



KEY
TRUSTEES'
ANNUAL
REPORT
FOR 2019



The Trustees of KEY are delighted to present our fifth Annual Report.

KEY exists to support young people to make a difference in their lives. Many have sufficient resources in themselves, their friends and families or their other contacts. Our focus is on those for whom the process of growing up is more challenging.

We have been hugely encouraged to see young people developing and becoming part of a growing range of initiatives.

Central to our approach is the use of the skills of professional youth workers who are able to build relationships and work constructively alongside young people.

A focus for us in 2019 has been building an income stream to enable us to appoint a second full time worker, giving us the capacity to start delivering the second phase of our development plan.

Making a difference for local young people involves direct support to them. It also involves helping to build stronger communities, in which those young people are engaged and to which they contribute. We are fortunate to now have a strong Youth Work team, around whom we can develop a network of volunteers. Working with young people, they can deliver our growing range of provision and build on the opportunities for intergenerational and community activities in the villages we serve. It is exciting to be part of that beginning to happen

Without the financial input from the Trusts, grant giving bodies and other funders who so generously support our work, there would be no outcomes for us to report. We are enormously grateful for the funds we have received in 2019. As trustees we are committed to continue with our efforts to sustain our income in 2020 and beyond, so that KEY can continue to help unlock the potential of the young people who need our support.

We hope that this report conveys a flavour of our activity in the year.

Peter Clarke

Chair

On behalf of the Trustees



YOUTH WORK REPORT

This year the report of our work with the young people has been compiled by Emma Banks and Lesley Leadbitter, our second youth worker, who joined KEY in September 2019.

With two youth workers and a part time worker, Wayne Singleton, we are now in a position to expand our provision and are in the process of starting projects in the other Kent Estuary villages of Storth and Levens, and much consultation has been taking place with the young people to see what they need.

You can read about the Youth Club in Arnside and the Milnthorpe Youth Café (**page 5**) which have good, steady numbers in attendance; you will see that, with the young people, Emma and Lesley have created an exciting programme of activities, but with an underlying educational and resilience-building set of motives together with discussions about risk taking activities.

Together they have been able to engage in some detached work out and about in the villages and this in particular we are hoping to build up in the next phase of the project.

At Dallam School Emma has again worked with the boarders and run lunch time drop-ins (**page 6**) for students who need counselling. Her 'one to one' sessions show how she is supporting those who need additional advice or just a trusted adult to talk to in a safe space.

Workshops on emotional well-being, personal development and building resilience are delivered to larger groups in her Alternative Curriculum programmes (**page 7**)

There have again been many holiday activities (**see page 8**)

Towards the end of the year plans were being made for KEY to participate in Milnthorpe's VE Day celebrations on May 8th 2020, running old fashioned sports and engaging with older residents to discover their memories of life in the 1940s.

Towards the end of the report you will find this year's statistics (**page 11**) showing that in 2019 KEY reached an overall total of 207 young people with 131 attending the various provisions on a regular basis.

Successes and the difficulties encountered are discussed **on page 10**

Finally, we list the funders to whom we are so grateful (**page 11**)

Linda Baverstock, Trustee and Hon Secretary

In the last year the KEY Youth Workers have been increasingly concerned regarding young people's risk-taking choices, increased mental health difficulties and lack of support available. Discussions have taken place; the young people had noted the lack of support, and were comfortable enough to open up to us about anxiety, understanding feelings, coping strategies and the harmful strategies that they or some of their peers are using. Time has been spent with the young people exploring these issues as they feel that they are being forgotten about in general, that adults don't listen to their worries and concerns and that they are belittled when they share their problems to adults in general. They talk about a lack of appropriate support around mental health. Appropriate funding for projects is being sourced to develop programmes to support in these areas above.

Our youth activities are inclusive and open to all young people; we see young people attend for many reasons:

- A safe place where they can be themselves and spend time with friends
- Time out from pressures and expectations; using the time and space to have fun and 'be themselves'
- Having somewhere warm and safe to just be outside their home as there are very few spaces for young people locally
- Being able to gain support from trusted adults

Though they are offered more than this within our sessions - whether we work in an open provision format or a more structured one - the young people get a safe space where they are welcomed and supported for who they are in that moment. KEY also has a youth work curriculum that covers various issue-based activities, using various informal tools, which support opportunities for young people to explore them safely and make informed choices in their own lives. KEY has in the last few years adopted the 5 ways to wellbeing model; Give, Connect, Keep Learning, Be Active and Take Notice, which is integrated into our programme planning. Alongside the above, ultimately KEY's youth workers connect with our young people developing positive lasting relationships where young people feel valued and cared for to enable them to grow and develop further in their lives; to support them to reach their potential. To follow below are snippets of our work within 2019.



AsAP (Arnside senior Activity Project)



In the last year the Arnside group has progressed from a small core group to a thriving youth group to the point where we needed more helpers to ensure we kept up with the ratios and needs of the group. With the new group we explored safe boundaries and expectations alongside building positive trusting relationships with the young people.

The club offers the usual activities; cooking, sports, games, including silly games like space hopper races and hide and seek - and learning issue-based games.

All activities are based on the young people's wants and needs; the young people lead their own games with staff support. The young people have access to refreshments (tea and toast) but most of all a safe space with trusted adults where they can be themselves and discuss any worries they have. We also meet all year round apart from the Christmas holidays at the request of the young people.



Through staff building positive relationships with those that attend, the young people have said their mental health has improved.

Discussions have taken place around; leisure choices, staying safe, managing conflict, future aspirations, friendships - and disagreements, issues at school, sex, porn, healthy relationships, emotional well-being and self-care (such as sleep patterns), consent, off-loading, supporting others, peer pressure and expectations of others, school pressures, alcohol & drugs, stress and coping strategies – and managing conflict.

Their last session ended with a fun packed Christmas party which saw them all sat together enjoying food and games.

Milnthorpe youth café



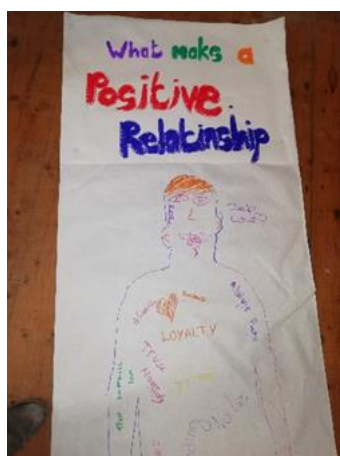
The group has continued to grow in capacity; those that attend the group vary in need. Some young people are there to socialise with friends, or gain support around anxiety etc. Due to the nature of the group its activities have developed to meet their needs. The group lends itself more towards a wellbeing curriculum. Alongside the emotional support, we provide more traditional activities requested by the young people from sports and games to pool and cooking etc.



Running parallel to the generic activities, the young people have enjoyed themed based learning linked to national celebrations; Mental Health Week - slime stress ball making and hope jars, International Women's Day - discussions around inspirational women in their lives, Valentine's Day - looking at what makes a positive relationship, and LGBTQ history month - baking a rainbow cake and discussions, stories and videos: this was an issue specifically requested by the young people. Alongside all of this trips, such as to Morecombe Jump Rush,



Bowling & Pizza, were made possible due to a donation from the old Milnthorpe Youth Club funds. These sessions have been both thought provoking, supportive and inclusive, they have promoted discussions enabling the young people to explore them in a safe space and make their own informed decisions.



Schools Work

1:1 support – continued mentoring support with young people based on person centred approaches. Youth lead, creative strategies were used to enable the young people to explore and understand and manage feelings further.

Drop-in - This year the drop-in has seen one group which took part in the activities move on due to other commitments, and a new group form. The drop-in is a safe space for young people to be themselves; some come as they are not judged, they can have fun or additionally make a difference to others. The group decided to use the time and space to work on enjoyable and useful social action projects and to have unplanned sessions to chat and play games.

Dallam Borders – A core group worked on a community project to promote bridging the gap between them and their community. This connection will continue into 2020.

Alternative Curriculum

This year KEY delivered a 'Dallam Spirit' programme to support the development of a youth led provision enhancing the supportive school community.

KEY delivered learning workshops enabling the young people to explore; inequalities, power, understanding community, values and ethics, celebrating difference and abilities - and much more. Learning games took place such as:

Unequal resources simulation game: each team started off with different resources but needed to complete the same task. However, instead of all working together they chose to bargain with the shop for the resources they needed and in the way of payment they gave phones, crutches, lunches etc. (all returned at the end of the game). Though in the evaluation they soon came to realise that if they had all worked together (rather than struggling in their small groups) the tasks would have been completed more quickly and easily.



Values auction: initially the group explored what values and ethics meant and what each one means to them. The group then went on to choose the key values important to them.

Before the auction began the young people were given chips representing money, their values were placed on a large sheet of paper and instructions given out. They were to bid on the values they wanted and felt were important to them.

As the activity progressed the more competitive the young people got, even choosing to form groups to be able to afford the values they wanted. Even though this was a fun activity it promoted some in-depth discussions about the importance of life, love, friendship, health and how poor health impacts on all aspects of our life, going onto how our value priorities change or strengthen due to our experiences and that we all have a different ideology that is unique to us - but that we have many in common with others.

After the initial training, sessions were provided for the young people to 'map' their school, looking at current provision and missing gaps. Then they explored their ideas focusing on the issues facing young people within school. The four key issues they identified were: Mental Health, Bullying, Sexual Assault and Discrimination; they then went on to choose one to focus on.

Mental health is an issue that many young people face, so they chose to develop their idea based on this need. After further exploration they decided they wanted to offer a service where they, as young people, could support their own peers - which led to the development of the Peer Mentoring idea.

The next stage, after initial chat with a school lead, was to develop their idea and look at the aims, objectives, day to day running and training needed – and researching the need through a consultation with the young people who attend the school. This was followed by putting their ideas and findings into a presentation to pitch to the school to enable them to be taken forward to the next steps. This project is ongoing into 2020. It has been a privilege to work with the group - they are dedicated to developing an action to support the students in the school to feel happier and more connected.

Holiday Provision:

During the holiday period we continued club provisions at the request of the young people. We also ran a range of activities based on the young people's wants and needs. Sadly, due to staffing, we were unable to run a full programme this time round.

Easter - Milnthorpe - the young people took part in an egg rolling competition, sports on the field and a session called 'egg heads' - challenge that saw the group build a device that would protect an egg dropped from a height.

Milnthorpe Get active – due to the weather we spent more time inside then outside which affected numbers. However, the young people that did attend gained so much from this concentrated time and it was great to see new members join us.



We witnessed young people who often avoided team games engaging in activities which were tailored to be inclusive for everyone and it was lovely to see young people who struggle with physical activity thrive in the challenges. We ended the summer with a competition using all the individual challenges which worked incredibly well, and they had lots of fun alongside - being physically active without necessarily registering it! We saw young people grow in confidence as they succeeded in these physical activities.



Activ8 Milnthorpe – The young people who engaged in this project explored random acts of kindness through games and challenges. One of these challenges was to make a positive impact on others - with £5. The group explored various options, but settled on buying yellow roses to hand out at the two doctors' surgeries. This small act had a big impact on those receiving the rose - and within the community.

One lady on receiving a flower stated, 'it's the kindest thing anyone has ever done for me'. Upon leaving the surgery one young person said, 'see, I said it would make a difference'.

The group went on to plan an afternoon tea and bingo event, this is ongoing and is planned for Christmas.

KEY Christmas Event

Their plan was to offer cake and refreshments, activities like quizzes and bingo in the afternoon - and in the evening a family disco.



The core group worked hard: planning activities, promo, games, craft table, raffle prizes (sourcing them from shops in the village) planning the cakes to bake at a big bake off on the Wednesday before the event, job roles for the day etc.



The group worked hard setting up on the day and although they were nervous, they were also excited. During the event, in the afternoon, they had a steady flow of attendees. Initially they were nervous in their interaction with the public but slowly warmed to it. The bingo was a hit and the young people leading the activity grew in confidence after 'finding their feet'. All the young people joined in the last game with the community. It was great to have residents from Croftside attend; staff said how excited they had been when they had got the poster, and one resident won a main raffle prize. Discussions took place about the young people wanting to go into Croftside to deliver a bingo, tea and cake session specially for them. For the family evening session the young people led traditional disco games for the children who attended.



The young people took part in an 'after-party celebration' and were rightly proud of their hard work. They thoroughly enjoyed the whole process from planning to carrying out their chosen event. They developed their communication and leadership skills, managing budgets, social interaction skills and working as a team. It was a privilege to watch them grow in confidence and see their sense of

pride witnessing their community enjoying something they had organised. This seems to have given them a feel for being active in their community and they are already talking about their next project.

Huge thanks to local shops and supporters for their donations: Castle Green Hotel, Bowness Wedding Photography, Booths, Silver Forge, No 3 Curry House, Jumbo, Mirror Mirror, Body Beautiful, Bay Vets, Abbey Horn gifts, L M Baverstock Opticians, Flames, Houghton's and our young peoples' families and friends. To ALL that donated cakes, volunteered on the day and came along to join in, THANK YOU! Without your support our young people couldn't have gone through so successfully with their planned event.



Key Achievements

- Youth led community projects such as the Christmas Event
- Continued youth group support in Milnthorpe and Arnside – developing and maintaining specific supporting relationships, creating safe, inclusive spaces for young people
- Supporting the Arnside wellbeing day
- Alternative curriculum programme – Dallam Sprit



Key Difficulties

- Staffing and cover unfortunately meant a few sessions had to be cancelled - but a good number were supported by our lovely Trustees.
This had the biggest impact on our delivery, outcomes and development of work. Due to this we were fortunate to be able to recruit a new part time worker over the summer and plans were put in place to further fundraise for a second full time staff member who joined us later on in the year.

Training:

- Safeguarding Training - LSCB
- Introduction to Counselling skills – Person Centered Approaches, Level 4 – University of Cumbria

Partner agencies:

We have been successful in developing community and professional partnerships or positive connections and relationships to enable us to deliver or develop future projects

- Dallam School
- NHS & ICC
- Milnthorpe Wellbeing committee (local representatives, council, NHS, local churches)
- Arnside Wellbeing event
- VE-Day committee

Future Plans:

- We are developing 3 new youth groups - in Levens, Storth and a second in Milnthorpe
- We plan to explore the need for a community session centred around food and activities for all ages

Statistics

	Numbers	
Youth group	Reached	Regular attendees (5 or more sessions)
AsAP (Arnside senior Activity Project)	54	36
Milnthorpe Youth Cafe	44	29
Milnthorpe Get Active Sessions	9	9
Activ8	19	19
Dallam One to Ones	1	1
Dallam Alternative Programme Group	6	6
Dallam lunch time Drop-ins	44	32
Dallam Alternative Curriculum	16	16
Dallam Borders	16	16
Milnthorpe Youth café Trip	10	10
Milnthorpe Christmas Event	14	14
Young people worked with on a regular basis without double counting.	Total = 202	Total = 131

Thank you to our funders:

- Old Milnthorpe Youth Club Funds
- Bela Lodge of Freemasons, Milnthorpe
- St Peter's Heversham
- Maurice & Hilda Laing
- Cumbria Community Foundation
- Freda Scott Trust
- Gillingate Mission Hall Trust
- Kendal Gateway Group
- Kendal Methodist Circuit
- Connexional Grants – Methodists
- Garfield Weston



Presentation of cheque from local Freemasons
December 2019