



TRUSTEES ANNUAL REPORT 2018

KEY was established as a Charitable Incorporated Organisation (CIO) in 2015. Its aim is to help young people of secondary school age in their physical, social and emotional development. In particular, we seek to work with young people who face difficulties or challenges, and to mitigate some of the disadvantages of growing up in relatively small communities in an area where the demographic focus tends to be on older people.

Because our focus is on work with young people and making a difference for them, part 2 of this report is the important part. It is the report of Emma Banks, our full-time youth worker, on the activities with and provision for young people. It is why we are here. The trustees owe a huge debt of gratitude to Emma and those who have worked with her in all aspects of our provision, for their dedication and skill, which brings our stated objectives to life.

At the same time, we are conscious that as trustees we carry particular responsibilities for the proper governance of the organisation and for ensuring that there is a responsible and appropriate framework to support our workers' endeavors. It is appropriate that we should report on how we have discharged these responsibilities in 2018.

As in the previous year, Peter Clarke has continued to serve as Chair, Linda Baverstock as Secretary and Wilf Gill as Treasurer. For much of 2018 the other trustees were David Stretton (HR), Irene McKay and Mary Salter. We were delighted to be joined by Greg Tagney in September. Greg had already worked with us to support the safeguarding function. He is a very welcome addition to our number.

In the year the trustees have held 10 formal meetings, each of which included a detailed operational report on the youth work activity and a thorough financial report with management accounts. In addition, other relevant matters are dealt with as necessary, including the review of operational policies according to their particular review cycle. In 2018 the reviewed policies were: Social Media Policy, and the Safeguarding Policy.

The routine meetings of trustees also include a Safeguarding item. We have clear safeguarding policies and guidelines. The item provides for formal reporting of any safeguarding incident and its management but also for the flagging of any items of concern which fall short of an incident, but the proper management of which can be seen to be sensitive and for which the worker may need support.

A valuable aspect of our work is the opportunity for connection between the work undertaken by KEY in the context of the local secondary school and that in the community. The former is made possible by the support of the staff of Dallam School and we have particularly valued the growing relationship that the trustees have with the head of the School and our youth worker has with the School's Pastoral Team.

2018 has been the third year of operation and the final year for which our core costs were funded by the initial funding round. The accounts are set out in section three, but it may be noted that through prudent financial control and judicious fundraising for specific projects, we have ended the year with a surplus of £24,739 which carries forward into year four. We are exceedingly grateful to those trusts and other funding bodies whose generous contributions have made possible the work that is described in Section 2.

As the year drew to a conclusion, we have undertaken a strategic review. Through this we have identified a series of objectives and targets which will form part of our operational plan for 2019 – 2021. These build on that which we have achieved and learned in the first three years and set us an ambitious set of aspirations. A second funding round to meet the increased core costs to the end of 2021 has begun.

The trustees have published two updates about our work which are circulated to a network of interested supporters in the area.

Peter Clarke, Chair of Trustees



YOUTH WORK REPORT

Emma Banks' following report details all the activities that she and her support team have been able to deliver through KEY to the young people in the Kent Estuary area during 2018.

As you look through, we think you will understand why we are so keen to continue and develop this important work to support these young people at a crucial time in their lives.

You can read about the now well-established Youth Club in Arnside (**see page 4**) and the Milnthorpe Youth Café (**page 5**) that has really taken off this year with rising attendance and enthusiastic participation in various activities that the young people themselves help to plan.

Emma, together with other part time workers, has been able to engage in a limited amount of detached work out and about in the villages (**page 4**) and this in particular we are hoping to build up in the next phase of the project.

At Dallam School Emma has become a great asset; engaging with the boarders and through the lunch time drop-ins (**page 6**) encouraging a real sense of self-worth and community service with the students. Her 'one to one' sessions (**page 7**) show how she is supporting those who need additional support providing a safe space to talk to a trusted adult.

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

There have been special one-off projects: the Random Acts of Kindness (**page 8**) makes very encouraging reading - and then there have been many holiday activities; an Easter Escape, a Crystal Maze challenge and Self-defence lessons (**pages 10,11**)

In the summer KEY provided many opportunities for the young people to gain experience of outdoor physical activities (**pages 11-13**) with the outing to Keswick for ghyll scrambling being a highlight of those months.

And then a wonderful climax to the year – the walk-about Nativity event (**pages 13,14**) which really served to establish KEY as a major contributor to the life of our local communities with a truly joyful engagement between the generations!

Towards the end of the report you will find some statistics (**page 15**) showing that in 2018 KEY reached an overall total of 167 young people with 72 attending the various provisions on a regular basis.

Lastly (**page 16**) Emma summarises both the successes and the difficulties she has encountered and sets out the future plans and future needs of KEY.

And finally, we list the funders to whom we are so grateful - and include their Logos (**page 17**)

Linda Baverstock, Trustee and Hon Secretary

Our youth work provision works across the KEY areas and aims to be inclusive and a safe space for young people to be themselves have fun and take part in learning opportunities. Our activities are grounded in youth led programmes and recognise youth voice. We aim to engage the young people within community projects so they recognise that they can make a positive contribution. Throughout the year we have explored many issue-based learning opportunities and responded effectively to safeguarding issues promptly and sensitively as they occur. Below is a flavour of our work.

AsAP (Arnside senior Activity Project)

AsAP this year has undergone a time of change, seeing one group of young people move on and a new one settle into the provision making it their own. At the beginning of the year the group was more directive with fully planned activities. From September the new group preferred a more open provision youth club environment where young people drop in to engage in a safe place.

The young people take part in planning their provisions and have enjoyed:

- Sporting activities and games chosen by the group, supporting them starting to lead their own games.
- Healthy eating programmes, exploring sugar within sugar free cooking, and super foods and the value certain foods carry, food bank challenges including planning and budgeting for the practical side of creating well balanced meals.
- Fun learning games around staying safe
- Team challenges and learning games such as; crystal maze, get wacky' where the group created clothing out of bin bags, beer/drug goggle interactive games to promote discussions around staying safe.



Discussions that have been youth led or supported in relation to issues our young people have wished to explore have been around: friendships and positive relationships, supporting group formation and appropriate behaviour, future aspirations, Random Acts of Kindness and the change we can make in the world, staying safe, positive life choices, values, ethics, faith / beliefs, and world issues such as racism, hate crimes, rise in islamophobia, extremism,

Detached

Several detached sessions took place throughout the year within the winter, spring and summer months across the 3 villages of Milnthorpe, Arnside and Levens. Initially they were to gauge the key areas young people choose to congregate and timings and to initiate a positive relationship. We found that meeting the young people in each place was sporadic at best even trying different days and times.

We are getting known by faces and names and when walking on my own to the shop do get shouted at 'hey Emma' and during detached sessions an older group have gone out of their way to say 'hi' in young people's speak. This is progress in terms of initial engagement with young people who are not engaging in current activities but feeling they are acknowledged and welcomed as individuals, they have also tested the water a little to see our reactions.

We have got to know a little of their chosen activities though not always encroaching on their time as it is isn't always appropriate, but being visible and friendly can often have enough of an impact.

Discussions took place around; building positive relationships, what they do in their own time, life opportunities, current community provision and what KEY currently offers. They discussed the difficulties they have had previously in trying to get anything accepted in the way of facilities on the playing field. Other discussions explored possible future activities, staying safe, river swimming, risk taking and positive life choices. Young people we met during the detached sessions took part in some of the 'Get Active' sessions on the fringe of the main group playing football etc.

Milnthorpe Youth Café

The youth café started from a small group of young people who came together to shape their provision and the young people still have a strong say in how their group runs but we also responded to their needs and discussed issues taking place both locally and nationally.

The young people take part in various activities from crafts, sports, interactive learning games cooking and team challenges. The young people are able to talk to a trusted adult and simply have fun. It is also a safe space to be themselves when at times it can be difficult to do so elsewhere.

The group also engages in fun curriculum activities such as development of the Random Act of Kindness Project, healthy lifestyles programme looking at food, budgeting, physical activities and emotional wellbeing. Discussions have taken place around, bullying, respect and responsibility, positive life choices, faith, ethics and beliefs, world issues such as terrorist attacks, racism, positive relationships, staying safe and much more.

One activity the young people took onboard was the pebble art phrase, they developed this into creating positive messages and taking them out into the community to be found which became an extension of the Random Act of Kindness Project.



Dallam School

KEY has worked in partnership with Dallam School through One-to-Ones for young people needing additional support, Alternative Curriculum programmes and lunch time drop-ins for Social Action projects.

Lunch time drop in

The **drop-ins** are largely craft based around supporting emotional well-being but have also developed into a social action project which fits into one of the 5 ways to well-being: 'Give'. The young people take an active lead in developing the project.

The group offers an open drop-in session that is a safe space to chat, be themselves and meet new people. The group are welcoming and accepting of all that come. Discussions have taken place around; bullying and support available, youth pressures, friendships and coping with arguments, homelife and loss alongside lighter sessions where the group have sung and brought in their instruments to share.



In 2018, the Drop-ins provided a focal point for developing the "Random Acts of Kindness" project. This developed from a discussion regarding national issues and the group's aim was to simply make others smile. Working in conjunction with the youth café and linking into a community event 'Moving Mountains', the young people created over 200 origami flowers and animals. They carried out a day of action in Milnthorpe, alongside smaller actions around the school.

The 28th April was 'pay it forward day' which helped inspire the project and they worked towards creating more items to give out at school during lunch times with the challenge cards. The first one took place on the 27th and was positively received and 'not as awkward' as some first thought it might be as they were 'giving' to their peers. Another two weeks of this project subsequently followed.



After evaluating their project, the group wished to do more such projects, more for local charities and visit a local nursing home. In the summer term, they worked on planning their visit to Croftside Residential Home in Milnthorpe. They made each resident a bunch of origami tulips and then, at the visit, handed out the flowers, chatted to the residents and took part in a sing-song.

The young people are keen to revisit and worked on a new plan to raise money to deliver afternoon tea to the home and enjoy an afternoon getting to know the residents more. The group made items to sell at craft fairs over the Christmas period. Thus far they have raised £60 to carry out their plan.



One to Ones

Young people are referred to the **One-to-Ones** through a referral process that works in partnership with the young people and the school. These are young people that are needing additional support within various areas that are impacting on their life. The meeting times and days are arranged with the staff member who referred the young person, timed so that the young people do not miss too much learning. The sessions are shaped and led by the needs and circumstances of each young person ensuring it is tailored to them as an individual.

The sessions support young people with issues around building self-esteem; creating positive relationships, understanding social norms, bullying, managing conflict; developing coping strategies; self-awareness, understanding and managing feelings, problem solving, emotional wellbeing and resilience building. The young people who access the support use it to offload, do planned issue-based sessions to aid them further by creating physical tool boxes for coping strategies such as self-care kit, safety plans and anxiety first aid kits etc.

KEY staff are asked to take part in Early Help Meetings supporting the young people through the process and supporting them to advocate for themselves or when needing someone to advocate on their behalf.

The aim is to help the young people identify practical and positive steps to help them feel happier and more confident in relation to the world around them alongside creating a confidential safe space for them to talk openly with a trusted adult. KEY staff work alongside the school and assist with signposting and supporting referrals to agencies more experienced in the level of care needed, adhering to the school's safeguarding policy.

Quotes from young people on evaluating the support:

What difference has the support made to me?

"It's helped me by not being bothered about what bully says to me"

"Talk about my feelings. Without the help I probably wouldn't be here"

"I know more about anxiety and how to cope with it & self-care. I take a bit of time out of the day for myself relieve stress & get away from everyone for a bit"

Alternative Curriculum Programme

KEY has developed and delivered an alternative curriculum workshop on emotional wellbeing and resilience

This was designed to help young people to gain a further understanding of the importance of supporting their own emotional wellbeing and personal development; exploring themes around resilience building such as problem solving, understanding and managing feelings, managing conflict, positive mental health, the 5 ways to well-being and identifying tools / strategies to support them in increasing their self-esteem and building resilience. The group have also looked at themselves; the importance of self-care, identity, understanding their responses and positive responses to support effective communication. It helped them to understand their responses and to develop positive communication and coping strategies.



During the workshops the young people took part in interactive sessions learning about each of the subject matters, enabling them to experience the issues safely through games and discussions and evaluate their own personal learning. Taking part in affirmations, evaluations and a celebration of their progression at the end of the programme. Feedback from the young people who attended the programme:

What did I learn from the activities?

"I learnt to accept myself"

"I learned more about mental health, feelings and emotions"

"how to be happier, more confident, resilient"

"I learnt how to control my different feelings"

What will I use/change for myself after the project?

"I will use all the tips"

"After the project I will use what I learnt about think-do-feel"

"I feel more confident about addressing and understanding my feelings and emotions which I think will help me in the future"

"continue with self-care both to help me when I'm sad – I feel more confident, less anxious and overall more happy"

"I will change how I deal with different situations – I feel more confident in myself and not as anxious"



Random Act of Kindness project

KEY worked alongside a community project - Moving Mountains. KEY young people developed their plan based on discussions around the Manchester Arena Bombing from a quote 'look for the helpers'. Their aim was simply to make others smile and developed the Random Act of Kindness idea from the discussions, watching the movie - Pay it Forward and current media trends. This was a youth led project and young people from the Dallam School Lunch time Drop-in and the Milnthorpe Youth Café took part. Throughout it was heart-warming to see it develop and their reasoning behind their idea.

Their aim was - "to make them smile" and their objective was:

- Create fabric and origami items to gift at random to members of the public
- Create challenge post cards asking members of the community to engage in Random Acts of Kindness themselves
- Deliver a day of action

To be able to carry out their plans they took part in workshops so they were able to learn the initial skills to create the items they planned:

- 4 x Workshops – Dallam Drop In – Paper creations with Amy (Provider - Brewery)
- 4 x Workshops – Milnthorpe Youth Café – Fabric creating with Christine (Provider - windows through Art)
- 2 x creating & pizza days in Feb half term – M:HUB

The young people at the café have focused on the Random Act of Kindness project making an astonishing 70+ fabric flowers. The young people at the Dallam drop-in concentrated on origami flowers and animals making around 150 items. A small group worked on the design of challenge cards as they wanted the aim of the cards to communicate to others the notion of paying Random Acts of Kindness forward. The group wanted to ensure that there were also clear examples of inclusion within the cards reflecting a sense of togetherness.



This project saw discussions take place around morals, ethics, beliefs and spirituality. The young people have comfortably discussed the idea of the difference we can make as an individual to those around us. We have explored the idea of beliefs, values and faith and each other's individual faith be it that they identify as a Christian, Pagan, Buddhist or no Faith. One thing we have been discovering together is the belief in kindness, compassion and acceptance; quote from a young person: *"at the youth café they accept you for who you are"*

On the day of action, the group linked into community events for Moving Mountains. They met first for lunch and to finish preparations; we were also joined by event leaders from other areas who were interested to hear about the young people's project. After a briefing around how to approach members of the public safely and staying safe out and about in the community, the group were very enthusiastic, although nervous, and ready for their day of action.



In small groups the young people dispersed around the village gifting their items. One of our favourite stories from this part was:

One group in their excitement were looking for their first 'target' having spotted a gentleman on the other side of the road. Once safe to cross, they all ran to the gentleman surrounding him and offering their gift full of smiles and excitement (the group after this were reminded of appropriate ways to approach the members of the public however this was a reaction from the young people of pure excitement and kindness).

The group also supported the St Thomas's community event by having a craft table sharing their skills. Members of the community engaged in making fabric flowers and origami tulips to take home as well as helping the young people to continue their Random Act of Kindness. It was lovely to see the young people lead on this teaching people of all ages how to create the items.

After the event in celebration of their achievements the young people enjoyed cake while completing a group evaluation:



What we got from the project:

- *"I got the will to be kind"*
- *"It was great to get out into the community"*
- *"The best bit was seeing them smile and knowing I did that"*
- *"It felt good doing something for others"*

What next:

- *"can we do the project again" (more days of action),*
- *"do something for charity"*
- *"can we do another community project"*



Holiday Activities

Easter Escape

Easter egg hunt took place where the young people had to follow clues and riddles around the village and completing different tasks to earn points. The young people had great fun, despite the weather and especially at the end where they shared chocolate hot cross buns and the prize which they chose to share as a group.



Crystal maze



This event saw the young people take part in various challenges to win a crystal, the winning team went onto the final challenge to win prizes for themselves and the other participants.

The challenges worked on lateral thinking, problem solving, physical activity and co-ordination. Working within teams involved development of various skills from; effective communication to supporting your team members.

Self defence

This was prompted by a local incident where a young woman was approached and grabbed by a stranger. This incident was known within the village and concerned our young people. Due to this, staying safe discussions took place covering; staying safe strategies when walking alone such as keeping to main roads or staying in a group, and how to respond if approached by someone with negative intentions etc. The group have requested a self-defence session. This discussion also branched into general staying safe strategies: 'Safe Touch' and not keeping secrets but sharing with a trusted adult. The group took this seriously and wanted to know more about looking after themselves and engaged well. KEY finds it important to respond and create discussions about the needs of the young people of the area regarding their wellbeing.



During half term with the support of a provider (Skills Shop) KEY delivered half a day workshop on self-defence. In the workshop we covered conflict management; why conflict occurs, our response to conflict and strategies to resolve conflict - using language and body language to defuse the situation.



Within the practical self-defence section, we covered; understanding 'reasonable force', what governs the use of self-defence, escape techniques from various types of grabs, strangles and holds.

Although we only had a small group of young people attending the workshop, the group gained hugely from the experience and we will be looking at delivering this again in the winter months.

What did they think of the event... *fun, informative, learnt new skills*

What difference has it made to you... *I know what to do if I'm in danger*

I know how to protect myself

Made me feel more safe when on my own

What have you learnt... *how to read body language*

Eye – communication

Protections

What could have made it better... *Seeing more defence moves to increase my knowledge*

Summer term activities

During the summer programme we have engaged young people in various development opportunities. These took place within the Youth Café, Activ8 – social action project and the Get Active sessions based around physical well-being. The aim of all these activities was based on the 5 ways to wellbeing; Connecting with others, keep learning, be active, give, take notice. As well as an introduction to staying safe.

Active8



The aim of this project was two small social action projects which the young people chose. On hearing about M:OASIS plan to brighten up M:HUB the group liked the idea of helping out and making their own planters; they had a go at creating a free standing herb planter, alongside weeding, tidying and buying planters etc. from the community pot and donations from local businesses to create a welcoming outside area for its users. Working in partnership with Penny Severn and supported by M:OASIS members, two young people's guardian and a new young leader, the young people created 2 pallet planters, and a full arrangement of planters outside M:HUB.

The young people were really pleased to receive positive feedback and help with watering and general care. We also featured in the Westmorland Gazette

The second part of the project the young people decided upon was a bake sale to raise money for our local charities. Because the vote on the charities was split, the money raised, £57, was split between the Milnthorpe Food Bank and the Westmorland RSPA branch.



Get active



In May we started our 'Get Active' sessions. This programme was funded by our Cumbria Crime Commissioner working in partnership with the Kendal Leisure Centre.

The aim of these sessions was fun physical activity over the summer months to create opportunities for young people to get active through sports and activities that appeal to a wide range of young people. This enabled them to explore positive life choices through discussions and activities around risk taking behaviour. We ran this alongside our youth café and our other youth groups where we delivered well-being activities to complement the project aims.

The group have taken part in games such as; dodgeball and water dodgeball which ended in a little water fight that saw the staff soaked much to the young people's amusement. They have also taken part in games such as tag bulldog, rounders, quick cricket, water challenges, capture the flag variations, football, circus skills and lots more. They have had a fantastic time and we saw good numbers attend. The group are looking forward again to the summer months for this programme to restart. We have seen young people



take part in the activities who wouldn't class themselves as sporty, with PE at school being their least favourite subject which they do not always engage in.

As youth workers we have employed different techniques to engage the young people from 1:1's, leading responsibilities, challenges that need various skills not just physical strength and co-ordination to build up their confidence levels and enjoyment of physical activity, thus breaking down the myths that it's only about competitive sports and it can be great fun.

Get active trip – Ghyll Scrambling



This day consisted of 10 young people enjoying lunch in Keswick and some time in the town, however the group chose to spend time after visiting the traditional sweet shop, in Keswick's extensive park and multi games area playing games. It was then time for ghyll scrambling. For some young people who attended this activity it was a challenging experience and outside of their comfort zone – due to this these young people were given specific support. However once on the ghyll the young people had a fantastic time, working together, getting wet and challenging themselves especially in the tunnel under the road which all participants completed.

For these 10 young people to attend and take part so fully was a positive step and it's fantastic to see a number grow so much in confidence, take new challenges in their stride and others with some support pushed themselves further and gained a real sense of achievement. The group really bonded as a team and it was such a great day out.



Milnthorpe's Community Nativity Event

KEY worked in partnership with Penny Severn, a Methodist Community worker, and Alan & Sue Gardner from Kids on the Bay, alongside the young people and community members to produce a modern day telling of the Christmas story.



The cast and those behind the scenes worked hard with the rehearsals and for some this was their first-time taking part in such a production.

A group worked on the props and back drop and on choreographing a dance to 'Guiding Light', by Mumford & Sons.

The event turned out to be such a success, seeing an unexpected large turn out from the community. The event started at M:HUB for the first few scenes, the dance to Guiding light – Mumford and sons alongside songs from the choir before

we walked to St Thomas's for the next few scenes then on to Christ the King Church. The participants did a fantastic job depicting the play to the audience and it was amazing to have witnessed their journey. For some, being part of a production in this manner was a new experience and a massive personal achievement.

The after event was lovely and the whole event created an amazing community atmosphere and saw many asking about next year's event.

A huge thank you goes out to all involved, one of our parents made the crate, another, a professional photographer, took photos of the rehearsals, our marshals, prop creators, Refreshment co-ordinators and many more. Without them we could not have run the event as a partnership alongside Penny, Alan and Sue.



Staff & Trustees Development

KEY invests in staff personal development; training has included: Safeguarding Training, First Aid in the Workplace, Level 2 Counselling Skills Concepts, Story Telling Workshop.

KEY also arranged Peer Professional Practice Meetings with Deidre Trueman to support our youth worker in reflecting on the delivery of the 'One to One' work.

Statistics

Youth group	Numbers	
	Reached	Regular attendees (5 or more sessions)
AsAP (Arnside senior Activity Project)	31	18
Detached	24	7
Milnthorpe Youth Cafe	25	22
Dallam lunch time Drop-ins		62
Dallam One to Ones		7
Dallam Alternative Curriculum		10
Community events RAK action, Songs P, AYP	10	10
Half term activities	14	11
Get Active	20	20 <i>All were or became regular attendees</i>
Activ8	16	16 <i>All were or became regular attendees</i>
Nativity Cast	29 young people 13 Adults	29
Young people worked with on a regular basis	Total = 72 <i>This is the number of young people who attended one or more of our groups / activities on a regular basis</i>	
	Overall Total = 167	

Successes & Difficulties

Successes

- Individual achievements – observing the young people's personal growth and development. It has been a privilege to be part of our young people's personal movement whether it was increased self-esteem, confidence and belief in their abilities or support regarding their emotional well-being such as social anxiety, facing their fears, engaging young people in self-care processes and watching them take this learning onboard and the positive results
- Engaging young people in the 5 ways to well-being and observing them grow in resilience, understanding and self-awareness due to these activities
- Alternative Curriculum Provision – Emotional Well-being workshops
- Random Act of Kindness Project and subsequent follow up social action projects
- Holiday provision, especially the Get Active programme funded by the Cumbria Crime Commissioner
- Milnthorpe Community Nativity partnership event
- Milnthorpe Youth Café - creation of a safe fun space for young people meeting their varying needs
- Arnside ASAP - thriving youth group meeting their varying needs
- Activities responding to the needs of the young people and local issues such as; Self-defence course, detached etc.

Difficulties

- KEY had been exploring a multi-faith prayer space idea for Dallam in partnership with NiSCU, we had hoped a taster might take place during Moving Mountains. Unfortunately, time was not on our side and the school were not ready for the project though they were interested to engage. We would also need a local mission community to support this project, this will need further discussions to be able to take place
- Detached – engaging in a rural area identifying the times and places young people choose to hang out hasn't always been easy as its not at any set time
- Part time staffing inconstancies has affected us being able to grow the provision in the way we envisaged, for example developing the activities within Levens. This is an area we will be concentrating on in the upcoming year. **To enable us to build on our capacity there is a need for a second full time worker**
- Recruitment of Volunteers

Future plans

Our core aims, objectives and values remain but in this second phase KEY aims to:

- Engage more with young people where they are in their own villages and communities, going out to their space rather than inviting them into ours, with more detached working - informed by our experience of working in Arnside and Milnthorpe. We hope to start youth initiatives in Levens and Storth as soon as funding permits.
- Connect and root young people into their community with more intergenerational and other community development work - informed by our experience with the arts based intergenerational project, the community-based May Day event etc.
- Extend the scale and function of the Youth Cafe provision and activities in Milnthorpe - using this as a hub to develop a range of further provision, responding to young people's ideas and needs - informed by the experience of the Milnthorpe Youth café which was itself a direct outcome of the consultation with young people

- Offer an expanding programme of in-school, group workshops to build and develop young people's emotional wellbeing, self-esteem and resilience, linking these to out-of-school activities and events - informed by our experience of working in the school and the drop-in activities and workshop sessions
- Offer a number of 1-to-1 support sessions for young people at risk of crisis, or already in crisis - informed by the feedback from young people who have been involved in 1:1s and from the school pastoral team

Future needs

- Further funding to continue and grow the work as we perceive there is an ongoing need.
- To enable us to carry forward our future plans we are looking to employ a second full time worker, funding permitted
- Development of volunteers to support the youth provision to be grounded in the local communities supporting long term sustainability

Partnership agencies and Community Groups:

- | | |
|---------------------------------------|-----------------------------------|
| • Dallam School & Dallam Borders | • AYP (Arnside Youth Project) |
| • M:HUB | • Kendal Windows Through Art |
| • Penny – Methodist Innovation worker | • Barnardo's |
| • Local Churches | • Sam Houghton (Fitness Dynamics) |
| • Brewery Arts Centre | • Skills Shop |
| • Kendal Leisure Centre | • Community PCSO |

Agencies we have developed a relationship with so far:

- CVS
- SAFA (self-harm awareness for all)
- MiPAD
- NiSCU
- CYA

Thank you to our Funders and supporters

We would like to express our profound gratitude to our funders and supporters for all your ongoing support to enable our project to become established in the Kent Estuary area within the last three years. We have seen the growth of our project, which is taking shape and we are witnessing the positive difference the project is having on those we work with. We feel that KEY has just begun, that there is still a long way to go and lots of possibilities and have developed a strategic plan for phase two. However, without the community support and funders this would be almost impossible.

Funders for phase one:

