

Life Changes Trust Quarterly Performance Report

October – December
2015

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Introduction

The Trust continues to fund an exciting range of initiatives within both our programmes, with early feedback and evaluation showing promising progress and impact.

The Trust is also starting to explore cross-cutting issues such as early action, which relate to both our beneficiary groups (and other groups) to support learning and improvement within the Trust, across Trust-funded initiatives and more widely.

Highlights include:

- Publication of a booklet for people affected by dementia written by people affected by dementia on the sensory challenges dementia can bring.
- Further positive progress with the 14 Trust-funded Dementia Friendly Community initiatives, with shared learning through a third Community of Learning and Practice gathering.
- Agreement to fund 7 regional Champions Boards in different local authority areas across Scotland, where care experienced young people drive improvements in support and services working with decision makers and service providers.
- Our first national, stakeholder event in November 2015, supported by publication of our first annual review.
- Co-hosting of a seminar in Glasgow exploring the transformational potential of effective early action across the UK, with publication of event report.

From 2016 onwards, the Trust will start to publish insight briefings and more evaluation reports and to share ideas, progress and learning with our beneficiaries and a wide range of interested organisations.

We look forward to linking up with you!

Maddy Halliday
CEO
January 2016

Summary and Highlights

1. People Affected by Dementia Programme

1.1 Funding Awards: Complete or in progress

Befriending and peer support initiative (in progress)

This funding will support the development of befriending and peer support initiatives in Scotland. Applications closed on 2nd April 2015. There were 41 applications for funding of which 13 were approved in May 2015, subject to due diligence. Due diligence has now been completed for all of the 13 projects and funding of these projects has been announced in the press and through social media. Progress and evaluation reports are scheduled.

Funding: £1,212,500 over 5 years

Commenced in October 2015

Deal with Dementia – Sensory Challenges Project (complete)

This is a grassroots project led by a person living with dementia and a carer which highlights a number of the sensory challenges that dementia can bring. A booklet, DVD and online resource have been produced which can support people living with dementia to understand and address the challenges they may face. The project was presented at the Alzheimer Europe Conference 2015 in Slovenia, the 10th UK Dementia Congress in November 2015 (where it won an award) and at a dementia conference in North Wales.

The Trust has ordered 15,000 additional copies of the booklet and most of these will be distributed through Trust-funded DFCs. The remainder will be used by the Trust, Deal with Dementia and 2,500 copies will be bought from the Trust by Dementia Adventure for use in England. We are also looking at another print run for the Alzheimer's Society in Wales, who may have it translated into Welsh. Deal with Dementia is compiling a short impact and reach report but at this stage it would be accurate to say the booklet has gone to China, Japan, Australia, the USA, Canada and many European countries.

Funding: £9,359

2015-16

Age Scotland – early dementia awareness raising and intervention among older people in Scotland (in progress)

This funding will enable Age Scotland and its 849 member groups to become dementia friendly. The organisation will:

- increase awareness of how healthy living can prevent or delay the onset of some types of dementia
- increase awareness of healthy living and positive opportunities for people with early stage dementia to improve quality of life
- encourage people to seek early diagnosis and promote early intervention
- promote awareness of the equalities issues and human rights of people who have early-stage dementia
- use evidence from engagement with older people to influence the Scottish Government and other policy makers and service providers

A full 6-monthly report, including early evaluation, has been submitted to the Trust. Age Scotland will share its learning and progress through its annual report and other public-facing reports.

Funding: £515,087 over three years

Commenced in 2015

Conference Bursaries: Alzheimer Scotland Conference, June 2015 (complete)

The Trust provided bursaries which enabled people with dementia and their carers to attend and participate in the Alzheimer Scotland conference. Feedback has been given from all bursary holders and a report will be published on the Trust's website (see below). The Trust also sponsored the Quiet Room at the event for people with dementia to use.

Funding: £8,200

2015

Conference Bursaries: Alzheimer Europe Conference, September 2015 (complete)

The Trust provided bursaries to enable people with dementia and their carers to attend and participate in the Alzheimer Europe conference in Slovenia. Feedback will be obtained from all bursary holders and a report will be published on the Trust's website in February 2015.

Funding: £37,625

2015

Dementia Engagement and Empowerment Project (DEEP) Phase 3 – joint funding in partnership with the Joseph Rowntree Foundation and Comic Relief (in progress)

DEEP is an initiative that supports people living with dementia to have a stronger voice in their community and in influencing improvements to policy and practice.

There are currently more than 50 DEEP groups in the UK, some of which are in Scotland. The aim of this funding is to greatly increase the number of groups and, from the Trust's perspective, particularly in Scotland. This is a grassroots initiative that puts the dementia agenda back into the hands of people living with the condition. Progress and evaluation reports are scheduled.

Funding: £357,576 over four years

Commenced October 2015

Dementia Friendly Communities (in progress)

The aim of this initiative is to facilitate the development of dementia friendly communities across Scotland which support people affected by dementia to live well and be included in their local and wider community. Trustees approved funding for 14 initiatives in December 2014. Funding was confirmed following due diligence checks, and announcements of 14 successful awards were made.

Two areas, Aberdeen and East Lothian, were also given some development funding to help them build the excellent work already going on in these areas.

Details of the dementia friendly communities can be found here and more information is on their own websites:

<http://www.lifechangetrust.org.uk/funding-story/%C2%A33-million-dementia-friendly-community-initiatives>

Funding: £3,386,187 over three years

Commenced in April 2015

Individual Awards Pilot for People Affected by Dementia (complete)

This pilot was delivered in Argyll & Bute and Edinburgh, with the support of several partner organisations including RVS and local carers' groups. It aimed to help people affected by dementia to do something that would make a difference to their quality of life. 416 awards were made. An evaluation report was published in September 2015 on the Trust's website. Future plans for this type of funding are under consideration.

Funding: £250,065

2014-15

Scottish Dementia Working Group – transport sub-group DVD and online resource (in progress)

The Transport sub group of the Scottish Dementia Working Group (SDWG) will produce a DVD and online resource to raise awareness of some of the issues people with dementia may have when using public transport and to provide some tips and hints on what public transport agencies could do to help. A report on reach and impact will be available in 2016/17.

Funding: £7,000

2015-16

Scottish Social Attitudes Survey 2014 – Attitudes to Dementia (complete)

This survey was carried out by ScotCen between May and August 2014. The report was launched in June 2015. This was jointly funded by the Joseph Rowntree Foundation and the Trust. The report is available here:

<http://www.lifechangetrust.org.uk/news/national-survey-reveals-scots-want-do-their-best-people-affected-dementia>

**Funding: £60,000
2014-15**

Values, Ethics and Rights in Dementia Network (VERDe Network) (in progress)

This is a venture that is jointly funded with the Joseph Rowntree Foundation. It will establish a UK-wide network of individuals and organisations committed to achieving positive changes in thinking and a rights-based approach to policy and practice concerning values, rights and ethics for people living with dementia. People living with dementia will be actively involved. Progress and evaluation reports are scheduled. The first event is on 25 January 2016 in Edinburgh.

**Funding: £27,720 over 18 months
Commenced in October 2015**

1.2 New Funding Initiatives and/or Awards: Approved

Funding Initiatives

No new funding initiatives or awards were approved and completed due diligence during October to December 2015.

2. Care Experienced Young People Programme

2.1 Funding Awards Complete or in progress

Who Cares? Scotland: Engagement and Empowerment of Care Experienced Young People – continuing funding (in progress)

Informed by evaluation of their development funding from the Trust in 2014, Who Cares? Scotland were invited to submit a continuing funding proposal to the Trust in October 2014. This was assessed and then approved by Trustees in November 2014. This continuing funding will allow Who Cares? Scotland to work with care experienced young people, corporate parents and others to:

- improve care experienced young people's life chances, quality of life and well being
- reduce stigma and create a positive care identity

This will be achieved through a range of engagement, empowerment and influencing activities.

**Award Amount: £1,232,243 over 4 years
Commenced 2014**

Peer Mentoring

To invest in an initial phase of peer mentoring projects for care experienced young people, which will provide support to recipients while assessing benefits of this approach. There were 23 applications for funding of which 6 were approved in August 2015, subject to due diligence.

**Funding: £524,087 over 2 years
Commenced 2015**

Mentoring in Education

To invest in an expansion of a school-based mentoring programme for care experienced young people, with the aim of improving their school experience, educational attainment and post-school opportunities. In May 2015 the Trustees agreed in-principle funding for MCR Pathways, subject to due diligence completed and funding confirmed. Trust funding will be complemented by funding from several other funders, including the Robertson Trust and the STV appeal, through the Hunter Foundation.

**Funding: £600,000 over 3 years
Commenced October 2015**

2.2 New Funding Initiatives and/or Awards: Approved

Champions Boards

To invest in and support the development of Champions Boards across Scotland to enable systemic, transformational and sustainable improvements to the support provided to care experienced young people, improving their quality of life and well-being. In November 2015 Trustees agreed to fund seven applicants subject to due diligence and certain conditions.

**Funding is a proposed total investment of £7.5 million over 8 years with an initial three year total investment of £2.3 million.
Commenced 2015**

3. Cross Programme Funding Initiatives

There are currently no active cross programme funding initiatives.

4. Trust Profile and Reach

4.1 Digital and social media

- [Website](#): September to December saw an increase in users, from 613 in September to 814 in December (32%).
- At the end of September 2015, 1008 people subscribed to our e-bulletin. By the end of December there were 1045, an increase of 4% in 3 months.
- At the end of September 2015, the Trust had 1160 followers on Twitter. By the end of December, that number was 1340, an increase of 15% over three months.
- Our Trust [Blog](#) site – which is linked to our website - went live in September 2015, with the first blog from CEO Maddy Halliday. Subsequent blogs were posted from our Programme Directors, CEO and advisors.

4.2 Publications

- Our 1st [Annual Review](#) was written, designed and published in November 2015.
- [Scottish Care Leavers Covenant](#): published November 2015 (The Trust is a member of a consortia of organisations which co-ordinated the Care Leavers Covenant initiative. Trust staff worked with others to contribute to the publication, including content and design, as well as development of the SCLC website).
- In December 2015 the Trust jointly published [a report on Early Action](#) across the UK with the Early Action Task Force, based on a joint seminar held in October.

4.3 Events

- The Trust held its first Annual National Stakeholder Event in November 2015.
- The Trust organised its first insight seminar in October 2015 on the theme of Early Action as a joint event with the Early Action Task Force.
- The third meeting of the Community of Learning and Practice for our Dementia Friendly Communities was held in November 2015.
- Trust staff attended 12 external events during September to December 2015.

4.4 Media

- Between October and December, a total of 13 media releases were issued by the Trust – 7 for the dementia programmes befriending and peer support funding, and 6 for our care experienced young people programme peer mentoring funding.
- Our fundees have also been supported to promote the Trust, with Trust quotes, mentions and photographs.
- Combined reach = 1,052,486.

5. Governance and Operations

The Trust's Finance Committee, both Programme Committees and Remuneration Committee met in November 2015. The Board meeting for this quarter was held in December 2015.

Approved minutes for all governance meetings will be available on the Trust's website between February and March 2016.

Section A – Programmes

A.1 People Affected by Dementia Programme

A.1.1 Completed Funding Initiatives

- No funding initiatives were completed during October to December 2015.

A.1.2 Active Funding Initiatives

A.1.2.1 Befriending and Peer Support

Aims

- To fund befriending and peer support services that people with dementia and carers say they greatly value.
- To support selected organisations providing such services which do not have statutory funding.
- To build a more robust (less anecdotal) evidence base of the long term benefits of befriending and peer support.
- To link such services into the Community of Practice and Learning that will develop from the Trust-funded Dementia Friendly Communities across Scotland.

Intended Outcomes:

Those who benefit from befriending initiatives can say:

- I know that I have someone who will listen to me and understand me
- I feel less lonely and more positive about life
- I have an increased sense of well-being
- I feel safe, valued and respected
- I have more confidence to do the things that matter to me
- I can give examples of how befriending has made a difference to my life

Those who benefit from peer support initiatives can say:

- I know that I have someone who will listen to me and who understands my situation
- I know that I have support to face the challenges in my life
- I have an increased sense of well-being
- I feel safe, valued and respected
- I have more confidence to make choices and do the things that matter to me
- I can give examples of how peer support has made a difference to my life

Funding Approach: Open call

Start and End Date: January 2015 – June 2020 (Awards made from October 2015)

Fundees: 13 projects have been successful in securing funding subject to due diligence checks.

Partners: none as yet, but match funding will be required from year 3 and this will introduce partners to the scheme

Award Amount: £1,212,500 over 5 years (match funding required in years 3 to 5)

Links to Trust Programme Strategy

Priority/ies: Priority 5 – “Empower people affected by dementia so that they can do the things that are important to them”, specifically, “Increase and improve the personal support available to people affected by dementia, for example, through peer support, befriending, independent advocacy and mentoring”.

Links to Trust Programme Outcomes

More people affected by dementia can say:

- I feel safe, listened to, valued and respected
- I am empowered to do the things that are important to me

Evaluation: Successful applicants will be given initiative-specific evaluation guidance and evaluation support, linked to the Trust’s evaluation framework.

All of the projects approved have completed the due diligence stage and are now in receipt of funding:

- **Alzheimer Scotland** Buddy Scheme, Lanarkshire - £105,000 to launch a new volunteer befriending scheme that will provide reminiscence therapy sessions from trained volunteer befrienders to people at all stages of the dementia journey within their own homes.
- **Alzheimer Scotland** Forget-Me-Not Project, Glasgow - £105,000 to continue a project that recruits and train volunteers to befriend people with dementia who are living in care homes or are in long term hospital care.
- **Ceartas Advocacy** - £82,000 for a project which provides café-style peer support for people with dementia in East Dunbartonshire.
- **ENABLE** - £105,000 to provide a peer support service for carers of people with learning difficulties and living with dementia in Moray.
- **The Eric Liddell Centre** - £84,000 to create a service to reach out to new carers of people with dementia in Edinburgh, with the help of trained volunteer befrienders.
- **Haven @ Home** - £93,000 to start a new project which provides befriending support for people affected by dementia in their own homes in Lanarkshire.
- **Health in Mind** - £100,000 to develop a project called ‘A Sense of Me’ which will support both people who have dementia and their carers using peer support groups.

- **North West Carers Centre** - £105,000 for a peer support service for carers of people with dementia which will support carers to gain confidence in their own skills and abilities, by sharing their experiences with someone who understands the difficulties and challenges they face and who can encourage them.
- **Outside the Box** - £94,000 to develop a peer support service for people with dementia and/or their carers in the Borders, with a focus on food preparation skills, nutrition and keeping well.
- **Quarriers** - £105,000 for a befriending project that aims to reduce the isolation, loneliness, stress and worry often felt by carers of people with dementia.
- **VOCAL** (Voice Of Carers Across Lothian) - £62,000 for a peer support service which will provide both one-to-one and group peer support to carers of people with dementia in Edinburgh.

Next Steps:

- Second meeting of all befriending and peer support projects in January 2016 in Perth to focus on evaluation and the evaluation support the Trust will provide.
- From May 2016 onwards, the befriending and peer support projects will join with the Dementia Friendly Communities' quarterly meeting in Perth.

A.1.2.2 Title of Funding Initiative: Dementia Friendly Communities (first phase)

Aims:

- To improve the quality of life and well-being of those whose lives are affected by dementia – both people with dementia and carers.
- To support more rapid and effective development of Dementia Friendly Community projects and practices across Scotland so that:
 - people will be aware of, and understand more about, dementia
 - those whose lives are affected by dementia will seek and find the help and support they need
 - people affected by dementia are included in their community, enabled to be more independent and can exercise more choice and control
- To share findings and learning from Dementia Friendly Communities funded by the Trust in order to improve Dementia Friendly practice across Scotland and so that others can learn from Scotland.
- To support the development of positive relationships, mentoring and learning between Dementia Friendly Communities in Scotland, and also between Dementia Friendly Communities and similar initiatives that support the empowerment of those affected by dementia.
- To identify the longer-term support needs of communities in Scotland that are aiming to be dementia friendly in order to inform the planning of a second phase of Trust funding, which will further help to consolidate and develop the impact, reach and benefits of dementia friendly initiatives.

Intended Outcomes

People affected by dementia (including carers) can say:

- I have a significant say in how my dementia friendly community is run
- I know I have a community of support around me
- I am included and empowered
- I feel safe, listened to, valued and respected

Dementia Friendly Communities as a whole can say:

- There is a significant improvement in the skill, capacity and commitment we have to develop, deliver and evaluate an ongoing and effective Dementia Friendly Community.
- We are clear about the resources we need to make our Dementia Friendly Community sustainable and resilient beyond the Trust-funded stage and we are actively seeking ways of becoming sustainable.
- We have strong and effective links with other Dementia Friendly Communities so that we can support and learn from each other.
- We have effective links to other initiatives, for example other third sector or public sector agencies, that support and empower those whose lives are affected by dementia.

Funding Approach: Open Call

Start and End Date: August 2014 to April 2018

Fundees: various, see below

Partners: N/A

Award Amount: £3,386,187 over three years

Links to Trust Programme Strategy

Priority/ies: Priority 1 – specifically, to facilitate development of dementia friendly communities across Scotland that support people affected by dementia to live well in the place they choose, and be included in their local and wider community. This will include support for a Scottish national learning and improvement community to enable all dementia friendly communities to learn from each other, improve practice and mentor new initiatives.

Links to Trust Programme Outcomes:

More people affected by dementia can say:

- I live in a place that suits me and my needs
- I am able to be as independent as possible
- I get the help I need when I need it
- I feel safe, listened to, valued and respected
- I am empowered to do the things that are important to me

Activity to Date

- The Trust launched a first open call for applications for funding for dementia friendly communities (DFCs) in August 2014, with a closing date of 24 October 2014.
- 72 applications were received and assessed.

In December 2014, Trustees approved funding for 14 initiatives, which represent a diverse range of activities and organisations across Scotland. Announcements were made in February/March 2015 and promoted through our website, digital and print media. Full details of all the funded projects are available on our website:

<http://www.lifechangestrust.org.uk/funding-story/%C2%A33-million-dementia-friendly-community-initiatives>

There have now been two Community of Learning and Practice gatherings of the dementia friendly communities with excellent attendance at each. Three of the communities have reported on their work to date, which was inspiring. The meeting in November 2015 was an open meeting at which communities shared their learning and also learned about other initiatives of interest to them including individual awards.

Evaluation

Methods

- These are being decided with each individual community in line with the Trust's evaluation framework and the outcomes specified in the Background Paper that accompanied the application form.
- An evaluation guidance document has been prepared and has been given to each DFC. It has been published on the Trust's website. Ongoing evaluation support arrangements for all DFCs has been put in place and evaluation plans for each initiative have been drawn up. The first evaluation reports are due in November 2015.

Next Steps

- Further establishment of the Community of Learning and Practice with national events which can be attended by anyone.
- Evaluation findings will be published on an ongoing basis as they emerge, which will be shared and reviewed to support continuing learning and improvement and inform future Trust funding decisions.
- First public-facing report on early evaluation findings will be published in March 2016 and will inform Trust future plans for investments.
- Plans for Dementia Conference in September 2016.

A.1.2.3 Individual Awards Pilot for People Affected by Dementia

Aim

To enable people affected by dementia to do something that matters to them and which will make a difference to their quality of life.

Intended Outcomes

- Individuals are empowered with a sum of money to choose something that will have direct benefit to them.
- There may be a longer term effect in that a need is revealed that can be met in the longer term.
- Individuals may take more deliberate steps to ensure that they can continue doing the thing that matters to them, e.g. seek financial support from a local authority to visit a relative who has been placed in a care home far away from family.
- Partner organisations delivering the pilots understand more about what their service users may need to improve their quality of life and well-being.

Type of Award: Open Call in two specified regions – Edinburgh and Argyll & Bute

Start and End Date: 1 October 2014 to 31 July 2015 (Awards application period – 1 October 2014 – 15 January 2015)

Fundees: 438 individuals living with dementia or carers

Partners:

- Royal Voluntary Service (lead partner)
- The Dochas Centre
- Helensburgh & Lomond Carers SCIO
- North Argyll Carers Centre
- Crossroads Caring for Carers (Cowal & Bute)
- VOCAL
- Life Care Edinburgh Ltd
- Minority Ethnic Carers of Older People Project (MECOPP)

Award Amount: £250,065 (£200,101 on awards; £49,964 on partner costs)

Links to Trust Programme Strategy

Priority/ies: Priority 5 – specifically, resource people affected by dementia to help them meet their identified needs in a way of their choosing and within their control by empowering them financially.

Links to Trust Programme Outcomes

More people affected by dementia can say:

- I am empowered to do the things that are important to me

Activity to Date

- The Trust launched its main pilot for individual awards for people affected by dementia in October 2014 in two areas - Argyll & Bute and Edinburgh. This pilot was delivered through several local community organisations (above) and the Royal Voluntary Service (RVS).
- The funding stage of the pilot concluded in January 2015 and 431 individuals received an Award.
- An extension to the main pilot in Edinburgh for Minority Ethnic Carers also commenced in October 2014. This was run by the Minority Ethnic Carers of People Project (MECOPP). Six individuals received an Award as a result of this pilot.

Evaluation

Methods

- 94% of awardees completed and returned a guided letter to the Trust explaining how they used the Award and what benefit it brought in both the short and longer terms.
- 32 awardees participated in more in-depth feedback through individual interview or group interviews, e.g. through tea parties or face to face meetings.
- In addition, a large number of equality monitoring forms were analysed.
- Feedback from the partners who delivered the project was also part of the evaluation and a report will be submitted to the Dementia Programme Committee on their feedback in November 2015.

Findings/Results

The evaluation report was published on 21 September 2015. It can be found here:

<http://www.lifechangestrust.org.uk/sites/default/files/PABD%20Individual%20Awards%20Report%20FINAL.pdf>

Next Steps

- Informed by discussion with Trustees at the November 2015 Dementia Programme Committee meeting, a proposal for a second phase of individual awards will be presented to Trustees at the February 2016 People Affected by Dementia Programme Committee meeting.

A.1.2.4 Values, Ethics and Rights in Dementia Network (VERDe Network)

Aims

To embed different thinking and a rights-based approach in policy and practice for people living with dementia.

Intended Outputs and Outcomes

- A series of six forum meetings for the network taking place in Scotland and England over 18 months, based on work generated by the Joseph Rowntree Foundation's Dementia Without Walls (DWW) programme, attended by members of the DWW programme and other key influencers, policy makers and community activists
- A UK-wide network of individuals and organisations committed to achieving change in thinking and a rights-based approach to policy and practice concerning rights and ethics for people living with dementia.

Funding Approach: Targeted and collaborative

Start and End Date: October 2015 – March 2016

Fundee: Mental Health Foundation

Partners: Joseph Rowntree Foundation

Award Amount: £27,720 over 18 months

Links to Trust Programme Strategy

Priority/ies: Priority 4 "Create a culture in Scotland where people affected by dementia feel safe, listened to, valued and respected", specifically "Enhance understanding about the human rights of people affected by dementia and demonstrate how these rights should be practically applied by public services and others who provide services to people with dementia".

Links to Trust Programme Outcomes:

More people affected by dementia can say:

- I feel safe, listened to, valued and respected

Evaluation: under development

Next Steps

- Encouragement of others to participate in the network and participation by appropriate Trust staff and advisors
- First meeting to be held in Edinburgh on 25 January 2016
- Assistance in dissemination of findings and influencing activities

A.1.2.5 Age Scotland – early dementia awareness raising and intervention amongst older people in Scotland

Aims

- Increased awareness of how healthy living can prevent or delay the onset of some types of dementia.
- Increased awareness of healthy living and positive opportunities for people with early stage dementia to improve quality of life.
- Older people seek early diagnosis and promote early intervention.
- Greater awareness of the equalities issues and human rights of people who have early-stage dementia.
- Evidence from engagement with older people used to influence the Scottish Government and other policy makers and service providers.

Intended Outcomes:

Outcomes for older people with dementia and their carers

More older people with dementia will have diagnosis and treatment at an early stage of their condition so they will have better lives and:

- A longer period of independence
- Access to information and resources based on the needs and experiences of their peers
- Greater awareness of the help, entitlements and choices which are available to themselves and their carers
- Time and opportunity to take steps to protect their individual choices in future (Power of Attorney, wills, where they will live, who will support them)
- Interaction with services which will have a better awareness of their needs and priorities
- Knowledge that the issues they identify will be raised with policy makers
- Access to advice and appropriate signposts and referrals for specialist support at diagnosis and as their needs change
- Avoiding crisis situations by managing their condition and planning for the future

Outcomes for older people:

- More older people will understand the causes of dementia and how their risk of developing dementia might be reduced.
- More older people will understand the early signs of possible dementia and seek help early.
- More older people and their carers will have a better understanding of the issues and needs of people with early-stage dementia, and the stigma and fear will be reduced.
- More Age Scotland member groups would be equipped to support older people with early-stage dementia and their carers to participate in activities they enjoy.

Outcomes for policy-makers and service providers

- Evidence of the issues and concerns identified will be provided to service providers and policy makers to influence and improve their planning and priorities so that people with early-stage dementia will have better lives (housing, environment, care services, communication).

Outcomes for Age Scotland

- Age Scotland staff and the member groups they support will have better awareness of early stage dementia and provide better services.
- Age Scotland's influencing work and information resources across all issues will include the needs and priorities of people who have early-stage dementia.

Funding Approach: Targeted

Start and End Date: May 2015 – April 2018

Fundees: Age Scotland

Partners: N/A

Award Amount: £515,087 over three years

Links to Trust Programme Strategy

Priority/ies: Priority 2 "Protect and promote the independence of people affected by dementia", specifically, "Promote early diagnosis and early intervention".

Links to Trust Programme Outcomes:

More people affected by dementia can say:

- I am able to be as independent as possible
- I get the help I need when I need it

Evaluation: an evaluation plan is being prepared with Age Scotland in line with the Trust's evaluation framework.

The first 6-monthly report from Age Scotland was received in November 2015. It shows very good progress:

- Three members of staff have been recruited for the Early Stage Dementia (ESD) project – a Team Leader and Policy Officer, a Training Officer and an Information and Advice Officer.
- The main activities of the project and the anticipated timescales for delivery have been mapped out, with the expected delivery schedule for the majority of outcomes for year 1 projected through a series of meetings with the project team and colleagues across other teams in the charity (including Policy & Communications, Charity & Community Services and the wider Information & Advice team). This has ensured charity-wide buy-in with the objectives of the project and that the messaging was consistent across all of Age Scotland's communication platforms.

- The initial stages of delivery have begun to be rolled-out, specifically dementia awareness training for staff and development of information resources, which has led to some early feedback and indicators of how Age Scotland might wish to take forward the content and focus, or fine-tune the approach taken to ensure that the detail is accurate, consistent and engaging but also mindful of those people who may identify with either symptoms or risk factors for dementia.
- The policy element of the project has seen wide engagement with external stakeholders including the Scottish Government, NHS Scotland and a broad spectrum of third sector organisations in a series of innovative partnership opportunities which will allow the charity to identify several platforms on which to raise awareness of dementia at a public policy level and with the wider public.
- Content for staff training in dementia awareness has been developed and represents the first step towards making Age Scotland a dementia friendly organisation. This training was produced following engagement with a range of external stakeholders and current providers of dementia friendly training.
- The information and advice aspect of the project led to the review and amendment of existing publications, as part of their regular review, to ensure they are dementia friendly. There was also substantial progress made towards the delivery of original resources that reflect the range of issues of relevance for people with dementia and those around them, such as 'Care at Home' and 'Advanced Directives & Living Wills'.
- The early-stage dementia team began a 3-month period of consultation with Age Scotland member groups and individuals to establish what they wanted included in the training that will be delivered to them during the next phase of the project. It also determined older people's priorities for information resources, factsheets, website content and any distinct areas for policy work.
- Age Scotland initiated the early stages of what promises to be a substantial and ongoing process of evaluation, to ensure that each stage of their activities and component of the project have made a positive contribution towards achieving stated objectives and outcomes for older people and people affected by dementia. This will be carried out in partnership with Impact Generation.

Next Steps

- Continued delivery, monitoring and evaluation
- Continued joint working between Age Scotland and the Trust, particularly on matters of policy
- Continued sharing of learning to inform future Trust plans and wider improvements to practice and policy

A.1.2.6 Scottish Dementia Working Group (SDWG) – transport sub-group DVD and online resource.

Aims

To produce a DVD and online resource to raise awareness of some of the issues people with dementia may have when using public transport and to provide some tips and hints on what public transport agencies could do to help.

Intended Outcomes

People with dementia will be empowered to continue to get out and about as independently as possible, which will increase self-esteem and confidence and strengthen their own personal capacity and resilience.

Funding Approach: targeted

Start and End Date: May 2015 – April 2016

Fundees: Scottish Dementia Working Group

Partners: N/A

Award Amount: £7,000

Links to Trust Programme Strategy

Priority/ies: Priority 2 “Protect and promote the independence of people affected by dementia”, specifically, “Increase and develop knowledge and understanding about confidence and independence in people affected by dementia and demonstrate how this can be put into action”.

Links to Trust Programme Outcomes:

More people affected by dementia can say:

- I am able to be as independent as possible
- I get the help I need when I need it
- I am empowered to do the things that are important to me

Evaluation: a proportionate evaluation method is being explored with the SDWG that is in line with the Trust’s evaluation framework.

Next Steps:

- Monitoring and liaison
- Assistance with disseminating the resource once it is complete
- Review of reach and impact to inform future work in this area

A.1.2.7 Deal with Dementia – Sensory Challenges and dementia DVD and online resource.

Aims

To produce a booklet, DVD and online resource to raise awareness of the sensory challenges that people with dementia may face and how to address them. This is a grassroots project led by a person with dementia and a carer.

Intended Outcomes

People with dementia will be empowered to continue to get out and about as independently as possible, which will increase self-esteem and confidence and strengthen their own personal capacity and resilience.

Funding Approach: targeted

Start and End Date: June 2015 – September 2016

Fundees: Deal with Dementia

Partners: N/A

Award Amount: £9,359

Links to Trust Programme Strategy

Priority/ies: Priority 2 “Protect and promote the independence of people affected by dementia”, specifically, “Increase and develop knowledge and understanding about confidence and independence in people affected by dementia and demonstrate how this can be put into action”.

Links to Trust Programme Outcomes:

More people affected by dementia can say:

- I am able to be as independent as possible
- I get the help I need when I need it
- I am empowered to do the things that are important to me

Evaluation: a proportionate evaluation method is being explored with Deal with Dementia that is in line with the Trust’s evaluation framework.

This project is complete and the booklet and online resource can be found here <http://www.lifechangetrust.org.uk/news/dementia-and-sensory-challenges-booklet-published>. The project was presented at the Alzheimer Europe Conference 2015 in Slovenia, the 10th UK Dementia Congress in November 2015 (where it won an award) and at a dementia conference in North Wales.

The Trust has ordered 15,000 additional copies of the booklet and most of these will be distributed through Trust-funded DFCs. The remainder will be used by the Trust, Deal with Dementia and 2,500 copies will be bought by the Trust by Dementia Adventure for use in England.

We are also looking at another print run for the Alzheimer's Society in Wales, who may have it translated into Welsh. Deal with Dementia is compiling a short impact and reach report but at this stage it would be accurate to say the booklet has gone to China, Japan, Australia, the USA, Canada and many European countries.

Next Steps:

- Continued support for Deal with Dementia to disseminate the resource
- Monitoring of how the resource is being used
- Review of the reach and impact to inform future work in this area

A.1.2.8 DEEP – Dementia Engagement and Empowerment Project

Aims

To continue to support the network to continue to thrive and grow, by:

- Continuing to create and link DEEP groups together all across the UK and to concentrate on common areas of interest or geography.
- Providing information about DEEP group activities to the DEEP network and externally.
- Acting as a broker to respond to requests for engagement activities for groups.
- Supporting the DEEP network to be proactive in its influencing activities and to take action about issues that are identified as important.
- Offering the DEEP network the opportunity to be part of new national projects that are determined by the network, both in Scotland specifically and in the UK as a whole.

Intended Outcomes

- DEEP is a successful and diverse UK-wide network
- DEEP groups feel part of a wider network through which they can influence
- DEEP is seen as the go-to place for hearing the voice of people with dementia
- Individual DEEP groups feel confident in their approach to influencing work
- DEEP is proactive in its approach to influencing work
- DEEP groups are involved in multiple projects, not just consultation work

Funding Approach: targeted

Start and End Date: October 2015 – September 2019

Funders: Innovations in Dementia

Partners: N/A

Award Amount: £357,576

Links to Trust Programme Strategy

Priority/ies: Priority 5 "Empower people affected by dementia so that they can do the things that are important to them", specifically, "Resource people affected by dementia to meet their identified needs in a way of their choosing and within their control, ensuring they have voices that are heard by decision makers".

Links to Trust Programme Outcomes:

More people affected by dementia can say:

- I get the help I need when I need it
- I feel safe, listened to, valued and respected
- I am empowered to do the things that are important to me

Evaluation: to be agreed with Innovations in Dementia and Comic Relief in January 2016.

Next Steps:

- Trust participation in recruitment of two DEEP co-ordinators
- Trust ongoing liaison with DEEP on insight and influencing activity
- Review of progress and learning to inform ongoing work

A.1.3 New, Approved Funding Initiatives and/or Awards

No new funding initiatives or awards were approved and passed due diligence during October-December 2015.

A.1.4 Development of New Funding Initiative Proposals

Theme: Housing

- **Relates to Programme Strategy Priority/ies:** Priority 1 - "Enable people affected by dementia to live in a place that suits them and their needs", specifically, "Increase and develop knowledge and understanding about how people with dementia can be enabled to stay in their own homes and communities for longer, and demonstrate how this knowledge can be put into practice".
- **Background and Progress to Date:** workshop held on 14 May 2015. Workshop report will be published in July 2015. Steering group for proposal will convene in July 2015.
- **Proposals ready for consideration by Trustees by:** February 2016

Theme: End of life care

- **Relates to Programme Strategy Priority/ies:** Priority 5 - "Empower people affected by dementia so that they can do the things that are important to them", specifically, "Increase and develop knowledge and understanding about how a good quality of life can be sustained even to the end of life".
- **Background and Progress to Date:** workshop held on 14 January 2015. Workshop report will be published in October 2015. Steering group for proposal continues to meet.
- **Proposals ready for consideration by Trustees by:** May 2016

Theme: Music and dementia

- **Relates to Programme Strategy Priority/ies:** Priority 1 - "Enable people affected by dementia to live in a place that suits them and their needs" and also related to quality of life.
- **Background and Progress to Date:** workshop held on 16 March 2015. Workshop report and concept paper will be published in October 2015. Steering group continues to meet.
- **Proposals ready for consideration by Trustees by:** May 2016

Theme: Dementia and Spirituality

- **Relates to Programme Strategy Priority/ies:** Priority 4 - "Create a culture in Scotland where people affected by dementia feel safe, listened to, valued and respected", specifically, "Increase understanding about the particular issues that people from certain 'protected characteristic' groups may face when they are affected by dementia".
- **Background and Progress to Date:** workshop held on 19 March 2015. Workshop report will be published in October 2016. Steering group for proposal continues to meet.
- **Proposals ready for consideration by Trustees by:** May 2016

A.1.5 Programme Advisors

Voluntary professional advisors

The Programme Director has confirmed the following individuals as unpaid professional advisors to the Programme:

- Amanda Britain, Housing Specialist
- Belinda Dewar, University of West of Scotland
- Kate Fearnley, Mental Welfare Commission
- Philly Hare, Innovations in Dementia (seconded from Joseph Rowntree Foundation)
- Heather Wilkinson, University of Edinburgh
- Richard Ward, University of Stirling

Section A – Programmes

A.2 Care Experienced Young People Programme

A.2.1 Completed Funding Initiatives

No new completed funding initiatives during this quarter.

A.2.2 Active Funding Awards and Initiatives

2.2.1 Title of Funding Initiative: Engaging and Empowering Care Experienced Young People (Stage 2)

Aim

To transform the lives of care experienced young people living in Scotland to create better outcomes, improving life chances, reducing stigma and creating a positive care identity.

Intended Outcomes

Engage

- Building individual confidence and connecting care experienced young people to one another and to their communities of place and interest.

Mobilise

- Enabling care experienced young people to influence decision-makers and wider society through Champions Boards and other related developments and supporting the care-proofing of policy and practice locally, regionally and nationally.

Empower

- Utilising the Alumni movement and Champions Boards to promote active citizenship, challenge discrimination and hold Corporate Parents to account

The three core strands of activity described in this proposal are linked and mutually supportive. The empowerment of young people will shape transformational, systemic and sustainable improvements that will benefit future generations of care experienced young people.

Funding Approach: Targeted

Start and End Date: January 2015 to December 2018

Fundee: Who Cares? Scotland

Partners: N/A

Award Amount:

- 2015/16: **£398,433**
 - 2016/17: **£410,547**
 - 2017/18: **£423,263**
- Total: **£1,232,243**

Links to Trust Programme Strategy

Priority/ies: Priority 1: Care experienced young people are loved, respected, valued and listened to.

Links to Trust Programme Outcomes

More care experienced young people can say:

- I live in a place that suits me and my needs
- I am able to be as independent as possible
- I get the help I need when I need it
- I feel safe, listened to, valued and respected
- I am empowered to do the things that are important to me

Background

One of the required outputs from the Trust's development funding for Who Cares? Scotland in 2014, was development of a longer term funding proposal to further develop engagement, empowerment and influencing of care experienced young people across Scotland.

A funding proposal was received from Who Cares? Scotland in October 2014. Following assessment by Trust staff, Trustees approved this application in November 2014. Funding commenced in January 2015 to support the following key activities:

- Development of Scottish Alumni of Care Leavers and Regional Participation Network
- Summer Camp and National Festival
- Development of partnerships locally and nationally
- Supporting care experienced young people's involvement in Champions Boards
- Corporate Parent training
- Employment of Care Experienced Young People

Progress to Date (taken from Who Cares? Scotland July-September 2015 quarterly update – next full monitoring report due 30 January 2016, covering July to December 2015)

- Summer Camp - delivery of the second annual camp, specifically for care experienced young people over 6 days with 76 young people in attendance.

When asked, YP had many reasons as to why they thought camp was special. There were those who felt it had helped them grow and develop as people; 'camp has made me a group worker'; those who had conquered fears and done things they didn't think themselves capable of. Individuals reported growing in confidence and felt comfortable enough to put themselves out there without fear of judgment or rebuttal, other young people were aware of this personal growth and celebrated it. Camp also taught some young people 'to trust people again'. (Summer Camp Evaluation Report, 2015; Who Cares? Scotland)

- Scottish Qualifications Authority (SQA) event – WC?S in partnership with SQA hosted a results day celebration with CEYP receiving their exam results and the CEO of SQA.
- Chat for Change – Partnership event with Highland Council screening CARE: My Story. 120 corporate parents and 40 care experienced young people were in attendance. This event was of particular significance as it was planned and organised by Jemma MacDonald, a care experienced person from Highland. Here, Jemma shares some of her reflections from the day:

'Through being involved with WC?S I feel proud of who I am, my experience and my identity as a care experienced young person. It's something I want to share with everyone I meet, especially other care experienced young people. One of the biggest boosts to my confidence was organising and hosting Chat for Change. I used to have panic attacks about speaking to people and although I was still very nervous at the event, I could definitely do the whole thing again!'

- Alumni of Care Leavers – the 2nd coffee morning was held to encourage involvement from our Alumni members.
- Return to Care research –engaged with 93 care experienced young people on research into the implications of returning to care. Report available.
- Harvard Summer School– Supported 2 young people from Highland and West Lothian to attend Harvard summer school. They were then invited to meet Angela Constance, Minister for Education and Life Long Learning.
- Care Council – held the first residential meeting of the Care Council- a group of democratically elected care experienced young people from each of the regional groups Who Cares? Scotland holds. 12 care experienced young people were in attendance at the residential, supported by WC?S staff, Ambassadors and board members.

- Employability programme – launch of a new employability programme in partnership with Move On and Venture Trust. 11 care experienced young people currently on a month long pre-employment programme.
- Champions Board – supporting 8 Local Authority applications for Champions Board funding from Life Changes Trust ensuring a consistent approach, ongoing support to a further 6 Local Authorities who are likely to submit a bid for funding from the Trust in the next cohort. Continue to support the ongoing development of the Dundee Champions Board.
- Scottish Funding Council – Supporting 10 FE/HE institutions to take part in Corporate Parenting training and to improve the application process for care experienced young people.
- Evaluation support – Utilised training/learning from Evaluation Support Scotland to plan how to cascade across Who Cares? Scotland with a planned input at the annual staff residential in November.

During the September to December period, Who Cares? Scotland (WCS) continued to deliver participation activity across Scotland, and maintain the focus on building membership.

The annual festival for care experienced young people took place during Care Leavers Week at the end of October 2015. This festival – Time to Shine – was designed and delivered by young people themselves and was attended by 203 care experienced young people. A full evaluation report on the Time to Shine Festival is available, along with a separate report on other Care Leavers Week activity.

Who Cares? Scotland continued its work engaging with Corporate Parents, particularly those who have been newly-designated as such via legislation. WC?S also continue to support local authority areas who are progressing their funding bids for the Life Changes Trust Champions Board funding opportunity by providing input around care experienced young people's participation.

Evaluation Plan and Methods

During 2014, the Trust funded Evaluation Support Scotland to work with Who Cares? Scotland so the organisation could develop its evaluation practice. This work is now complete, and a "logic modelling" approach to evaluation underpinned WC?S funding proposal to the Trust for Stage 2. Staff members across different levels of the organisation received appropriate training on evaluation, including measuring outcomes and supporting young people to "tell their story". A toolkit for gathering outcome information from care experienced young people has been developed. WC?S will use a mix of quantitative and qualitative evaluation methods to assess and report on activity and outcomes of this funding award.

2.2.2 Title of Funding Initiative: Peer Mentoring

Aim

To invest in an initial phase of peer mentoring projects for care experienced young people, which will provide support to recipients while assessing benefits of this approach.

Intended Outcomes

- Care experienced young people have more opportunities to develop relationships with each other.
- An increased number of care experienced people have their expertise and experience recognised.
- More care experienced young people have a positive experience of relationships.
- An increased number of care experienced people are active citizens.
- Communities have more opportunities to understand and support care experienced young people.

Funding Approach: Open call between 1st April and 13th May 2015.

Start and End Date: Projects will be funded over an initial two year period, 2015-2017.

Fundees

In August 2015, the Committee agreed to fund the following six Peer Mentoring Projects:

- Barnardo's, South Ayrshire (£79,940)
- Move On, Edinburgh (£86,732)
- The Rock Trust, West Lothian (£90,000)
- Up 2 Us, Strathclyde (£88,651)
- Y People, Glasgow (£89,460)
- Y Sort It, West Dunbartonshire (£89,304)

Partners: The Trust worked closely with the Scottish Mentoring Network (SMN) to develop the application materials and a representative from SMN was also involved in the assessment panel alongside Trustees. The funded peer mentoring projects will be asked to work towards the Scottish Mentoring Network's Quality Award.

Award Amount

Total budget for funding awards = £524,087

Maximum budget per initiative = £90,000 (£45,000 per annum)

Links to Trust Programme Strategy

Priority/ies: The peer mentoring initiative is related to Priority 3 with a particular focus on care experienced young people having supportive and caring relationships.

Links to Trust Programme Outcomes

More care experienced young people can say:

- I get the help I need when I need it
- I feel safe, listened to, valued and respected

Progress to Date

The Trust received a total of 23 applications for the Peer Mentoring initiative. An initial assessment of the applications was completed by the Programme team, with nine applications being longlisted for progression to the next stage.

In July 2015, the nine longlisted applications were deliberated by an assessment panel made up of Trustees and a representative from the Scottish Mentoring Network. The panel selected five applications to present at the August 2015 Programme Committee meeting and further information was requested on a sixth proposal which was subsequently also considered at the August Committee. The Committee agreed to fund all six recommended Peer Mentoring projects in August 2015.

Funding for the six peer mentoring projects began in October 2015. Programme staff conducted project visits to each of the projects during November and December 2015.

Next steps

The Trust is planning to hold two workshops for the peer mentoring projects in 2016, one in March and a second later in the year.

Evaluation Plan and Methods

An evaluation approach for this initiative has been devised, informed by the Trust's Evaluation Framework and with input from Evaluation Support Scotland.

In October 2015, all funded projects attended a workshop facilitated by Evaluation Support Scotland. The purpose of this workshop was to support the projects to finalise their outcomes and provide guidance on developing an evaluation plan which will be submitted to the Trust in January 2016.

The Trust will use evaluation reports from each funded initiative to prepare an overall evaluation report, which will be published in full and summary formats. Learning from funded peer mentoring projects will be disseminated through Champions Boards and in other ways.

2.2.3 Theme: Mentoring in Education

Aim To invest in an expansion of a school-based mentoring programme for care experienced young people, with the aim of improving their school experience, educational attainment and post-school opportunities.

Intended Outcomes

- More care experienced young people stay on at school beyond S4.
- Care experienced young people achieve improved qualification levels.
- Care experienced young people have improved attendance levels at secondary school.

N.B Further work will be carried out in relation to these outcomes as the detailed approach to evaluation is agreed by MCR Pathways and its funding partners (see Evaluation section below).

Funding Approach: Targeted

Start and End Date: The project will be funded over a three year period, 2015-18, commencing October 2015.

Fundees: MCR Pathways

Partners:

MCR Pathways has secured financial support from the following funders.

- Glasgow City Council (£683k secured)
- STV Appeal (£300k secured)
- MCR Foundation (£100k secured)
- The Robertson Trust (£200k secured)

Award Amount:

- 2015/16: **£200,000**
- 2016/17: **£200,000**
- 2017/18: **£200,000**

- Total: **£600,000**

Links to Trust Programme Strategy

Priority/ies: The mentoring in education initiative is related to Priority 4 - care experienced young people have increased access to education, training and employment.

Links to Trust Programme Outcomes

More care experienced young people can say:

- I get the help I need when I need it
- I feel safe, listened to, valued and respected
- I am empowered to do the things that are important to me

Progress to Date

- The Programme Committee agreed in-principle funding for MCR Pathways in May 2015.
- Trust funding award agreement issued in October 2015.
- MCR Pathways continuing to deliver in current secondary schools in Glasgow where project already active and recruiting new staff for wider rollout to all Glasgow secondary schools from November 2015.

Next steps

- Evaluation Plan and Public Social Partnership to be agreed by all partners.
- Programme Board established, with senior representatives from all funders and MCR Pathways.

Evaluation Plan and Methods

A comprehensive evaluation plan is under development, involving MCR Pathways and all funders.

2.2.4 Theme: Champions Boards (Dundee)

Aim To invest in and support the development of Dundee Champions Board, to enable systemic, transformational and sustainable improvements to the support provided to care experienced young people over time, improving their quality of life and well-being.

Intended Outcomes

- develop CEYP as young leaders, with increased personal capacity, resources and resilience
- strengthen commitment, knowledge, skills and capacity among service providers and corporate parents
- initiate collaborative improvement in services that will in turn transform experience and outcomes for CEYP
- positively influence improvements to policy and practice relating to CEYP outside of Dundee
- improve public awareness and attitudes to CEYP in Dundee

Funding Approach: Targeted

Start and End Date: The project will be funded over a three year period, 2015-18.

Fundees: Dundee Integrated Children's Services Partnership

Partners:

Match funding being provided by Dundee City Council and Carolina House Trust,
£276,069

Award Amount:

- 2015/16: **£79,145**
- 2016/17: **£72,558**
- 2017/18: **£73,971**

- Total: **£225,673**

Links to Trust Programme Strategy

Priority/ies: This proposal will support delivery of all 5 of the Trust's Care Experienced Young People Strategy priorities.

Links to Trust Programme Outcomes

More care experienced young people can say:

- I live in a place that suits me and my needs
- I am able to be as independent as possible
- I get the help I need when I need it
- I feel safe, listened to, valued and respected
- I am empowered to do the things that are important to me

Progress to date

The Programme Committee agreed an in-principle funding award for Dundee Champions Board at its August 2015 meeting, subject to further refinement of the evaluation plan. Dundee was targeted for this funding award in recognition of the lead role the area has played in establishing the concept of a fully-participative Champions Board for Care Experienced Young People which drives improvements to local policy and practice for this group.

Programme staff met with representatives of the lead partner (Carolina House Trust) and other partners early in October 2015 to agree the process for finalising the evaluation plan. A further meeting took place in November 2015. Funding is expected to start in February 2016, once the plan is finalised and signed off by both parties.

Evaluation Plan and Methods

The Dundee Champions Board, as with other Champions Boards the Trust expects to fund, has been provided with guidance to support development and delivery of their evaluation plans.

Next steps

Trust Programme staff will meet with members of the Dundee Partnership in January 2016.

A.2.3 New, Approved Funding Initiatives

2.3.1 Title of Funding Initiative: Champions Board Development

Aims

To invest in and support the development of Champions Boards across Scotland, to enable systemic, transformational and sustainable improvements to the support provided to care experienced young people over time, improving their quality of life and well-being.

Intended Outcomes

Beneficiary outcomes

- Care experienced young people develop positive relationships through Champions Boards and related support.
- Care experienced young people become active citizens as a result of participation.
- Care experienced young people feel able to shape and influence policy/practice relating to their lives.

Organisational outcomes

- More organisations working with care experienced young people support relationship-based practice.
- More organisations working with care experienced young people can demonstrate meaningful participation of care experienced young people in planning and supporting improvements.

Policy and practice outcome

- National, regional and local policy and practice is increasingly responsive to the needs and aspirations of care experienced young people.

Public awareness and attitudes outcome

- Communities have more opportunities to understand and support care experienced young people.

Funding Approach: Open Call between May and October 2015

Start and End Date: 2015-2023

Fundees

- **Area-based Champions Boards:** Eligible applicants for open call = local consortia with partners from both the statutory and voluntary sector and genuine and significant involvement of care experienced young people.
- **National Champions Boards:** under development.

Partners: Partner contributions will be defined as our Champions Board approach develops.

Award Amount: A total proposed investment of **£7.5 million over 8 years**, with an initial three-year total investment of £2.3m.

See funding guidance for more information about different types and levels of funding awards (available on our website).

Links to Trust Programme Strategy

Priority/ies: This proposal will support delivery of all 5 of the Trust's Care Experienced Young People Strategy priorities.

Links to Trust Programme Outcomes

More care experienced young people can say:

- I live in a place that suits me and my needs
- I am able to be as independent as possible
- I get the help I need when I need it
- I feel safe, listened to, valued and respected
- I am empowered to do the things that are important to me

Progress to Date

The open call application process launched on 1 May 2015, which included the following elements:

- self-assessment questionnaire
- applicant information sessions
- Columba 1400 leadership development
- final bids

The Trust received 17 self-assessment questionnaires by the deadline of 11 June 2015. These were assessed by the Programme staff and 10 applications were progressed to the next stage of the application process, with one applicant withdrawing later in the process.

The 7 other areas not progressing further at this stage were given tailored feedback and invited to a workshop in February 2016 to support their participation in the next funding round.

The successful applicants were invited to attend a 6-day residential leadership course run by Columba 1400, after which they were supported to submit a full application for Champions Board funding to the Trust. Two preparation days for the residential week were held in Edinburgh and Perth and nineteen representatives from nine areas took part.

At the end of August 2015, two representatives from each of the nine areas attended the Columba 1400 residential leadership course. Feedback from the course participants has been highly positive, with those that attended reporting it as extremely beneficial on both a personal and professional level.

On 11 September 2015, the Champions Board's Columba Graduates and at least one strategic lead from each of their areas attended a celebration review and planning event in Edinburgh to:

- reflect on the learning from the residential leadership course
- consider next steps regarding the establishment of their Champions Boards and a wider network
- take part in a funding workshop to support preparation of their funding applications to the Trust, including evaluation plans

Applicants were offered a tailored, 1:1 meeting to support the production of their final bids which were submitted to the Trust in October 2015. The Programme Team completed an initial assessment of the applications. In November 2015 an extraordinary Care Experienced Young People Programme Committee meeting was held to consider the final applications. The members agreed to fund seven applicants subject to certain conditions.

The Trust's Care Experienced Young People Programme Director attended two masterclasses convened by CELCIS and led by Dr Melissa Van Dyke, their new National Expert on Implementation from the National Research Network at the University of North Carolina.

We are keen to incorporate the theory and learning behind this approach to successful implementations of planned change in our future development work and have approached CELCIS to explore the possibility of working with Dr Van Dyke.

Next Steps

The Programme team will continue to support the successful applicant areas and will be conducting project visits in January/February 2016.

Plans are underway to hold a workshop in summer 2016 for prospective applicants to the second tranche of Champions Board funding which is currently being developed.

Evaluation Plan and Methods

Applicants that progressed to the second stage of the application process were provided with initial evaluation guidance to support their final bid. Fundees will be provided with more in-depth evaluation guidance and support. Fundees will also be expected to participate and support a Scotland-wide Champions Board Learning and Improvement network, which will aid progress and evaluation.

Fundees will be required to provide six-monthly monitoring reports, to enable fundees and the Trust to report on progress, identify good practice and identify and resolve challenges in a timely way.

A.2.4 Development of New Funding Initiative Proposals

2.4.1 Theme: Strengthening Insight and Workforce Development

Links to Programme Strategy

Priority/ies: The Insight and Workforce Development proposal sits within Priority 3 – care experienced young people have access to effective and caring support and guidance when and where they need it.

Background

The Trust established a working group with key organisations to identify investment priorities and develop funding ideas to:

- improve collective insight into the needs of care experienced young people and what works in improving their lives
- consider how staff in all sectors and organisations can be better supported themselves, to provide improved services and better support to care experienced young people to achieve better outcomes

In addition to Trust staff, members of the working group included representatives from the Centre for Excellence in Looked After Children in Scotland (CELCIS); Scottish Through Care and After Care Forum (STAF); Who Cares? Scotland and Institute for Research and Innovation in Social Services (IRISS).

Background and Progress to Date

The group's work during late 2014 and early 2015 informed the Trust's decision to focus on relationship-based practice and strategically invest funds to:

- develop improved knowledge and skills of the paid and voluntary workforce which support care experienced young people so they are more able to meet the needs and aspirations of care experienced young people and improve their quality of life and wellbeing
- increase and strengthen information sharing, learning and collaboration between national and local service providers

One approach to investing in this area is to link it with the development of a Community of Learning and Practice to support Champions Boards and other initiatives funded by the Trust.

A.2.5 Programme Advisors

2.5.1 Care Experienced Advisors

- The Trust's Care Experienced Young People Programme has benefited from the input of two Care Experienced Advisors since May 2014.
- In April 2015, the two Advisors were consulted about their experience of working with the Trust to date and about how they would like their involvement to develop. As a result of these discussions, a proposal outlining plans to expand our current Advisors roles, whilst also establishing a Reference Group of Care Experienced Young People to inform and influence the work of the Trust was discussed and subsequently approved in the May 2015 Committee meeting.
- The Programme staff developed a project plan to further progress this work and an exploratory workshop was held in December 2015 with an initial group of young people. The workshop provided the opportunity to discuss the Programme activities that young people may wish to be involved in. The next meeting will be held in early 2016, with further meetings throughout the year.

2.5.2 Professional Advisors

- In addition to the Programmes' Care Experienced Advisors, the Trust also plans to recruit a pool of professional advisors who can advise programme planning and development, participate in funding assessments, and act as ambassadors for the Trust.
- The Programme team has drawn up a list of potential professional advisors for our CEYP Programme with a range of relevant skills and backgrounds for consultation and agreement with Programme committee members by email.

A.2.6 Other

- **Scottish Care Leavers Covenant:**

The Trust is a member of the Scottish Care Leavers Covenant 'Alliance', which aims to close the gap between policy and practice for care leavers into adulthood. In addition to the Trust, members of the Alliance include: Who Cares? Scotland; Barnardo's Scotland; Quarriers; Centre for Youth and Criminal Justice; IRISS; Scottish Throughcare and Aftercare Forum.

The Trust is an active member of the Alliance group tasked with the development of the Covenant – a public statement setting out principles and actions to support effective implementation of the Children and Young People Scotland Act. In addition to Programme Team involvement in the Alliance, the Trust's Communications team were actively involved in the communications and promotion work surrounding the launch of the Covenant on 22 October 2015.

- **Children and Young People Looked After at Home:**

In recent months, the Trust has been exploring opportunities to address the needs of young people who are Looked After at Home. The recent publication of the CELCIS research report, commissioned by Barnardo's Scotland, *'Overseen but often overlooked: Children and Young People 'Looked After at Home' in Scotland'*, has provided the opportunity for Trust staff to explore this area in a collaborative way. Barnardo's Scotland intends to convene a roundtable discussion on this report in partnership with CELCIS and the Trust.

Section B – Communications and Public Relations

B.1 Digital and social media

Website

We continue to see increased activity on our new website, which provides better functionality, clearer and more engaging appearance and straightforward navigation. September to December saw an increase in users, from 613 in September to 814 in December – an increase of 32%.

E-bulletins

At the end of September 2015, 1008 people subscribed to our e-bulletin. By the end of December there were 1045 subscribers, an increase of 4% in 3 months. Between October and December, we issued three e-bulletins. Content included:

- details for our National Stakeholder event in November 2015
- launch of our dementia programme Individual Awards Pilot evaluation report
- promotion of partner organisations' events e.g. Who Cares? Scotland Time to Shine Festival; National Care Leavers Week: CELCIS conference; Scotland-wide dementia dialogue events
- announcements of befriending and peer support funding awards for people affected by dementia and peer mentoring funding awards for care experienced young people
- launch and promotion of the Scottish Care Leavers covenant
- promotion of our Trust blog

Twitter

The Trust's Twitter profile is very active. We aim to continue to build our social media profile to increase our reach, our network and to drive traffic to the website. At the end of September 2015, the Trust had 1160 followers on Twitter. By the end of December, that number was 1340, an increase of 15% over three months. Social and digital media profile and presence can be very powerful tools – for example, our social and digital media activity connected one of our DFC funded initiatives with two dementia befriending and peer support projects to share learning, experience and ideas.

Blog

Our Trust Blog site – which is linked to our website - went live in September, with the first blog from CEO Maddy Halliday. Subsequent blogs have included both Programme Directors, CEO and Trust advisor Ashley Cameron.

B.2 Publications

Our first Annual Review – which complements our formal Annual Report - was published on our website on the 27th November to link to our first National Stakeholder event (print copies are available, [or download it here.](#))

Care Leavers Covenant - The Trust is a member of a consortia of organisations* which is co-ordinating the Care Leavers Covenant initiative. Trust staff worked with other members to contribute to preparation of the Covenant publication, including content and design, as well as [the SCLC website](#) and other marketing material. Published November 2015.

*Barnardo's; Centre for Youth and Criminal Justice; Centre for Looked After Children in Scotland (CELCIS); IRISS; Life Changes Trust; Quarriers; Scottish Throughcare and Aftercare Forum (STAF); Who Cares? Scotland.

B.3 Events

Trust Events

- Our first National Stakeholder engagement event, 'Connect, Build, Transform' was held on 27th November 2015. The event opened with a showing of the Trust's first promotional film featuring some of the initiatives we have funded so far. All participants also received a copy of the Trust's Annual Review 2014-2015. The event received positive feedback about the Trust's journey so far and our plans for the future.
- The Trust organised its first insight seminar in October 2015 as a joint event with the Early Action Task Force and will establish a rolling programme of insight seminars from 2016 onwards (which may often be jointly organised by partner organisations and with fundees). The event was attended by about 40 senior representatives of key organisations in Scotland and across the UK, including the Big Lottery Fund (BLF currently funds the Early Action Task Force in England and has expressed interest in supporting wider progress on this issue). [The report is on our website.](#)

External Events

October 2015

- Scottish Care Leavers Covenant launch (Trust staff co-organised publication and marketing material and participated)
- Who Cares? Scotland 'Time To Shine' festival (Trust staff and advisors attended)
- Voluntary Action Scotland Conference (Trust staff hosted a Trust information stall)
- Dementia Without Walls Conference (Programme Officer for People Affected by Dementia contributed and participated)

November 2015

- Trustee's Week: Inform, Inspire, Support, Celebrate (presentation by CEO on governance for independent funders)
- Association of Charitable Foundations (ACF) Annual Conference (CEO organised and facilitated a workshop on improved collaboration between UK-wide and devolved country funders)
- ACOSVO Scottish Leaders' Dinner: 'Investing in Transformational and Sustainable Progress' (CEO keynote speaker)
- Children in Scotland Annual Conference (Trust staff attended)
- Seminar on Care Leavers' Narrative on their Past and Future (Scotland) (Trust staff attended)
- 10th UK Dementia Congress 2015 (Trust staff attended)

December 2015

- Dementia Strategy 3 – National Engagement Event (Trust staff attended)

B.4 Media

Between October and December, a total of 13 media releases were issued – 7 for the dementia programmes befriending and peer support funding, and 6 for our care experienced young people programme peer mentoring funding. We secured coverage in 37 distinct print or web media publications with a combined reach of over half a million people. We also secured extensive interest through social media.

Total number of Trust led media releases, October - December: 13

Total reach from Trust media releases: 536,470 people

Our fundees have also been supported to promote the Trust. For example, between October and November 2015, the Trust secured regional and national media coverage through provision of media support and/or quotes for Trust-funded Dementia Friendly Communities. Coverage included the Stornoway Gazette, Northern Times, Edinburgh Guide, Wigton Press and BBC Radio Scotland.

Total Reach: 196,257

Scottish Care Leavers Covenant: CELCIS led on media work for the launch of the Covenant but the Trust was mentioned as a partner in several media including The Scotsman.

Total Reach: 325,351

Total reach for September – December 2015

1,052,486 people

*includes reach resulting from both Trust-led and fundee-led media work

Section C – Governance and Operations

C.1 Governance

The Trust has quarterly cycle Board and Committee meetings. The following committees met in November 2015:

- Programme Committee for Care Experienced Young People
- Programme Committee for People Affected by Dementia
- Finance Committee
- Remuneration and Reward Committee
- Board December 2015

Approved minutes from our governance meetings held between October and December 2015 will be available on our website by February 2015.

C.2 Finance

[The Trust published its accounts for 2014-15](#) in November 2016, which are available online as part of our Annual Report.

The Trust's Investment Management provider, Investec, completed investment of £40 million of Trust capital to maximise the income the Trust can earn in line with our approved investment policy, which includes both risk and ethical considerations.

C.3 People Management

Recruitment of our Insight and Evaluation Officer commenced in November 2015 and will be completed by February 2016. This recruitment completes the Trust's approved staff team, which allows the Trust to fulfil its insight, funding and influencing roles in line with our Business Plan to 2023.

C.4 Performance Management and Evaluation

Most elements of the Trust's approved Performance Management arrangements are in place, with full implementation from spring 2016. Good progress in preparing the Trust's Funding Evaluation Toolkit was made during this period, with publication scheduled for February 2016. The toolkit will be available online as an interactive resource to support Trust staff and funding applicants plan and deliver appropriate funding evaluation. Our Funding Evaluation Toolkit is supported by the Trust's Funding Evaluation Framework, which will also be available online from February 2016) and evaluation guidance provided for specific funding initiatives as they are launched.

Getting in touch

If you have any queries or wish to share your views and ideas, you can contact us in a number of ways:

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