

## The Core Youth and Community Centre

### Youth Work Interim Report – Saltash Town Council Professional Youth Work Funding February – May 2026

#### Introduction

Our mission statement is;

*'The Core's purpose is to support, empower, and inspire children and young people aged 5–18 through safe, inclusive opportunities that promote wellbeing and community connection. We provide high-quality youth work, activities, and support that help young people build confidence, resilience, wellbeing, life skills, and positive relationships, enabling them to reach their full potential.'*

#### Planning Ahead

Following a challenging period of financial uncertainty, we are delighted to report that The Core is now in a much stronger and more stable position. Thanks to the generosity and continued support of Saltash Town Council, alongside funding secured through the Youth Transformation Fund, we have been able to move beyond crisis management and begin planning confidently for the future.

This renewed financial stability has provided us with the opportunity to focus on developing and expanding our services to meet the growing needs of young people in our community. We are now able to invest time and energy into strengthening existing provision, exploring new opportunities, and ensuring that the support we offer remains accessible, relevant, and sustainable.

The support received has not only secured the future of our current services but has also given us the confidence to look ahead with optimism. We are excited about the opportunities for growth and development and remain committed to providing high-quality youth work and community support for the young people and families of Saltash.

One of the most significant developments has been our ability to expand our youth work offer through the introduction of new targeted provision for home-educated young people. This growth would not have been possible without the investment from Saltash Town Council and demonstrates the positive impact that local funding can have on the lives of young people within our community.

#### Outcomes and Outputs Achieved

Please update the figures below with the latest February–May reporting period statistics:

- Total current number of members - 500
- Number of open access sessions delivered - 51

- Number of targeted youth sessions delivered - 51
- Number of young people receiving individual support - 30
- Number of young people supported into education, employment or training - 14
- Number of youth volunteer hours contributed - 104

### **Climbing Club**

Our climbing club continues to be a popular activity for young people aged 5–18, helping to build confidence, resilience, teamwork and problem-solving skills.

### **Boxing Club**

The boxing club is going from strength to strength due to new coaches joining the team. This has helped to attract strong attendance and provides a positive outlet that promotes discipline, fitness, confidence, and self-esteem.

### **Grub Club**

Grub Club remains one of our most popular activities and is regularly oversubscribed. Young people learn practical cooking skills, healthy eating, teamwork and independence in a supportive environment.

### **Craft Club**

Craft Club provides a welcoming after-school space where young people can learn new skills, develop friendships and access informal support from youth workers.

### **Just Be You (LGBTQ+ Group)**

The group continues to provide a safe and inclusive space where young people can express themselves, access support and build meaningful friendships.

### **Open Access Youth Sessions**

Our junior and senior youth clubs continue to provide safe spaces for young people to socialise, participate in activities, access free food and receive support from trusted adults.

### **One-to-One Support**

Our qualified Youth Work Coordinator continues to provide individual support, advice and guidance through school-based and centre-based interventions.

### **Educational Support Programme**

The Educational Support Programme continues to provide an invaluable alternative learning environment for young people who are struggling to access mainstream education. Whilst the programme is now delivered independently by the tutors, The Core continues to work in close partnership with them to support the young people attending and ensure they remain connected to wider opportunities and support services within the community.

Many of the young people accessing the programme have been referred by local schools because they are finding mainstream education challenging. A significant number have

Special Educational Needs and Disabilities (SEND), have experienced bullying, anxiety, or difficulties with school attendance, and benefit greatly from the smaller, more supportive learning environment that the programme offers.

Through our partnership approach, young people are able to access additional youth work support, activities, and opportunities at The Core, helping them to build confidence, develop positive relationships, and improve their overall wellbeing alongside their educational progress.

Thanks to funding from Saltash Town Council, we have also been able to expand our youth work provision by launching a new Grub Club session specifically for home-educated young people. Currently in its pilot phase, the programme has been extremely well received and is already demonstrating positive outcomes. Participants are developing practical cooking skills, increasing their confidence and independence, and building important teamwork, communication, and social skills through collaborative activities.

The sessions provide valuable opportunities for young people to form friendships, build confidence, and feel part of a supportive community. Early feedback from participants and parents has been overwhelmingly positive, therefore the programme will continue.

### **Impact and Outcomes**

Case studies and testimonials continue to demonstrate the positive impact of youth work at The Core, with young people reporting improved confidence, wellbeing, friendships, life skills and engagement with education and community activities. Please see the attached sheet for a case study of one of our young people.

### **Partnership Working**

Collaborative work continues with Saltash Community School, Saltash Town Council, Safer Saltash, Intercom Trust, Early Help, Health Services, Emergency Services, and community organisations such as the Community Fridge and Larder. These partnerships continue to strengthen the support available to young people and families.

### **Value for Money**

Saltash Town Council's investment has enabled The Core to maintain and expand youth provision, support vulnerable young people, increase volunteering opportunities, and develop new targeted programmes for home educated young people. We are also planning to extend our staff team from September to enable us to expand our services.

### **Conclusion**

The support provided through Saltash Town Council Youth Work Funding has been instrumental in enabling The Core to continue delivering vital youth services and to grow provision in response to community need. We would like to thank Saltash Town Council for its continued investment in young people and for helping secure a sustainable future for youth work in Saltash.

## Case Study: Re-engaging with Education and Building Social Connections

A 14-year-old young person with Autism Spectrum Disorder was referred to The Core after experiencing bullying, anxiety, and significant social isolation. They had not attended school since Year 7 and had been out of education for several years before joining the Education Support Programme a year ago.

When they first engaged with The Core, they had very limited contact with other young people and were socially isolated. The Core was the only place where they regularly interacted with peers of their own age. Due to their prolonged absence from education and social settings, they struggled with social cues, communication, and building friendships. Their academic ability was also significantly below their chronological age, making learning challenging.

Through attending the Education Support Programme and later our Senior Youth Club, they have developed trusting relationships with staff and peers. Alongside educational support, youth workers have helped them build confidence, improve communication skills, and learn how to interact positively with others.

Over the past year, they have made significant progress. They now attend regularly, participate in activities, and are beginning to form positive friendships. Their parents report increased confidence, improved wellbeing, and a greater willingness to engage with the world around them.

### Impact

- Re-engaged with education after several years out of school.
- Reduced social isolation.
- Improved social and communication skills.
- Increased confidence and emotional wellbeing.
- Developed positive peer relationships and a sense of belonging.

**Without access to professional youth service, this young person would have had very limited opportunities to access education, build friendships, and develop the social skills needed to thrive.**