

**From our bases in Edinburgh and Glasgow, Move On works with vulnerable young people and those affected by homelessness.**

We offer a range of services providing advice, training, guidance and support, enabling vulnerable young people and those affected by homelessness to unlock their potential and achieve a range of positive outcomes. These positive outcomes include: securing or progressing towards a job, accessing and sustaining a home, building confidence, growing support networks and increasing life skills.

**EMPLOYABILITY**

Move On recognises the value of employment in people’s lives. Employment can offer money, social status, purpose, structure and social networks. For these positive reasons we believe that people should be offered support, encouragement and guidance to progress towards a job. We understand that this can be a slow and complex process, different for every individual, sometimes with backwards steps and disappointments, however we are committed to offering personalised support taking into account individual needs. All Move On’s services aim to support people to become more employable, through:

**growing confidence gaining qualifications**

 **developing and improving CV’s building work skills**

 **accessing work experience setting goals and raising aspirations**

While we see the value of employment, for many, education and training options are essential steps along this journey and many of our services support people to access and sustain these options.

We are an SQA accredited centre and offer SQA Awards in core skills, employability, personal development and the Certificate of Work Readiness.

**MENTORING**

Our mentoring service in both Glasgow and Edinburgh matches young people (including those who are; looked after, attending SEBD schools, lacking confidence, socially isolated, offending, engaged in risk taking behaviour, misusing substances etc.) with a volunteer mentor. Our mentors are drawn from all walks of life and undergo a thorough recruitment, training and induction process, involving taking up references, a mandatory 10-session training course and membership of the PVG (Protection of Vulnerable Groups) scheme. Some of our mentors have experienced the care system themselves and bring this life experience to matches with looked after young people. The young people and volunteer mentors meet weekly. The mentors’ role is to build positive relationships with the young people in order to support them to achieve their goals. As a pair, they work together towards a goal chosen by the young person. Initial goals often are leisure or skill-based, such as learning to play guitar, boxing or cookery. They plan how to achieve the goal and review progress they make.

The service aims to improve outcomes for vulnerable young people such as increased self-esteem and social confidence, extended social networks and improved employability. The mentors also encourage the young people to focus on employment, training and education opportunities, identifying aspirations, finding out about different options and accessing suitable opportunities. One of the key benefits the mentoring relationship offers young people is a reliable, positive relationship within agreed boundaries. This can give the young person vital experience of a positive relationship which they are then able to build with others, slowly developing their positive social networks. This can be key to building resilience and overcoming loneliness and isolation.

The service supports:

* 8-14 year olds in Edinburgh and the Lothians looked after at home
* 14-17 year olds attending Social Emotional Behavioural Difficulty (SEBD) schools, young carers, those at risk of disengaging from mainstream schools or lacking a positive destination.
* 15-19 year olds who are looked after and accommodated.
* 16-25 year olds who have experienced homelessness.

Move On’s mentoring services have achieved the Scottish Mentoring Network’s Quality Award.

**BEFRIENDING**

The Befriending service aims to provide social and emotional support to individuals in Edinburgh City Centre, Leith or North Edinburgh moving into a tenancy, having previously been homeless, over a period of 6 months, who are making the transition from homelessness to living in and managing their own tenancy. It helps provide new tenants and people who have been affected by homelessness in the past, with the confidence to do things for themselves and get out and about.  This therefore helps break down the isolation that so many new tenants experience, which can often lead to a tenancy not succeeding.

A trained volunteer will meet weekly with the service user for social activities and emotional support.  All our volunteers are fully trained and must be members of the PVG (Protection for Vulnerable Groups) scheme, required for those wishing to work alongside vulnerable adults.

**Contact**

The Service accepts self-referrals and referrals from recognised agencies.

**SCHOOLS PROGRAMME**

Our skilled development workers, supported by specialists in literacy/communication skills and financial inclusion work, deliver structured programmes capable of responding to individual need aimed at those still in school and delivered in schools.  Many of our workshops also involve peer educators. We tailor our programme structure and content to meet the needs of both our customers and the young people attending. We can:

* Deliver half-day, one-off workshops on specific issues.
* Deliver sessions as part of the school curriculum; i.e. over a double period.
* Run longer programmes – part-time or full-time – over a number of weeks.
* Deliver our services in schools, or from our own premises

*Our programmes can help to deliver a range of strategies, such as;*

* Homelessness Prevention
* Youth Employability
* Getting It Right For Every Child
* Curriculum for Excellence
* Helping young people through transitions; leaving home, leaving care, leaving school.

*Our advice and information workshops can help young people at crucial transition phases in their life, such as:*

* School-leavers who are not academically engaged, in the run-up to the summer holidays, or Christmas leavers, who can be disengaged from formal education and are at risk of leaving school without a positive destination.
* Young people preparing to leave local authority care and live independently.
* Young people leaving other residential institutions, such as residential schools, secure units and Young Offenders.
* Young people who are ‘looked after’ at home.

*We do this by:*

* Helping young people to gain qualifications – SCQF Level 3 & 4 Employability Award and SCQF Level 3 & 4 Personal Development Award
* Educating young people in practical life skills and helping them to make realistic choices and positive decisions, preventing homelessness.
* Engaging the hardest-to-reach young people and supporting them along the employability pipeline

**MONEY & DEBT ADVICE**

Our Money and Debt Advice service in Glasgow includes:

* Advice / assistance to those unable or unwilling to access financial services
* Advice on income maximisation
* Advice on benefits, including housing benefit, back to work and in-work benefits
* Support and advice on problems of debt / multiple debt, household bills etc.
* Financial literacy workshops
* Budgeting skills to enable better management of money, reducing future debt, reducing current debts and improve financial capability

Offers vulnerable young people aged 16-25, people affected by homelessness and people with poor mental health, who are unable or unwilling to access mainstream advice services the support they need to manage debt and be more financially stable and confident.

Move On’s Money & Debt Advice Service is accredited for Scottish National Standards for Information and Advice Providers.

### ****LITERACY & NUMERACY****

Adult Literacy and Numeracy (ALN) service offering 1-to-1 and groupwork sessions. To enable service users to feel more confident in:

* Reading
* Writing,
* Spelling,
* Number work
* IT skills
* Oral communication.

The service is available to all Move On service users, volunteers and people affected by a range of issues such as homelessness, addiction and mental health and is offered in Move On Glasgow office or on an outreach basis.



Move On’s FareShare Glasgow and the West of Scotland works with the food and drink industry to minimise fit-for-purpose surplus, fresh, frozen and long-life food going to waste and distribute it to not-for-profit organisations working with the most vulnerable people in the community across Glasgow and the West.

Thousands of tonnes of perfectly good, in-date food is wasted each year due to production and packaging errors, out of date promotions, discounted lines, veg not up to spec etc. At the same time, there are over 4 million people throughout the UK who cannot afford a healthy diet, among them homeless people, elderly people, children, refugees and people suffering mental and physical health problems. FareShare Glasgow and the West of Scotland aims to address this imbalance by redistributing quality surplus food. In the year April 16 – March 17, 662 tonnes of food was redistributed, which equates to 1,576,626 meals or £2,364,940.

FareShare Glasgow and the West of Scotland was set up initially on a pilot basis in late 2011 to work with a selection of community groups in and around Glasgow City. We now provide support to organisations such as hostels, day centres, lunch clubs, addiction agencies, young people’s projects and refugee centres and we are moving into new areas in the West of Scotland.

Our aim is to deliver a food service to those who need it most, contributing to a great number of meals for those most vulnerable in the community.   The food encourages disadvantaged people into an environment where they can receive appropriate support and enables recipient organisations to reinvest funds into improving services such as housing advice, medical services and training on nutrition, food hygiene and more, which help people to rebuild their lives. Our service enables these organisations to continue to support vulnerable people and also enables them to redirect their funds into improving their own services.

FareShare Glasgow and the West of Scotland supports the most vulnerable people in the community by supplying a network of not-for-profit organisations, known as Community Food Members, from our Glasgow warehouse.

We are also in the process of setting up “spokes” across the West of Scotland – collection points for local organisations in those areas. We have already set up these spokes:

* Ayrshire
* North Lanarkshire

We are keen to establish spokes in other areas of need across our region

**Apply to be a Community Food Member**

Charities or other organisations that use and/or prepare food and drink to help people in need can join FareShare Glasgow and the West of Scotland as Community Food Members.

The food we receive is donated free to us and we donate it free to the Community Food Members. In turn they have to provide it free to their service users (although they can charge a nominal charge to cover their costs).

To access the food Community Food Members are asked to pay an annual membership per year either for collection from depot or for delivery. This is a vital income source for Move On, allowing us to rent a depot, lease vans and forklift trucks, contribute to our volunteer costs and employ staff who sort, store and manage the food.

If you represent a local not-for-profit/community/voluntary group which may be interested in receiving food from FareShare Glasgow and the West of Scotland:

**FARESHARE VOLUNTEERING EMPLOYABILITY PROJECT (MOFVEP)**

Move On receives funding from the Big Lottery Fund to deliver our Volunteering Employability Project. This helps highly vulnerable young people from Glasgow to make the difficult transition from the care system or homelessness to a stable, adult life.

Our unique programme provides intensive personal support and extensive, well-structured voluntary work experience in a live warehouse environment, offering positive outcomes for 200 vulnerable young people over a five year period.

Establishing good work habits, building self-esteem and self-confidence, providing additional support and advice, MOFVEP assists participants to sustain appropriate accommodation, accredited training and invaluable employability experience.

Participants volunteer with FareShare Glasgow & West of Scotland, redistributing food to disadvantaged groups through our Community Food Members, and learning key transferable skills in an expanding sector of the economy. They experience first-hand the value of community self-help and further benefit from the input of the partners involved in the project including statutory and voluntary agencies as well as representatives of major commercial food retailers.

Our approach is characterised by defining a clear series of stepping stones which enable young people to make the transition to employability.  At the front end this can begin with a focus on basic – but vital – attitudinal issues and extends to consolidated support to ensure the sustainability of outcomes.

Our staged approach covers the steps below:

* Motivational and personal planning
* Personal and social development
* Education and soft training
* Pre-vocational and formal training
* Employment access
* Consolidation and sustainment

All MOFVEP volunteers contribute to FareShare Glasgow & West of Scotland distribution model, gaining hands-on experience for up to 20 hours per week over a period of up to nine months.  This real working environment proved a popular draw for young people we consulted, as they felt it would help prepare them for a job.

As well as the above, training volunteers also receive accreditations, including:

* SQA accredited training/qualifications
* Food and hygiene training
* Hazard Analysis Critical Control Points (HACCP)
* Health and safety training
* They also have the opportunity to receive forklift licence training after a period of commitment.

The majority of opportunities are in the warehousing and distribution of food – receiving deliveries, shelving stock, maintaining inventories and sorting orders – with a smaller number of volunteers being offered opportunities to gain work experience within the administrative side of the project.

Some community food members visit the warehouse to pick up deliveries so volunteers experience dealing with “customers”, preparing orders and appropriate paperwork. Visits to the various CFMs to make deliveries also feature strongly, reinforcing the ethos of the work and allowing participants to experience the positive end results of their contributions.

It is this exposure to a real working environment, achieving considerable community benefit, which we believe motivates the MOFVEP volunteers and add considerable value to the volunteering opportunity.

**Family Food Service**

The Family Food Service is a new network of Glasgow-based partners committed to tackling Holiday Hunger. It will provide food to families during the school holidays and out with normal school hours. The service is currently made up of four partners; Move On, Heart of Scotstoun, Community Central Hall and Annexe Communities, but we hope this network will continue to grow over the next few months. If you are interested in accessing the Family Food Service, or partnering with us, please get in touch.

The service aims to tackle food poverty faced by families in Glasgow, outside of school time. By supporting and promoting community food programmes, which empower people to make healthy choices and encourage communities to share meals, it hopes to improve the health and wellbeing of its service users and reduce the social isolation caused by food poverty and holiday hunger.

The service is to support organisations that have established programmes providing food to families, out with school time, or those that are interested in doing so in the future.

[www.moveon.org.uk](http://www.moveon.org.uk)

Scottish Charity Number SCO26983

**Glasgow**

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**Edinburgh**

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**FareShare Depot**

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