

**The Core**  
**Interim report to Saltash Town Council August – December 2023**

**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, 2 part time youth support workers and 4 sessional youth support worker, which has enabled us to continue to offer various youth work sessions. The following projects are funded by STC plus 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**

Fortnightly group meeting, Mondays 10.30-12.30pm for parents and children who are home educated.

**Climbing Club**

Wednesdays & Fridays - 3.45-6pm for young people to learn climbing skills on our climbing and traversing walls.

**Saltash Amateur Boxing Club** – Wednesday and Friday evenings from 6pm

**Match funding**

Iwill Social Action fund - £5120

Waitrose - £975

Police & Crime Commissioners Fund – £4000

Coop Local Causes Fund - £3300

Cornwall Community Foundation - £5000

**Total = £18,395**

**Plus - In house funding to include;**

- 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 – Family Fun Days and Craft fairs.

## **Outcomes and outputs achieved**

Total current number of members at The Core = 260

Number of open access sessions delivered Aug to Dec = 48

Number of young people receiving individual support = 15

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

Number of youth volunteer hours worked = 70

### **Young volunteers**

We are extremely proud of our team of young volunteers and our growing Youth Committee. We feel that offering young people the chance to gain experience and skills in a safe and supportive environment enables them to grow as young adults and helps them to gain other opportunities or work.

We offer a variety of opportunities for young people to volunteer and enable them to gain skills for their CV's and a deeper understanding of youth and community work. They can help out at our Junior Youth Club, in the tuck shop, helping organise sport or craft activities, they can use this as their placement for D of E or become a member of our Youth Committee.

We have also set up an opportunity where young people who have shown significant commitment to volunteering in the youth sessions have been offered a paid trainee youth support worker post, this has proved to be very successful and we have now employed our second trainee. This shows the progression we are able to offer the young people who are keen to volunteer and has a significant impact on them.

Our Youth Committee that currently has 6 members, they meet fortnightly and plan fundraising events or ways to involve young people in decision making about the service we provide. They get involved in town events and this Autumn have planned and run crafts for our Family Fun Day during half term, Helped at our Christmas Craft Fair and taken part in the towns lantern parade.

### **Youth Sessions**

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 term 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 are referring to our colleagues at Livewire for counseling and working more closely with the targeted youth work team to ensure that we can access the right support for these young people who are clearly struggling with their mental health, self harming, being hospitalised for suicide attempts and generally not being able to cope with every day life. The support networks for these young people are increasingly harder to access and the threshold so high that even after hospitalisation, CAMHS or Psychologists are still not seeing them.

### **Case Study**

We have one young woman who has started attending our Just be You (LGBTQ+) group on Thursdays, after being introduced to us through her targeted youth worker. She has been in hospital three times this year after several attempts on her life and after being home schooled for some time is now reintegrating back into school, however due to her being such a high risk she is on a part time timetable.

She has been attending our group every week now with her friend and also started to come to our Senior Youth Sessions. She no longer needs her youth worker to bring her and comes by herself, which is a huge achievement for her as her self-esteem and confidence is so low.

When she started attending she would not really speak and it was extremely hard to get her involved in anything. She has now started to share her story with the youth workers and clearly has built up a trusting relationship where she feels there is no judgment and she is safe with us. She said the other day that she has been 14 days clear of self harming and this is such an incredible achievement for her and one she was clearly proud of and wanting to share. She has now been assigned a Psychologist and is seeing CAMHS weekly and we can start to see a real change in her now that she has the proper support in place and has The Core to access where she feels safe and a part of something.

### **Partnership Work**

We continue to work in partnership with a range of outside agencies and local organisations, which means 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, Saltash Town Council, Police, Saltash Health Centre, Community Enterprises and Saltash Town Youth Council (which our youth work coordinator is Vice Chair of).

We would like to thank STC for their continued support in funding our youth work and hope that you can see by this report how valuable it is that we continue to offer professional youth work and support for our young people in the town.