

Community@NE66 Charitable Trust





Foreword

The Trust has had a very successful year. The grant gaining opportunities, due to our charitable status, enabled us to raise substantial funds that delivered an increased range of services to many more children and their families in 2018. The additional revenue generated enabled us to employ both an additional youth worker and an administrative manager to support and underpin the Trust's growing activities.

Work in the provision of psychological support developed strongly for both children and their parents and there is now a firm link into the local High School (which all the children from the centre attend) where we delivered Relationship and Sex Education as well as support for families and parents facing difficult times.

The Trust fully appreciated the work of the team of paid staff last year but also the work of all the volunteers who gave their time most generously. The Trustees would like to thank them all.

We are all looking forward to the future now and exploring new opportunities to further support the invaluable work of Community@NE66.

Lalage Bosanquet
LALAGE BOSANQUET, CHAIR

Mission Statement

Community@NE66 Charitable Trust is a Community and Youth Development Project, based at Alnwick Community Centre. Our mission is to advocate, empower and support individuals who are considered vulnerable and Communities in North Northumberland that are considered 'disadvantaged'.

Our organisation recognises that both individual and community wellbeing is underpinned by healthy relationships, whether these are with oneself, family members, partners, peers or the wider community. Our Community and Youth Work focuses on the promotion of healthy relationships.



Our Organisational Structure

Community@NE66 Charitable Trust, CIO

Trustees; Mrs Lalage Bosanquet (Chair), Dr. Carol Jagger (Treasurer), Mr Charles Westendarp (Secretary), Mrs Kelly Nichol and Mr Chris Friend.

Working in partnership with Northumberland Youth Service - Northumberland County Council:

Owners of Alnwick Community Centre.

Project Manager: Hannah Moeini, Community and Youth Worker - Centre Manager. (Joint funded post with Northumberland County Council and Community@NE66 Charitable Trust)

Administration Manager: Jacqueline Brewster

Youth Workers: Lydia Allen and Daniel Herberson

Volunteers:

Micheal Armstrong (Caretaker)

Gemma Bates and Marilyn Illey (Play Workers)

Jennifer Surtees (Social Media)

Victoria Cavanagh, Graham Ord, Shona Pattinson, Mariam Saba Sijad, Heather Wilkinson (Trainee Therapists/Counsellors)

Reviewing our Year and Looking Forward

Pages 2 to 10 of this report show the positive impact our work has had in our community. However we cannot share our successes without first acknowledging and thanking our superb team of volunteers - their support has been an integral part of our sustainability and growth during the Trust's second year.

Our continued consultation with community members (service users and non-service users), partner agencies and Trustees confirmed that our community needs would be best met with our focus remaining on three key areas:

- Vulnerable children and young people
- Safeguarding, child sexual exploitation and sexual health
- Supporting families.

As in 2017 and 2018, these key areas will be the bedrock of all our provision and future developments.

Hannah Moeini
Hannah Moeini, Project Manager



Our Community Impact in 2018

Vulnerable Children and Young People

Community@NE66 supports vulnerable children and young people by delivering universal services, inspiring aspiration and targeted issues based youth work.

Universal services building positive relationships founded on trust and safety Impact Youth Group (9-13 year olds)

Weekly term-time sessions were aimed at building confidence, aspirations and encouraged healthy choices at this important, transitional age. We offered young people activities that were focussed on life skills designed to facilitate positive contributions to their community and we celebrated their achievements. Young people could also access 1-2-1 active listening counselling during these sessions.

Funded by the Sir James Knott Trust and the Northumberland High Sheriff Award

“To the staff you make my day and are beautiful in every way”

Line from a poem written by an 11 year old girl during a session focussing on being kind.

84 young people participated

Issues Raised: Achieving with Learning Differences, Mindfulness and Sensory Play, Safe Spaces, Learning and Having Fun, Life Skills, School, Friendship and Family, Drug and Alcohol, Healthy Relationships, Sexting, Safeguarding, ASB, Personal Safety and Child Sexual Exploitation awareness.

Girls Group

Our work in the community and with partner agencies demonstrated a substantial need for young women to have their own space as formal education and leisure spaces often remain male dominated. However, Girls Group was open to anyone of any gender who wanted to explore female issues and identity. Girls group was a youth-led project that allowed young women to explore the issues they faced in a confidential and non-judgemental environment, empowering them to take a lead and explore their identities.

In 2018 the group became so popular we had to split it into two groups for young women: Junior Girls (aged 11-12) and Senior Girls (aged 13-17), this enabled us to ensure our sessional content was age and development appropriate.

“I feel like I can just say it, and not be judged, no-one will kick off, they will just help”.
Girls Group (aged 14). Members talking about the group.

42 young people participated

Supported by Northumberland Children’s Trust and Newcastle Building Society.

Issues Explored: LGBTQ+, Access to Food, Sexpections, Supporting Suicidal Friends Bullying, Relationships, Grief & bereavement, Sexual Assault, Sleep, Personal Safety, Sexting, Diet, Sleep, Exercise, Housing, Behavioural Support, Parent/Carer Mental Health, Family Break Down, Passive Femininity, Toxic Masculinity, ASD, Crime & Policing, Eating Issues, Living With Chronic Medical Conditions, Sexual Health, Pregnancy , Volunteering, First Aid, Drugs & Alcohol, School Issues.

Lads Group

This weekly group provided a range of issue-based workshops and diversionary activities for young men aged 13-16 years old. The group led on the programme content and improved their immediate environment. Limited resources (to meet clients specific needs) resulted in us changing how we engaged with this group of young men throughout the year. The Lads Group, as a Centre based session, only ran from March to June. From July onwards, we shifted to 1-2-1 support and Detached and Outreach work within the local community.

16 young people participated

Issues Explored: Anger and Aggression, Personal Safety, the Local Environment, Friendship and Family, Accepting Learning Differences, Drug and Alcohol Awareness, Healthy Relationships, Safeguarding, ASB and Child Sexual Exploitation Awareness.

Supported by Comic Relief



Born to Perform

Weekly workshop sessions focussed on engaging young men who had experienced Domestic Abuse or unhealthy relationships and provided them with the opportunity to identify, discuss and process their experiences through lyric writing. The workshops also offered DJ tuition and opportunities to record.

42 young people participated

Inspiring Aspiration

The Alnwick Radgies

“We basically were at the Centre every night asking if we could come in, we were bored of hanging around, there wasn't a group we all could go to, so we started one.”

The Alnwick Radgies had a fantastic second year which included young people taking part in a two day glamping, residential and water sports activity.

Funded by the Key

Targeted, Issues Based Youth Work

Active Listening, Support and Information, 1-2-1 Sessions

Community@NE66 offered 1-2-1 active listening and supported referrals to any young people who requested the service.

These sessions were confidential and offered long-term support that many statutory agencies were unable to offer. We supported clients to access more specialised services and remained with them whilst they were on 'waiting lists' or being assessed to ensure that they didn't 'fall through the net' moving from one service to another.

We have supported clients with issues of:

- Self harm and suicidal ideation.
- Sexual abuse.
- Issues around learning differences.
- Harassment and coercive control.
- Depression and low mood.
- Healthy relationships.
- Child sexual exploitation.
- Eating disorders.
- Housing and employment issues.
- Pregnancy options.
- Anger and behavioral issues.
- Drug and alcohol misuse.
- Supporting those with ADHD and ASD

27 young people supported

12 parents/carers supported with information and active listening

31 community members given support and information via social media or phone call

Funded by Weightman Foundation, Awards for All



Sexual Health, Safeguarding and Child Sexual Exploitation

Supporting the safety and resilience of young people and promoting risk reduction by providing information, advice and access to contraception. Specialist input into PHSE curriculum areas, targeted information workshops and targeted outreach work.

Providing Confidential and Non-judgemental Information, Advice and Access to Contraception

Youth Wellbeing Sessions

The NHS rationalisation of services led to the closure of all school-based clinics, the Alnwick based Genito-Urinary Medicine (GUM) and Family Planning clinics. Young people were left with very poor access to services. Duchess Community High School provided us with free room hire and using the school as a base allowed more young people to access our services, especially those who experienced rural isolation.

We offered the NHS C-card and chlamydia & gonorrhoea screening services as well as supported referrals to other specialist services. These sessions promoted healthy relationships, education on consent and delay and safeguarding assessments especially focussed on Child Sexual Exploitation.

In 2018 young people were supported to access additional/specialist services:

- 5 young people were escorted to access Plan B
- 10 young people were referred to their GP
- 14 young people were referred and escorted to the NHS 1-2-1 clinic.
- 2, young people were referred to counselling services.
- 3, young people were referred to Children's Services.
- 2, young people were signposted to Domestic & sexual violence organisations.
- 95, young people attended separate consent workshops.

194 young people accessed our support sessions

Funded by Readman Family Grassroots Fund



Targeted Outreach Work

Friday Night Outreach Work

From January to May 2018 we worked in partnership with Northumberland Youth Service (NYS) to provide outreach information and support sessions on a Friday night. Providing free hot drinks and donated food from Greggs. We were able to support young people with issues such as: safeguarding, bereavement, drug and alcohol use, housing, skills and employability, family and school issues, parenting and personal safety. Our targeted clients for this provision was those young people struggling to enable due to learning and behavioural differences. Changes in NYS provision meant there was a gap in this provision. When we returned in the summer young people requested Centre based sessions until the autumn this allowed for all the positive relationships to continue to develop and engage with more young people.

61 young people supported

Funded by Awards for All

Specialist Input to “PHSE Curriculum Areas Working in with Duchess Community High School (DCHS) and Coquet and Wooler Middle School

Building on our successes of our 2017 delivery at DCHS to Years 8,9 and 10 we continued to develop workshops to the SRE in Northumberland Curriculum and informed by our learning from the Wellbeing sessions. We expanded our provision to include Year 5 & 6 focussing on appropriate touch, consent and living with a changing body.

*“It is fun, Hannah is funny and kind, I like sex ed because it is funny”
Anon feedback from evaluation.”*

954 children and young people attended these workshops

Commissioned work helping us to build stability



Supporting Families

Promoting Positive Mental Wellbeing

Community Mental Wellbeing Project

After a year-long ‘needs and services’ analysis the Trust, together with our partners DCHS, felt there was a substantial and a worrying lack of provision for young people who had experienced difficulties with their mental health. Working with Mikala Richards, a psychotherapist specialising in children and young people, we started a cost effective community counselling and therapy service. In Summer of 2018 we recruited trainee counsellors and psychotherapists and their training began. Clinical work and supervision with clients commenced in September based across two hubs - one at DCHS and the other at our base Alnwick Community Centre. We offered free counselling and therapy to vulnerable and disadvantaged community members. Working from a hub in our local school ensured we addressed barriers to access that our rural community faced when trying to attend other such provision.

September - 31st December, **9 volunteer trainee therapists and counsellors** delivered the project with supervision from Mikala. Mikala in addition also worked with complex clients.

In total, 312 counselling therapy hours were provided (with ‘in-kind’ volunteer hours equating to £6,240 worth of counselling).

With the kind support of Alnwick Rotary, Alnwick Town Council, Alnwick Baptist Church and Homebase Alnwick we were able to ‘kit out’ our therapy rooms at both hubs and pay volunteer expenditure.

Supporting Children's Right to Learn Through Play

Mindful Play

Building on our successes in 2017 we continued to develop our weekly mindful playwork sessions - informed by the Governments 2017 'the need to build resilience and emotional vocabulary in children'. We observed that circle time, sensory play and creative activities helped children to best identify and explore their emotions. This resulted in a greater sense of sharing, negotiation and empathy amongst the group.

58 children attended

Funded by The Pea Green Boat Community First Fund and Newcastle Building Society.

Tots Stay & Play

This weekly volunteer lead playgroup for under 5s and their grown ups used play as a vehicle to facilitate early years skill development. It incorporated greater and fine motor skills, coordination, resilience, social and emotional especially sharing, empathy and tolerance, boundaries and supervision.

32 children and carers attended

Supported by Arriva Community Fund (applicant donation)

School Holiday Activities

Community@NE66 delivered holiday activities during all of the 2018 school holidays including Christmas. A grant from the John D Endowment Fund enabled us to provide creative courses in October and December. Our holiday activities offered positive diversionary activities for children and young people as well as continued support for vulnerable families when school-based services were not available.

97 children and young people attended these sessions.

In 2018 our venue was used by over 500 people attending external agencies community engagement projects or as a very low cost community space for hire.

Our Total Community Engagement = 1753 (we adjusted this figure by 25% to account for clients who attended multiple sessions).

Training and Team Member Achievements of 2018

- Level 3 Safeguarding Children and Vulnerable People Training: all team members & 2 Trustees
- Designated Person (Safeguarding Level 5): Project Manager
- 12 hr (OFSTED approved) Paediatric First Aid Course: all team members working with under 12's
- Emergency First Aid at Work: 2 workers
- Level 2 Food Hygiene: 3 workers
- Counselling and Listening Skills (2 day course): 3 workers and 2 volunteers
- C-card Training: 3 workers
- Introduction to Sexual Health: 1 worker
- The Key - Facilitator Training: 1 worker
- Child Sexual Exploitation Awareness: 3 workers and 2 volunteers
- Domestic Abuse - Signs of Safety: 3 workers and 2 volunteers
- Transgender Awareness: 1 worker
- Social Media and Safeguarding: 1 worker
- Prevent Training: 1 worker

Accounts Summary

Total Income on 31 December 2018	£ 59,833
Year End Balance on 31st December 2018	£ 37,400.82
Carry Forward ending 1st January 2018	£ 21,331.00
Total Expenditure on 31 December 2018	£ 43,718.59

Income from donations and legacies	2018	2017
Restricted and Unrestricted Funds		
Grant funding received	£46,279	£29,060
Donations	£ 959	£ 50
	£47,238	£29,110
Income earned from other activities		
Restricted and Unrestricted Funds		
Sessional donations	£ 3,182	£6,738
Room Hire	£ 3,071	£2,522
Other activities for generating funds	£ 6,342	£ 24
	£12,595	£9,284
Expenditure on generating donations and grant funding		
Restricted and Unrestricted Funds		
Cost of generating donations and grant funds	£53,372	£34,561
Analysis of support costs		
Deprecation charge	£ 92	£ 92
Governance costs	£2,234	£3,997
	£2,326	£4,089
Net Income (expenditure) for the year		
This is stated after charging (crediting)		
Depreciation of owned fixed assets		
Accountancy fees	£ 92	£ 92
Governance costs	£ 660	£ 540
Staff pension contributions	£160	
Staff costs and emoluments		
(Total staff cost: Y/E 31st December 2018)		
Salaries and wages	£19,139	£3,695
Pension costs	£ 160	
	£19,299	£3,695

Our Thanks

2018 was a fantastic second year of consolidation and growth for Community@NE66 Charitable Trust. We would like to thank the following funders for their grants and donations. Without their support our work would not be possible:

- Alnwick and Denwick Relief Fund
 - Alnwick Baptist Church
 - Alnwick Lions
 - Alnwick Rotary Club
 - Alnwick Town Council
 - Arriva Community Fund (applicant donation)
 - Awards for All - National Lottery.
 - Comic Relief
 - Community Foundation
 - Easyfund Raising
 - Homebase, Alnwick
 - InKind
 - John D Endowment Fund
 - Newcastle Building Society
 - Northumberland Children's Trust
 - Northumberland High Sheriff Award
 - Northumberland Youth Service
 - Northumberland Youth Service - Localities Fund
 - MACPI, Alnwick
 - MKM, Alnwick
 - Pea Green Green Boat Community First Fund
 - Readman Family Grassroots Fund
 - Sir James Knott Trust
 - St Paul's Educational Fund, Alnwick
 - St Michaels, Alnwick - congregational giving
 - The Key
 - Weightman Trust
- Partner agencies:**
- Children's Centre North Northumberland
 - Children Young People Services
 - Contagious Youth
 - Community Safety - Northumberland County Council.
 - Community Alcohol Partnership
 - Clarty Commandos Outdoor Learning for All
 - CYGNUS support
 - Duchess Community High School, Alnwick
 - Gallery Youth (Alnwick Young People's Association)
 - Homes for Northumberland
 - National Citizenship Service.
 - NHS C-card & Morpeth 1-2-1 Centre
 - Northern Guild of Psychotherapists
 - Northern Learning Trust
 - Northern Rights
 - Northumberland Coast Guards
 - Northumberland Community Safety
 - Northumberland Domestic Abuse Service
 - Northumbria Police
 - Northumberland Youth Service
 - Mikala Richards - Psychotherapist
 - School Nurse Team
 - St Michael's First School, Alnwick
 - The Bridge Project
 - VoiCeS
 - Women's Workshop

If you would like to find out more about our project and how you can support our work please follow us on Facebook: **Communityat NE66** or Twitter: **@communityatne66**, visit our website <https://communityatne66.co.uk> or contact admin@communityatne66.co.uk