

The Core Youth Project
End of year report to Saltash Town Council – February 2024

Our mission statement is;

'The Core aims to provide young people with opportunities and activities which help build positive relationships, strengthen and develop self esteem/confidence and empower them to have a positive impact on their community'

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 at the centre. We have a staff team of 1 full time youth worker, 4 part time Youth Support Workers and 1 Trainee Youth Worker which has enabled us to continue to a wide variety of youth work sessions. The following projects are funded by STC and the match funding we have secured from other grants.

The following sessions are offered weekly at The Core for young people;

Open Access Youth Sessions

Senior club for 13-18 year olds every Monday evening 7-9pm

Junior club for 11-13 year olds every Thursday evening 6.30-8.30pm

Grub Club

Cooking workshop every Monday 3.15-5pm (Years 7-13)

Craft Club

Arts and crafts workshop every Thursday 3.15-4.30pm (Years 7-13)

Just be You

LGBT+ support and social group every Monday 3.15-4.30pm

Home Education Group

Monday's fortnightly 10.30-12.30pm for parents and children who are home educated.

Climbing Club – Every Wednesday and Friday 3.30-6pm for children aged 5-18

Saltash Amateur Boxing Club – Every Wednesday and Friday evening

We currently offer positive activities for young people 5 afternoons/evening of the week.

Alternative Provision Project

Our new project has just been launched in partnership with Groundwork South

West and is for young people who are not accessing education or who are home educated and would like to have access to accredited learning. We have started with a group of young people aged between 13-17 who have been referred from either parents or the Targeted Youth Work Team. They participate in a 6 weeks programme which includes workshops such as cooking, boxing, drama, art and employability support and also have access to functional skills where they can do English and Maths level 1 & 2 to support them to achieve qualifications for their next steps.

In addition to this we are also working with Groundwork to deliver the National Citizenship Service (NCS) programme and have signed 19 young people up to this. We are working with them on employability, lifeskills and social action.

Match funding

Good Growth Fund (through partnership work with Groundwork) = £25,000
Police and Crime Commissioner - £4997

Total = £29,997 + subscriptions from youth club sessions.

In house funding

- Weekly subscriptions for youth club
- Revenue from room hire at the centre – Approx. £25,000 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 hold regular events for families, craft fairs, toddler group and our community cafe which all help to bring in much needed revenue.

Outcomes and outputs achieved

Total current number of members at The Core = 300

Number of open access sessions delivered 2023/24 = 213

Number of young people receiving individual support = 25

Number of young people helped back in to employment, training or work = 12

Number of youth volunteer hours worked = 800-900 hours over the last year.

Youth Work

Our sessions continue to be well attended which is evidence that young people need places to go and socialise and take part in activities. It is essential that youth centre's continue to open their doors and provide professional youth work, a safe and non-judgmental space, advice and information and most importantly...fun!

It is so important 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 and ensure that we make our programme diverse and interesting. Our programme offers; Cooking courses, Craft club, a range of sporting activities, LGBT+ support group, 1:1 advice and guidance, Sexual health advice, training and volunteering opportunities.

Alongside all the structured activities we offer we are also able to offer professional youth work support, advice and guidance. This year has been particularly challenging as we have seen an increase in poor mental health amongst our membership. As a staff team we have all felt the strain of supporting young people through some very significant events in their lives and have worked more with outside agencies to seek the appropriate support for those young people with more complex needs.

We offer various opportunities for young people to volunteer and have a reliable and committed team who regularly help at our Junior Youth Club and LGBTQ+ group and also our Youth Committee who we support to organise their own fundraising activities and also continue to ensure that young people stay central to the work that we do and their voices are heard.

The young people are supported to work their way up from being a member to becoming a volunteer and we also offer a paid Trainee Youth Worker position each year to a young person who we feel has shown the most commitment and promise to become part of the youth work team.

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. We have seen an increase in young people requiring specialist support from agencies such as CAMHS and the Early Help Team due to their poor mental

health, especially amongst our LGBTQ+ group.

Our Youth Work Coordinator is a qualified Trauma Informed practitioner, which has helped in supporting those young people with more complex needs.

We have seen an increase in young people becoming home educated and also those who have developed anxiety and are refusing to go to school since the pandemic. This has given the basis to the new project in partnership with Groundwork as we know there is a gap in provision for young people to access functional skills and an alternative to traditional schooling.

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 continue to work closely with Safer Saltash, Saltash Community School, Intercom Trust, Early Help Team and Social Care, Police, Saltash Health Centre, Young People Cornwall, Saltash Town Youth Council and local town events.

Case Study

We have a young man who attends our LGBTQ+ group every Thursday who is 16 years old. He has been coming for over a year now and when we first met him he was not in school, had not been in education since the age of 9 and was very isolated and had no social life. He is autistic and also struggles with depression, he finds large groups and noise challenging. We have seen such a significant change in him since he has been access the group; he has develop his social skills and talks to other members now instead of sitting by himself. He will access youth workers for support and will ask for help when he is feeling low and struggling. He has understood that he needs to use appropriate language around some of our younger members now which shows how far he has come in terms of being part of a group and understanding the boundaries and exercising respect for the other members.

We have referred him for one to one support from a local agency that are helping him with his next steps and looking at courses for him to access with a view to him being employable. We are extremely proud of how far he has come and how much he now enjoys the social aspect of the group.

We hope it is evident from this report that the funding which we receive from Saltash Town Council is essential in enabling us to continue to provide and develop a professional and innovative service to the young people of Saltash and the surrounding villages. We would like to thank the Council for supporting the youth work we offer.

End of report

The Core