

The Core Youth Project

End of grant report to Saltash Town Council – October 2018

What the money has been spent on and what has been delivered.

The money that Saltash Town Council awarded The Core Youth Project continues to employ our Youth Work coordinator who manages and develops the youth provision both at the centre and through outreach work in the town. This has enabled the team to continue to offer the following youth work sessions, whilst also developing the work with Saltash.net and links with the community;

- Open access youth work - 4 sessions per week;
Junior club for 11-14 year olds every Thursday evening 7-9pm
Senior club for 14-18 year olds every Monday evening 7-9pm
Two after school drop in sessions per week on Monday's and Thursday 3-5pm.
In addition to the café being open exclusively for young people during these sessions we also offer a Tic Tac drop-in service as an extension to the work we deliver in school.
- 'Just be you' - LGBT+ group offered weekly where young people are able to meet and share experiences.
- Tic Tac service at Saltash.net two lunchtimes per week.
- Triage drop in morning service weekly at Saltash.net
- Volunteering opportunities to young people and involve them in the day-to-day running of the project. We have a thriving youth committee which meet fortnightly. The young people also get involved in events within the town such a May Fayre, Kalan Gwav and Mission Youth.
- Offer young people most in need with 1:1 support and guidance and referrals to external agencies and support.

In addition to our weekly sessions we trialed a new project called 'Grub Club' which encouraged young people to cook and eat together. This was extremely successful and we identified young people who are most in need to attend and they have benefited hugely from the experience. Our vision is to apply for further funding to continue this work next year.

During the summer holidays we received funding to continue this work through the 'Filling the Holiday Gap' project. To continue to provide free food for young people in receipt of free school meals. We provided 60 free packed lunches and ran 3 cooking workshops this summer, which were extremely successful.

As a result of receiving the funding again this year we have been able to develop on our existing services and offer over 20 hours of direct youth work sessions/1:1 work each week, the majority of which is open access.

Match funding

We have attracted funding from a variety of different avenues this year and much of it due to being able to match fund it with the Town Council funding which has been of huge benefit to us.

Grants

Youth Social Action Fund - £4940

Sport England - £8900

Cornwall Council Community Chest - £920

Saltash Town Youth Council – £500

Howton Solar Farm - £3000

Filling the holiday gap - £1210

In house funding

Weekly subscriptions for youth club – Approx. £3000

Revenue from room hire at the centre – Approx. £18,000 per year. Whilst this money is essentially raised to pay for the general running costs and other staffing costs, it does show that we are bringing in revenue to help keep the centre open.

Outcomes and outputs achieved

Number of open access sessions delivered since September 2017 = 312

Number of single issue programmes run = 15 (we generally chose one topic a month to focus on in the two open access groups e.g. body image, healthy eating, volunteering and citizenship)

Number of young people engaged (over 3 hours of engagement) = 240

Number of young people receiving individual support = 140

Through the work at Tic Tac at the school we see approx. 6 young people per week to offer 1:1 support and guidance.

Number receiving group support = 82. To include providing group work sessions at Saltash.net, as part of their PE refuser group, LGBT+ group and small group work within sessions.

Number of young people helped back in to employment, training or work = 10 (the majority of our work is with under 16's)

Number of young people reported to feel more confident about their future = 70

Number of young people referred to youth workers from other agencies = 25

Number of youth volunteer hours worked (e.g. youth committee meetings, Christmas lantern parade, climbing club and the Cafe) = Over 500

Projects

We run Tic Tac @ The Core alongside opening our café exclusively for young people two afternoons per week. This was in response to the overwhelming need for advice and information at the schools Tic Tac drop-in's and realising that we needed to provide extended services for those young people most in need. We run these sessions in partnership with Young People Cornwall's IAG worker enabling us to provide a wider range of expertise.

In addition to the support the youth workers are able to offer we have a counselor, from Kooth, who is based at The Core once a week. This is a positive development, which we have been working towards for some time and has greatly added to the wrap around service, which we can now offer young people. This autumn in addition to this, we also have a psychological well being practitioner from Xenzone offering Headstart 1:1 sessions weekly at the centre.

We offer two Tic Tac sessions at Saltash.net per week and these have been well received with an average of three young people dropping in, each lunchtime for a range of support. Our youth worker is able to offer pregnancy testing, chlamydia tests, C-card services in addition to signposting to a range of support services.

The lead youth worker has developed the link with the school a great deal this year and this is evident in the increase in the number of individuals we have supported. Through the work we deliver at Tic Tac we have become involved with some of the most vulnerable young people locally, and have been working more closely with the schools safeguarding team and senior staff to ensure they are safe and supported. We attended the fortnightly intervention panel meetings at the school where the most vulnerable young people are discussed and an appropriate intervention plan is decided. Working with the school in this way has meant that we are better placed to support those individuals who are most at risk. This term we will also be offering a weekly morning drop in for young people identified by their tutors as needing extra support.

The Youth Committee continues to be a huge success, consisting of 10 young people who meet fortnightly to discuss future events and ensure young people's voices are heard.

They are learning a great deal of skills through this group such as confidence, public speaking, marketing, budgeting and working as a team.

This provides the young people with valuable experience and helps them to grow in confidence and try new things. We link with Saltash Town Youth Council and encourage the young people to get involved in whole town events and decisions. They are supporting the Mission Youth event this year again.

Our generic open access sessions continue to grow, in particular our junior club, which tripled in membership during the summer term. Thanks to funding from Sport England we have been able to employ 2 sports coaches who offer boxing sessions and organise sporting activities. This has been extremely successful with the younger group and helps to focus their energy into a positive activity. From September we now offer the sport to both the junior and senior groups as we feel strongly that physical activity is vital to

strong, healthy bodies and minds.

We also have a designated arts worker who offers a range of arts and crafts at both youth sessions and this has been really successful, funded from Howton Solar Farm grant monies.

Our senior session continues to support some of our most vulnerable members and has seen an increase in support for the LGBTQ+ community. We have also seen an increase from this group in accessing 1:1 support from the youth workers. They have developed strong and trusting relationships with the staff and feel able to talk about issues that are affecting them. Some examples of this work are highlighted in the section below. This is where we were able to identify young people for our 'Grub Club' sessions and it was fantastic to see just how much they enjoyed the project.

Examples of issues dealt with and joint working with outside agencies

A vast majority of the young people who attend have experienced difficulties at school, have chaotic and sometimes unsafe home lives, are young carers, suffer with mental health problems, such as anxiety, low mood or self harm, are transgender or questioning their sexuality, have experienced bullying, are looked after children, suffer with autism/asperger syndrome or have a disability (learning or physical) or are just finding the transition from childhood to adulthood difficult and need some support.

As a result of accessing our open access sessions the young people have built strong relationships with the youth workers and this trust enables to talk about their life experiences and access the support they need.

We work with a great deal of young people who have been through traumatic events in their lives and are experiencing a complexity of problems, by providing them with a safe space to come and access to professionally trained youth workers they have begun to increase in confidence and develop as individuals.

Our 1:1 youth work has expanded recently and we are now supporting many more young people who are dealing with significantly difficult and traumatic events in their lives. Our support services are now extensive and with the partnership work with Young People Cornwall, we are able to offer housing and benefits support in addition to the personal and sexual health support. We work closely with the Targeted Youth Workers who identify young people needing additional support and family work. In some cases it has been identified that we are better placed to support these young people due to them having built up trust with the youth workers at The Core. Presently we are offering more intensive support to some young people who have, for various reasons, have been referred to Social Care for further support to the family.

To show the type of intervention we provide this is a case study of one of the young people we have supported.

We first met Lily in 2016 and for a good 6 months she hardly spoke to any of the staff and was extremely shy and nervous. She had a few friends who had encouraged her to come along to the senior youth night and she was a regular attender.

Once she felt comfortable enough and more familiar with the staff she then chose to disclose what was happening at home.

Social Care had been involved with Lily's family in the past and she had experienced a chaotic and traumatic family life.

What we felt was such a privilege as youth workers was that she had chosen to disclose to us and felt able to trust us and ask for our help.

This is where open access generic youth work is at its best, as the young people have voluntary engagement, nothing is asked of them and they develop trust and positive relationships with adults outside of home and school. They chose when the time is right for them to ask for help rather than the power and choice being taken away from them.

Once the trust is there then us, as youth workers, are much more likely to be able to support the young person and understand what their lived experiences are.

For Lily she was experiencing a violent older sister who terrorised the whole household, which included her mum, herself another older sister. Her mum has severe mental health problems and will regularly refuse to take her medication. She is also a drug addict and the home has become a meeting place for local drug dealers to meet. Lily and her sister both have locks on their bedroom doors and are regularly unable to access the kitchen to make food or use the living room to watch TV as there are often strangers coming in and out of the house. Her father lives locally but cannot house them for reasons unbeknown to us but does support them and is the only parent to attend meetings with Social Care and the school.

They have a social worker but due to them not wanting to be placed in foster care and the fact that they are now 18 and 16 they will not be removed from the family home.

Lily has made The Core her safe haven and has said that if it hadn't been for this centre she does not know where she would go when things get tough at home. We have done a great deal of work with Lily and attended 'Team around the Child' meetings with Social Care, meetings at school with the pastoral team and Dad, made emergency calls to the MARU (Multi agency referral unit) out of hours when things have reached crisis point, provided counselling through Kooth at the centre for Lily, given her and her sister food parcels that they can eat in their room and most importantly provided them both (but particularly Lily) with a safe place to go and adults who will listen and support them.

Lily is a different person than the one we met 2 years ago and even though she still struggles with social anxiety and low mood she is now a valued member of our Youth Committee. She volunteers at all our fundraising events including events within the town; she is a volunteer helper at our junior youth night and now confidently runs the tuck shop! She has become a real asset to the centre and it is heart warming to see she has grown in confidence and self worth. She is starting a college course in September and will soon be moving in with her dad, giving her the new start she deserves.

One of the most significant partnerships which has strengthened this year has been with Saltash.net. Having increased the Tic Tac support to two lunchtimes per week we are now working with even more young people at the school. The involvement in the intervention panel has meant that we now have access to information about young people who we are working with outside school, therefore enabling us to better support them and be made aware of the issues they may be facing. The police also attend these meetings which means that we also have a good link with them around anti-social behavior and those families most at risk.

We are now part of the Safer Saltash Scheme and have recently been granted funding from The Police and Crime Commissioners small grants fund to set up a 'Friday night Project' where we will look at targeting those young people who are most difficult to reach through outreach work and centre based work.

The school are recognising the work we do and are now using us as a referral point for those young people who need that bit of extra support and confidence building, or who need to increase their social life by joining the club and getting involved in all we have to offer. By finding a place they feel safe and respected young people will flourish and develop. We have seen this happen with many of the young people who access the centre, and it is fantastic to see their confidence and self esteem grow and see them get involved in their community and gain accreditation and achievements.

Our work with young people experiencing gender identity issues has increased at the centre and we are currently working with The Intercom Trust, who works with the LGBTQ+ community and support young people in their transitioning journey. We are able to arrange appointments for young people with a worker from the Intercom Trust so they have a safe space to come and talk about their journey.

One of the young people has said that coming to The Core is like his 'second home' and is a place where he can just be himself. It was as a direct result of him that we set up our 'Just be you' group as he said there was no where else people could meet to share their experiences and access support. We have identified the link between gender identity and self-harming and it is a significant issue which needs addressing, which makes providing this support even more essential.

Our successful partnership working has meant that we are able to offer more opportunities and activities for the young people we work with. At present we are working closely with various partners such as;

Targeted Youth Team

Young People Cornwall – With a variety of their projects such as; the Participation Worker, Community Development and ‘Your way’ IAG worker.

Headstart Kernow

Cornwall College

Saltash.net

Tic Tac/Saltash Health Centre and School nursing team

Saltash Town Youth Council

Saltash Town Council

Saltash Team for Youth – Livewire and Junkyard

ASB and Community Safety Officers

Do Cornwall (Outdoor education and climbing instructors)

Police

Social Care

Education

Kooth counselling service

Xenzone

Safer Saltash

It is hoped through the funding we are receiving from Saltash Town Council we can continue to provide and develop a professional and innovative service to the young people of Saltash and the surrounding villages.