

<b>Project</b>		ABL Life Skills	
<b>Lead delivery partner</b>		The Enthusiasm Trust	
<b>Theme</b>	Improving Life Skills	<b>Priority</b>	2
<b>Activity</b>	3: Young People	<b>Budget code</b>	191
<p><b>Project outcomes (from SLA)</b></p> <p>The Allenton Big Local outcome for this activity is: Young people fulfil their aspirations and dreams through being provided relevant opportunities.</p> <p>Enthusiasm will also aim to increase confidence and self-esteem.</p> <p>This will be achieved by:</p> <ul style="list-style-type: none"> <li>• Delivering pop-up events at local parks such as Boulton Lane Park and youth clubs at St Martins Church</li> <li>• Taking young people on trips such as: Laser Quest, ten-pin bowling, cinema, pizza hut, pantomime and the ice-rink in Derby</li> <li>• Through these activities provide youth worker support to the young people who participate</li> </ul> <p>Enthusiasm will aim to work with in excess of 500 young people over the 12 month funding period. We will know we have made a difference when young people, their families and those working with them tell us that:</p> <ul style="list-style-type: none"> <li>• Young people are more engaged and involved locally</li> <li>• There are better opportunities for young people</li> <li>• There has been a reduction in social exclusion</li> </ul>			
<b>Reporting period dates</b>	Qtr 4 2017/18 March 2018	<b>Nr and age of people benefiting from the project during the reporting period</b>	<b>Nr young people - 43</b> Age range 11-17
<p><b>Introduction</b></p> <p><i>Tell us basic information about the project and its outcomes and aims for reporting period.</i></p> <p>Over the last reporting period, The Enthusiasm Trust have focused on the delivery weekly youth outreach sessions in the Allenton Big Local area, as opposed to the weekly youth club, while the exciting redevelopment and building works continue at St Martins Community Centre.</p> <p>Through the 9 outreach sessions provided over the quarter; the aim was to engage</p>			

local young people in street based activities and games such as football, basketball, invasion games and dance; diverting them away from anti-social behaviour and risk-taking activities while also maintaining continued engagement and communication with youth mentors in preparation and anticipation for when the ABL youth club re-opens. Other activities provided included

- 1 Healthy Relationships workshop
- 1 theatre trips
- 1 Easter Arts Project

In total, 43 young people participated through these workshops and outreach activities with 275 engagements in total. We have continued to work with local organisations, including PCSO Bagley from Derbyshire Constabulary, Derby Homes ASB team and Derby City Council, to tackle and target anti-social behaviour and provide support for local young people where needed.

During this reporting period, we have worked closely with two volunteers from the ABL area and they are now preparing to become youth work apprentices to support this project.

The trusts rolling volunteers programme has continued to see young people from the Allenton Big Local area engaging in both regular and micro volunteering opportunities.

Despite the physical absence of ABL youth clubs at St Martins Community Centre during this reporting period, young people have volunteered across the scope of our activities. Through these volunteering opportunities, the young volunteers had a chance to engage in positive activities that they would not normally get to experience while developing confidence, teamwork, organisation and communication skills.

#### Holistic:

Despite the business of restructure in the background, Enthusiasm continued to deliver a broad variety of 'free of charge', open access activities and additional complementary 'whole-life' opportunities within the community in order to help raise the aspirations and self-esteem of young people, with a goal of improving their whole life prospects; Health, Employment, Education, Family, Recreation. Playfully and positively exploring healthy lifestyles and choices together. Our Youth Mentors and wider team were present around the neighbourhood throughout the period, so young people could approach them and talk to them outside of the planned activities and events delivered.

#### Collaboration:

Continuing to work closely with the local anti-social behaviour and housing officers from Derby Homes we were able to target the most problematic cohort and reach

out to those young people and their families that other agencies found most disengaged and hard to reach; those most affected by the issues of poverty, exploitation, negative relationships and unhealthy lifestyle choices.

### Positive Role Models:

Through this project we provided informal education and light touch mentoring to those young people at greatest risk of being isolated.

Two ABL volunteer have progressed really well and are already modelling positive attitudes and behaviours to the young people we engage. They in turn are being supported and equipped through their relationships with our Youth Mentors like Carlos.



### Enrichment:

During this reporting period our young people had a number of days out through new partnership working with University of Derby and Derbyshire Wildlife Trust.

Up to 20 young people and young volunteers got to spend 8 days with artists, historians, conservationists and Youth Mentors at University of Derby, Masson Mills, Matlock, Ilam, Darley Park and Markeaton Park engaging in photography, fabrics, illustration, pottery and many other subjects. There is a camping trip scheduled for the October half term holiday to Ilam.

Further to this the volunteers were celebrated for their commitment and personal development with a Pizza and movie evening.

### Activities undertaken during reporting period

*Tell us what you have done and how well things have gone. Include any issues carried over from previous report, activities carried out and any base line monitoring. Please attach photographs, quotes, good news stories etc*

Enthusiasm provided an active outreach programme and encouraged young people to also attend other activities in the area – to ensure momentum was maintained we provided lifts for some young people to other activities we delivered in the area. This also maintained relationships with youth mentors so that young people knew mentors were available for advice, encouragement and safeguarding disclosures.

#### Qtr 4 Jan – Mar 2018

Total number of individuals engaged	Total number of engagements over all sessions	Total number of sessions delivered	Total number of young people in ABL area
43	775	9	11

#### Year End Report 2017/18

Total number of individuals engaged	Total number of engagements over all sessions	Total number of sessions delivered	Total number of young people in ABL area
139	381	19	54

#### Parent Statement:

*'What you people do is great, I lose patience so quickly sometimes but you just get on with it.'*

### Outcomes the project has contributed to

*Tell us what difference you have made in relation to the SLA outcomes and more widely in the area.*

#### Priority 2 – Improving life skills

*The Allenton Big Local outcome for this activity is:*

*Young people fulfil their aspirations and dreams through being provided relevant opportunities.*

*Enthusiasm will also aim to increase confidence and self-esteem.*

Through our outreach and pop up programme, we provided continuous support to the young people that we engaged and ensured links to other projects and indeed Youth Mentors was maintained. Having a mixed programme meant that we were able to adapt to the winter weather when we needed to. We were consistent and ensured the activities were current, fun and informative in order to engage, retain and develop young people who attended. We consulted with young people throughout and if an activity didn't engage many we'd still ensure that those who did attend had a great time.

As with recent activities, many of the activities we delivered through this reporting period were intentionally 'young person' led; encouraging them to work both together and independently to cultivate their ideas and come up with some plans; providing a sense of team, ownership and pride. A number of the activities continued to encourage the young people to speak positively about themselves, nurtured healthy new relationships, set personal and team (SMART) challenges and reassured them to speak up. They learned to challenge the comment or behaviour rather than the person and this became rooted further during the Easter Project we delivered.

## Case Study

### Background and context

RD was referred on to the Triple R mentoring programme by an ABL Youth Mentor running the ABL Youth Club at St Martins Church on Flint Street in Allenton. RD wasn't a regular at the youth club but on this night felt able to disclose to one of the Youth Mentors there. She disclosed a catalogue of complex family and personal issues that were affecting her life and she'd been bottling it up as she didn't know who she could trust with the information.

Enthusiasm already worked with some of her family with discrete family support services and mentoring. RD was assessed as someone who would benefit from extra support through the mentoring project. She was vulnerable to child sexual exploitation (CSE) and had a very small support network.

Her Mum was a single working Mum of four children, working extensive hours to provide for her family; however this commitment to provide for her family had a knock on effect when it came to having quality individual parenting time with RD.

RD was on a part time timetable at school, and experienced bullying at school. She was experimenting with substance misuse and showed multiple signs of low self-esteem, self-isolation and complete lack of any self-confidence.

### What has Enthusiasm done?

RD received intensive one-to-one support in which, following initial assessment she was supported by her own designated Youth Mentor to make an Action Plan – working towards goals that were identified, discussed and agreed mutually.

She was encouraged to discuss her feelings and emotions in a safe way, using a range of age specific tools, mindfulness techniques and resources and was encouraged to ask for help when she needed it and to be quiet when the words wouldn't come. As she started to work towards the Action Plan she was encouraged to engage with the youth club more regularly as a safe but fun space. Her Youth Mentor was based there and could look out for her and help to keep her safe if/when anxiety crept in. In time RD started to attend a number of the Trusts other community based activities and, after a bit of a wobble - engaged well and became more regular in her attendance.

Today – We've worked closely with RD and her family over the winter period, helping to develop life skills, coping mechanisms and self-esteem. She has now progressed to College and has made great progress against many of her risk factors. We have given her a safe place to come and be herself. We have encouraged her to identify positive aspects of herself, to speak up and be heard, to challenge situations effectively and to create a new circle of positive friends.

RD's new confidence has enabled her to maintain her relationships in GirlCode and she's now attended two sleepovers and a late night planning and pizza activity. She took part in some of the dancing, laughed along to the stories, had a voice when we discussed which movies to watch and shared pizza. For some this might seem like small fry but for RD it really was evidence of a step change in her confidence and self-esteem.

RD's has seen a reduction in safeguarding disclosures and has a circle of positive role models and healthy relationships around her. As a result she has now been

exited from the Triple R mentoring programme and gets the support she needs through the group sessions she engages in.

RD continues to be a work in progress, however she has made good progress and now volunteers regularly in activities, has a small group of new friends and still has access to the support of our Youth Mentors for isolated support and encouragement.

### What have been the successes?

RD engaged really well with her mentor and has built up a positive relationship with other young people at the ABL youth activities and more recently at the Dance Project and GirlCode. She continues to try her best to be open and honest even though at times this can be really difficult for her.

The wrap around support she's accessed has really helped RD to process some of the historic issues she had not been able to deal with alone.

### Any drawbacks & how these have been addressed?

Good progress has been made in this reporting period.

### Current situation and future plan

RD has made good progress and now receives support in group activities rather than the intensive 121 support she required six months ago. She volunteers regularly and states that she'd love to train to become a youth mentor herself when she leaves college next year.

### Timescales

*Is project on track? If not what are you planning to do to address the issues?*

The project is on track to hit all outcomes.

We have a full Spring/Summer programme that we've developed in partnership with the young people. As we're now in week 2 of this programme

This is going live as we speak and we fully anticipate returning to St Martins in the very near future with a full youth club launch.

### Plans for next reporting period

*What are you going to do next? Are there any activities we should know about?*

The new Spring into Summer programme is launching as we speak.

We want to build on the success achieved during the last term time programme and keep our young people engaged. We will continue to bring in new themes, activities and other professionals, as this is exciting for young people and brings in different experiences for them.

Alongside this we are excited to be returning to St Martins in the near future.