

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

INDEX

| | Page |
|--|------|
| Introduction listing our Successes during 2022 | 3 |
| Our Challenges during 2022 | 4 |
| Case Study 1 | 5 |
| Case Study 2 | 6 |
| Youth Work Data | 7 |
| Funders during 2022 | 7 |
| Our new publicity A4 trifold leaflet | 8 |

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.

Peter Clarke March 2023

| | | | | (SIXEE |
|-------------------------------------|--|----------------------------|--------------|--------------|
| | | | | ministration |
| - | POSITIVE PORTRAYAL C | F YOUNG PEOPLE - | CASE STUDY | |
| | Carrie Comment | | Date: Colv | 22 |
| Area: N. Juliusgo. | Organisation: KEY | - HAF | Date: | |
| | | | R | |
| Name of Worker: E | mma Flanks | Name of Young Pe | mon: | |
| | | | | |
| What have you par | TOTAL THE STATE OF | | | |
| All bour day | 5 | | | |
| un . 0 . 0 | 4.00 | | | |
| What have you enjo | byed the mostr | : + Hall: | | |
| clothes ma | king and pa | michiling | * | |
| | | | | |
| | hat describe the HAF pr | Og. | | |
| most lur | wer | | | |
| | ing outcomes have you | gained (please tick): | | |
| which of the John w | any outcomes mare you | Lamete Alberta de la | 1 0 | 10 |
| 1. Increased my kn | owledge and skills | - tutionshins | - 5 | |
| 2. Increased social | interaction and built new | nestronsrapa Loudrition | | V |
| Become more av Become more ac | vare of healthy eating and | Humber | L. | 1 |
| 5 Increased confide | ence, self-esteem and re- | silience | | XA |
| 6. Become more aw | vare of how to support my | emotional wellbeing | - | |
| Increased inspira | tion, innovation and crea | tivity | 11 | |
| Evoluin how and w | ny you have achieved th | e outcome/s ticked: | | |
| (Numbers 1 to 7 ab | ove) | | Laurel de a | - to AD |
| 1 | and man activ | itipe and let | + conficient | 1000 |
| 1 have done | Amazing - | 1- 01 | -10 | |
| 1100 | · NOVA FO | ishion "11 | abwar | solun |
| Hom by m | Macich. | | | 1 |
| 1,000 | my you have achieved the over a chieved the community achieves to learn to | ۸. | 3 | 0 |
| | Who well a ton | 6013 1ster | ner | - |
| 11/ | NNNN W | OTUM DIS | | |

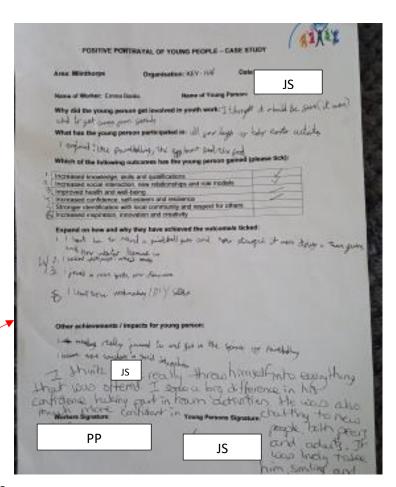
| CALLEY. |
|--|
| toment within |
| the state of the s |
| Youth Worker's Comments (young person's achievement and personal development within the project): R felly compated in all the achieve, she was a coloning influence on others when |
| R fully congreted in all the activities, she seed touts to flustion lab being creative, conflict arose R really came into her are night the concrete, seed touts to situate R clear pride in what I have a new shill of supporting offers. Howas large to situate R. |
| A library of creaming |
| R really came into her an nith the concrete, seal temps & flushion lab being a hot of the clear pride in what & learning a new shill & supporting offers. Howas lavely to witness R clear pride in what |
| R really came into her are my the control R clear P |
| as I will I supporting offers. Howas (NEW) |
| & leaving a now sein - 10 |
| She had achised |
| DAC AND MANAGEMENT |
| |

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.

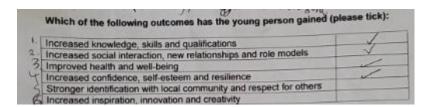


Why did the young person get involved?

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



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 usaly (sic)
- 3. I joined in more sports that otherwise
- 6. I learnt some woodworking/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:









Individual Churches in the Kent Estuary area

Holiday activities and food programme















made me part not made me part happy and I made of it)
of a group and I made of it)
of a group's because of it)
of friends because many
of friends here many
people I probably
there were have
would never have
would never then
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_ 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

