

## What young people say....

"I just wanted to say a big thank you to Maria, Angie and all the other youth workers who have helped out at Millais. The boxes we made have really helped me revise for my exams better and keep myself calm when i was getting stressed over exams"



## What parents say....

I just wanted to drop you a note to thank you and your team for the positive influence you have had on J. The Horsham Matters Youth Club is a fantastic group and you offer some really interesting and educational evenings and events. These are things J probably otherwise wouldn't engage in. The tie-dye tee-shirts last night were a great success and the provision of 'exam equipment' shoe boxes was a really nice thing to do. J and some of J's peers can be challenging at times, and it's really nice that they have somewhere safe and engaging to go to in the evenings. We really appreciate all that you guys do and it occurred to me that I ought to tell you that. Thanks again!

## What our partners say....

Having been involved with the Youth Service from its inception I am delighted to say that the outcome of this initiative has far surpassed any expectations we had from the outset. The sustained effort Horsham Matters, and in particular, Emma, have shown has resulted in a valuable and effective service for the young people of the area. My thanks go out to all involved.

-Roger Potter - Chairman Bramber PC

It gives me great pleasure to write to you and celebrate another year working with the team. This past year The Purple Bus team have worked with Horsham Matters in the following places - Upper Beeding - Cowfold - The Needles. We have jointly supported over 26 different young people in rural and isolated communities, that, without our services would not be able to access this vital support in their adolescence. Moving into this new year we hope to work with you a lot more again."

- Dan Sneller Youth Interventions Worker WSCC

## What our volunteers say....

I have been volunteering at Slinfold Youth Club for the past year and can definitely say it is a very rewarding and fulfilling experience. Being able to chat to the children and listen to their stories and try and help in any way I can is really satisfying. The team do a fantastic job and

I know the kids absolutely love it. - Volunteer at Slinfold Youth Club

## Thanks

A big thank you to all those who have worked with and supported Community Youth Work over the year, in particular other local youth workers, Parish and Neighbourhood Councils and grant giving funders, community groups and organisations, volunteers and of course the young people that we have worked with throughout the project.

## Contact Us

For more information on the Horsham Matters Community Youth Work Initiative, or to speak to one of our youth workers

please contact [info@horsham-matters.org.uk](mailto:info@horsham-matters.org.uk) or call 0300 124 0204



# COMMUNITY YOUTH WORK ANNUAL REVIEW 2016/17

## Welcome

We are delighted to share with you our latest news. The Community Youth Work initiative is now in its 5th exciting year and in this report we want to tell you about some fantastic stories and information from the past year, showing how the team (staff & volunteers) are making a big difference in the lives of local young people.



## Who we are

Community Youth Work is part of Horsham Matters, a charity based in the Horsham District of West Sussex delivering projects that provide practical support to those who are in need in the local area.

The Community Youth Work initiative is all about developing and delivering activities, opportunities and support for young people so as to enable and empower them to make informed, positive lifestyle choices. We aim to promote active, healthy, safe and social lives.

## Headlines From The Year

3 FULL TIME YOUTH WORKERS

8 PART TIME YOUTH WORKERS

762 Young people registered

273 followers on Twitter

46 VOLUNTEERS

676 likes on our Facebook pages

19 regular groups

What we do and projects

Our core work is to provide open access activities for young people such as weekly youth clubs, outings and special events that are easily accessible and affordable. We currently work in Horsham Town, Pulborough, Billingshurst, Steyning, Bramber, Ashurst, Upper Beeding, Broadbridge Heath, Slinfold and Warnham



# WHAT DIFFERENCE HAS BEEN MADE?

## Making young people heard

The voice of young people is vitally important to the development and ongoing engagement of the project. CYW empowers young people to be active voices in their local communities and facilitates them to address important issues through activities and focused groups.

## WORKING WITH COASTAL MIND

Over the last two years CYW have been working with Coastal MIND to develop better mental health services to young people in the Horsham district. Through small group consultation and case studies CYW have empowered and encouraged young people to make their voice heard and share about their needs and difficulties in accessing mental health support. Listening to the young people has enabled us to highlight the need for a new service and work towards improved mental health provision for local young people

In summary Katy Glover Chief Executive of Coastal MIND West Sussex said " Working with Horsham Matters and their youth team really helped us to engage with local young people to understand what mental health support is needed where and to think about how we could meet these needs by working together. We're really delighted that this joint work has helped us to get funding for a new youth mental health post for the local area and we are looking forward to working in partnership with the HM youth team next year to deliver this service.

## CASE STUDY 1 - LILY'S STORY

We met Lily 2 years ago at a Fresher's stand at Collyers 6th Form College. Lily showed a desire to help and support others, joining the Free Your Mind group, looking at all things mental health and HYPER, Horsham's youth council. Lily now has been volunteering as a young leader for the last 8 months. Through sessions with a Community Youth Work mentor she has managed to overcome many obstacles and challenges in life, built confidence and gained valuable skills. She has a great passion to share what she has learnt and support others in the way she found support. As a result Lily starts a gap year in September focusing on youth work, helping to facilitate youth groups and support groups in schools. After this Lily is going to university to do a degree in counselling



## Providing positive activities

The key to the CYW initiative is providing positive activities for young people, activities that all young people can attend that are safe, engaging, affordable and fun. Providing new opportunities for young people and a space at the heart of the community. Young people can try new things, be challenged, are encouraged to be themselves, get advice and guidance and meet with others. This year CYW continue to run 19 regular youth clubs and groups 6 more than the previous year. Listening to the young people youth workers have continually developed new groups and initiative throughout the year.

Community youth workers journey with young people providing regular contact and input into their lives. This regular contact enables youth workers to build meaningful relationships with the young people who attend our groups and programmes. Celebrating achievement, challenging attitudes, exploring life and being there in times of sadness, as well as joy.

We have seen young people make positive change, build friendships with their peers, grow and develop into active members of their community.

## CASE STUDY 2 - JACK'S STORY

We first met Jack when working with Saxon Weald who funded a place for him to attend our PGL summer camp in 2015. Youth workers maintained this relationship at school through YST (Youth Support Team) as well as the Mocktail project. Jack then started attending Needles youth club in which he continued to engage and be challenged by youth workers. At a recent skate park session he said; "I remember chatting with you guys at Needles about drugs, and. I just realised I did not want to go down that way, so now I spend all my time at the park, and even my grades have got better" he also added "I have also got a better relationship with my mum"



## BROADBRIDGE HEATH

This year one of the new clubs we have opened has been in Broadbridge Heath. After 3 years of successfully running a youth club in the area for young people in school years 6,7&8 it became clear that there was a need for older young people too. Broadbridge Heath Seniors club was developed for young people in school years 9+ and has provided ongoing opportunity for those young people to build relationships, seek support and take part in activities.

## CASE STUDY 3 - SOPHIA'S STORY

Sophia has been attending U-Nite, a youth club in Billingshurst. It had been great to see her grow in confidence and be an active member of the group. The team noticed the change in Sophia from being previously isolated from the group and not wanting to join in with activities, to being involved in group games. Now she is a big part of our group, and always attends. Sophia says that without U-Nite and the team there she wouldn't feel as confident as she does now, and wouldn't know who to talk to if she was in trouble or scared.



## Partnership Working

Working in partnership with other youth workers, community organisations and statutory bodies expands the work we offer and the numbers of young people we are able to reach. CYW is committed to working in partnership, striving to champion the voluntary sector, being an active part of multi agency meetings, instigating and supporting partnership projects.

## SCHOOLS WORK

Community Youth Work supports a number of schools in a variety of activities to meet the needs of young people. Throughout this year we have seen **Eliv8** groups run in both Tanbridge House School (THS) and Forest boys school working in partnership with YST. These groups provide opportunity to raise aspirations, build supportive friendships and increase confidence of young people. Youth workers have provided **one to one mentoring** support to 28 young people this year, partnering with THS, Forest, Steyning Grammar School and The Towers School in Upper Beeding. In The Weald CYW have provided a **weekly drop in** for students to gain advice and guidance from one of our youth workers offering a pathway to school counselling services and Heads of House. In Millais School CYW have held a regular **afterschool club** as well as a **detached** weekly presence during a lunchtime.

"I just wanted to take this opportunity to say thank you for all the support that you have offered O, he is a different boy now and the work with you has been invaluable in establishing this change and in giving O the tools to sustain it. O seems more resilient and self assured and he tells me that when people make comments he feels able to manage that without the same upset he had experienced before."