



Annual Review 2025 - 2026



**Supporting Youth Organisations and
Groups in Fife for over**



A Scottish Charitable Incorporated Organisation (SCIO)
Registered Charity: SC006872

www.youth1st.co.uk

Team Reflections



It is my great privilege to introduce this year's Annual Review and reflect on another year of dedication, resilience, and achievement at Youth 1st.

Throughout 2025/26, we remained committed to supporting our members and championing the vital role of youth work across Fife. Despite ongoing challenges, we have continued to see the profound impact youth work has on the lives of young people, families, and communities. Time and again, we have witnessed that when people believe in the power of youth work, opportunity and positive change follow.

Our success is built on the dedication, professionalism, and resilience of the Youth 1st staff team, who have continued to adapt, innovate, and support our members in an increasingly demanding environment. I am also grateful to our Board of Trustees for their leadership, guidance, and strategic oversight. Together, our staff and trustees have ensured that Youth 1st remains focused on its mission and values, demonstrating the strength of collaboration in achieving positive outcomes for young people.

Above all, I would like to thank our members and the young people who are at the heart of everything we do. Your commitment and energy youth work make Youth 1st what it is today. Whether participating, delivering services, volunteering, advocating for young people, or helping shape future opportunities, your contributions to our organisation are invaluable.

Together, we have strengthened partnerships, amplified the voice of youth work, and created opportunities for collaboration, learning, and growth. As we look ahead, we remain committed to supporting our members and championing youth work so that young people across Fife can continue to thrive. Thank you to everyone who has contributed to another successful year for Youth 1st.

Gemma Frail - Chair

2025-2026 has been a year of collaboration, impact, and growth for Youth 1st. Through our support of the Fife Youth Work Partnership Strategy, we have strengthened connections across the sector, ensuring young people's voices remain at the heart of decision-making. Working alongside our members and partners, we have continued to champion the value of youth work, build sector capacity, and support organisations to thrive in a changing environment.



These achievements would not have been possible without the dedication of our staff, trustees, volunteers, members, partners, and young people. Together, we are shaping a stronger future and remain committed to creating even greater opportunities in 2026-2027.

Judith Allison - Chief Officer

Mission, Vision & Values

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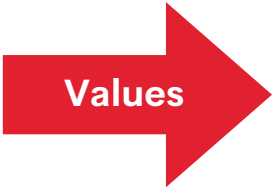
Mission

We will support and empower youth workers, volunteers and organisations in Fife, leading to strong and resilient community-based youth work, which in turn improves the life experiences and opportunities of young people.

Fife will have a vibrant and resilient community-based youth work sector where young people's lives are transformed.

A large red arrow pointing to the left, with the word "Vision" written in white, bold, sans-serif font inside it.

Vision

A large red arrow pointing to the right, with the word "Values" written in white, bold, sans-serif font inside it.

Values

Innovation - We believe in offering bold, creative, resilient services that encourage new thinking and respond to new challenges.

Releasing potential - We are committed to enabling our staff, volunteers, groups and their young people to reach their full potential.

Integrity - We care about the services and support we offer and commit to deliver this is a way that is responsible, reliable, honest and trustworthy.

Fun - we love what we do and promote a safe and informal environment where young people and their workers can relax and have fun with a purpose.



1 Nurture a growing membership that delivers high quality community-based youth work.

What will we do:

- Support and mentor our member groups.
- Build the capacity of youth groups to deliver safe, compliant and high-quality youth work.
- Reach out to all youth groups to promote the benefits of membership to Youth 1st.

We provided support for **67** member groups.

Our member groups include **225** youth groups.

87% of our members are voluntary groups!



Over **470** member group visits were recorded and **151** emails and calls per week.





1367 youth workers
and volunteers
support **14738**
Young People.

60% volunteers,
23% part-time,
17% full-time.

We supported **221**
youth workers with
their PVG Scheme
application.

"One aspect of Youth 1st's support that we particularly appreciate is the way they actively connect organisations and encourage collaboration across the sector. By bringing new and developing clubs to visit Heart of Fife Youth Club, they create opportunities for others to see firsthand how we have established and run our club. This sharing of ideas, experiences, and good practice strengthens youth work throughout the community and helps new groups grow with confidence".

Heart of Fife Youth Club



Our services included:

Advice and Support - Advice about Funding - Arts & Crafts Sessions Awards Support - B:activ - Climate Action Fife - Essential Training - Games and Sports Taster Sessions - Health & Wellbeing Support - Networking - Programming Ideas - PVG Support - Start Up Support - Young Leader Training and much more.

"Being a member of Youth 1st has been incredible for GSCC, we have had the pleasure of hosting training at our venue, been involved with different projects, litter picks, climate buffet, team building and had the opportunity of attend training and networking events. A truly inspirational organisation".

Glenrothes Strollers

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Member Groups Central Fife

ASN Youthy, BFF: Markinch Youth Project & MLPW, Burntisland Out of School Service (BOSS), Collydean Community Centre, Gilvenbank Community Sports Hub, Glenrothes Martial Arts Centre (GMAC), Glenrothes Strollers, Heart of Fife Youth Clubs, Kinghorn Children's Gala, Kinghorn Community Centre, Kirkcaldy Youth Work, Kirkcaldy YMCA, Linton Lane Centre, Lomond Centre Youth Club, Mental Health Warriors, Nourish Support Centre, YMCA Glenrothes and Youth Auchmuty Project.

Member Groups East Fife

Autism Rocks Fife, Buckhind Players, Cosmos Community Centre, Cupar YMCA/YWCA & Cupar Youth Cafe, East Neuk Centre Trust, Falkland Youth Club, Families First - St Andrews, Freuchie Cricket Club, Ladybank Youth Club, Methilhill Community Childrens Initiative MCCI), Newport Youth Group, Rio Community Centre and Tayport Community Centre.



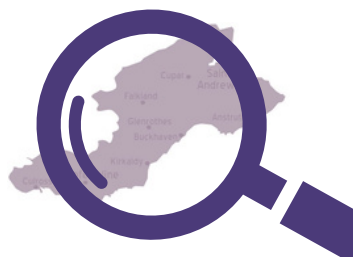
Member Groups West Fife

Brucefield Youth Organisation, Cairneyhill Gala, Carnegie Dojo, Carnegie Judo Club, Coastwatch West Fife, Cowdenbeath After School Club, CACA Junior Youth Group, Cowdenbeath Media Crew, Dunfermline Islamic Academy, Dunfermline Regeneration Trust, Fairway Fife, Families Affected by Autism (FABA), Future Youth, Heart and Sound, Hillside School - Youth Development, Hyperclub, Maxwell Centre, Primrose Community Trust/Crossgates Youth Club, Seal Association and St Ninians Outreach for Young People



Member Groups Fife Wide

Barnardos (Fife), BRAG Enterprises/Square Start, Children and Young People Support Service (Fife Womens Aid), Clued Up Project, Fife Gingerbread, Fife Olympiad, Fife Young Carers, Kingdom Off Road Motorcycle Club (KORMC), Lead Scotland Fife, LinkLiving (Fife), Rock Trust (Fife), Ruby Boots Project (Forces Children Scotland), Supporting Learners Service - Youth Development, Swiis Foster Care (Fife), The Ecology Centre, The Fighting Chance Project and Stellar Quines/Young Quines (Fife)



We offered a varied, interesting and **FUN** programme of events and training to youth workers, volunteers and young people.

3868 individuals took part in our programme.

81% of the participants were young people.

37% of youth workers taking part were volunteers.

84th AGM & Youth Work Awards – Arts & Crafts Sessions – B:activ Sessions – Climate Action – Focus Groups – Games & Fun – Members Funday – Mindfulness – Networking – Residentials – Seminars – STEM – Training Workshops and Courses – VYN Networking and much more.....

"Youth 1st continues to provide excellent support to our Charity. The Youth 1st team are approachable, helpful and always willing to offer guidance whenever needed. Nothing is ever too much trouble, and any queries or issues are dealt with promptly and professionally and always with a personal touch which makes all the difference".

Fairway Fife

Having **FUN** with a purpose with



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2 Champion a resilient and confident Voluntary Youth Work Sector.

What will we do:

- Advocate for the needs and concerns of the voluntary youth work sector by participating in key strategic partnerships.
- Encourage strong collaborative relationships with the voluntary youth work sector and partners.
- Ensure that all our member groups are part of the bigger youth work vision.



The **Voluntary Youth Network** continues to be supported and developed.

31 discussions, training and networking events covering topical issues.

52 groups took part in our events and youth work training.
77% were voluntary groups.

731 people attended our programme of training and networking events.





There are currently over **750** email addresses in our email distribution list.

200+ Recruitment, Funding, Training and Information bulletins went out via the VYN network.

The VYN and Youth 1st Facebook pages have **2500+** followers!

"Hyperclub has really valued our involvement with Youth 1st and the support they have provided throughout the programme every year. Their guidance with PVG applications, training sessions and ongoing support has helped us to develop our staff and volunteers and ensure they have the knowledge and skills needed to support our community safely and effectively. Youth 1st have been approachable, helpful and responsive throughout, making the process straightforward for us as a community organisation. We are extremely grateful for their continued support and look forward to continue working with them in the future".

Hyperclub

Other Networking

Annual General Meetings - CLD Partnership - CLLD Rural Local Action Group - Children's Services Development Sessions - Children & Young People's Mental Health and Wellbeing Support Services Framework - Climate Action Fife Steering and Working Groups - Conferences and Seminars - Member Group Visits - Networking Meetings and Events - Our Minds Matter Steering Group - Fife Voluntary Action Volunteer Strategy Implementation Group - Voluntary Sector Children's Services Forum - Youth Scotland Network - Youth Work Managers Forum



The Youth 1st staff team attended over **200** partnership meetings

"The team at Youth1st have been approachable, knowledgeable and responsive throughout, and their support has already had a positive impact on our service and the opportunities available to the young people we support."

Hillside School

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3 Drive innovation to meet the changing and emerging needs of youth work in Fife.

What will we do:

- Create and maintain projects that respond to and meet the needs of our members and partners.
- Continuously improve our offer of high-quality practical tools, support and resources.
- Increase and enhance opportunities for accredited learning and development through a training pathway for young people, volunteers, youth workers, managers and leaders.



We worked in **partnership** with a number of agencies on a variety of different projects for young people.

- National Literacy Trust
- International Futures Forum
- Climate Action Fife
- BRAG Enterprises
- Fife Local Action Group



"We have had a fantastic summer with Youth 1st. Not only have they provided training opportunities and PVG support for staff and volunteers but they have also brought the fun to our groups. Giant snakes and ladders, bracelet making, glitter tattoos and making butterfly feeders were just some of the activities on offer during our open day and nature kids sessions. Thank you!!"

Methilhill Community Children's Initiative (MCCI)



224 youth workers and volunteers attended 27 training workshops / courses including:

Autism Awareness Level 1 & 2, Body Image and Young People, Child Protection Awareness, Child Protection Officer Training, Decider Skills, Emergency First Aid, First Aid Awareness, Games Training, Hi5 & Dynamic Youth Awards, Introduction to Kitbag, Managing Behaviour that is Challenging, Managing Stress and Self Care, Menopause in the Workplace, PDA in Youth Work, Ready for Youth Work, Sexual Health and Young People, Staff Wellbeing for Managers, Whats the Harm and Xmas Arts and Crafts.

10 people started their Youth Work training journey by completing a SCQF Level 3 Ready for Youth Work course.

We created the **B:connected** training programme to include more wellbeing courses for youth workers and managers.

9 youth workers from Fife and across Scotland completed a SCQF Level 6 PDA in Youth Work.

"Just wanted to let you know I loved the training I did with Youth 1st. It's made me really want to explore youth work."

"I'm lucky enough that I managed to get an interview at a local youth group. I'm going to be a youth worker like you! You are my inspiration for this move".

Training Participant



The Youth 1st Membership supported **206** young people to achieve a Hi5 Award, Dynamic Youth Award or a Youth Achievement Award. These young people spent **4781** hours working towards these awards! The Youth 1st team directly supported **27** young people to achieve an award.

"Taking part in the awards was fun and the awards were given out fairly. I think being a volunteer with Youth 1st is worth it"
Young Volunteer (aged 10)

4 Encourage community-based youth work to have an ethos of positive health and wellbeing.

What will we do:

- Creating opportunities for youth workers to connect with each other and providing them with tools to be strong and resilient.
- Member groups will actively engage with health and wellbeing opportunities for young people.
- Provide opportunities for young people to participate in training and health and wellbeing activities.

The team delivered a range of activities, sessions, workshops and talks to young people from our member groups. Including:
Arts and Crafts, Awards, B:activ, Climate Action, Games, Leadership Skills, Sports Tasters, STEM and Team Building.



"Thankyou - I feel more confident".
Young Person participating in a Leadership Session

"I loved the session - I met new people and got new skills".
Young Person from the Sensory Deaf Support Group

3140 young people took part in our programme of events and activities.



88 young people were committed youth leaders and volunteers within their groups.



The **B:activ Project** continues to develop a training pathway for young people including: B:a Leader, B:a Sports Leader, B:a Climate Champion and Wellbeing Awards. During 2025/2026 the B:activ Team worked with and supported over **1500** young people from across the Membership.

"Families First has benefited enormously from the support, expertise and opportunities provided by Youth 1st. Their commitment to collaboration and partnership strengthens our work with children, young people and families across North East Fife. The training, networking and support they provide have enhanced our team's skills and confidence, enabling us to deliver innovative projects and create meaningful opportunities for young people, including the achievement of accredited awards". **Families First St Andrews**

Over the past year, **Youth Action Fife** has created opportunities for young people across rural Fife through events, outreach and representation. We attended the Royal Highland Show, promoting community-led development and recruiting new members, particularly from West Fife villages. Young people also attended the European Rural Parliament in Inverurie, sharing their experiences and engaging with decision-makers. These opportunities have helped members build confidence, develop new skills and ensure the voices of rural young people are heard.



"During my time in Youth Action Fife, I feel as though I have managed to experience a lot of new things, from travelling to new areas to tackling new tasks and challenges, I've always found the work with Youth Action Fife to be inspiring and rewarding and I'm glad I am able to take part in such a great opportunity". **Youth Action Fife Member**



Staff Team, Board and Volunteers

Staff Team

- Judith Allison – Chief Officer
- Gayle Brown – Operations Manager
- Betty McDonald – Membership Support
- Kelly Laing – Training & Wellbeing Co-ordinator
- Marly Pikkas – Youth Work Manager
- Marianne O’Neill – Project Worker
- Kirsty Bain-Wyse – Youth Participation Worker
- Sophie Aitken – Sessional Youth Worker
- Mel McIntyre – Sessional Youth Worker



Board of Trustees

Gemma Frail (Chair)
Jodie Burn, Rachel Collins, Morag Coleman, Andy Stahly, Craig Watson and Jo-Anne Valentine

Emily Alexander & Kelly Laing
(left January 2026)

Other Volunteers

Conner Allison,
Nichola Alexander, Niamdh Braid,
Emily Brown, Seraphina Brown,
Bethan Laing, James Livingstone,
Deryn Thomson

An amazing **2089** voluntary hours were contributed by our volunteers, supporters, participants and staff! These hours have been calculated to be worth around **£28k** to Youth 1st which is fantastic!

Funders and Supporters



Thank You
for All Your Help & Support

"I will always remember when we first joined Youth 1st and it was Betty who came out to visit us. She is the image that always comes into my mind when I think of Youth 1st and we have come across her on many different occasions since then. She gives me inspiration and is a fabulous ambassador for the group".
Linda Wilson - Families Affected by Autism (FABA)



A Scottish Charitable Incorporated
Organisation (SCIO)

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