

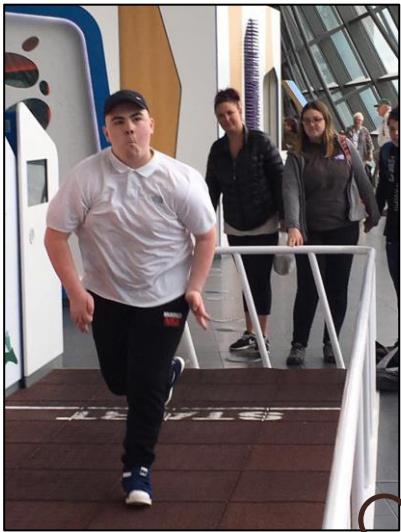
DASH club



DAS club



Our Motto:
'We aim to make a difference'



Our Mission

To promote the physical and mental health of young people with additional support needs by the provision of sport, cultural and leisure activities.



*This report was produced in September 2017 and covers the financial period
from April 2016 – March 2017.*

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The Board

Catherine Chow - Chair

Patricia Graham - Vice Chair

Isobell Hollis - Treasurer

Heather Reynolds - Secretary

Maureen Owens - Board member

Kelly Mitchell - Board member

Brian Potts - Board member

Jacqueline Wright - Board member

Kathleen Green - Co-opted Board Member

Rose Hitchon - Co-opted Board Member

Note: Paul Kelly joined the board in October 2016 but resigned on
the 23rd February 2017



Project Manager

I joined The DASH Club in December 2016 to discover that I was in the privileged position of managing a dynamic, well-run service with an exceptionally capable team. My predecessor Eva Kourova managed the Club for most of 2016/17 and did so with skill and thoughtfulness, ensuring that we had funding for the year, and that all reporting and accounts were kept up to date.

With Sean Stirling, the Development Officer, she implemented 35 weeks of after-school sessions, as well as a spring and summer holiday programmes. Forty three young people took part in club activities over the year, with their families benefiting from the respite provided.

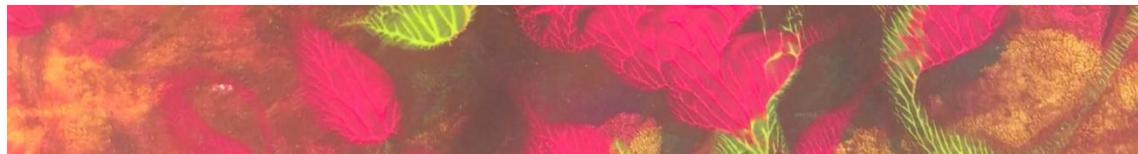
One of the developments introduced by Eva was a six month volunteer project coordinated by Jack Douglas. As a result by the end of 16/17 had 5 volunteers and a framework for supporting them.

So it is Eva, Sean and Jack we have to thank for the successes of the past year, and for leaving me with such a good legacy.

I am particularly grateful to Eva for her support in the invaluable transition period where we worked together. However, I was not alone once Eva left, I have had the unfailing help of Sean, the Club's most experienced member of staff. Without his knowledge, patience and understanding, my job would have been considerably more difficult.

Finally I would like to thank the Board who made me feel so welcome and have guided me with their advice and collective expertise. I look forward to working with them and the DASH team to developing the Club over the coming year.

Mary Cuttle, Project Manager.



Development Officer

As we have done in the previous 2 years, we started our year in fantastic fashion with our Spring programme. We visited Glasgow Green's People's Palace, Free Wheel North adapted bikes, and The Experience, where our young people had the chance to try go-karting, laser quest, the sensory experience and a Scalextric track that was the size of a double room!! We also had a day in Keppoch campus where we had hydrotherapy, aromatherapy, a sports coach, and dance instructor as well as soft play and an outdoor play ground. All 22 young people and staff had a great week! We continued our weekly sessions and then sadly at the end of May 2016, said goodbye to 6 long standing members and wished them all the very best in their new adventures in life.

We also ran a very successful 2 week summer programme with funds from Glasgow city council. This allowed us to visit Glasgow Green, The Science Centre, Summerlee Museum of Scottish Industrial life, Bowling, M&D's theme park and the cinema. We spent 2 days at Keppoch campus with music sessions with Drake music, hydrotherapy, aromatherapy with Jean from The Ripple Effect, sports coaches, and dance instructors from Glasgow's Active Schools as well as soft play and an outdoor play ground. 18 young people took part and evaluations from young people, parents/carers & staff show that it was very much enjoyed. This year we saw 10 new young people join The DASH Club and all are engaging positively and enjoying the sessions they attend.

During our sessions, we had the pleasure of using our very own mini-bus for trips to The Tron, for art workshops with Project Ability, and for dropping off young people. It is great to have this asset which will help our young people integrate with others and within the community.

As in my previous years in my post as Development Officer I am ever grateful to my Project Managers, past and present, as well as our Board for all their support and encouragement. I would also like to thank the staff team for the great work they do to support our young people and assist them to get the best from all that is available at DASH; not only that but for the ideas and input they have in helping DASH to continually develop as an organisation.

Sean Stirling, Development Officer



Looking Back at 2016/17

The DASH Club has over 2016/17 supported forty three young people (12-18) who have complex support needs through its after school activities. The young people all have learning difficulties, as well as physical, sensory or disability linked behavioural challenges.

We ran thirty five weeks of after-school activities offering young people the opportunity to engage in a range of activities designed to promote health and well-being, and encourage creativity in a relaxed, safe environment.

Our young people spent time with friends, were challenged to try new activities, and were given outlets for self-expression, all whilst supported by highly trained, committed staff, qualified specialists, and latterly our new volunteers.

Sporting activities included football, basketball, softball, curling, and team games. We also provided ten-pin bowling, darts, aromatherapy, drama, expressive art, dance, and music.

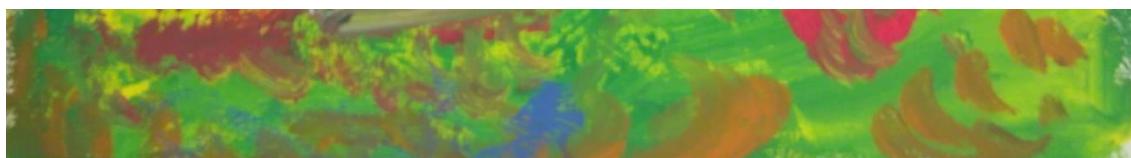
We supported nine young people to complete the Discover and Explore Arts Award: a nationally recognised qualification. We also had artwork by our young people exhibited by our partners Project Ability in *Found Impressions* at the Trongate: an exhibition celebrating the work of children and young people with profound and multiple disabilities. The art awards and exhibition are a source of great pride both to the young people and their families.

More than half the young people attended more than one activity per week, and 75% benefited from at least 2 x 8 week blocks of sporting activities. All the young people participated in at least one creative arts activity (of their choice).

In the summer we bought our own minibus and started to use it in the autumn, our MIDAS trained member of staff transporting young people home after the Thursday session.

As detailed in the Development Officer's report, twenty two young people took part in the spring programme and eighteen in our summer programme.

However, it is not just about what we do, but also the impact of what we do, and that is best expressed by the intended outcomes we set with our funders for our work.



DASH Club Intended Outcomes for 2016/17

1. For young people with complex additional support needs to have improved physical and emotional health including:
 - Increased confidence and self-esteem
 - Improved physical fitness
 - Improved communication skillsas a result of engaging in the variety of activities that the DASH Club provides during its after-school sessions.
2. For young people with complex additional support needs to have been more visible as active members of the community by accessing public leisure facilities.
3. For carers and their families to have had valuable respite time resulting in improved wellbeing and enabling them to better fulfil their carer role.

To ensure that we met our intended outcomes DASH staff assessed each young person and following the GIRFEC (Getting It Right for Every Child) model set targets that helped them improve their practical life-skills, socialisation & communication skills, and self-confidence. Our staff then supported each young person to achieve those targets, finding ways to overcome barriers to progress.

We used “smiley” feedback forms to survey the young people’s views on the DASH Club and our activities, and sent the parents evaluation forms after the Easter and Summer programmes.

Some quotes from parents

“D. very excited about going to Summerlee Park today!”

“I find it very difficult to find suitable activities for K. to do during the holidays, we would be lost without the DASH Club, K. has a great time whilst I get respite”.

“S. has become more outgoing and willing to join in on activities”

“S. loves socialising with her school friends during the holidays...gives me a break from caring!”

“F. doesn’t say much but I got a lot of nods and thumbs up”

Case Studies

One word, three syllables....Confidence! F. Age: 15

Very quiet and rarely speaking, F. was very shy when she joined the DASH Club and wouldn't take part in activities of her own accord, but needed a lot of support. She didn't like losing at games and would become upset when she did. She has very sensitive ears and would put her fingers in her ears if things became too noisy for her...and often when it wasn't as well.

The support staff gently encouraged F. to join in the activities, and acted as role models when taking part in activities.

F. is now voluntarily taking part in activities, has come out of her shell and is visibly enjoying herself -- she used to keep her head down, but now she holds it up high, and only puts her fingers in her ears if it's particularly noisy. She has learnt to lose "with grace". F's favourite game is charades and she always volunteers to act out a title...it's always the same one: the TV programme "Lazy Town".



Strike! D. Age: 16

D. can be challenging to work with, particularly in public space, for example in a swimming pool as he can strike out at people and is indiscriminate as to whom he targets.

DASH moved D. from swimming which involves a large group of young people to bowling which a smaller group take part in. The smaller group means staff can interact more with D. and help him to build up positive behaviour. When he first came to the bowling sessions he would become frustrated waiting for his turn to bowl: hitting out both at others in the group and members of the public. He would also wander off. When bowling he needed hand-over-hand support, and had to use a ramp.

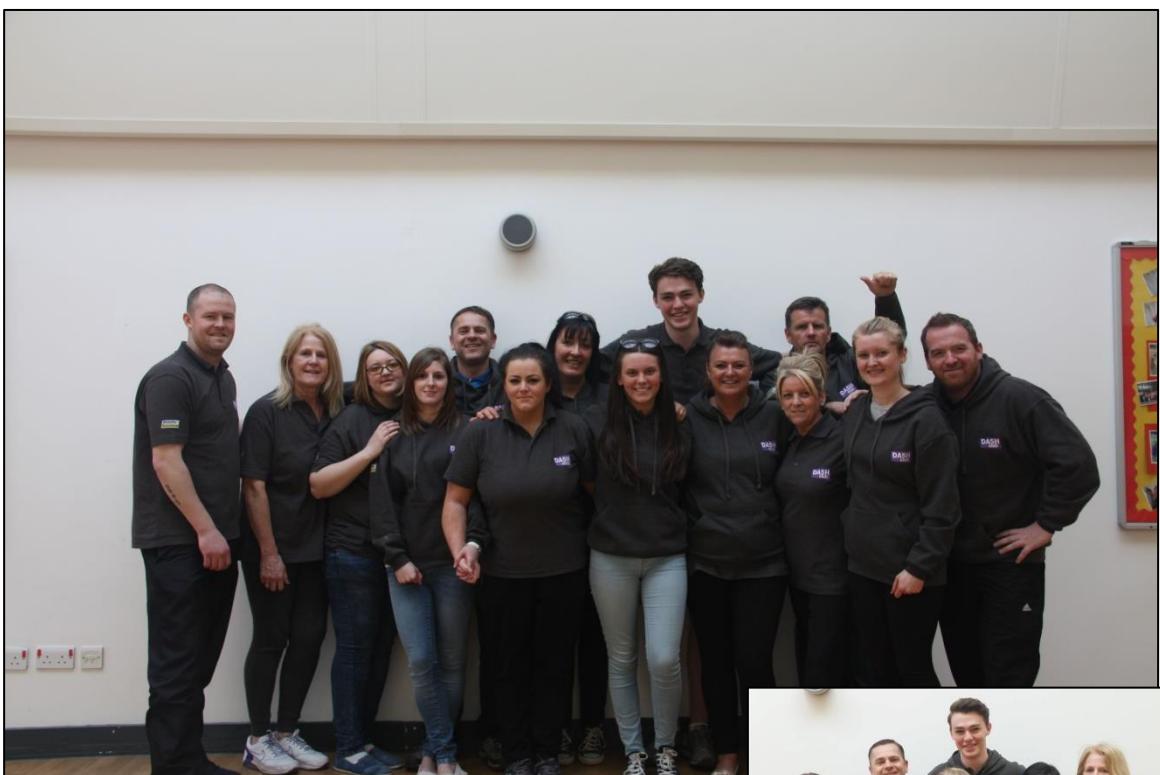
Now D. is better integrated within the group, he listens to the staff, and follows the positive behaviour patterns of the other young people. He is able to bowl on his own, and will sit waiting for his turn without a fuss. His behaviour towards others is more appropriate, and he can enjoy having a laugh over a snack. As a result D. has progressed to joining in the larger Thursday group sessions where he likes to shoot baskets. D "likes his music and to dance".

Our Team

Our staff are trained in all relevant issues surrounding vulnerable people and people with disabilities. We also sponsor staff to develop professionally in specific fields of project activities such as music therapy and swimming so that The Club need not employ external individuals/organisations to deliver sessions. This benefits the Club both financially and adds to our staff development plan.

Since many of our young people find any little change in their routines difficult we especially value the consistency of our staff team; 85% of our staff have been with us for more than 2 years. This creates a safe and relaxing environment for the young people. This is something we treasure and wish to retain. There is no doubt that the DASH Club could not flourish without the dedication and hard work of our staff. Their commitment to our young people and their spontaneous fundraising activities make our team very special.

This year we welcomed a third member of staff to the admin team: Jack Douglas who ran the volunteer programme. He joined in the autumn of 2016 and left in February 2017, leaving us with a volunteer framework and five volunteers. Having volunteers helping out in the sessions has been more beneficial than had been expected. The volunteers are very committed and have been engaging fully with the young people. As well learning about disability our volunteers reported that volunteering with DASH made them feel more included in the community.



About The DASH Club

The DASH Club, previously known as Milton Kids DASH Club was founded in 1999 to give the young people of Milton School, a school for young people (11-18yrs) with complex needs, the opportunity to access a programme of activities designed to develop them both physically and culturally. The legal status of the Club changed in 2010 when it became a company limited by guarantee. The new company changed its name to the DASH Club and began trading on 30th November 2010. The aims of the Club however remained the same i.e. to promote the health, well-being, social skills and self-confidence of our young people expertly supported by dedicated, well trained staff.

Quality and Standards

The DASH Club is very proud of its achievements over the years and has gained a reputation for good practice. We are committed to providing a service which allows our young people to have fun with their friends in a safe and caring environment

Care Inspectorate: The Club is registered with Social Care and Social Work Improvement Scotland (SCSWIS) everyday name "Care Inspectorate" formally the Care Commission and the Scottish Social Services Council (SSSC). Our last unannounced inspection carried out on 3rd March 2015 awarded us high standard points: Quality of Service (5, Very Good), Quality of Environment (5, Very Good), Quality of Staffing (5, Very Good), Quality of Management & Leadership (5, Very Good). The report can be viewed online.

SSSC: The DASH Club is registered with the Scottish Social Services Council (SSSC). All promoted staff has completed registration and are looking towards gaining the required qualifications to satisfy the requirements of the SSSC. In addition, registration of all support staff has been carried out in line with the Statutory Regulations regarding the phased programme of compulsory registration of key groups – the DASH Club, registered with the Care Inspectorate under day care for children, falls into this category.

Training: A well-trained workforce is crucial for the safety, development and success of any organisation and we at the Club have a strong commitment to both on and off the job training. All staff receives training in Child Protection, First Aid, Moving and Handling, Autism Awareness and the theory aspect of Escort Awareness. Experienced staff is trained in Crisis and Aggression Limitation Management (CALM) and are re-accredited every year.

Thank you!

We give our heartfelt thanks to:

Our donors and funders whose support allowed us to deliver a quality service to the young people. We are particularly grateful to those individuals set themselves a challenge in order to raise funds for us: Scarlet Kinnear who completed a 100 days of handstands and raised over £1200! Our staff members: Stewart Baillie who ran the 10K Mean's Health run, and Sean Stirling who ran the half marathon in the Great Scottish Run.

NATA (North Area Transport Association), with whom we have a long longstanding contract that provides us with the essential adapted buses. Every week they helped to ensure that our young people were transported home safely at the end of Club sessions.

The professional specialists: Project Ability, The Village Storytellers, Karen Doherty, Pearl Kinnear and our massage therapist, Jean Morrison, who have worked with staff and young people to deliver a service in their areas of expertise.

The staff at Possilpoint Community Centre for the welcome they extend to both staff and our young people, on a weekly basis.

All our staff for their hard work, dedication and commitment to maintaining and improving the quality of service to our young people,

Our Management Board who give of their time, support and expertise, vital to the existence of the Club.

Finances

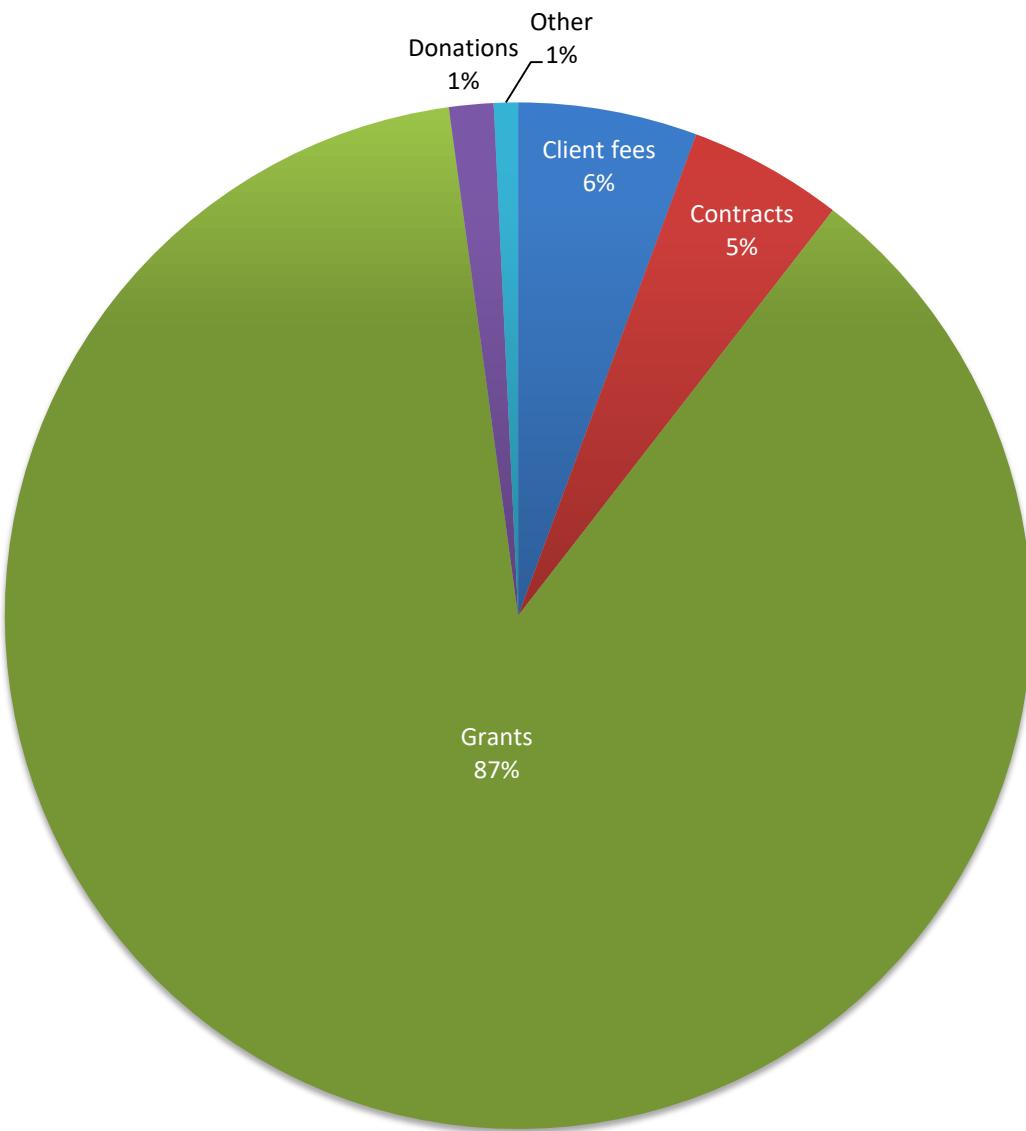
Summary

The Dash Club

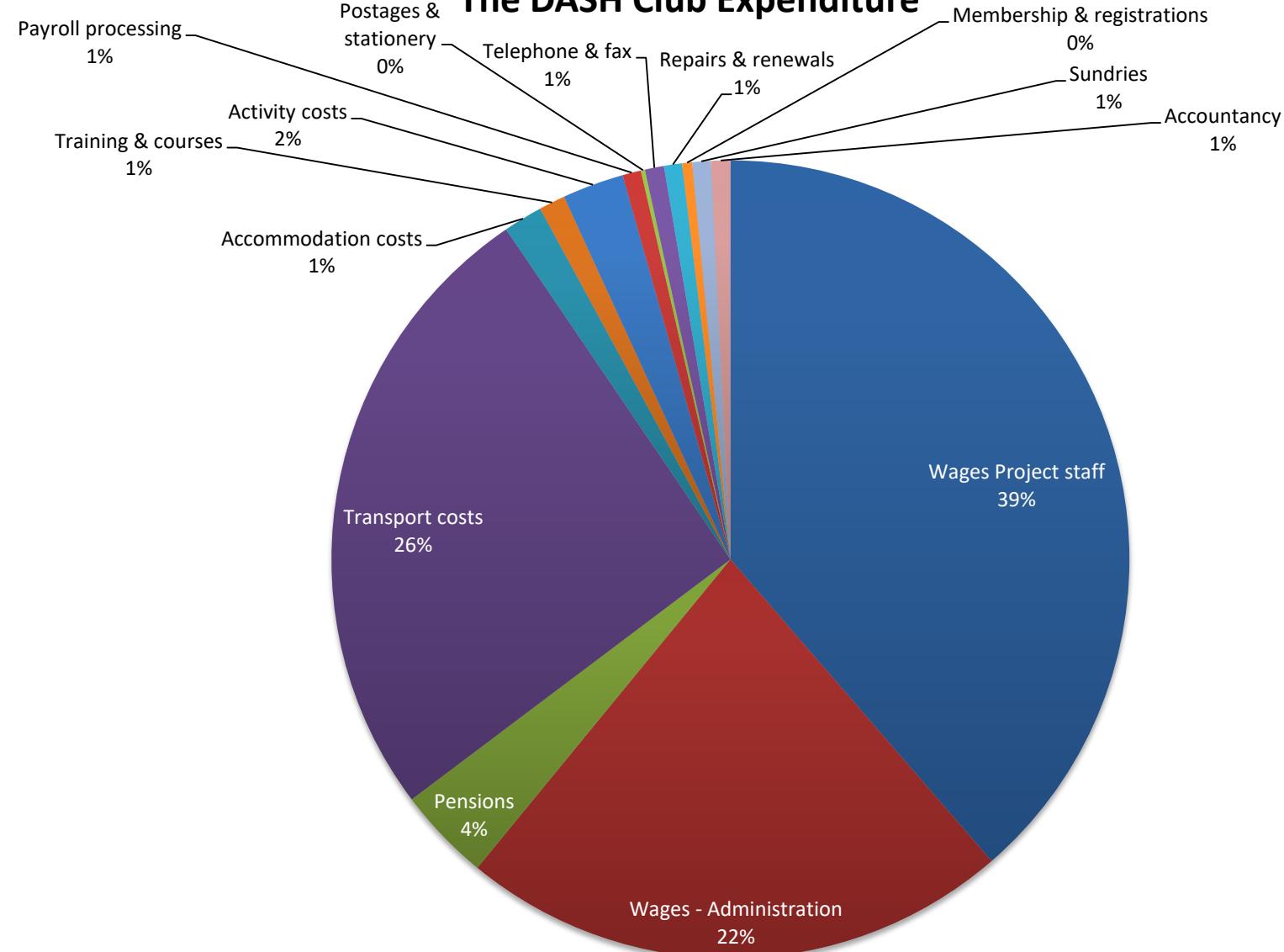
Balance Sheet
At 31 March 2017

	Notes	Unrestricted fund £	Restricted funds £	31.3.17 Total funds £	31.3.16 Total funds £
FIXED ASSETS					
Tangible assets	6	-	19,956	19,956	-
CURRENT ASSETS					
Debtors	7	20,735	1,490	22,225	80,737
Cash at bank and in hand		38,454	29,648	68,102	46,018
		<hr/>	<hr/>	<hr/>	<hr/>
		59,189	31,138	90,327	126,755
CREDITORS					
Amounts falling due within one year	8	(12,120)	(1,490)	(13,610)	(12,671)
		<hr/>	<hr/>	<hr/>	<hr/>
NET CURRENT ASSETS		47,069	29,648	76,717	114,084
TOTAL ASSETS LESS CURRENT LIABILITIES		47,069	49,604	96,673	114,084
NET ASSETS		<hr/>	<hr/>	<hr/>	<hr/>
		47,069	49,604	96,673	114,084
FUNDS	10				
Unrestricted funds				47,069	45,107
Restricted funds				49,604	68,977
				<hr/>	<hr/>
TOTAL FUNDS				96,673	114,084
				<hr/>	<hr/>

The DASH Club Income



The DASH Club Expenditure



Our funders and partners in 2016/17



The Trusthouse
Charitable Foundation



DASH club

The DASH Club
Possilpoint Community Centre
130 Denmark Street
Glasgow, G22 5LQ

Tel: 0141 336 8852/0141 336 8546

office@dashclubglasgow.org.uk
www.dashclubglasgow.org.uk

 The DASH Club

Registration Number: 387578

