



COMMUNITY@NE66 CHARITABLE TRUST

ANNUAL REPORT
FOR 2022



CHAIR'S REPORT



Coming out of the pandemic and, after two years of rapidly responding to continuously evolving community needs, 2022 presented opportunities for us to review our mission statement and key principles.

Is the promotion and building of healthy relationships effective to support vulnerable children, young people and families, especially those who are at risk of exploitation and risk taking? And are these still the needs of our community?

After consulting with our community, partners and taking time as a team, we learnt that additional needs had arisen that required our focus, these being: hardship, isolation, loneliness, grief, poor mental health, increased dependency on substance use, limited access to services, and individual and collective social and emotional development. To meet these needs we had to develop a more refined strategic approach, and greater complexity demanded working in a more detailed way over a longer period of time with clients. Our focus areas became:

- supporting self-regulation and healthy coping mechanisms
- ensuring basic needs are met first
- reinforcing and practising foundation skills
- fostering and developing adaptive practice
- long term and consistent support for vulnerable families and school holiday activities

The Trust is acutely aware that, for our services to be impactful, longevity and sustainability is paramount. To ensure that our services remain in the geographic area of greatest need we negotiated a lease for Alnwick Community Centre with Northumberland County Council. The building fabric had been neglected for over a decade and we were successful in petitioning for a new roof. We would like to thank our local churches for their support and their donations which enabled the Trust to cover the Surveyor costs, and Amazon Legal Services Ltd for providing pro bono legal support for this process. Without this support we would not have been able to secure

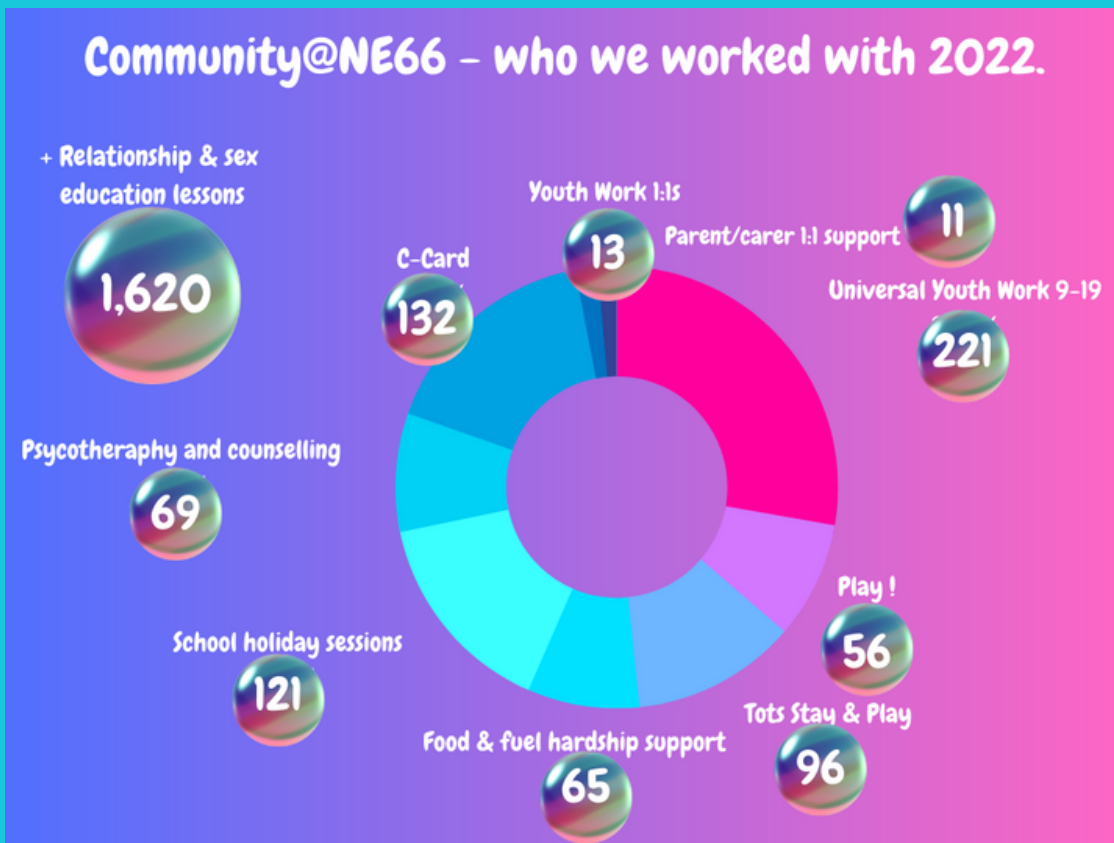
a tenancy and our community would have lost our services.

The nationwide 'cost of living crisis' impacted our ability to heat the building during the winter months and we moved to hybrid working outside and face to face delivery. The increase in commuting costs for our team, working across a dispersed rural area, led to a period of increased staff turnover, something we have not experienced before. At the conclusion of the year we approached Children in Need and other funders with a staffing restructure proposal which we hope will enable us to recruit and retain professionally qualified team members.

Despite these challenges, this year we had many successes at Community@NE66 and we are excited to share these with you in this report.

Lalage Bosanquet

Chair



Supporting Self-regulation and Healthy Coping Mechanisms



Self-regulation is the ability to manage your emotions and behaviour in accordance with the demands of the situation. It includes being able to resist highly emotional reactions to upsetting stimuli, to calm yourself down when you get upset, to adjust to a change in expectations, and to handle frustration without an outburst. It is a set of skills that enables children, as they mature, to direct their own behaviour towards a goal, despite the unpredictability of the world and our own feelings.

Our practitioners have observed a more prevalent and significant correlation between those young people who struggle to self-regulate, those who partake in risk taking and who develop unhealthy coping mechanisms. In addition to reviewing our Play & Youth environments to promote self-regulation we addressed this need with active listening, wellbeing education, and counselling and psychotherapy.

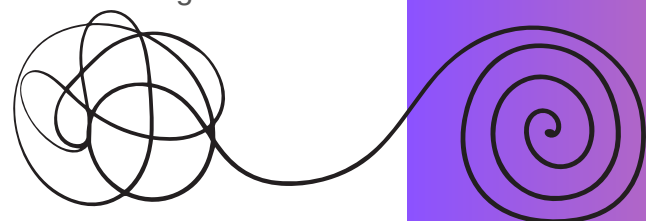
Active Listening and Wellbeing Education - Youth Work 1:1s & Healthy Relationships

Support: Matching our Children in Need's Grant allocation for our Project Manager/Designated Safeguarding Lead's time with commissioned referrals for 1:1 work with young people to support healthy relationships from The Duchess' School Trust, Community@NE66 Charitable Trust were able to provide **long term 1:1 support for 13 young people** both at the Community Centre and Duchess' Community High School. These sessions offered education, signposting and referrals for sexual health, healthy relationships and consent and were a confidential and non-judgemental space for young people to open up. The needs highlighted through this work involved supporting people with Autism Spectrum Disorder to cope with the changes of puberty, and providing **safe spaces for LGBTQIA+ young people** and those at risk of harm from unhealthy relationships.



Counselling and Psychotherapy - Community Mental Wellbeing Project (CMWP):

This project provides free counselling and psychotherapy to children, young people and their significant adults who do not meet the criteria of statutory services to gain help. The focus is on improving the mental wellbeing of individuals, families and our community. **69 people worked therapeutically** with our CMWP team which was overseen and coordinated by a psychotherapist with adult, child & adolescent specialisms. The CMWP team consisted of **7 volunteers** training in the areas of psycho-therapeutic counselling, integrative counselling & psychotherapy counselling. An overview of the CMWP's client's needs demonstrated that the prevailing issues presented were: OCD, self harm and suicidal ideation, grief and loss, complex physical health issues, unrecognised neuro-diversity, and trauma relating to domestic and sexual abuse.



We would like to take this opportunity to thank our volunteers and their training organisations the Northern Guild of Psychotherapy and Tyne Metropolitan College.



This project is delivered with funding support gratefully received from:

- **Co-op Local Cause**
- **Duchess' Community High School (Commissioned Services)**
- **William Leach Foundation (Northumberland Community Foundation)**
- **Magic Little Grants**
- **Garfield and Weston Foundation**

To ensure the sustainability of this project the Trust successfully tendered and secured the 3 year delivery of Psychotherapy & Counselling commissioned services to Duchess' Community High School. This income allowed us to secure 40% of the total project costs giving a consistent source of match funding for community delivery.

Ensuring Basic Needs Are Met First

Surplus & Fresh Food Parcels: Our Trust has a longstanding relationship with Neighbourly who connect our community centre with local supermarkets Aldi, Lidl, M&S and Sainsbury's. Each week we continue to be notified of any surplus food that is available to collect by staff and this is added to the emergency food parcels that we provide to families and individuals suffering from food poverty. Money that we have secured from funders is used weekly to purchase a selection of fresh fruit and vegetables, milk, bread, eggs and alternating non-perishable items such as rice, pasta and tinned tuna. **In 2022 we provided 320 emergency food parcels** to over 20 families with the number of households in need of support doubling from January to December in 2022.

Our thanks for funding are extended to Newcastle Building Society, Sainsbury's, Alnwick Town Council, Private Donors.

Emergency Utility Microgrants: The Trust made **11 microgrants** (paid directly to suppliers) to families who were unable to heat their homes, and we made additional purchases of phone top-ups and bus tickets to support those experiencing hardship to enable them to attend appointments and interviews. We provided immediate support whilst we worked with families to explore Early Help Family Team or Citizen Advice Bureau, Northumberland Communities Together referrals.

School Uniform: 21 families attended our Preloved School Uniform Pop-up which was delivered in partnership with the Northumberland School Uniform Network.

Christmas Eve Pop Up Shop: With thanks to donations from Morrisons in Alnwick, Barndale House School, Sainsbury's and Aldi we were able to host our annual Christmas Eve food and present pop-up. We would like to extend our thanks to our Senior Drop-in members for wrapping all the gifts on Christmas Eve morning.



Reinforcing and Practising Foundation Skills



Community@NE66 considers foundation skills to be the social, emotional and practical skills that allow children to participate and engage in 'day to day' life safety and gaining the most out of their experiences. These skills are wide ranging and include road crossing, use of cutlery, sharing, and being able to verbalise wants and needs.

Saturday Morning Play: These weekly sessions provide children with an informal environment to engage with music, dance, building and construction, role play, arts and crafts, sensory play, environmental and community challenges, mindful activities like yoga and guided meditations, team games and challenges, and outdoor play.

In 2022, 56 children attended our Play session. The intended impact of these activities are:

- Fine and gross motor, and coordination skill development.
- Development of emotional literacy explored in mindful play.
- Risk taking in play - *experimenting and pushing boundaries is an important part of growing up. Young people need opportunities to learn about their world in ways that provide challenge and excitement through positive things to do and opportunities to play. (Department of Health, 2004)*
- Complex cognitive and social development through role play
- Improving literacy and numeracy through integrating maths and English in play activities.
- Supporting speech, language, and communication skills outside of a school setting - 10% of children in the UK have an assessed speech, language, and communication difficulty this rises to 50% of children in areas of multiple deprivation.
- Literacy and numeracy in play supporting learning outside of the classroom.



These sessions allow our team members and organisation to build positive attachments with younger children which remain with them as they progress to our Youth Work provision and preventative work. This in the greater context allows us to not just 'firefight' in our Youth Work provision.

Our thanks are extended to Sir James Knott for funding this work.

Tots Stay and Play: Our team members facilitated sessions in a safe and stimulating environment **offering a range of activities to 91 tots** including music and movement, story and rhyme, arts & crafts, sensory play, routine, repetition tasks, negotiation and sharing tasks. Through these sessions, we can support infants and toddlers in their development of physical play, literacy, language and communication and cognitive skills. These sessions have as much impact on the adult parent/carer as the social networks being built prevent isolation and promote information sharing and support. Our workers are available to check in with parents/carers. Those identified as needing additional support can be referred to the Early Help Family team, offered utility and food hardship support, and an active listening and counselling service.

Our thanks are extended to Sir James Knott for funding this work.



Fostering and Developing Adaptive Practice

Junior Youth Groups: Our Junior Lads and Girls groups whilst focusing on specific genders, welcome anyone who is comfortable in these spaces. **32 young people** attended Junior Lads and **36 attended Junior Girls**. They all took part in weekly youth-led sessions.

Our Junior Youth Work focuses on preventative activities and building resilience. This allows our young people to build effective and positive relationships with workers before the age of increased risk taking. Youth workers will promote positive coping methods and support young people to build resilience and self-esteem. We have observed the impact of Covid is greatest amongst this group. To support these young people our team has engaged with learning around adaptive youth work.

We extend our thanks to BBC Children in Need for funding this work.



Therapeutic Techniques Applied to Youth Work: In the Spring, 5 of our team members attended an introduction to sand tray therapy to support their 1:1 work with young people who need alternative methods to support self expression and storytelling.

We would like to thank Alnwick Town Council for this funding.

Cooking Classes: The aim of our community cooking classes was to provide families with the opportunity to learn how to cook healthy, nutritional meals together as a family unit at the community Centre. Meals were specifically chosen to be nutritionally balanced, quick and easy to complete, and easily adaptable to contain other ingredients. There were 4 evening cookery sessions in total which enabled **6 families** with 8 children from 11+ yrs old to take part. The meals included Easy Cheesy Frittata, Tuna Pasta Bake, Open 'Chicken Lickin Pies' and Potato, Pesto & Sausage Tray Bake. The sessions enabled young people to have the confidence to cook, to have fun whilst doing so and develop lifelong, basic cooking skills.

We extend our thanks to Sainsbury's for their funding of this work.



Long Term and Consistent Support For Vulnerable Families and School Holiday Activities



Easter & Summer: We continued to develop our #HAF provision in partnership with the Department of Education, Leading Link and Northumberland Together.

Easter 2022 saw 63 children attend our Holiday Activity Funded sessions which ran 4 times per week for 4 hours each session. The Trust was pleased to offer breakfast and a cooked or packed lunch at each session. Thanks to our partnership working with local supermarkets we were also able to offer lunches to siblings in each family of all the children who attended the sessions.

We provided 8 sessions during Easter for 4-8s, 9-12s and 13-18 year olds. The average attendance for each session was 15 young people.

In Summer we expanded this provision with a focus on learning 'out and about' as requested by the young people. **86 children and young people attended** our 16 summer sessions with an average attendance of 16 children and young people per session.



Safeguarding: In this reporting year we had **56 individual safeguarding concerns**. The most frequent concerns we had related to (1) self harm, (2) complex child mental health issues, (3) complex adult mental health issues, (4) child exploitation - County Lines and (5) child sexual exploitation. 85% of all concerns were initial disclosures to our Youth Work Team.

Upskilling: The team had the opportunity to upskill in the following areas this year: Statutory SRE provision, Counselling Skills, Detached Work, C-Card, refreshing Designated Safeguarding Person training, LGBTQIA+ inclusivity in Youth Work. Given the increase in child exploitation, we commissioned Brook to deliver a day course focussing on awareness and safeguarding of the **exploitation of boys and men**.

Parent/carer Support: Given the prevalence of complex safeguarding issues and parents/carers struggling with mental health issues, our team has worked intensively with **11 families** advocating and offering supportive listening.



Providing Safe Spaces: “When we are safe we can aspire.”

Friday Night Senior’s Drop-in: This year, **131 young people aged 13-18** attended our Friday night safe space which runs from 5:00-8:00 pm providing youth-led activities, a hot meal, information and support. Our detached work paused in the Summer whilst we looked to recruit team members with a background in detached work in areas of contextual safeguarding concerns.

“If this wasn’t here, we’d just be sat in the bus station and everything goes on there, we don’t even want to be there. It’s gross but where else is there?”



Youth Warm Hub: Young people at our Friday night session asked if we could open for them during the day on a Saturday. With support from our Children in Need Grant Manager, we adapted some of our Youth Cafe funding and provided lunch and a warm space to **26 young people** from September - December.

Youth Cafe: Our Youth Cafe was accessed by **84 young people**. These Saturday lunch time sessions enable small focussed groups to plan and deliver a lunch ‘service’ for other young people. The cafe provided free food to children and young people, advice and information and very competitive board games.

Senior Girls: **14 young people** attended our weekly Monday night group for those aged 13+ who wanted to attend a girls focussed space. This group allowed us to provide a quieter space for young women who are often not heard in high sensory mixed groups.

Our thanks are extended to the Catherine Cookson Foundation for supporting this work.

Our very first **Pride Event** was hosted in June at the Centre and we welcomed **22 young people** who celebrated being their unique selves to all the soundtracks of Glastonbury.



C-Card: We carried out our drop-in sessions at Alnwick Community Centre and Duchess's Community High School working in partnership with NHS Sexual Health Services, C-Card and the Chlamydia and Gonorrhoea screening service. We educated, promoted healthy relationships and sexual health, and **safeguarded 131** 13-25 year olds.



RSE: In 2022 we delivered **96 RSE sessions to 1,620 pupils**. This work was commissioned by Glendale Middle School and Duchess' Community High School and combines our learning from our 'face to face' sexual health support with the Statutory National Curriculum content.

THANK
YOU

Young Volunteers: This instrumental role of providing and learning in safe spaces is carried out by our young people volunteers. Their positive role modelling has helped younger children be braver, more confident and inquisitive. The Trust would like to take this opportunity to thank **Charlotte, Elle, Evie, Isobel, Izzi** and **Paige** for their hard work.

The Trust has also received support from adult volunteers (in addition to our trainee mental wellbeing team) and we would also like to thank **Chloe** and **Jo** for their support with our Tots & Food Surplus projects. **Our special thanks go to Michael for being our volunteer caretaker and ensuring Centre life runs more smoothly.**



THANK YOU



We would like to take this opportunity to thank and recognise the following organisations with whom we have worked in partnership this year:

Aldi, Alnwick
Alnwick District Food Bank
Alnwick Baptist Church
Alnwick Mutual Aid
Alnwick Town Council
Amazon Legal
Bailliffgate Museum
Barndale House School
Clarty Commandos - outdoor learning for all.
Children's Services - Northumberland County Council
Co-Op Local Champions
Duchess' Community High School
Duchess' High School Trust
Early Help Families Team
Family Hubs
Glendale Community Middle School
Gallery Youth
Katherine Williams Fundraising
LawWorks
Lidl, Alnwick
M&S, Alnwick
Neighbourly
NHS - Covid vaccinations team
NHS One to one services
St Michael's Church
Sainsbury's, Alnwick
The Alnwick Gardens



Accounts summary 2022

The full version of these accounts are available on our website communityatne66.co.uk or the Charities Commission website.



The Community@NE66 Charitable Trust
Statement of Financial Activities
for the year ended 31 December 2022

	Notes	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Income and endowments from:					
Donations and legacies	3	15,661	25,000	40,661	10,944
Charitable activities	4	5,777	93,283	99,060	101,840
Other trading activities	5	3,237	-	3,237	80
Other	6	22,931	-	22,931	-
Total		47,606	118,283	165,889	112,864
Expenditure on:					
Raising funds	7	118	-	118	-
Charitable activities	8	2,923	62,495	65,418	75,837
Other	9	21,248	76,935	98,183	69,882
Total		24,289	139,430	163,719	145,719
Net gains on investments		-	-	-	-
Net income/(expenditure)	10	23,317	(21,147)	2,170	(32,855)
Transfers between funds		1,485	(1,485)	-	-
Net income/(expenditure) before other gains/(losses)		24,802	(22,632)	2,170	(32,855)
Other gains and losses					
Net movement in funds		24,802	(22,632)	2,170	(32,855)
Reconciliation of funds:					
Total funds brought forward		19,360	56,333	75,693	108,547
Total funds carried forward		44,162	33,701	77,863	75,692



The Community@NE66 Charitable Trust
Balance Sheet

at 31 December 2022

Charity No. 1171202	2022	2021
	£	£
Fixed assets		
Tangible assets	12 6,890	9,454
	<u>6,890</u>	<u>9,454</u>
Current assets		
Debtors	13 955	-
Cash at bank and in hand	70,021	66,240
	<u>70,976</u>	<u>66,240</u>
Creditors: Amount falling due within one year	14 (3)	(1)
Net current assets	70,973	66,239
Total assets less current liabilities	<u>77,863</u>	<u>75,693</u>
Net assets excluding pension asset or liability	77,863	75,693
Total net assets	<u>77,863</u>	<u>75,693</u>
The funds of the charity		
Restricted funds	15	
Restricted income funds	33,701	56,333
	<u>33,701</u>	<u>56,333</u>
Unrestricted funds	15	
General funds	44,162	19,360
	<u>44,162</u>	<u>19,360</u>
Reserves	15	
Total funds	<u>77,863</u>	<u>75,693</u>

Approved by the trustees on 23 October 2023

And signed on their behalf by:

L.A. Bosanquet
Trustee
23 October 2023