



## End of grant Youth work report 2017 to 2018

The grant from Saltash Town Council of £15,000 along with match funding has been used toward the delivery of youth work.

The work delivered at Livewire during this period has included:

Open access generic evening sessions on Monday and Thursday evenings for young people aged 13 to 21 or 25 with additional needs and Wednesday evenings for young people in school years 6 to 8. During these sessions young people can access music lessons, rehearsal space, or just chill with their friends, join in youth work activities and young people who may be struggling can access youth work support and since May of this year counselling.

Open access Job club on Wednesday mornings, which is for unemployed young people up to the age of 21, whereby we offer support with C.V. writing, searching for jobs or college courses, advice and support.

In July we started our Tuesday evening session which is not open access but for young people who are unable to attend the open access Monday and Thursday evening sessions due various issues such as anxiety, extremely low self esteem/self confidence or difficulties in socialising for whatever reasons. For this session we take referrals from various organisations as well as individuals.

One to one youth work support and since May 2018 counselling: In addition to those vulnerable young people we identify at Livewire, for young people referred to Livewire by youth workers and social workers from Cornwall's Children In Need Team or Targeted Youth Team, students referred by Saltash.net, college, and young people referred through the Youth Offending Service as well as those self referred or referred by their parents/carers. With the addition of the counselling service we also now have referrals from Doctors and CHAMS.

Daytime sessions: working with young people not in school offering educational support; one young man attended Livewire term time five days a week for his education following a complete breakdown in his relationship with previous providers. He completed his GCSE's with us at Livewire in June 2018 and has gone on to college since September. Since Christmas we have also worked with four young people from Saltash.net unable to attend school for a number of reasons. We continue to offer this support to the school as needed. Cornwall College have also used our daytime provision this year for one young man who suffers with anxiety to the point that he was unable to attend college. Our daytime sessions also extend to young people referred to us for additional support through other agencies.

In addition to our usual daytime delivery we now have counsellors working 5 days a week and at every open access/closed access session.

In September this year we started another wonderful project with Primary school age children as part of our wellbeing project; whereby we have asked each local primary school to refer children to come along to an afterschool group with their parents. It is a very different piece of work to anything we have done before but by combining the Thrive approach with play therapy, using our youth and community workers and counselling team we have supported parents and children alike. Each group

runs for half a term and new referrals have been taken for this half term. (The Thrive approach combines the latest developments in neuroscience, recent attachment research and current models of child development theory with the arts to support the development of healthy minds, resilience and confidence)

We have continued throughout the year to support Saltash.net working one to one with year 11 students identified by the school as most likely to become NEET until the end of last term and since September we have been supporting the school's Triage sessions three times a week for young people struggling for various reasons.

Following the upgrade to our music studio we have been able to run recording sessions on Saturdays supported by Cornwall Music Hub. This has benefitted young musicians not only from Saltash but throughout Cornwall.

Again this year a lot of our work has been in offering one to one and group support for young people, which we have since May 2018 been able to extend to counselling where needed, this has proven to be essential to the delivery of youth work at Livewire and in the local community. The issues we have offered support with this year have included:

Anxiety, depression, autism, ADHD, bullying, identity issues including gender, self harm, OCD, borderline personality disorder, eating disorders, homelessness, care leavers, living in care, young carers, CAF screening or referral, chaotic drug and alcohol use (young people and on occasion family members at home) relationships (family and friends) low self esteem and bereavement. Whilst this list is not exhaustive it shows the diversity of issues facing some of the young people we work with. It also demonstrates the importance of our mental health project and counselling service.

We have also throughout the year run various single issue programmes which have included: Bullying, Internet safety and sexting, Body image, Healthy relationships, sexual health and dealing with stress and anxiety. Our single issue programmes have been run on topics identified as areas of need by Saltash.net, through the make your mark campaign, through Saltash team for youth and by young people at Livewire.

We also offered 10 young people work experience during enrichment week with Saltash.net and had 15 young people taking part in the enrichment week programme it was another amazing week. The young people doing work experience worked alongside Livewire staff to help the enrichment week students to learn songs, record and perform live on stage at the end of the week, a brilliant week had by all and the confidence developed amongst the young people taking part both as enrichment week students and doing work experience was incredible. Again they were all a real credit to the school and an absolute pleasure to work with.

Additionally Livewire has engaged in various festivals and events throughout the year including, running our own stages at Port Eliot festival and Boardmasters festival and offering technical support to other stages which in some cases included stage management. This gave young people from Livewire excellent opportunities for performing on stage as well as all the technical experience gained. We also hosted the Devon and Cornwall leg for metal 2 the masses battle of the bands this year. All of these events have given young people many opportunities for volunteering and skill development and some have led to employment.

Livewire only has one Marjon student studying youth and community professional practice this year although we may have another in semester B hopefully another beach clean or similar community event will take place in the spring.

Our work with HMS Hasler whereby we work with a group of wounded ex-and serving marine commandos to help them come to terms with their injuries through music therapy. This has been an excellent piece of work not only in terms of outcomes for the personnel taking part but because some of our older young people again had the opportunity to volunteer and support the work and this was an excellent learning experience for them in being able to work with this group.

Livewire has a development group made up of young people from amongst our membership who meet regularly to discuss developments at Livewire and get feedback from other young people in order to help steer the direction of Livewire and involve young people in every stage of developments. This group has changed recently as some of the older young people that were in the group have moved on to university or through work are less able to commit the time, this has been an excellent opportunity for more young people to step up and become more involved with the life of Livewire. A member of the group will attend management committee meetings to offer input from the members to help ensure we keep on track with what the young people want from Livewire.

Some more examples of young people who have benefitted from Livewire include:

A young woman with extremely low self confidence and self esteem issues came to Livewire because of her love of music and gradually overtime started to trust staff enough to make eye contact and even on occasion have a conversation although very short. In September this year she started college on a music course and has from day one struggled with communication with not only her tutors but also her peers. She was asked to start volunteering on Wednesday evenings at Livewire's junior club working in the purple room with young musicians this has helped her really start to gain confidence in communicating with others. Before half term one of her tutors had a conversation with one of the youth work team at Livewire because they were not sure she would be able to stay on the course. The youth worker was able to explain about the volunteering and asked the tutor to allow us time to work with her in building her confidence. The tutor agreed and said he would talk to the rest of his team. The college have since agreed that the volunteering is already starting to improve her confidence and they feel that she will be able to continue on the course if this continues.

A young woman who would not leave home because of her acute anxiety, Livewire arranged for home visits from an appropriate youth worker until the young woman felt able to come to Livewire to receive ongoing support. This young woman is now supporting the Tuesday evening closed access sessions as a peer mentor, therefore supporting other young people with anxiety issues.

Another young woman who has been attending Livewire for about 8 months, she is in care and has recently been diagnosed with mild personality disorder. When she first attended Livewire she used to upset a lot of young people (mainly due to lack of social skills and an inability to empathise) by working with this young woman we have been able to address some of these issues and whilst she does still come out with inappropriate remarks from time to time she has learned to get along with other young people and is a lot calmer in her approach to talking to groups.

A young man who started attending our Tuesday evening group because he has mild autism and lacked the confidence to come to Livewire during a busy open access session. He has through his attendance on Tuesdays developed confidence, he already feels less awkward around others and joins in with music sessions in the purple room (which is one of our rehearsal and teaching spaces) This young man is a real success story for us because he has already gained enough confidence and his social interactions have improved enough for him to start attending Livewire's open access sessions. One of our aims for the Tuesday sessions is that it would be a launch pad for young people to start accessing our open access sessions so this has been a real encouragement to all the staff.

Livewire has worked in partnership with various other organisations this year including:

Saltash.net

Looe School

Callington School

Cornwall Learning Partnership

Cornwall Music Hub

Targeted Youth Team

Cornwall Children In Need Team

Young People Cornwall

Saltash Team for Youth

Trinity College London

LRS Arts

Port Eliot Festival

Boardmasters Music Festival

Headstart

Youth Offending Service

T-plus

HMS Hasler

Plymouth Pavilions

Saltash Town Council

Deep Blue Sound

City College Plymouth

Saltash Regatta committee

Spinnaker International

Careers South West

HMS Hasler

The great war commemorations committee (saltash)

Port View surgery

Saltash health centre

Saltash Primary schools including, Brunel, St Stephens, Bishop Cornish, Burraton

### **Statistics:**

Between October 2017 and October 2018 Livewire has had 138 open access sessions

The number of closed access Tuesday evening sessions 14

The number of after school group sessions 6

The number of young people participating this year has been 426

The number of young people accessing Individual and group support has been 297

The number of young people for whom there has been measurable distance travelled (for example they feel more confident about their future, or we have seen improvement in their behaviour etc) 196

The number of young people referred to Livewire by other agencies 47

The numbers of young people we have worked with and supported this year is considerably higher than last year due to the start of our Mental health project.

During our open access sessions in addition to one to one youth work support we also provide:

Music lessons – guitar, bass, vocals, keyboard, drums, digital music, song writing – plus recording engineering, stage lighting and stage management and live sound and monitoring through our 250 capacity live performance venue, Recording studio and music teaching rooms.

Support for unemployed young people and those needing extra help with education, including Job Club and dedicated support for young people not in education, employment or training (NEET)

Art therapy sessions on Wednesday evenings with the addition of an Art Therapist to our staff team

Opportunities for volunteering, peer-education, through helping run youth work activities at

Wednesday club with the younger group including arts and drama workshops and music lessons.

Also volunteering opportunities on senior nights which includes: the development group, the venue team, peer-education as musicians as well as organising live music at Livewire, events management, live sound and stage management, lighting, recording, photography and review writing in addition to the offsite events young volunteers are involved in mentioned earlier, our young volunteers all work towards accreditation, qualification or certification.