

The Core Youth & Community Centre

Delivery of Professional Youth Work Funding Report 2025/26

Our mission is to provide safe, inclusive, and nurturing spaces where young people can thrive. We are committed to supporting young people through open access sessions, targeted groups, sports activities and holiday provision that promote wellbeing, confidence, and resilience. We empower young people to develop life skills, build positive relationships, and have a voice in shaping the services they access. By offering supportive environments, practical opportunities, and access to food during holiday sessions, we aim to reduce barriers, strengthen community connections, and ensure every young person feels valued, heard, and able to reach their full potential

Measuring Service Performance

We currently engage with over 120 young people each week across our full range of activities and groups, demonstrating strong demand for our provision. Our total membership is currently over 450 young people.

Our two open access youth sessions are particularly popular, attracting an average of 40-50 young people per session each week. These sessions provide a safe, welcoming space for social connection, support, and positive activities. Our holiday drop-in sessions are also extremely well attended; during the most recent February half-term session, 50 young people participated. We provide food at every holiday session to ensure young people are nourished, recognising that access to meals can be a challenge for some families.

We reached a total of 80 beneficiaries by combining attendance across our key programmes;

- *Grub Club* supporting 30 young people per year through weekly cooking sessions that build life skills and confidence.
- Our LGBTQ+ group, *Just Be You*, engages 20 young people in a safe and supportive space to connect and express themselves.
- A further 30 young people benefit from our craft club, which promotes creativity, social connection, and wellbeing.
- Together, these groups provide consistent, inclusive and targeted support to 80 unique young people each year, reflecting realistic participation levels based on current engagement and demand in our community.
- Climbing and Boxing continue to attract good numbers and offer 2 evening sessions per week. Both are excellent for building confidence, resilience, and physical wellbeing. These activities provide positive outlets for energy and

emotion, helping young people manage stress and improve self-regulation. Climbing encourages problem-solving, trust, and perseverance, while boxing promotes discipline, focus, and respect. By engaging in structured physical activity, participants develop healthier lifestyles and help to improved self-esteem.

- Our Youth Work Coordinator and Trauma-Informed Practitioner deliver weekly outreach sessions at Saltash Community School, providing 1:1 targeted support to young people who may be experiencing emotional, behavioural, or personal challenges. These sessions offer a safe, confidential space where young people can talk openly, build trust, and develop healthy coping strategies.
- We work in partnership with **Saltash Education Support Programme**, based at The Core, to provide additional support for young people who are home educated or attending school on a part-time timetable due to being at risk of exclusion. Through this partnership, young people can access English and Maths functional skills qualifications alongside a safe social space where they feel supported and understood. The programme currently has 14 young people attending 3 mornings a week during term time.

Expected Outcomes and Difference for Young People

Outcomes focus on improved engagement, wellbeing, and positive progression, reducing the risk of longer-term disengagement and poor outcomes.

Key Outcomes for Young People

1. **Increased engagement with positive services**
Young people will regularly attend youth sessions in a safe, welcoming environment. For many, this will be their first sustained engagement with a structured service outside of home.
2. **Improved confidence, resilience, and wellbeing**
Through activities such as climbing, cooking, youth clubs, and D&D, young people will experience achievement, develop coping strategies, and build self-belief. This will contribute to improved emotional wellbeing and reduced isolation.
3. **Improved social skills and relationships**
Young people will develop communication, teamwork, and peer-relationship skills, particularly those who experience anxiety, neurodiversity, or social isolation.
4. **Development of essential life and employability skills**
Cooking clubs and group activities will build independence, responsibility,

planning, and problem-solving skills that support long-term wellbeing and future employability.

5. **Positive progression and reduced risk**

Young people will be better supported to move towards education, training, volunteering, or other positive pathways, reducing risk factors associated with disengagement.

How outcomes are measured

We use a **proportionate, mixed-methods evaluation approach** to capture both measurable change and personal impact.

Engagement and Participation Data

- Attendance and retention across the year
- Frequency of participation and consistency of engagement
- Progression between activities

Sustained engagement is a key indicator of success.

Young People's Voice

Our Youth Committee is made up of 6 young people who represent the different groups we run at The Core. They meet fortnightly to discuss fundraising events, how to ensure we keep young people at the centre of everything we do and future projects. We also ensure we hear young people's voice by;

- Short session evaluations
- Informal discussions and reflective activities
- Creative feedback methods appropriate to young people

This ensures young people's experiences directly inform learning and improvement.

Case Study: Young Person's Journey

A young person first joined our provision a couple of years ago while being home educated. He started on our Educational Support Programme, which helped him engage with English and Maths functional skills, before joining the Senior Youth Club. He also participated in *Grub Club*, our cooking programme, where he excelled and developed practical skills, confidence, and a sense of achievement. His younger sister, also home educated, subsequently joined the Junior Youth Club. He was then introduced to our Boxing Club, which he now attends twice weekly, further building discipline, focus, and physical wellbeing. Recognising his commitment and leadership potential, we invited him to join the Youth Committee, representing a

range of groups. Currently, he attends the centre every day of the week, engaging in a mix of activities and support, demonstrating how our programmes nurture sustained participation, personal growth, and community involvement.

Match Funding

Grant funding; June 2025 – January 2026

Worval Foundation - £6000

Childrens Mental Health Board - £7190

Police & Crime Commisioner Fund - £5352

Cecily Baker - £1000

Awards for All - £9,9175

Saltash Youth Netwrok = £500

Total = **£29,950**

In addition to the grant funding we have received we also have income from our entry fees for youth sessions, plus a healthy income from hiring out our rooms.

We would like to take this opportunity to thank Saltash Town Council for their continued support, without which, we would not be able to continue to offer the wide range of activities and support for the young people of this town.

End of report