



The Kent Estuary Youth Project

2022 Trustee's Report

including Case Studies

Chair: Peter Clarke; **Secretary:** Linda Baverstock;
Irene McKay(operations); Greg Tagney (safeguarding);
Janet Battye (operations)

c/o Eversley Coach House, Leasgill, Milnthorpe LA7 7EY

Youth Workers

Emma Banks; Jamie Smith (to February 2022);
Terry Mcloughlin (from October 2022)

KEY Office: Crossview House, 6 The Square, Milnthorpe LA7 7QJ

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KEY exists in order to help young people of secondary school age in their physical personal, social and emotional development and in making informed choices. Its activities are youth led, with the needs and wants of young people being at the heart of what KEY is, and their voice heard.

KEY was established in 2015 by a group of local people drawn from churches in the Kent Estuary area of South Lakeland, the aim being to provide age-appropriate support in the relatively small village communities whose demographic focus tends to be on older people. Its activities were to be open to all young people, but with a particular focus on those who feel themselves to be vulnerable or disadvantaged and who face particular challenges. We note below the successes – and the challenges of 2022.

1. Successes

i. Youth Workers

Our second youth worker left in February 2022 to return to a school setting and it took us a few months to find another. But we now have two experience, qualified youth workers who, along with support workers and volunteers, are using their skills to support young people in identifying needs and opportunities and to enable them to plan and deliver activities. They foster a safe and accepting environment that enables the young people to get involved to explore issues that concern for them and to develop new social, emotional or practical skills. It is they who enable KEY to make a difference in the lives of young people. They have engaged with young people and communities in order to reinvigorate activities and are developing new initiatives that reflect the needs and circumstances of the differing villages. For instance, we can now offer Box Clever sessions in our clubs and at Dallam School.

ii. Administrator

We identified sufficient funding to engage a part-time administrator and this has made an enormous difference in taking admin work from our youth workers so that they can concentrate on their delivery.

iii. Office

And in November we celebrated the opening of a small office in Milnthorpe Market Square which is used as a base for our staff and is a space that can be used for 1:1 sessions with individuals needing counselling. It has given us all a real sense of new momentum.



iv. New Trustees

At the end of the year, trustees, staff and young people we held a well-attended Open Evening with the result that four people came forward to be considered as Trustees. They are joining the Board in 2023 and will bring additional skills and enthusiasm to KEY.

2. Challenges

Reading our 2021 Annual Report is a helpful reminder of the extraordinary challenges that came with maintaining our youth service through the pandemic. It all seems a long time ago and our delivery is now much more straightforward. However, there is need for:-

i. Supplying after-school food

Listening to young people, we know that some are still feeling the effects of all the disruption. It is also very clear that the challenges people are facing this year, as a result of the cost-of-living pressures, have direct implications for many of them. A notable feature in our after-school activities this year has been the need to provide food in a way that was not previously necessary.

We are purchasing fresh food for snacks and use this provision as an opportunity for a shared social experience during which we can discuss principles of good nutrition. With food costing more it has become a new challenge.

ii. Responding to an increasing need for one-to-one counselling

Since the Covid epidemic it has become clear that more young people suffer from anxiety and many need help with mental health issues. We have secured some funding from the local Council to help cover the cost of our youth workers' time for those referred to KEY from the mental health nurses (as referrals to NHS Mental Health Services currently have a very long waiting list) but providing help to others is stretching our resources.

iii. Obtaining substantially more Funding


There is also the ever-present challenge of funding. Workers' salaries are the major element of our costs but the workers are central to our ability to fulfill our vision. The generous support of our funders has made it possible to get this far. As we look ahead, we can have cautious optimism for 2023 but know that we must redouble our efforts in order to ensure we have the funds to carry us through into 2024, building on the momentum that is clearly there. Currently we have only c. £40K assured for 2024: our current estimate of annual expenses is now just over £100K.

3. Summary

As trustees, our responsibility is for the effective governance of the organization sustaining its strategy, ensuring that the necessary resources are available and effectively used, that we fulfill our safeguarding obligations and are a good employer. As a small group, drawn from the communities that we serve, we are able to build community connection while also seeking to secure the income that will sustain KEY.

I have served as chair since 2015 and, with regret, have decided that I must stand down from the Board in March. It feels as though I am leaving KEY as it has emerged positively from the Covid years and as it is developing strongly – not just in the scale of what it offers but in the character. As its vision is being made real, there is an energy and drive that comes from the young people. Our continuing challenge as trustees is to blend our vision with their vision and to gear our governance responsibilities to their participation. In doing this there is the opportunity for KEY to be a distinctive and special part of our communities.

Case Study 1



POSITIVE PORTRAYAL OF YOUNG PEOPLE - CASE STUDY

Area: *M. Loughborough* Organisation: **KEY - HAF** Date: *20th 22*

Name of Worker: *Emma Banks* Name of Young Person: R

What have you participated in?
All four days

What have you enjoyed the most?
clothes making and paintballing


Write three words that describe the HAF programme:
most fun ever

Which of the following outcomes have you gained (please tick):

1. Increased my knowledge and skills	<input checked="" type="checkbox"/>
2. Increased social interaction and built new relationships	<input checked="" type="checkbox"/>
3. Become more aware of healthy eating and nutrition	<input checked="" type="checkbox"/>
4. Become more active	<input checked="" type="checkbox"/>
5. Increased confidence, self-esteem and resilience	<input checked="" type="checkbox"/>
6. Become more aware of how to support my emotional wellbeing	<input checked="" type="checkbox"/>
7. Increased inspiration, innovation and creativity	<input checked="" type="checkbox"/>

Explain how and why you have achieved the outcome/s ticked:
(Numbers 1 to 7 above)

I have done amazing activities and felt confident to do them by myself. Fashion lab was so fun and I have learnt to sew clothes.



Youth Worker's Comments (young person's achievement and personal development within the project):

R *fully engaged in all the activities, she was a calming influence on others when conflict arose*

R *really came into her own with the eco craft, seed bombs & fashion lab being creative, & learning a new skill & supporting others. It was lovely to witness R clear pride in what she had achieved.*

Case Study 2

This is another typical case study that we carry out during our holiday activities – and regularly in the youth clubs.

So many of these studies show that during enjoyable outdoor and indoor activities our KEY youth workers have been able to help build a young person's confidence and social skills as well as imparting sound educational benefits around nutrition.

As this young person's writing is too small to read here, I have transcribed below.

POSITIVE PORTRAYAL OF YOUNG PEOPLE – CASE STUDY

Area: Mirthorpe Organisation: KEY-114 Date: JS

Name of Worker: Emma Davis Name of Young Person:

Why did the young person get involved in youth work: I thought it would be fun, it was
and to get away from family

What has the young person participated in: all our days of holiday activities
I enjoyed: the paintballing, the egg hunt and the food

Which of the following outcomes has the young person gained (please tick):

1	Increased knowledge, skills and qualifications	<input checked="" type="checkbox"/>
2	Increased social interaction, new relationships and role models	<input checked="" type="checkbox"/>
3	Improved health and well-being	<input checked="" type="checkbox"/>
4	Increased confidence, self-esteem and resilience	<input checked="" type="checkbox"/>
5	Stronger identification with local community and respect for others	<input type="checkbox"/>
6	Increased inspiration, innovation and creativity	<input type="checkbox"/>

Expand on how and why they have achieved the outcomes ticked

1 I had to go to school - paintball gun and how stressful it was doing a team game
and how important teamwork is

4/2 I socialised with people I wouldn't usually

3 I joined in more sports that otherwise

6 I learnt some woodwork/DIY skills

Other achievements / impacts for young person:

I really really joined in and got in the spirit of paintballing
I became more confident in social interaction

I think JS really threw himself into everything
that was offered. I saw a big difference in his
confidence taking part in team activities. He was also
more confident in chatting to new
people, both peers
and adults. It
was lovely to see
him smiling and

Worker Signature: PP Young Person Signature: JS

Why did the young person get involved?

I thought it would be fun and to get away from family

What has the young person participated in?

All four days of Key's easter activities. I enjoyed: the paintballing, the egg hunt and the food

Which of the following outcomes has the young person gained (please tick):

1	Increased knowledge, skills and qualifications	<input checked="" type="checkbox"/>
2	Increased social interaction, new relationships and role models	<input checked="" type="checkbox"/>
3	Improved health and well-being	<input checked="" type="checkbox"/>
4	Increased confidence, self-esteem and resilience	<input checked="" type="checkbox"/>
5	Stronger identification with local community and respect for others	<input type="checkbox"/>
6	Increased inspiration, innovation and creativity	<input type="checkbox"/>

Explain why and how they have achieved the outcomes ticked

1 I learned how to load a paintball gun and how stressful was doing a team game and how important teamwork is

4/2 I socialised with people I wouldn't usually (sic)

3. I joined in more sports that otherwise

6. I learnt some woodwork/DIY skills

Other achievements /impact for the young person:

I really joined in and got in the spirit of paintballing

I became more confident in social interaction

Comments of Youth Worker

I think Jack really threw himself into everything that was offered. I saw a big difference in his confidence taking part in team activities. He was also more confident chatting to new people both peers and adults. It was lovely to see him smiling and laughing.

KEY 2022 Data

Milnthorpe seniors

37 attended at least once - average attendance -10

Milnthorpe Youth café

68 attended at least once - Average attendance -14

Arnside Youth Group

17 attended at least once - Average attendance -12

Storth Youth group

11 attended at least once - Average attendance- 5

Total Average weekly Attendance - 41

1:1 support - 2

Dallam School boarders -15

Dallam School drop in - 12

Total reach in weekly provisions - 162

Holiday Activities and Food Easter - 29 Summer - 45 XMAS - 29

Total reach in holidays 103

2022 Funders include:



The
Hadfield
Trust

FSCT
FRIEDA SCOTT CHARITABLE TRUST



Holiday activities and food programme

Individual Churches
in the Kent Estuary area



The **Methodist Church**



"KEY made me happy to be a part of a group and I made a lot of friends because of it; there were many people I probably would never have talked to before then"

KEY works with students in Dallam School offering lunchtime drop-ins and alternative curriculum workshops. 1-to-1 mentoring support is available by appointment.

"I have got better at managing arguments; instead of shouting I just turn it into a laugh."

Find Us!

Crossview House, 6 The Square, Milnthorpe

Website: www.thekeyproject.org.uk
 Instagram: [kentestuaryyouth_](https://www.instagram.com/kentestuaryyouth_)
 Email our administrator, Rosie Brown:
RosieBrown@keyprojectcumbria.onmicrosoft.com

 Find us on Facebook:
KentEstuaryYouth

Coming soon to LEVENS
 KEY is working in partnership with the Levens Village Hall Committee and will develop a core group of Young People exploring facilities for young people in the village.

KEY youth groups

STORTH
Youth Group for Yr 7+
 (Year 6 from summer term welcome to attend.)
 Thursdays 3.30 to 5.30pm
 at Heron Hall

ARNSIDE
Youth Group for Yr 7+
 (Year 6 from summer term welcome to attend.)
 Years 7-9; Fridays, 6.00 to 7.30pm
 Years 10+; 7.45 to 9.30pm
 at the Educational Institute



MILNTHORPE
Youth Café for Yr 7+
Wednesdays, 3.30 to 5.30pm @ M:Hub
 Activities are youth led and can include: crafts, sports, food and life skills/wellbeing discussions.

Senior Youth Club Yr 10+
Thursdays 7.00 to 9.00pm @ M:Hub
 Activities are youth led and can include: crafts, cooking, games, disco etc.

KEY is a Registered Charitable Incorporated Organisation No. 1162823



Youth activities in villages around the Kent Estuary

THE KENT ESTUARY



YOUTH

Some of our expeditions...



Social Action Projects

These are projects developed by the young people to help others in their community. They also include leading or working in partnership on inter-generational events such as Milnthorpe light festival, fun days etc. This helps young people to have their voice heard in their local community.



Residential weekends

"I learnt that talking to people in person is better than over the phone and I don't need my phone to get through the day"



"I learnt not to eat jammy dodgers and pringles for breakfast ... the breakfasts and dinners were the best ... the laughter and all of us talking..."

KEY Fundraising

Our young people take an active part in fundraising for their own clubs as we recognise the economic climate isn't easy for all our young people and families.



H.A.F. Programme

During school holidays KEY has been chosen as the local provider of the Holiday Activities and Food programme, for Easter Summer and Winter.

Funded by Cumbria County Council it is targeted for those on free school meals. One young person said, "It made me want to be more active."

A typical week can consist of: various crafts, learning games/challenges, sports, nutrition, budgeting, meal preparation/cooking for a large group, and an outdoor education day/trip.