteering element to offer experiential learning etc. etc. The proposed project will involve working closely with a number of secondary schools, active school co-ordinators, other



youth work providers, Police Scotland, NHS Youth Health Services, NGB's and colleges. We also anticipate forming new partnerships as the landscape adapts, most notably linked to organisations like Glasgow Chamber of Commerce, Skills Development Scotland SCVO who provide support to help young people enter the jobs market.

## Assessment and scoring – Question 32

What we would expect to see	Check List
<ul style="list-style-type: none"> <li>A clear demonstration of who the applicant will work in partnership with and what role they will play in delivering Phase 6 outcomes.</li> <li>This should include details of any relationships that need to be established or expanded and how that will be done.</li> </ul>	<input type="checkbox"/>  <input type="checkbox"/>
<b>SCORE: Collaboration</b>	<b>Click to score</b>
<b>Positive Evidence</b>	
[Please complete]	
<b>Lack of Evidence</b>	
[Please complete]	
<b>Comments</b>	
[Please complete]	

## Referral routes

**Q33. What are your young people referral routes? How will these help you to achieve outcomes and impact? (200 words max)**

**Answer –**

Achieve More Scotland has an established referral model in place which is imbedded in our current delivery across all existing projects. As a direct result of working closely with primary and secondary schools, youth work providers, community centres, SCVO, Glasgow Chamber of Commerce and FE establishments in the areas in which we work, we have strong and established relationships and referral routes which help us to achieve greater outcomes. We have strong working relationships with Social Work Services, including children units, NHS and arms length and statutory bodies which help us to engage with the children and young people most in need of help and support, often those furthest removed from activity. All of our activities are promoted throughout the communities in which we operate (via schools, community centres, youth work providers) as well as across all forms of social media and throughout the networks which we form a part of. We also sit as part of a number of strategic as well as local fora which ensures that our work is being advertised across the city to those organisations who can refer. We have referrals on a weekly basis from third sector organisations and the statutory services previously mentioned.

Assessment and scoring – Question 33

What we would expect to see	Check List
<ul style="list-style-type: none"> <li>• Provides detail on the referral routes to the project</li> <li>• Provides detail on the referral options the project will use to ensure young people progress and are able to access all appropriate services e.g. public or third sector support for their ongoing health, wellbeing, education, employment or financial needs.</li> </ul>	<input type="checkbox"/>  <input type="checkbox"/>
<b>SCORE: Referral routes</b>	<b>Click to score</b>
<b>Positive Evidence</b>	
[Please complete]	
<b>Lack of Evidence</b>	
[Please complete]	
<b>Comments</b>	
[Please complete]	

Threats to delivery

**Q34. What are the main threats to the successful delivery of your project? (200 words max)**

**Answer –**

Our extensive experience in the delivery of similar initiatives in other identified areas indicate that there are a limited number of risks to our proposed project. This is due to a number of factors, including, our proven track record of engagement and delivery, our well-established relationships with targeted communities and the skills and experience of our full-time and sessional staff in planning, delivering and evaluating large scale youth diversionary projects. In saying this, a number of risks still exist: - Covid-19 continues to be present in our communities and has been shown over the previous 2 and half years to cause significant disruption to peoples lives. We are confident that at present, given vaccination rates and current government policies that it is now less of a risk than previously however, it still remains a risk due to the impact it can have on venue hire, community engagement and the health and wellbeing of communities. This in turn could result in problems over winter months when the nights are long and outside activities are almost impossible and indoor venues are essential. - Building relationships with new partners to ensure that the young people we want to target are engaging.

Assessment and scoring – Question 34

What we would expect to see	Check List
<ul style="list-style-type: none"> <li>• Demonstrates the importance of risk management and business continuity planning and provides evidence that a risk register and business continuity plan are currently in use.</li> <li>• Provides evidence of the project and wider organisation's ability to adapt delivery</li> </ul>	<input type="checkbox"/>  <input type="checkbox"/>
<b>SCORE: Threats to delivery</b>	<b>Click to score</b>
<b>Positive Evidence</b>	
[Please complete]	
<b>Lack of Evidence</b>	
[Please complete]	
<b>Comments</b>	
[Please complete]	

## Section 3: Project Outcomes

### Diversion

**Q35. Outcome 1 - Young people are diverted from antisocial, criminal behaviour and involvement with the justice system**

**How will your proposal contribute to this outcome? (200 words max)**

**Answer –**

As a direct result of participating in this project the number of young people participating in crime, anti-social behaviour or being involved with the criminal justice system will decrease. This will be achieved through engaging at risk young people in weekly, positive, structured, free and openly accessible community-based activities that are led by role models and involve other young people from the targeted communities. This project will bring young people together, break down barriers, facilitate positive relationships, make people feel safer and ultimately lead to young people making more positive choices, diverting from negative behaviour and supporting both their community and others to achieve greater success. Previously gathered feedback for Police Scotland, GCC and GHA highlights that the proposed model of delivery has been and continues to be incredibly successful at bringing together at risk young people, helping them to become more active, making communities feel safer whilst reducing both the number of calls received re young people and the number of incidents they have to attend. Due to our strong and continued presence in communities and peoples very positive perception of our organisation, we are able to support crime reduction in a way that most organisations cannot.

## Assessment and scoring – Question 35

What we would expect to see	Check List
<p>The proposal provides detail on how the project will contribute to the following:</p> <ul style="list-style-type: none"> <li>• Participants levels of criminal behaviour reduces</li> <li>• Participants levels of involvement with the criminal justice system reduces</li> <li>• Participants levels of antisocial behaviour reduces</li> </ul>	<input type="checkbox"/>  <input type="checkbox"/>  <input type="checkbox"/>
<b>SCORE: Diversion</b>	<b>Click to score</b>
<b>Positive Evidence</b>	
[Please complete]	
<b>Lack of Evidence</b>	
[Please complete]	
<b>Comments</b>	
[Please complete]	

### Positive destinations

#### Q36. Outcome 2 - Young people participate in activity which improves their learning, employability and employment options (positive destinations)

#### How will your proposal contribute to this outcome? (200 words max)

##### Answer-

This outcome will be achieved in 2 different ways;-

1. Young people taking part in a minimum of twice weekly activity will be supported by youth workers, coaches and volunteers (positive role models) to improve their personal and soft skills at each session (e.g. time-keeping, communication skills, respect etc.). In addition, all participants will be required to take part in a number of workshops focused on key issues which affect young people and the lives they lead.
2. A minimum of 150 young people be offered the opportunity to take part in additional workshops, training & development opportunities to become active, community based youth work volunteers. These young people will have the opportunity to undertake training courses in child protection/safeguarding, youth work, sports coaching, first aid & mental health first aid as well as many other areas to enhance their skill set, make them more employable and active volunteers (and positive role models) within their local communities. We also anticipate Erasmus+ opportunities being available to a minim of 25 young people each year.
3. Young people having the opportunity to participate in work placements, internships and paid employment (Step Up Programme, Young Persons Guarantee etc.)

## Assessment and scoring – Question 36

What we would expect to see	Check List
<p>The proposal provides detail on how the project will contribute to the following:</p> <ul style="list-style-type: none"> <li>• Young people develop core skills, including literacy, numeracy and thinking skills; working with others.</li> <li>• Levels of participation in activities such as volunteering and training which improves their soft skills</li> <li>• Levels of participation in learning, training and employability (including formal volunteering).</li> <li>• Levels of improved financial awareness</li> <li>• Young people develop enterprise and employability skills such as leadership; personal learning planning and career management</li> <li>• Levels of progression into employment</li> <li>• Young people improve school attendance</li> <li>• Young people improve their relationship with their school</li> </ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>SCORE: Positive destinations</b>	<b>Click to score</b>
<b>Positive Evidence</b>	
[Please complete]	
<b>Lack of Evidence</b>	
[Please complete]	
<b>Comments</b>	
[Please complete]	

## Health, Mental Health & Wellbeing

### Q37. Outcome 3 - Young people's health, mental health and wellbeing improves

#### How will your proposal contribute to this outcome? (200 words max)

#### Answer –

Through participating in weekly sporting and physical activity opportunities delivered locally young people will improve their physical and mental health and wellbeing. Activities will be delivered which have been identified by young people as being something they want to either help get them or keep them active e.g. football, dance, gymnastics. Young people will be supported by trained and skilled youth workers and volunteers who will help them to improve their confidence, self-esteem, self-efficacy and overall life chances. They will be supported to achieve this through participating in weekly inter and intra community activities that are inclusive, fun and shaped by the participants themselves. Young people will be supported to gain new experiences, improve their skills set and take part in workshops/training related a number of different issues e.g. physical activity, nutrition, alcohol and drug abuse/misuse, anger management, personal and social skills, improving mental health etc. By using skilled, trained and locally

developed youth workers and volunteers to support young people taking part in regular sport and physical activity alongside regular input (both formally and informally) re key issues we are confident of supporting each SHANARRI indicator.

**What type of wellbeing improvement methods will you use, and what measurement tools to you intend to monitor these?**

Young people will be supported to take part in regular sporting and physical activities both within and across their communities which has been shown to have a significant positive impact on physical and mental health and wellbeing. Each young person will also be supported by skilled and trained youth workers and volunteers who will be available to support each young person as is required. Each young person is unique and faces different barriers and issues therefore our staff will operate holistically to support each young person as is needed. Young people will have the opportunity to participate in different training and gain qualifications which has been shown to improve confidence, self-esteem and personal beliefs alongside improving their own employability and life prospects. Key staff will work alongside targeted young people who have faced trauma and have had many adverse childhood experiences to improve their overall life chances. Re measuring the success of our methods, this will be carried out both in house and by our independent evaluators who will speak directly with the young people supported as well as social workers, teachers, family members and friends to document the impact the project has had on their wellbeing.

**What type of mental health supports and methods will you use, and what measurement tools to you intend to monitor these?**

Similar to above mental health will be supported by engaging young people in regular sport and physical activity. There is a clear documented link between improved mental health and participation in regular sport and physical activity. Each session we deliver is open, inclusive and free to participate in therefore reducing anxiety around issues of cost or access. All Achieve More staff are trained in First Aid Mental Health alongside a number of key staff having experience in counselling. Our staff have the capacity and capability to support any issues raised by young people and we have strong links with other mental health charities and support services to link young people into who require additional help and support. We have clear and established referral paths for any young person who require additional mental health support above and beyond the help we can offer. Re monitoring our methods this will be carried out both in house and by our independent evaluators who will speak directly with the young people supported as well as social workers, teachers, family members and friends to document the impact the project has had on their mental wellbeing.

**Assessment and scoring – Question 37**

What we would expect to see	Check List
<p>The proposal provides detail on how the project will contribute to the following:</p> <ul style="list-style-type: none"> <li>• Development of physical skills, including physical co-ordination and movement;</li> <li>• Levels of physical activity,</li> <li>• Young people’s feeling of being safe, healthy, achieving, nurtured, active, respected, responsible and included (These skills link to the SHANARRI indicators)</li> <li>• Confidence of young people</li> <li>• Young people access mental health improvement frameworks</li> </ul>	<p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p> <p><input type="checkbox"/></p>
<p><b>SCORE: Health, mental health and wellbeing</b></p>	<p><b>Click to score</b></p>
<p><b>Positive Evidence</b></p>	

[Please complete]

### Lack of Evidence

[Please complete]

### Comments

[Please complete]

## Communities

### Q38. Outcome 4 - Young people contribute positively to their communities

How will your proposal contribute to this outcome? (200 words max)

Answer –

Young people will be supported to make a significant and positive contribution to their community via our established pathways. From participation in the activity programme, many young people will be supported to join our Volunteer Development Programme, through which they will be offered the opportunity to gain a range of qualifications and put these into practical use by involvement in direct service delivery (at primary school activity sessions, holiday camps, evening community-based sessions). Through this, young people will gain confidence, a sense of identity, new skills and, as a result of feeling more valued, will be more likely to have a positive perspective on their community and the contribution that they can make as positive role models. This will contribute to a positive sense of belonging and will leave a positive legacy within the community. As positive role models they are more likely to be willing participants in wider decision-making processes within their community. Additionally, the qualifications gained and the practical experience garnered will make young people more employable, with the potential for more young people to be in employment and, as such, additional resources available to spend within the communities in which they live.

## Assessment and scoring – Question 38

What we would expect to see	Check List
The proposal provides detail on how the project will contribute to the following: <ul style="list-style-type: none"><li>• The contribution young people make – such as volunteering, leading, coaching, mentoring</li><li>• Perceptions of the neighbourhood</li><li>• Sense of belonging</li><li>• Motivation to influence decision making</li></ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>SCORE: Communities</b>	<b>Click to score</b>
<b>Positive Evidence</b>	



[Please complete]

**Lack of Evidence**

[Please complete]

**Comments**

[Please complete]

**Personal development**

**Q39. Outcome 5 - Young people build their personal skills, resilience, and benefit from strengthened support networks and reduce risk taking behaviour**

**How will your proposal contribute to this outcome? (200 words max)**

**Answer –**

The communities targeted for this project have higher levels of poverty, poor health, crime and unemployment, as well as lower levels of educational attainment (SIMD, NHS Healthy Schools Report.) Evidence suggests that there is a direct link between poverty and poor health, educational attainment and crime respectively. It is acknowledged that people are more likely to be obese if they live in poverty due to a poor diet and being less active, additionally, people are more likely to be involved in crime or ASB based upon postcode and attainment at school. Our project will engage young people in weekly, structured, openly accessible, fun and supportive activity sessions which will improve physical and mental health and well-being, personal and social skills and ultimately, life chances. This will not only be achieved as a direct result of participation in weekly activity but by engaging with other young people, taking part in discussions, building relationships, learning from others and being supported by youth workers to make positive decisions and choices. Young people will become more skilled and regularly active, some will gain qualifications and experience, be more engaged in their community and ultimately, less involved in crime and more likely to succeed.

**Assessment and scoring – Question 39**

<b>What we would expect to see</b>	<b>Check List</b>
The proposal provides detail on how the project will contribute to the following: <ul style="list-style-type: none"><li>• Development of social skills</li><li>• Resilience of young people</li><li>• Strength of support networks</li><li>• Levels of risk-taking behaviour</li></ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>SCORE: Personal development</b>	<b>Click to score</b>
<b>Positive Evidence</b>	

[Please complete]

**Lack of Evidence**

[Please complete]

**Comments**

[Please complete]

**Section 4: Sustainability**

**Q.49 Please explain the level of sustainability that the proposal will achieve by the end of March 2026 and/or the exit strategy**

**Answer –**

This project will result in a number of legacies within the targeted communities in which we will work. A cadre of over 1500 regular participants in sport and physical activity will have been established across the targeted communities by the end of the project. This change in mind-set to regular participation in positive community activities will be evidenced by reductions in anti- social/criminal behaviour and improved confidence, self-esteem, physical and mental health and well-being and life chances. In addition to the wider societal benefits that this project will achieve, a minimum of 100 volunteers will be engaged and trained who will, in turn, support future service delivery within their own communities. This approach has been shown to work on other Achieve More projects. The importance of this project cannot be underestimated. Increasing venue hire, transport costs etc. has meant that projects like this are becoming increasingly rare and more young people are becoming isolated and are not actively engaged in their community. Beyond the life of the project, activities will continue due to the trained, skilled and experienced young people active within their community, who will progress the project and will lead on accessing funding and delivering community based activities

**Assessment and scoring – Question 49**

<b>What we would expect to see</b>	<b>Check List</b>
<ul style="list-style-type: none"><li>• Provides evidence of how the project will continue after 31 March 2026.</li><li>• Provided details of an exit strategy, should the project come to an end after 31 March 2026</li></ul>	<input type="checkbox"/>  <input type="checkbox"/>
<b>SCORE: Sustainability</b>	<b>Click to score</b>
<b>Positive Evidence</b>	

[Please complete]

### Lack of Evidence

[Please complete]

### Comments

[Please complete]

## Section 5: Scottish Government policy

### Equality Impact Assessment

**Q.51 Please describe how you have used an EQIA to develop your proposal. You should include information on how you intend to collect information relating to protected characteristics of participants (200 words max)**

**Answer –**

We have established an Equalities Advisory Group (EAG) chaired by the HR adviser from our Board of Trustees and consisting of representatives from across the range of beneficiaries as well as groups focusing on disability issues, faith, race and LGBTQ issues. The EAG considers issues relating to the wider equalities field and assists in ensuring that our policies and procedures are legal, relevant, fit for purpose and advance equality of opportunity across all areas of our work. It meets twice yearly. Achieve More has carried out a baseline statistical survey on equality with participants/carers, partners and funders (February 2019, this has since been followed up on and a new baseline developed in the wake of Covid-19, September 2021). This survey was conducted both on a one-to-one basis as well as via an anonymous online portal. In addition, Achieve More Scotland conducts regular feedback with participants to enable us to improve our processes in relation to equalities. This feedback will be monitored yearly by our Equalities Advisory Group as part of our policy validation process. The baseline statistical report compiled in preparation for this EQIA is reviewed within each 2 year period. Most recently in September 2021.

### Assessment and scoring – Question 51

What we would expect to see	Check List
<ul style="list-style-type: none"><li>Clearly demonstrates that an Equality Impact Assessment has been used to remove any unlawful discrimination, provide equality of opportunity and improve relationships for people with protected characteristics.</li></ul>	<input type="checkbox"/>
<ul style="list-style-type: none"><li>More broadly, the proposal should demonstrate that the organisation fulfils the requirements of the Equalities Act 2010.</li></ul>	<input type="checkbox"/>

<ul style="list-style-type: none"> <li>Evidence of ability to collect information relating to the protected characteristics of participants.</li> </ul>	<input type="checkbox"/>
<b>SCORE: Equality Impact Assessment</b>	<b>Click to score</b>
<b>Positive Evidence</b>	
[Please complete]	
<b>Lack of Evidence</b>	
[Please complete]	
<b>Comments</b>	
[Please complete]	

## Children's Rights & Wellbeing Impact Assessment

**Q52. Please describe how you will utilise a Children's Rights and Wellbeing Impact Assessment (CRWIA) to develop your project (200 words max)**

**Answer –**

The Achieve More Scotland (AMS) CRWIA has been developed as an approach and a tool and is intended to ensure we are considering the impact of our decisions on opportunities for children and young people, which directly links with activity, health and wellbeing & right to education. AMS works in partnership to make right to play and activity a reality so that all children & young people can reach their full potential and be able to confidently inhabit an inclusive and safe public realm, as well as help shape child friendly communities. The primary articles which AMS activities promote and enable are:

ARTICLE 2 - non-discrimination  
 ARTICLE 12 - respect for child's views  
 ARTICLE 13 - freedom of expression  
 ARTICLE 15 - freedom of association  
 ARTICLE 31 - leisure, play and cultural

Our Board & staff take pride in taking a rights-based approach, which has been the basis for our work since our incorporation. All AMS policies take account of the UNCRC as they are reviewed. This began in January 2021 and is ongoing. Policies are reviewed on an annual basis.

## Assessment and scoring – Question 52

What we would expect to see	Check List
<ul style="list-style-type: none"> <li>Demonstrates intention to utilise a Children's Rights and Wellbeing Impact Assessment (CRWIA) to inform decisions that may impact children or that supports a child rights-based approach to the project.</li> </ul>	<input type="checkbox"/>

<i>Panel to note – All Phase 5 CashBack partners were required to undertake a CRWIA as a new requirement of grant conditions. New applicants for Phase 6 should demonstrate a commitment to complete a CRWIA, if this has not been done before.</i>	
<b>SCORE: Children’s Rights &amp; Wellbeing Impact Assessment</b>	<b>Click to score</b>
<b>Positive Evidence</b>	
[Please complete]	
<b>Lack of Evidence</b>	
[Please complete]	
<b>Comments</b>	
[Please complete]	

## Trauma & ACEs

**Q53. Describe how your organisation’s policies, procedures and traininembed trauma-informed practice and understanding of Adverse Childhood Experiences (ACEs) (200 words max)**

**Answer –**

Each member of our staff team understands the implications of ACE’s and how they as an individual, and we as an organisation, work with children to have a positive impact. Our focus is the Scottish Government document - Trauma-Informed Practice: A Toolkit for Scotland  
 We have engaged the services of experienced professionals to assist us in delivering consistent trauma informed practice. In addition we have developed a CRWIA.

All of our team members undertake ACE’s training which ensures that they:

- Understand the widespread impact of trauma and understand potential paths for supporting children in their recovery;
- Recognise the signs and symptoms of trauma in individual children and colleagues;
- Seek to actively resist re-traumatisation (avoid creating an environment that inadvertently reminds children of traumatic experiences and causes them to experience stress).

An important aspect of our approach is to create a positive Social-Emotional Environment:

- Welcoming children and ensuring that they feel respected and supported;
- Ensuring staff maintain healthy interpersonal boundaries and can manage conflict appropriately;
- Are consistent in approach;
- Maintaining communication that is open, respectful and compassionate; and
- Are aware of how an individual’s culture affects how they perceive trauma, safety, and privacy.

## Assessment and scoring – Question 53

What we would expect to see	Check List
<ul style="list-style-type: none"> <li>• Understanding of the link between ACEs and underlying aims of the CashBack programme.</li> </ul>	<input type="checkbox"/>

<ul style="list-style-type: none"> <li>Provides evidence of training provision to develop a trauma informed workforce.</li> </ul>	<input type="checkbox"/>
<b>SCORE: Trauma &amp; ACEs</b>	<b>Click to score</b>
<b>Positive Evidence</b>	
[Please complete]	
<b>Lack of Evidence</b>	
[Please complete]	
<b>Comments</b>	
[Please complete]	

## Bright Start, Bright Futures

### Q54. Please describe how the proposal will contribute towards the Scottish Government's Child poverty delivery plan – Bright Start, Bright Futures

#### Answer –

Child poverty rates are amongst the highest in the country for each area targeted in this project. As a result of poverty, children face additional barriers throughout the rest of their lives. The proposed project will support those families and young people most in need of help by delivering free, openly accessible, fun and structured community based activities. These activities will work as both an early intervention and diversionary tool. This project will break down territorial barriers between communities, improve the physical and mental health and wellbeing of participants, improve their personal and social skills and ultimately their life chances. This project will provide constant support to young people and communities facing poverty each day. This project will support young people to grow and learn and aim to give them the best possible opportunities in their life. We have direct evidence from parents of participants that our work has helped them to enter the jobs market and sustain employment. Because our services take place every week at the same times families can plan around this and therefore it allows lots of parents to work that would otherwise not. Our whole proposal contributes towards the SG's child poverty delivery plan.

## Assessment and scoring – Question 54

What we would expect to see	Check List
<ul style="list-style-type: none"> <li>An understanding of the Child poverty delivery plan and how the proposal will contribute to tackling child poverty.</li> </ul>	<input type="checkbox"/>
<ul style="list-style-type: none"> <li>Identified key priority family groups to be supported by the project – for example, young parents under 25.</li> </ul>	<input type="checkbox"/>
<b>SCORE: Bright Start, Bright Futures</b>	<b>Click to score</b>





<ul style="list-style-type: none"><li>• Demonstrates any climate benefits the project will have including encouraging positive behaviour change and/or an increased understanding of climate change for participants.</li><li>• Provides evidence that consideration has been given to how the carbon impact of the project can be reduced.</li></ul>	<input type="checkbox"/>
<b>SCORE: Climate action</b>	<b>Click to score</b>
<b>Positive Evidence</b>	
[Please complete]	
<b>Lack of Evidence</b>	
[Please complete]	
<b>Comments</b>	
[Please complete]	