

CANVEY ISLAND YOUTH PROJECT

Charity Number: 1063643



# Annual Report

## 2019-2020

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<b>Charity Details</b>			
<b>Registered Charity Number:</b>		1063643	
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		Essex SS8 7BN	
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<b>Twitter</b>		<a href="https://twitter.com/CYProject92">twitter.com/CYProject92</a>	
<b>Management Committee:</b>		Sue Benson (Chair)	Barbara Davis
		Antony Roche	Kevin Leigh
		Ray Ferne	Anna Bakonyvari (Treasurer)
<b>Volunteers:</b>	Connor Allan	Carol Woolf	Jane Kelly
	Valerie Eve	Barbara Davis	Zach Taylor
	Walter Eve	Chloe Miles	Roxanna Evans
	Thomas Connell	Ben Dobinson	Michelle Light
	Lucy Punter	Sue Richardson	Rheanne Thompson
		Jordan Boon	Charlotte Black
		Paige Rawlings	Margaret Sandercock
<b>Young Volunteers</b>		Jordan Goodwin	Brandon Beasley
		Jack Johnson	James Morling
		Mark Emery	Alex Keeble
		Alexandra Negus	Mitchell Palmer
		Chloe Cannon	Lewis Sibbons
		Callum Williams	Amber Lazell
<b>Staff:</b>		Alex Dobinson	Manager
		Tina Loughlin	Senior Counsellor
		Bernie Saxby	Next Level Lead
		Lindsey Smith	Substance Misuse worker
		Amy Dennis	Counsellor
		Steven Pilditch	Café worker
		Linda Brooks	Administrator
		Callum Harvey	Sports Apprentice
		Angela Black	Counsellor
		Lexi Negus	Apprentice Youth Worker
		Ellie Bright	Drop-in Worker
		Samuel Dobinson	Café worker
<b>Independent Examiner:</b>		Brooms Professional Services Limited	
<b>Bankers:</b>		Barclays Bank, Canvey Island	

## CANVEY ISLAND YOUTH PROJECT

Canvey Island Youth Project was established in July 1992. Our constitution was adopted on the 19th September 1996 when we became an unincorporated organisation. We became a registered charity on 29th July 1997. Charity Number 1063643

## THE OBJECTS OF CANVEY ISLAND YOUTH PROJECT

- To help educate persons, primarily aged between 11-25, to develop their physical, mental and spiritual capacities in order that they may grow to full maturity as individuals and members of society
- To relieve poverty and sickness amongst young people by establishing and developing a counselling, advice and information service.

## THE AIMS OF CANVEY ISLAND YOUTH PROJECT

- To offer advice, information and guidance on all issues which might affect young people including drugs, poverty, benefits, debt and homelessness enabling them to make informed decisions and take action on their own behalf.
- To offer behavioural and emotional support to help build young people's confidence and self-reliance.
- To offer practical support such as food and bus fares and access to the telephone and internet. The aim of this practical support is to help the young people gain a firmer base on which to start rebuilding their lives.
- To offer counselling to help young people gain confidence and self-belief and to deal with their problems. These problems are varied but include drug addiction, mental health problems and family breakdown.
- To act as advocates for young people who find it hard to communicate their needs to others. We aim to support them when dealing with other agencies for example speaking on their behalf with the Benefits Agency and Job Centre.
- To offer an outreach service to reach young people who might otherwise be unable to access others and our services.
- To offer clubs and activities to improve young people's health and wellbeing.



## OUR MISSION

**To help disadvantaged young people overcome the difficulties and problems they face and enable them to achieve their full potential in life, education, employment and relationships.**

## CHAIRS REPORT

I know I'm biased but I just wanted to say how proud I am to be a very small part of Yellow Door/ Canvey Island Youth Project. Reading through the very well put together Annual Report highlights the immense service that is provided by the staff and volunteers. The work and scope of the project is far reaching, inventive and creative. It is clear that young people are recognised as diverse and valuable individuals with a range of significant needs whether that be emotional support, practical guidance and counselling to the vast benefits of physical activity, drama and even just the value in quiet times (and many more in-between)

Running such a comprehensive service is a challenge and takes huge dedication and commitment and the project staff and volunteers have these attributes in bucketloads. I would like to take this opportunity to thank you all on behalf of the Management Committee. Alongside this I would like to thank the trustees and Management Committee who have the much easier, but still vital, task of over-seeing the functioning of the project and checking all is in order.

While everyone plays their part I would like to offer a special thank you to Alex, who goes above and beyond on countless occasions to ensure that staff are supported and the projects reputation remains high. The project has a clear vision and this is due to Alex's drive and the tremendous commitment of all the staff and volunteers.

It is important to recognise the challenges of the last four months due to Covid 19. Lives and services have had to alter dramatically. At times it feels as if life may not ever be the same again. However the project has adapted and adjusted to continue to meet the needs of young people and has also reached out to the wider community, particularly with the very popular food bank provision. It seems to be a trait of yellow door that no matter the challenge it keeps going and that is what we have witnessed during the pandemic. The team have shown great resilience which is invaluable and inspiring for the young people who will, even if they don't realise it, look up to the staff/volunteers as role models.

As ever the project continues to evolve and explore pastures new. The recent partnership with Canvey Big Local is an example of this and we look forward to exciting times ahead!

Thanks again all of you.

*Sue*

*Susan Benson, Chair*

***Thank you to all the organisations whose partnership has helped us provide a service to young people and the wider community in 2019-2020.***

**Essex Youth Service**, Canvey Catholic Church, Wintergardens Baptist, Canvey Baptist, Canvey Methodist, Canvey Rotary, Castle Point Council (Waterside Leisure Centre), **Bar-n-Bus**, Team Extreme, Skate-n-Scoot, **Active Essex**, St Nicholas Church, Salvation Army, **Wyvern Community Transport**, Appleton School, King John School, USP College, Canvey Job Centre, Cornelius Vermuyden, Northwick Primary School, EWMS, Family Solutions, **SVP**

**and many more.**

## ADVICE AND INFORMATION DROP-IN

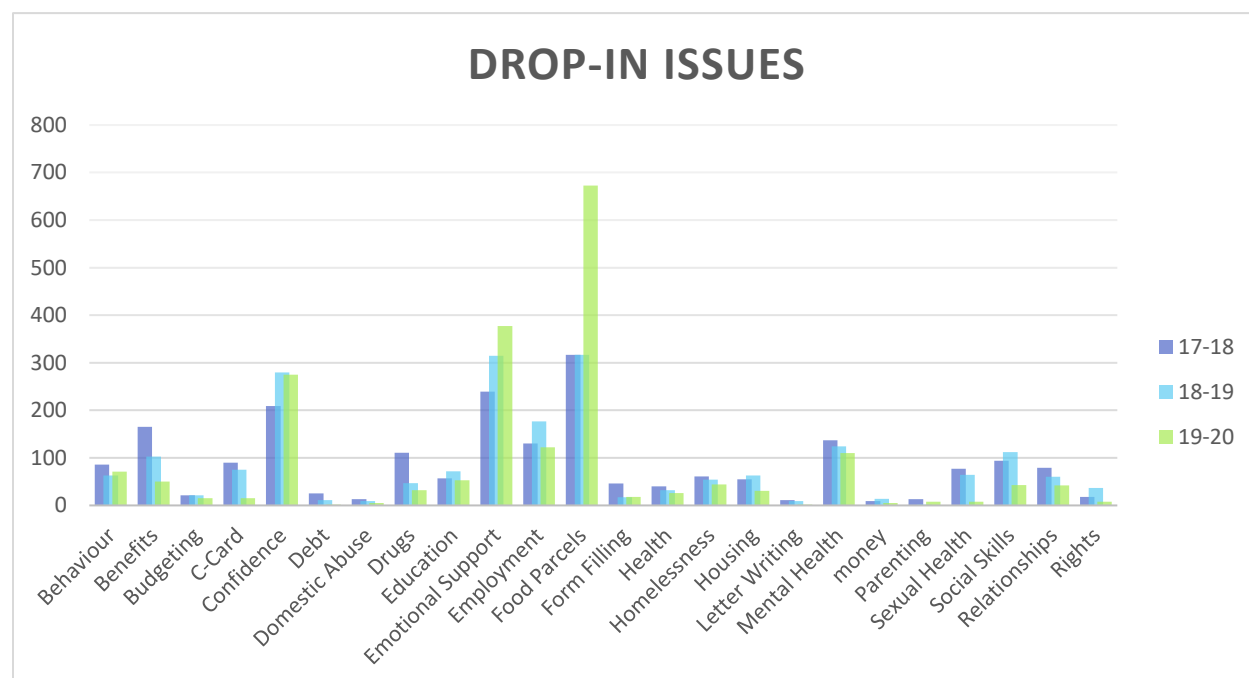
The advice and information drop-in was open Monday to Friday 10 a.m. to 5 p.m. throughout the year. We ran specialist sessions including mentoring, substance misuse advice and support, benefits and employment advice, and a job club. We also ran the Yellow Door Food Bank within the drop-in and supported Canvey Food Bank throughout the island

## DETAILS OF DROP-IN CLIENTS

	14/15	15/16	16/17	17/18	18/19	19/20
Total Number	433	486	526	527	561	<b>567</b>
Male	208	239	233	273	261	<b>260</b>
Female	225	247	287	243	291	<b>298</b>
Special Needs	20	26	28	22	21	<b>22</b>
NEET	227	167	169	143	149	<b>219</b>

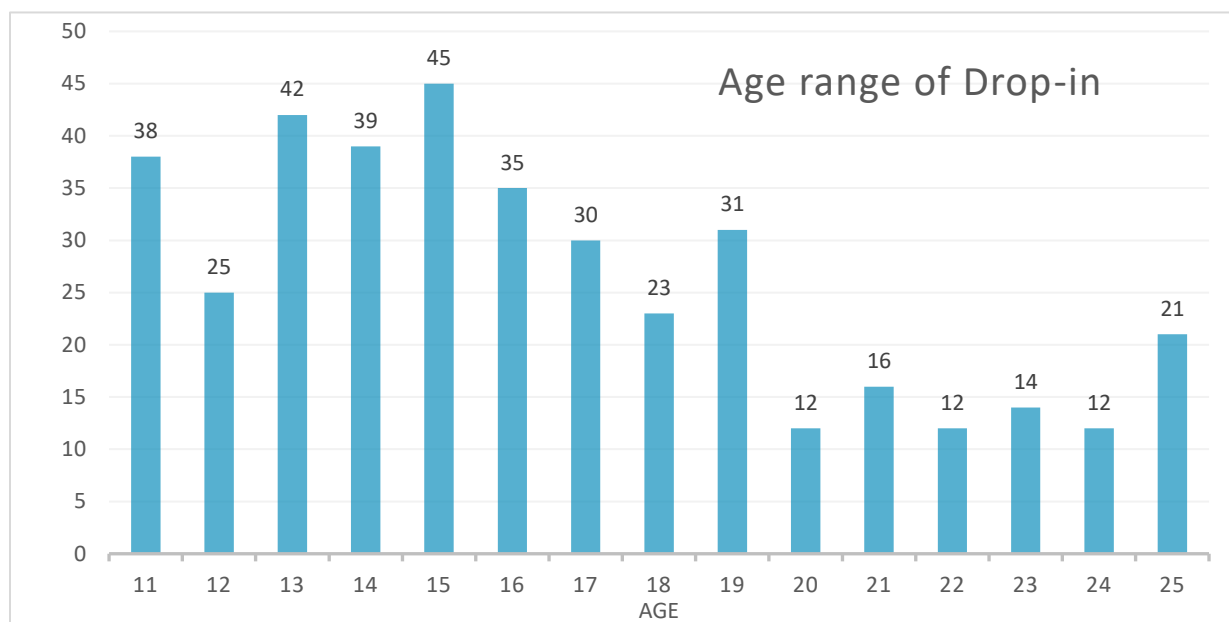
The advice and information drop in helped young people and their families with a wide range of issues and problems.

## ISSUES HELPED WITH IN DROP-IN



In this chart, you will see that we have had a significant drop in numbers of young people receiving help from us on sexual health and c-card issues, due to a new Essex wide e c-card scheme. With the new scheme, we are no longer able to offer assessments to young people and young people can only access condoms if they have downloaded an app, which many of our young people have been unable to do (, (due to old phones or no access to the internet.)

We have also seen a significant increase in the use of our food bank .



### JOB CLUB IN DROP-IN

We ran a Job Club on Wednesday mornings in partnership with Canvey Job Centre. The average age for this club was 18 years, but we were able to work with young people up to the age of 25. Some young people left college and hit a brick wall, not knowing where to go next - unaware of the different options available, who did not attend college needed to get into paid employment. Others had a rough start in life and just needed someone to sit with them and talk things through in a clear and calm manner. We wrote a lot of CVs, helped with job application forms and signing up to job search sites etc. But more than that we listened, we took time to get to know the individual client, and helped them find what was right for them. When they talked about things they were passionate about it was clear what line of work they could go into. We provided optimism, encouragement and knowledge on how to get where they wanted to be.

*Amy Loughlin, Drop-in Co-ordinator*

### PARENT SUPPORT GROUP:

On Tuesday mornings we held support groups for parents of teenagers. The idea for this came from our counselling referrals from a distressed parents asking if there was anything they could do to help their child. By inviting parents in to have somewhere confidential to discuss their child's issues, we recognised it would also be useful if they could meet other parents with similar experiences for peer support. We have worked with cohabiting Mums & Dads, single parents, and also grandparents who have the main care role for their grandchildren. As a group they listened and supported each other with issues such as school refusal, managing gaming restrictions, setting boundaries and coping with tantrums. The main outcome of this group was that the parents/carers felt listened to and supported, they left the group feeling reassured that they are doing a good enough job as a parent, as well as gaining knowledge in how to handle difficult situations with their teenagers.

*Amy Loughlin, Drop-in Co-ordinator*

## FOOD BANK:

Our food parcel service grew from strength to strength this year. On the outbreak of COVID 19 we partnered up with other services within our community to create The Canvey Food Bank. This was available for people of any age who were struggling financially.

Anyone aged over 25 was provided with a food parcel and signposted to support services relevant to them. Those aged over 25 with a young person aged 11-25 living with them were provided with a food parcel and we work closely with them to provide accurate support and advice to help them through a difficult time. Young people aged 11-25 who used the food bank were offered a higher level of support, including ongoing budgeting advice, help to claim benefits, help to gain or maintain employment. We also worked with the local travel support scheme bus who undertook to deliver parcels a day to vulnerable clients.

The food bank was a very busy service. We gave new clients a warm welcome and explained what support we could offer depending on their age. We understood that clients may have felt uncomfortable or even embarrassed using a food bank, so our staff and volunteers were available to provide support, making a cup of tea and taking time to listen. We put some boundaries in place to stop the food bank being taken advantage of, which worked well and allowed us to do follow up work with the clients to find out if their needs had changed in anyway. Clients always left with a smile and were grateful for the support. *Amy Loughlin, Drop-in Co-ordinator*

## SOCIAL SKILLS SUPPORT GROUP

Our social skills support group ran on a Wednesday afternoons. This group supported year sevens and eights and aimed to help build confidence and communication skills. The young people who attended had suffered from bullying, anxiety and needed support to develop their social skills. During the year, they played board games, talked about anything that was bothering them and took part in confidence building activities. When they were ready they were encourage to join our Thursday Night Youth Club to make new friends and socialise. One Nan called to say a thank you, she explained how her grandson was a totally different boy, "he will go out on his bike, goes to the park with friends and he loves attending the groups at Yellow Door." *Ellie Bright, Drop-in support worker*

### DROP-IN CASE STUDY - JOB CLUB

Paul had little confidence or belief in himself. In the job club we worked with him to develop his confidence. We supported him with advice on how to make job applications and helped build his interview skills. We spent time creating a CV that focused on his strengths. He was offered a job in a local shop where he put his new skills to good use. A little while later he got back in touch to say he would like to support other young people like himself to find work and offered to volunteer for us.





## DROP-IN OUTCOMES AND INDICATORS

Outcomes		Indicators	
Increased Confidence and Self Esteem	323	Taking part in new activities	173
		Making Healthier & Safer Choices	200
		Accessing employment and Education	106
Improved Social and Communication Skills	297	Able to express needs to other	172
		Has improved Relationships	83
		Feels less lonely and isolated	148
Increased Life Skills & Knowledge	418	Applies new knowledge & Understanding	239
		Able to cope with emotions	98
		Reported increased knowledge & Understanding	371
Improved Health and Wellbeing	1166	Gained Benefits	21
		Accessed counselling & other health Services	209
		Reduced Risky Behaviour	72
		Gained/Maintained accommodation	34
		Reported increased wellbeing as result of advice & Support given	989

### DROP-IN CASE STUDY – FOOD BANK

A single parent with four children aged between seven and fifteen came to us for help, she was desperate. We found there was an issue with her benefits, she found herself falling short each month, leaving her without enough money to feed her children. She came to our food bank and we were able to supply her with essential items to feed her family. We also helped her to make a referral for the winter warmer fund, which provided her with gas and electric for heating and hot water. Without this help, her family would not have been able to use their cooking facilities, and her child with asthma would have been at risk of becoming seriously unwell. Her teenage daughter was being bullied at school and was becoming depressed and anxious. We took a counselling referral for her so that we could provide emotional support and allow her to learn different coping strategies for difficult situations. As this young girl was nearing the end of her school life we also provided advice and guidance on her next steps. We explored what it would be like for her to attend a college course, apprenticeship, or get straight into employment. Leaving school is a big step when you're uncertain about what you want to do, but with our support she was able to apply for a college course in Childcare, and now feels much more hopeful about her future. **This family is now back on track financially, and able to provide for themselves; there has been a great improvement in their health and wellbeing.**



## COUNSELLING

The counselling service had a very busy year. We were fortunate to secure more funding that enabled us to employ another fully qualified part time counsellor.

As the reputation of Yellow Door has grown, we have seen an increase in the amount of clients with more serious mental health issues. We have been working very closely with EWMHS to support these clients, as well as continuing our established counselling service in schools and USP Seevic College.

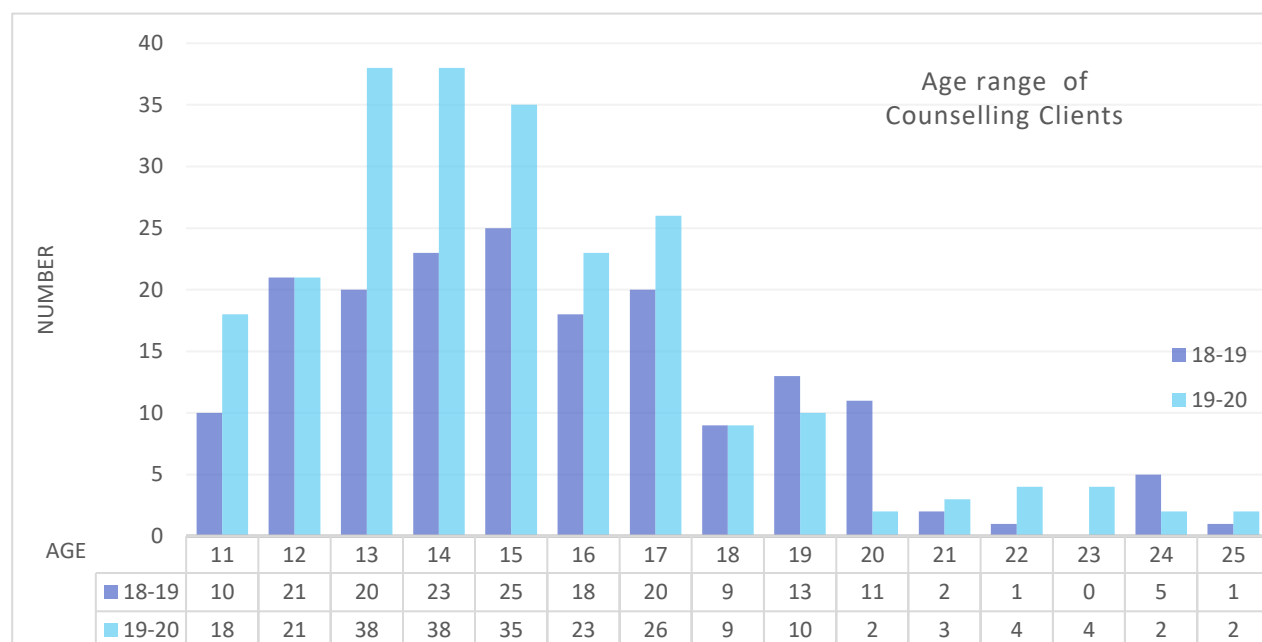
A great advantage of having our new premises and all the new services we have been developing has been that we can offer a more holistic approach to therapy. For example, counselling clients with social anxiety can be gradually introduced to QT Club or Next Level to build their confidence. Likewise, sports coaching can help alleviate the symptoms of depression, so we are able to work together as a team to promote wellbeing.

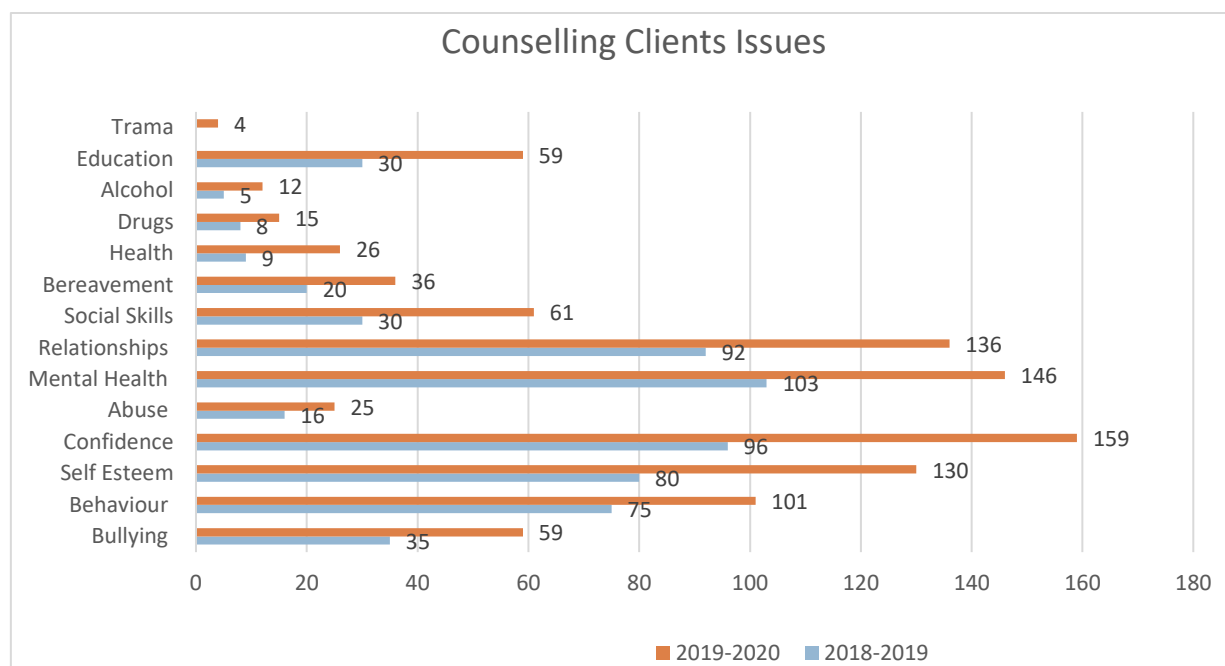
Looking forward, we are always looking for ways to meet the ever-changing needs of our clients. Our counsellors take note of the feedback we receive from the young people we support and they seek continued professional development to ensure their training is current and relevant to our client group.

*Tina Loughlin, Senior Counsellor*

	18/19	19/20
<b>Counselling Clients</b>	<b>179</b>	<b>235</b>
<b>Counselling Sessions</b>	<b>879</b>	<b>1543</b>

Client Details 19/20			
<b>Male</b>	79	<b>Ethnic Minority</b>	9
<b>Female</b>	149	<b>Special Needs</b>	18
<b>NEET</b>	7	<b>LGBT</b>	21





### COUNSELLING FEEDBACK FROM YOUNG PEOPLE AND THEIR CARERS

- *Very helpful and helped me cope with all my worries. This boosted my confidence a lot in public.*
- *This has been helpful. "Now I have a much more positive mindset and tells himself I can give this" "a go"*
- *Thank you for all of your help as I now feel like I'm in a much better place. You helped me so much with me helping myself and finding ways to change my thinking*
- *I am much happier than when I started*
- *It's the best thing I ever did! I wanted to throw myself under a train. I had such dark thoughts. Now, I like myself. I feel wanted. I have a positive outlook and I don't have to put up a front anymore. I am honestly so grateful for everything you have done for me and I really feel a different person since when we first started.*
- *Its helped me a lot. I can understand my feelings and see things rationally, from a different perspective.*
- *It has helped me control my thoughts a lot and made me a lot more confident in myself.*
- *It has been helpful, helping with my anger*
- *It has all fallen into place. I am seeing things a lot clearer now.*
- *Everything is going really well. He can take responsibility for his actions. He is closer with family and in much less trouble at school.*
- *Counselling has kept me alive and given me self-respect.*
- *Coming to counselling has helped me increase my confidence and helped me to control my emotions and negative thoughts more.*
- *I feel like I don't have to lie to myself. I feel like I can talk about how I feel and not be judged.*
- *I found it helpful. I am more assertive and confident to make correct choices*
- *Everything is going really well. He can take responsibility for his actions. He is closer with family and in much less trouble at school.*

Counselling Outcomes	Number of clients that achieved Outcome	Achievement of outcome as percentage of all clients.	Clients who have started, have achieved and are consistently achieving the outcome.		
Outcomes			Started	Achieving	Consistently Achieving
Indicators of Outcomes					
Increased Confidence and self esteem	185	79%	26	47	112
Taking Part in new activities	178	76%	23	47	108
Making Healthier Choices	152	65%	23	39	90
Improved Social and Communication Skills	184	78%	27	50	107
Able to express needs to others	175	74%	24	47	105
Has improved relationships	164	69%	20	49	95
Increased Life Skills	217	92%	47	56	114
Reported increased knowledge	217	92%	48	55	114
Applies new Knowledge	192	81%	33	52	107
Able to cope with Emotions	149	78%	27	53	104
Improved Health And Wellbeing	215	91%	45	52	118
Less lonely and isolated	127	54%	21	30	76
Reduced risky behaviour	37	16%	5	6	26
Reported improved health and wellbeing	214	91%	45	51	118

92% of counselling service clients achieved at least 1 outcome. Of the 18 clients that had not yet achieved a positive outcome 15 had only had one or two sessions.

## COUNSELLING CASE STUDIES

### BEHAVIOUR

BR16: Referred as parents concerned about his behaviour. He wasn't attending lessons at school, and was staying out later than allowed, also stopped going to sports clubs. With 5 sessions of counselling he began to understand the consequences of his actions, and take responsibility for his behaviour. After making positive changes to his behaviour he recognised that he is better off respecting boundaries. He attended lessons at school, and respected boundaries of his curfew. He even used this new knowledge to encourage other students to make positive changes to their behaviour. He was happy with the support he received and was proud of himself for the effort he'd put in.

### ANXIETY

RH13: Referred to us as she had been suffering with anxiety for a few months and it was getting increasingly hard to deal with. She was being picked on at school by other students that called her names, the stress of which caused her to pull out her eyelashes, having no eyelashes gave the students at school reason to make further comments and it started to feel like a vicious cycle which she couldn't get out of. Using CBT we explored her thinking patterns and worked together to find alternative positive thoughts. Making behavioural changes helped her to break the habit of pulling her lashes, and making changes to her thought process helped her to feel confident that she can cope each day. Feelings of anxiety became much more manageable and she began to feel much better in herself. We came to an end of counselling after just 6 sessions.

*Her feedback: "I found it really helpful each session as it built my confidence up loads, thank you! It is amazing help."*

### DEPRESSION

ZL17: Self referred for counselling as she started having very low moods after being pushed out of her friendship group. These low moods affected her motivation with day to day tasks; she began to feel very isolated spending too much time alone in her room. She began to self-harm and started to have suicidal thoughts. Having a safe and confidential setting to explore her thoughts and feelings she began to feel less alone. She worked really hard to make positive changes to her day to day life by getting more involved in different groups, making new friends and get out of the house. She joined a netball team and a drama group. Her self-esteem started to increase, she stopped self-harming and her confidence grew. Believing in herself, her abilities and her future had a massive impact on her mood and we came to an end of counselling after 13 sessions.

*Her feedback: "Amy has been absolutely amazing! Thank you so much for all of the help as I now feel like I'm in a much better place. You helped me so much with helping myself and finding ways to change my thinking."*

### GROUP WORK - FEEDBACK

"What I enjoy about coming to these sessions is that I get to interact with all my friends and make new friends and I have the opportunity to come out of my shell and it gives me the opportunity to develop as a person and learn about new things while having fun and experience new things such as new sports and different skills." RJ13

## GROUP WORK

Yellow Door Activities and Groups	Number young of people	Age Between	Average Number of Young people each session	Number of sessions	Number of Contacts
<b>Waterside Youth Bus</b>	227	11 and 18	18	34	546
<b>Youth Café</b>	422	10 and 19	29	78	2630
<b>Quiet Club</b>	97	11 and 18	12	46	546
<b>Outreach</b>	200	10 and 19	11	40	446
<b><i>Next Level</i></b>	27	12 and 19	9	38	379
<b>Waterside Sports</b>	80	10 and 16	8	48	424
<b>Sport Workshops</b>	15	10	15	6	90
<b>Fun in the Sun</b>	52	3 and 15	12	11	137
<b>Sport in the Avenues</b>	33	10 and 16	19	6	112
<b>Stress Busters</b>	7	11 and 16	4	10	40
<b>Total</b>	<b>1160</b>	<b>3 and 19</b>	<b>17</b>	<b>317</b>	<b>5350</b>

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## SPORTS COACHING:

During the year, we have organised and run a range of sporting activities. During these projects, we have seen a growth in the young people's confidence, sports related skills, cognitive improvements, social skills and much more.

### WATERSIDE SPORTS

We ran six sports sessions a week for disadvantaged young people aged between 11 and 16 on Monday's and Tuesdays after school. These sessions included Basketball, Dodgeball and Table Tennis. During these sessions we have seen the young people grow, going from not talking in sessions and being at the back of the group to being at the front and the first one through the door to start. All the young people have improved their fitness and skills.

### OUTREACH THROUGH SPORTS

We are quite lucky where we are based close to the town and right next to a massive field and play area. This has allowed us to reach the young people without going too far and the young people feeling comfortable enough to come to us. We provide equipment, advice and being there to chat with the young people. This has reduced anti-social behaviour and has given young people something positive to do. All it takes is for us to ask them how they are doing and building that positive relationship and giving them a football to go over the park and play in a group.

## FUN IN THE SUN;

This project was a massive success. It was a community project planned and organised by our Apprentice Callum Harvey, in partnership with Active Essex. The project aimed at getting people out and about during the summer holidays and ensuring they had at least one hot meal during the day. It was part of Active Essex Holiday Hunger programme. We ran a range of all-inclusive activities such as cricket, rounders and arts and crafts. The children taking part really enjoy themselves and said if they were not at the program, they would be bored at home doing nothing. By the end of project, everyone was great friends and had improved massively. Callum received special award for his work on this project. The awards were hosted at Wembley Stadium and he was in competition with apprentices all over the UK.



## FOOTBALL AT THE AVENUES;

We take a football cage with Bar-n-Bus to a small green in a council estate, which allows the young people to literally step outside their door and play football with their friends in a fun safe environment. We have had a range of people attending from years 4 to 12. It is a real community and family environment at the Avenues. We have loads of people come out just to talk and engage with us. Some who don't even want to play in the cage. We have also used other equipment to engage with the young people. We constantly encourage positive behaviour and have a good rapport with the young people. The young people have improved in many areas such as social skills, football skills, physical abilities, confidence and through just talking to us about their day and with positive encouragement they have improved their behaviour too.

## EDUCATION PROGRAM

Our sport coach worked in partnership with Northwick Primary to deliver a sport and wellbeing programme to Year 5 and Year 6 groups. These session consisted of 40/50 minutes of physical activity and 20 minutes of education on health and wellbeing once a week. The aim was to build a good rapport with the young people, to keep the learning short and to the point so they could retain their focus and remember what they had learnt. The sessions offered a range of sporting activities all to get them engaged and enjoying sport. The Education Session included subjects such as Personal Hygiene, Teamwork, Leadership, and Healthy Eating. The teachers told us the pupils came back talking about what they had learnt which was great to hear.

*Callum Harvey Sport Development Apprentice*

### CALLUM EXPERINECE AS A SPORTS APPRENTICE AT THE YELLOW DOOR

Over the course of the year I have managed to work on many different projects with Yellow Door. I have seen massive success, not only in how we run/operate but massive success in the young people themselves. I have seen a range of different people come through the Yellow Door and have seen how crucial the work that we are doing is. I have seen firsthand the impact we have had, improving the young people's self-confidence, communication skills, physical skills and much more, it has also led to things such as a reduction in anti-social behaviour. I look forward to helping next year when we can make even more of an impact on the young people on Canvey Island, leading to more of a secondary impact on the whole of Canvey Island.

## DRUG & ALCOHOL AWARENESS

The work of drug & alcohol over the past year has changed with new problems presenting in line with growing trends within youth culture.

Advice and brief interactions have been the predominant feature. With our younger group, pre experimentation, we have worked hard to make sure all groups and students we could, to deliver inputs within the school curriculum were reached. This was best used to its full advantage by organising a carousel day in one school. There is scope to develop a rolling awareness program with the schools this year when we link with the new local Police Liaison to support Essex initiatives. Keeping with this theme the informal education has continued with interventions on outreach, drop-in and clubs. Younger activity has been around cannabis use, alcohol, nitros oxide and lean.

Advice regarding substances via phone calls from parents and young people have given the community a local advice line which is aware of products and activity. The main advantage of the phone service is young people are able to phone anonymously and ask specific questions regarding their experimentation or usage. To help support fellow professionals working with young people we delivered two full day Education Awareness Training Days at the project. The feedback was excellent and we will definitely be looking to running more of these over the next year.

The overall success has been the level of contact, trust and respect the youths have shown us by being honest, open about their usage, inquisitive for good information and respectful for the time and effort we put in to keep them safe.

*Lindsey Smith, Senior Youth Worker and Substance Misuse worker*

## YOUTH CAFÉ

This year the café has seen its most successful period. The annual migration of peer groups brought in a new generation of young people. This group, we had had the fortune to work with on outreach at other venues, which meant many were known to us before attending. The café gave them a chance to have their space. The one overriding question from young people is when is the café opening? The café with its relaxed atmosphere and non-judgemental approach has definitely resounded with them. Challenging issues such as sporadic drug activity close to the café has reduced to almost non-existent. Staff and volunteers have worked hard to support young people that seek advice or allow us to drop into their conversations. Local young people truly enjoy the café and activity on café sessions is busy. Outside groups have come along from other Counties to look at what we have achieved.

The fact that I think stands out the most is the lack of damage or thefts. We have even had incidents where we have had to challenge an individual and been supported by the young people to resolve situations. Although they may have a different image within the community we find them polite, courteous, respectful to staff and volunteers and tremendously supportive of the project.

*Lindsey Smith, Senior Youth Worker*





## OUTREACH/STREET-WORK

The street-work over the past year has been centred on the skate park, avenues, town centre and King George's field.

This we split into three age groups. "New Youngers" aged between 10 -13, with whom we have engaged with the help of the youth bus provision. The activities aimed at this group have been small sport sessions, arts and crafts and following a monthly theme subject to encourage conversation. We have an established group of "New Youngers" who look forward to the bus and mix well together. The work has been around healthy life style, positive activities and age appropriate advice around topical issues.

The mid-range \*Youngers" who have now out-grown the bus are still engaging with us and are friendly and supportive of our work with the younger group.

The elders, now late teens –early twenties have now graduated to the car parks. We still engage with this group as we have several years of contact with them to support them with a wider remit of advice giving. This can include relationship advice as well as practical advice around life style choices, careers, finances and the law are common subjects.

The major success of this has been to be a consistent point of reference and support through their youth and into early adulthood.

I must take this opportunity to praise my volunteers and team in making all this work possible.



*Lindsey Smith, Senior Youth Worker*

## QT CLUB



QT Club was started as a spin-off from youth café when we noticed some youngers found the activity and numbers attending uncomfortable. Quiet Thursday was a chance for this group to have exclusive access to the café with a vetting process on attendance and much smaller group of like-minded peers. QT became a social stepping stone from stress busters, mentoring and counselling. QT is more structured with an event and activity agenda as well as plenty of time to relax and learn new social skills. The resounding success has been to observe the gradual progression from being quiet and somewhat introvert to mixing comfortably with each

other and feeling safe to express themselves without judgement or ridicule. The joy is to watch a new attendee who feels isolated and uncomfortable in social situations looking forward to attending and mixing somewhat boisterously with new friends. The success is again down to my wonderful team and their continued contribution.

*Lindsey Smith, Senior Youth Worker*

## STRESSBUSTERS

During the last year four stressbuster programmes have been completed. There were 21 young people age 11 to 15 years, who attended the programmes. Each programme was for 10 weeks and the sessions were 1 hour every week. At the start of each programme the young people completed a questionnaire, at the end of the 10 weeks the same questions were asked and this provided information on the outcomes. Each programme is adapted and changed depending on the group's needs and age. The programme is designed to be interactive, informal and the aim is to help the young people to identify what causes them to feel stressed. Activities and discussions are used to help the young people find their own way of reducing or eliminating their stress. This may be by playing sport, using an app or using Cognitive Behaviour Therapy. Every young person who attends the programme has their own small box and over the 10 weeks adds different activities or ideas to reduce their feelings of stress. An information leaflet is also provided which includes different websites, strategies and apps to use in the future. Some of young people who attended the stressbusters programme wanted counselling on a one-to-one basis, and/or have attended QT Club or a sports session.

Linda Brooks

### STRESS BUSTERS CASE STUDY

Paula started stressbusters and had a number of issue's; she did not want to go to school, participate in activities with her peers and was unable to sleep for longer than 3 or 4 hours. After attending a few sessions Paula began to interact with her peers on the programme and participate in activities. However, she was still unable to sleep for longer than 3 to 4 hours. There were a number of different strategies used without success, including relaxation, meditation, bedtime routine, not using computer or mobile phone for an hour before bed. The headspace app on Paula's mobile phone helped her to go to sleep and stay asleep for more than 4 hours. Although there were still some times during the 10 weeks that Paula felt an increase in her feelings of stress, she used the strategies to help reduce them. Paula's mother was very supportive and did comment that the course had helped her daughter and she could "see a definite improvement and her Paula seemed a lot happier". When the programme had finished Paula then started to attend QT Club to socialise with her peers and undertake new activities.

## YOUNG VOLUNTEERS

Our young volunteers have been amazing this year. They have supported our clubs and activities, taken part in community activities such as litter picking and helped us fundraise.





## SKATE JAM

At the end of the Summer Holidays, we organised a Skate Jam at Waterside Skate Park, with competitions, demonstrations and coaching. Over 200 young people attended with their families. It was a great day with many organisations in the community working together to make it a success.

## NEXT LEVEL



The last year had been very rewarding for the students of Next Level. With an average of fifteen shows in the local community. Their ages range from 11 to 18 and their performing abilities have proven to be as good as any professionals.

They have performed at local club at the Paddock for vulnerable adults and twice at Willalla House for the residents there, and they interacted with both these audiences and were asked to return. They also appeared at the Christmas Light Switch on and performed on stage at the War Memorial Hall a Musical Murder Mystery which was written by Next Level. They have raised their own funds for the group by donations from their appearances and the Murder Mystery

raised £400 for the group which will go towards future shows and visits to other youth theatre groups or possibly back stage visits.

Some of the young people have joined the group with some vulnerable issues such as shyness bullying and low self esteem. They have grown in confidence and their hidden talents have emerged and their parents have been amazed at their achievements. They can come along without feeling they have to partake in acting, singing or dancing and they can just hang out with their new friends. Just being a part of Next Level gives them a feeling of belonging, the students encourage and support each other without any pressure. I have a lot of respect for all the students, they prove that young people can achieve so much if given the opportunity, that's why we should be supporting them so they can move forward with pride and confidence.

I also want to thank Jordan and Lucy, two volunteers who give up their time every week to help and encourage the group. They are invaluable!

*Bernie Saxby – Next Level Worker*

## FINANCIAL REPORT

The financial results this year show a total income of £229,033 (2019: £194,140) and expenditure of £196,289 (2019: £177,928), amounting to an in-year surplus of £32,744 (2019: £16,212). Achieving a surplus has been the result of the tight management of resources to ensure that expenditure did not exceed funds available.

The majority of the income is from Big Lottery and Children in Need, as in previous years. We also managed to secure funding from small donations and grants to supplement this funding. We would like to thank all the people and organisations whose generous grants and donations have allowed us to continue our work.

The increase in expenditure is mainly due to the increase in salary costs, which is the result of the charity offering more services and activities to young people.

At the balance sheet date the charity had free reserves of £26,974 (2019: £13,287) and restricted reserves of £138,214 (2019: £119,157). There was a strong cash position at 31<sup>st</sup> March 2020, with cash at bank in excess of £156,000. The trustees are satisfied that the charity has adequate resources to continue in operational existence for the foreseeable future.

*Anna Bakonyvari, Treasurer*

## THANK YOU TO ALL OUR FUNDER



**Essex Youth Trust**  
**Rosca Trust**  
**Screw Fix**  
**Woodward Trust**  
**Active Essex**  
**Essex Local Council Fund**  
**Albert Hunt Trust**  
**Coop**





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THANK YOU EVERY WHO GAVE US A DONATION OR RAISED FUNDS FOR US.

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*Sweet Charity Choir*



*Castle Point Lions*



*Allegro Choir*

- **Canvey Island Charity Players**
  - **Hadleigh Rotary**
    - **District Tangent Club**
    - **Canvey Methodist**
      - **Ladies club Methodist**
        - **Knit and Knatter group**
- **Appleton school**
  - **Leight Kenrick**
    - **Canvey Spiritualist**
      - **Canvey Rotary**
        - **Canvey Corner Club**
          - **Furtherwick WI**
            - **Canvey Labour Party**

***Thank you to the Mayor of Castle Point for making us one of his charities this year.***

## THANK YOU TO OUR WONDERFUL STAFF AND VOLUNTEERS.



And Tina Loughlin 😊

