

## **Livewire youth project report to Saltash Town Council January 2021 to March 2021**

In January 2021 we started to run a walk and talk service for local young people aimed at supporting through one to one sessions young people's mental health and general wellbeing. We have found this service to be an excellent opportunity to not only give young people support and someone to talk to but also to get them out of the house and a little exercise. For some young people this is the only time they have been out of their houses and it has proved very successful with so many young people getting supported in this way.

January saw further restrictions regarding our open access provision and everything was halted and returned to online support except the music delivery on Monday Thursday and Saturday which became one to one support and the walk and talk service which continued thanks to the National Youth Agency (NYA) securing key worker status for youth workers.

Online services provided by Livewire for local young people included our Monday, Wednesday and Thursday sessions which have continued since last March and not been interrupted by the reopening of Livewire. During these sessions young people have been able to chat with both students, youth workers and volunteers, have music lessons and enter our competitions which have been posted online for them between January and March 2021 the total number of sessions = 37

The Tuesday evening wellbeing session continued also and between January and March 2021 the total number of sessions = 13

Online one to one youth work support has also continued mainly through zoom sessions which have increased and have been taking place on a weekly basis since January this has been 9 per week. We have been supporting young people and children as young as 6 through zoom.

Online counselling has continued throughout and whilst we have started to meet young people in person for this support and the numbers are increasing steadily some young people still prefer to remain online for their counselling sessions (through zoom, skype, teams and telephone) which we also accommodate.

Telephone and text support is still ongoing daily.

Livewire was back open in February and face to face delivery throughout February and March included:

Music sessions for young people with high needs on a Monday and Thursday evenings and Saturday recording sessions at Livewire. Sessions in February and March = 25 and in January we had 11 sessions with one young person attending each session.

Our young women's music sessions between February and March = 9

Our daytime music sessions and school work support for referrals from social care and schools continued throughout January so between January and March we had 62 sessions with 10 young people benefitting, this work varies considerable according to need.

Face to face counselling and Youth work support has continued to be a huge success and integral to the work at Livewire.

Young men and Young women's support groups meeting at Livewire again this was online throughout January and February but returned to Livewire in March and both groups have been hugely successful in March we have had 5 sessions face to face.

Number of young people engaged with between January and March 2021: 263

Number of single-issue programmes run between January and March 2021: 4, online safety has continued to be a theme we have also run sessions on Kindness (to oneself). Anger and how to channel it and body image.

Number of young people receiving individual or group support between January and March 2021: 129 (48 receiving counselling, 29 receiving 1 to 1 youth work support, 52 young people have received group support in this period)

Number of young people helped into or back into education, training or work: 0 although we are starting to support an employability project by offering work experience starting May 2021.

Number of young people referred to Livewire from other organisations, Targeted youth support, school, social workers, early help hub: 18

Numbers of volunteer support worker hours: 386

Match funding secured between January and March 2021:

£1000 donation from an individual

£9640 Caradon community foundation grant

£1448.14 Co-Op grant

£2000 Albert hunt trust grant