

**KEY (Kent Estuary Youth)**  
**Year Two Progress Report 2016 to 2017**



## **OUR VISION**

KEY came into being to engage with the young people around the Kent Estuary area of South Lakeland. We aim to foster their personal, physical, social and spiritual development and to enable them to make a positive contribution to the local community and to society.

KEY was established in response to concern, within the churches of the Kent Estuary, about the absence of support for young people.

Our programme of work is designed to help young people to unlock their potential, by providing creative learning and developmental opportunities and activities. We seek to ensure that it appeals to and engages a wide range of young people within the community. We also seek to ensure that our work is grounded in the community; we actively seek volunteer input and are exploring a range of inter-generational activities.

## **OUR PROGRESS**

The Trustees recognise that the task of building and consolidating relationships with young people and within the wider communities must take time. We are pleased with progress we have made in delivering youth work to several groups of young people, in both community and school settings. We are fortunate in that we benefit from a growing network of community interest and support – and provide regular updates to that network of contacts.

We have always seen it as being essential to have professional youth work skills at the heart of our work. Emma Banks, our first full time youth worker, took up post in October 2015. The following report details how she has led the translating of KEY's core ideals into practice during her second year (November 2016 to October 2017).

She gives examples of the various groups with which she has been involved and also of direct one-to-one work, with young people referred by Dallam School. She then summarises some of the successes and the difficulties she has encountered during this year. Finally, she lists statistics about the number of young people that have been reached through KEY.

Emma's appraisal of the achievements and challenges of the last year has formed a core part of the Trustees' planning for the future. We aim to build on the successes and to find ways to address the difficulties, as we move forward through 2018 and also as we develop our longer-term strategy.

## **OUR THANKS**

The Trustees acknowledge with gratitude the funding [from local churches, grant-giving bodies and elsewhere] that has helped to bring KEY from a concept into an operational reality that is able to make a difference for young people in the Kent Estuary and is building a basis for continuing engagement into the future.

## Youth Work

### **AsAP (Arnside senior Activity Project)**

In October 2015 we were approached by AsAP's youth committee as they were in need of support to enable their youth club to continue. An agreement was made between the AsAP Youth Committee and the KEY Trustees; for KEY to support the youth group's continuation. In this time, we have seen some members move on to concentrate on their studies and new members join the provision.

### **Activities**

As our original Youth Club Committee members naturally moved on, the new group made the decision not to have a committee but for all decisions to be made in the club time. The youth work programme is decided upon by the young people and is made as diverse as possible. The activities have been based around generic curriculum themes; examples below:

- Fun team challenges which address the skills needed to work with others. A favourite this time was the Escape Challenge working throughout the village using communication through radio equipment and stealth as in the TV programme 'Hunted'.
- Independent living – the group love food so the cooking challenges have continued around nutrition, food properties and how they aid healthy living.
- Healthy living – sporting activities and games, the group thrive on physical activities and through equipment bought from the Lakes Leisure fund the activities have been varied.
- Creativity – the group are not as keen on crafts; however they have enjoyed giving upcycling a good go.
- Discussion and activity based learning – developing positive friendships, managing conflict, future aspirations, discrimination, faith and Islamophobia,



### **Dallam School**

KEY has worked in partnership with Dallam School through one-to-one support for young people needing additional support, lunch time drop-in, 'get crafty' and a youth work project with year 7, 8 & 9's.

### **One to Ones**

KEY responded to a need by young people to have a trusted adult to speak to; these take place within the Dallam Schools but also within the out of school youth work provision such as within the youth cafe.

The one-to-ones within school are focused and youth led, covering a variety of needs such as;

- Building self-esteem,
- Exploring with the young people and equipping them with the tools to practice self-care, emotional wellbeing and resilience building.



- Creating positive relationships and managing conflict,

We also aim to enable young people to understand and explore who they are and empower them to put positive steps in place for themselves to feel happy and confident in relation to the world around them.

The youth worker engages in TAF (Team around the family) & TAC (Team around the child) early help meetings, signposting and supporting referrals to agencies more experienced in the level of care needed and working alongside the school to ensure the safety and positive development for each young person.

We have witnessed the positive impact more intensive support has meant to the young people who engage in this level of support. Below is feedback from Rob Surtees Pastoral Lead within Dallam School:

*“Where Emma does 1:1 session with students, this motivates students and ensures that they have an outlet and their voice heard to someone who they trust and someone that they know will try to support them and signpost to the right outcomes for them. Students are attending the youth café at M:HUB in Milnthorpe, many of these students as a result of the interactions that they have had with Emma within school.*

*Emma's work is an asset to the school's pastoral care plans and she has been excellent at giving feedback and working with the safeguarding team to ensure that students remain safe and cared for whilst at Dallam School”*

### Peer Development Youth Project



The young people involved in the initial workshop on Positive Relationships chose to develop the project further into a peer project. The group chose a subject from their learning to develop into a workshop for the new Year 7's.

The group set about planning their workshop; researching the subject and resources, developing the programme of activities to fit the age group, creating feedback tools and practising their delivery.

The group delivered 3 workshops on bullying to the Year 7's within the life skills lesson to two forms at a time. The workshops covered the basic outline of bullying, allowing the young people to explore the issue together and be aware of support strategies they can try. Also local and national support organisations they can seek help from if necessary.

The work the young people created was inspiring. They fully committed to the project and felt keenly the importance of passing on the support to others. For them to witness and feel the sense of achievement from such a project was invaluable. The young people who took part in the project gave positive feedback and suggestions. And in unrelated conversations we have had with young people in Dallam months down the line, those who took part in the workshops are now talking about the impact it had on them as Year 7's; many still have the info and advice cards and were keen to show the youth work staff.

The peer development group's personal achievements from this project were a privilege to witness. I watched the group grow and learn through the process of planning, delivering and evaluating their chosen subject. We witnessed each individual grow in self-esteem, confidence in their abilities and self-worth; alongside a greater understanding of the issues we covered.

The next youth work curriculum workshops will be based on Emotional Wellbeing and Resilience.

## Dallam Borders



A core group of volunteers from Dallam Borders set about developing an Intergenerational Arts Project. The young people's concerns were that all young people in the community were blamed for the Anti-Social Behaviour of the few.

The group developed the aims and parameters of the project and set about fundraising for their idea. The Core Group's key aim was:

*"Bringing together the different communities and generations in the Milnthorpe and Heversham area through the medium of art".*

The young people's hopes for the project were:

- To create a much better community feel in the area we are working on and break down barriers of stereotype
- Creating a lasting good 'relationship' between every age group in Milnthorpe and surrounding areas
- To create an art piece that will be displayed in M:HUB, making a lasting symbol of our project and our community work together

Within fundraising for the project, the Core Group delivered bake sales, wrote funding bids, took the project to their local high school and were delighted that the project was chosen by the School as one of its quarterly charities. Due to this the core group delivered assemblies to ask for the young people's support and raise awareness. The group, with KEY's support, successfully raised £2,347.

We would like to take the opportunity to once again thank our funders; Heversham Quarry fund, St Peter's Church, Dallam School students (mufti day fundraising) and UK Youth Change Squad.

Once funding was secured the group set about, planning sessions, working with a local artist on their vision, promotion, and delivery of the workshops.

In the group evaluation the young people;

- Recognised their own learning regarding planning such an event; team work, resilience, communication sources and fundraising.
- Recognised that their plan was a very ambitious one for the first community project.

## Intergenerational Arts Project



The Core Group delivered 5 workshops for specific groups within the community; families, young people and community members. The last two were open to everyone. During these sessions, the Core Group and staff began to see the true effects of bringing the community together. Through the project they witnessed young people and the community locked in discussions and all contributing to the final art piece. It was evident that they all felt comfortable and happy in

the environment learning from and engaging with each other.

## Ceilidh

The ceilidh saw roughly 50 people attend the event, including community members, young people and their families alongside young people from the boarding house.

This was a great event and there was a lovely atmosphere of people enjoying themselves and celebrating their achievements.



## Youth Consultation



In late 2016 and early 2017 KEY undertook a youth consultation to discover the needs and wants of young people within the Kent Estuary area. Young people, mainly from Dallam School, were given the opportunity to have their say on what youth provision is needed across the Kent Estuary Area. The consultation saw a positive response about enabling the young people to have a voice within the process. There were 124 recorded responses

from young people. Full consultation report available on request.

## Levens

In Levens village we have delivered a pizza and chat evening as well as 'Get Active' sessions during the summer term. Although numbers were low we are engaging in the community to discover the right provision for them.

The 'Get Active' sessions were enjoyed by all that attended and included a range of activities from cricket and generic sports to silly games such as water dodgeball and space hopper races.

## Milnthorpe Youth Café

Following the Youth Consultation, the young people who took part were invited along to look at the findings and decide on what type of provision was right for Milnthorpe. After exploring the findings, the core group decided upon a Youth Café with a 3-stage plan. The Youth Café is currently stage 1 of this plan.

The young people take part in crafts, games & giant games, healthy eating challenges, sports and projects. Alongside this, the space enables young people to discuss issues important to them; these discussions can range from;

- relationships,
- future aspirations
- world issues such as the Manchester terrorist incident many knew people that attended the concert) to homelessness.



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As a result of these discussions the young people have expressed a wish to take part in social action and so this is an area we are currently developing.

The group see young people attend of varying social needs: by creating a fun safe environment we have seen the young people thrive where they may struggle in other settings.

We have a planning team which the young people volunteered to be part of, thus helping to develop their group. They discuss their programme, fundraise, and raise the profile of the group with community projects in which they have started a 'Random Act of Kindness' project.

## May Day Fun



The fun day turned out to be a huge success and was well attended by families and young people, generally 14 and under. Activities included; sports, arts & crafts, inflatables, meet the animals with Wildlife Oasis and much more. We received positive feedback for the day and the community are already talking about the next one!

Working in partnership with MiPAD, in supporting the official opening of the fitness trail, was a good match and gave both organisations a chance to share the skills to help the day run smoothly.

Young people from the Milnthorpe, Arnside and the Intergenerational projects were involved in fundraising for their group's activities.

As this was our first event there were some learning points to take on board for our next event and we would love to involve young people from the very beginning. The engagement of the community groups was crucial to the event; it was fantastic how everyone was fully engaged and enthusiastic about the day and willing to give up their time to make it such a success. However, we had a very short timescale in which to organise the event and we had to be realistic in what we could deliver. Taking this into consideration we managed to provide activities that were engaging, inclusive and fun and created a real sense of community.

## Development Work

The next stages we would like to develop are recruiting new volunteers and creating steering groups for the Milnthorpe and Arnside Youth Provision.

This will enable the provision to be rooted within the community and support sustainability. KEY has had discussions with members of the community who have shown an interest, and this is an area we intend to concentrate on in the next year.

## Successes & Difficulties

### Successes

- Peer development project
- Intergenerational Arts Project
- Youth Consultation
- Development of the Youth Café
- Increased youth engagements in activities and in participation levels.
- Office Base and kit storage base – Partnership with M:Hub
- May Day Fun – In partnership with MiPAD, this was a fantastic community day that engaged the community groups and community members in getting active alongside raising the profile of KEY within the community.

### Difficulties

- Recruiting for our part time position: this has affected us being able to grow the provision in the way we envisaged, mainly developing the activities within Levens and responding to immediate needs such as Detached Youth Work within Milnthorpe. This is an area we will be concentrating on next year with the hope of a successful appointment this time.
- We are still working on becoming rooted in the community and raising the profile of KEY. This is something we expect to take time as we build up relationships and the community becomes aware of what KEY has to offer.
- Recruitment of Volunteers

### Future plans

Our main areas of focus for the next year are

- Continue to build on the KEY Youth Provisions, building capacity at our groups, raising youth participation levels, encouraging community engagement, providing holiday provisions such as trips and a Youth Residential, if funding permits.
- Three months - Milnthorpe Sports engagement project – funded by Cumbria Crime Commissioner (CCC).
- Developing a programme throughout the groups, exploring Physical and Emotional Well-Being, Risk and Resilience within a holistic approach. We are grateful we have received funding from Cumbria Crime Commissioner to support this project.
- School Curriculum Workshop – Emotional Well-Being and Resilience Building

### Future needs

- Continued search for Year 2 funding for a Part Time Worker
- Possible development of a KEY Funding Sub Group
- Funding for Youth Work Activities and Programmes.
- Development of a bank of volunteers to support the delivery and for strategic roles
- Securing core funding for year four onwards

### Partnership agencies and Community Groups:

- Dallam School & Dallam Boarders
- M:HUB
- Levens (Pam)
- Local Churches
- Youth Engagement Services
- Kendal Leisure Centre
- AYP (Arnside Youth Project)
- Kendal Windows Through Art
- Barnardo's
- CCC Early Intervention Team
- University of Cumbria
- Community PCSO – Martin Boak

### Agencies we have developed a relationship with so far:

- CVS
- SAFA (self-harm awareness for all)
- MiPAD
- NiSCU
- CYA
- Young Cumbria

### Statistics

Youth group	Numbers reached	Contact hours
AsAP (Arnside senior Activity Project)	26	62
Blackpool Pleasure Beach Trip	6	9
Dallam Boarders – planning group (IAP)	6	52
Dallam One to Ones	6	155
Dallam lunch time Drop-ins	25	10
Dallam Youth Project Workshops	Core group - 11 Attendees - 90	14 3
Intergenerational Arts Project (IAP)	66	19
Levens Youth Activities	6	10.5
Milnthorpe Youth Cafe	37	54
Milnthorpe Get Active Sessions	11	8
Youth Consultation	124	14
<b>Young people worked with on a regular basis</b>	<b>Total = 134</b>	
	<b>Overall Total = 348</b>	<b>Total = 410.5</b>

### Thank you to our Funders and supporters

We would like to express our profound gratitude to our funders and supporters for all your ongoing support to enable our project to become established in the Kent Estuary area. We are seeing the growth of our project, which is taking shape and we are seeing the positive difference the project is having on those we work with. We feel that KEY has just begun, that there is still a long way to go and lots of possibilities. However, without the community support and funders this would be almost impossible.

### Funders:

