
The Core Youth & Community Centre

Groups & Youth Clubs

Over 300 youth members across all our groups

Staff team - 10

Volunteers - 28

Trainee youth support worker - 1



What The Core means to me....

'It is my lifeline because it makes me go outside of the house more and gives me confidence'

Senior Youth Club

- Over 100 members
- Sessions every Monday 7-9pm for 13-18 year olds
- Free food available each week

'I get to hang out with friends'

'It's a safe space'

'Playing on the X-box'

'I get free food!'



Junior Youth Club

Over 100 members

Sessions are every Thursday 6.30-8.30pm for years 7 & 8

Thriving young volunteer team

'Friendship'

'Basketball'

'I wouldn't be able to put it into one sentence'



Grub Club

We run 3 groups a year, each 10 weeks.

At the end of the course the young people have the opportunity to invite serve an afternoon tea to family & friends.

'Its great and teaches you to cook lots of different things'

'Everyone chats about their day and what they like doing'

"Relaxed atmosphere"



Craft Club & Just Be You

After school club with a membership of 40 across the 2 groups

LGBTQ+ support

Arts Lab Project Jan - Feb

Christmas tree festival



'First I came to 'Just be you' and I was very anxious. Now I'm part of the Youth Committee and I couldn't be happier! I have gained a lot of confidence and made new friends'



Climbing Club

Full membership

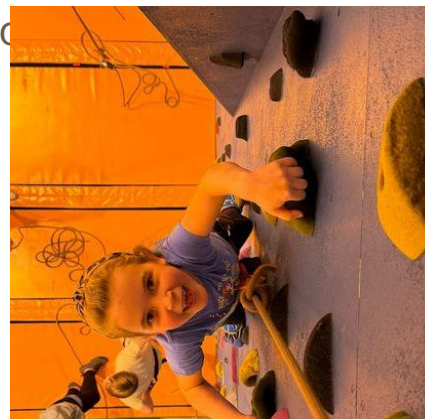
4 sessions a week, which run on Wednesdays & Fridays

Sessions delivered by 2 Climbing instructors & 2 volunteers

New mats installed last year, old mats donated to Ukraine appeal

Tessa adventure continue to run sessions every Friday.

I love coming to climbing club as the staff make it really fun!



Saltash Amateur Boxing Club

2 sessions weekly on Wednesdays & Fridays - Juniors aged 9-13 and then the Senior Club for 13+

This year has seen the new addition of a female only session for over 18's which has proved popular!

Attendance has been 218 adults and 448 for juniors.



Home Ed Group

We have 2 volunteers who help run these sessions, Sarah and Dan!

The group has grown and meets fortnightly on Mondays and offers those families who are home educating a chance to meet up and their children a chance to socialise and play!



Youth Committee

7 Committee Members

Meetings are held fortnightly to discuss future fundraising ideas and upcoming events.

Volunteer progression & trainee opportunity



Work Experience

We offer work experience placements for Year 10 students. They get to see how the charity works, cook & serve afternoon tea to our hirers, helped run Little Pips, organise activities for our Junior youth club, meet our Trustees and take a trip to cash & carry!



Summer Activities

Every summer holidays we offer trips & activities which included; Adrenaline Quarry, Woodlands, Tamar Trails, laser tag plus we hold sessions at The Core where they get to try a range of activities such as; bubble football, tag archery, VR gaming and climbing. Free hot food is also provided on activity days.

These activities are always well attended and this year we had 130 young people on the trips and over 100 access the in house activities.



Groundwork Partnership

Our partnership with Groundwork South continues with two funded projects getting off the ground this year.

NCS (National Citizenship Programme) - Working with year 11's upwards to support them with next steps, CV writing, volunteering opportunities and social action projects

Alternative Provision Project - For young people over 13 who are not attending school or who are electively home educated. The team offer accredited learning, workshops and next steps support. Trauma informed approach.

Garden highlight!

The main highlight in the garden has been the new installation of our fire pit area!

It has proved a great success for toasting marshmallows!

The garden is a fantastic space for letting off steam, chilling with friends and getting stuck in to some gardening!





Little Pips Toddler group

The Core's own baby and toddler group.

Sessions run every Wednesday
9.30-11am

Over 30 families access the group

Run by Friends of The Core



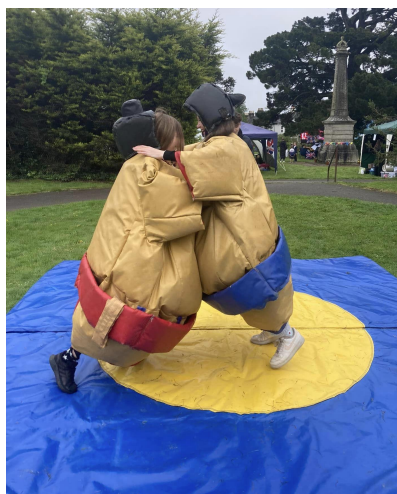
Events & Fundraisers



May Fair

This is one of our favourite events!

We offer pebble Art, sumo wrestling and take part in the youth parade all from The Youth Village run by Saltash Youth Network.



Craft Fairs



Our Christmas Craft Fairs are very popular last year raising over £400 and hosting 20 local crafters.

Our Youth Committee help to run our grotto and become Santa's little helpers for the day!

Our Spring Fair in March had many local crafters and helped to raise funds for the centre.

This years Xmas Fair will be on Saturday November 30th 1-4pm



Supporters Christmas Afternoon Tea

Hosted by a group of our Alumni Grub Club members.

We invited The Mayor and the Town Councillors, plus local residents who have supported us with offers of help, skills and time along the way.

We are planning another Christmas tea for this year!



Donations

We were fortunate to receive a cheque for £650 from Saltash Bowls Club.

Charlotte went along and had afternoon tea and collected the cheque.



Climbing Fundraiser

Took place on 16th of September 2023 to raise funds for The Ginger Prince Challenge Team and The Core. This was a great success and a fantastic family event.

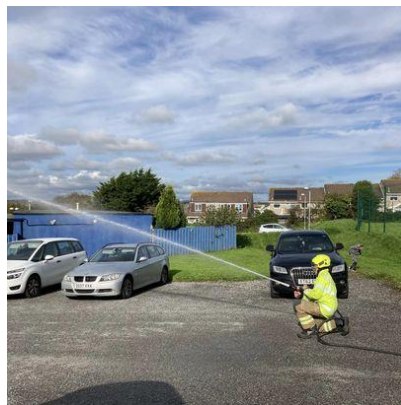
Even the Fire Service came and climbed in full safety gear!



Family Fun Days

These events were run by our Friends of The Core volunteers alongside our Youth Committee.

We have hosted 5 Family Fun days to include our popular Halloween and Easter themed sessions



Community Cafe

Liz volunteers in the cafe every Thursday morning from 9-12pm

We open during term time only and offer a range of drinks and snacks

There are toys available for toddlers and a welcoming atmosphere



Our next steps!

The Core is a busy community hub for Saltash and we continue to grow and look to our community & young people for ways to improve.

Our next partnership project will be the opening of a Community Shed which will offer a space for people to come and use a community workshop space, fully equipped with tools and the technology and an opportunity to socialise and reduce isolation. The project will be open in the next month.

We are also looking for funding to start up a wellbeing group for young people aged 13-18 years old to support their mental health and help them to find strategies to cope with anxiety and low mood.

AND FINALLY.....THANKYOU!!

The money we receive from the Town Council is a lifeline for us and enables us to keep offering a wide range of youth provision and supporting local young people.