

## **The Core Youth Project** **Interim report to Saltash Town Council – November 2019**

### **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. The following projects are funded by STC and the match funding we have secured from other grants.

- Open access youth work = 3 sessions per week;  
**Junior club** for 11-13 year olds every Thursday evening 7-9pm.  
**Senior club** for 13-18 year olds every Monday evening 7-9pm.  
**‘Friday Night Project’** 12-18 year olds every Friday 7-9pm.
- ‘Just be you’ - LGBT+ group offered weekly where young people are able to meet and share experiences. Every Monday 3.15-5pm.
- ‘Looking good, feeling good’ – Targeted girls group to provide a safe space for girls to try new activities and increase their confidence. Every Thursday 3.15 5pm.
- Teen Yoga – Wednesdays 6.30-7.30pm
- Tic Tac drop in after school every Monday and Thursday until 5pm.
- Provide a youth worker for the Tic Tac service at Saltash.net two lunchtimes per week.
- Provide a weekly drop in triage service 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 who meet monthly. The young people also get involved in events within the town such a May Fayre, Kalan Gwav and Mission Youth, plus fundraising event at The Core.
- Support young people most in need with 1:1 support and guidance and referrals to external agencies and support. In addition we have a Counsellor and a Well Being Practitioner who offer sessions once a week at The Core.

As a result of receiving the funding again this year we have been able to continue to offer all our existing services and now offer over 20 hours of direct youth work sessions/1:1 work each week.

### **Match funding**

We have applied to the Lottery's, Awards for All grant of £10,000 but are awaiting a decision. We were fortunate enough to be chosen as one of the Coop's local causes this year, which usually attracts around £5000 over the year it runs.

### **In house funding**

Weekly subscriptions for youth club – Approx. £50 per week

Revenue from room hire at the centre – Approx. £22,000 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 for both the community and the young people.

Fundraising and donations = we host regular fundraising events and our Fundraiser Fridays once a month are proving a great success. We also run a tuck shop during our youth sessions, which raises funds.

### **Outcomes and outputs achieved**

Total current number of members at The Core = 162

Number of open access sessions delivered September 2019 – December 2019 = 48

Number of single issue programmes run = 32

Number of young people engaged (over 3 hours of engagement) = 28

Number of young people receiving individual support = 120

Through the work at Tic Tac and triage at the school we see approx. 10 young people per week offering 1:1 support and guidance.

Number receiving group support/measurable distance travelled = 32

Number of young people helped back in to employment, training or work = 2 (the majority of our work is with under 16's)

Number of young people referred to youth workers from other agencies = Majority are through the work at the school = approx. 21. Other referrals are from Cornwall College, Targeted Youth Workers, Young people Cornwall and Social Care = 11

Number of youth volunteer hours worked = To include youth committee meetings, fundraising events and young helpers on junior youth nights = Approx. 192

### **Youth Work**

We feel it is important to adopt a holistic approach when working with young people and we encourage them to have healthy bodies and minds' to help with their well being. We believe it is even more important in today's society that we can offer young people not only a safe space to meet and socialise but also a range of support and activities to keep them healthy and happy whilst making our programme diverse and interesting. Our programme now offers; Cooking courses, Girls group, a range of sporting activities,

LGBT+ support group, Teen yoga, Friday night activities, art sessions, 1:1 advice and guidance, counselling, Sexual health advice, Housing and Benefits advice and training and volunteering opportunities.

A vast majority of the young people who attend our sessions 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/aspergus syndrome or have a disability (learning or physical) or are just finding the transition from childhood to adulthood difficult and need some support.

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 successful partnership working with a range of outside agencies and local organisations has meant that we are able to offer more opportunities and activities for the young people we work with.

We hope it is evident from this report that the funding which we receive from Saltash Town Council is enabling us to continue to provide and develop a professional and innovative service to the young people of Saltash and the surrounding villages.