PHOENIX DETACHED YOUTH PROJECT

Initiated by young people and creatively delivered for young people

MISSION STATEMENT

Working with young people to develop their ideas and supporting their life choices and education

investing in children

Charity number 1106223

ANNUAL REPORT 2015

PHOENIX DETACHED YOUTH PROJECT

FOREWORD

This year has been a very exciting year for Phoenix Detached Youth Project. PDYP continues to work with young people 12 – 25 years from Meadowell, Chirton, East Howdon, Percy Main and Royal Quays.

I would like to thank all of the trustees for overseeing the Governance of the project and for continuing to support the staff team and local young people.

Due to the commitment and hard work of all of the staff team and volunteers there has been an increase in the number of individual young people worked with in depth this year from 350 to 390. This is with the same level of staffing and is testament to the quality of service we deliver.

Highlights this year are the design and creation of the SOS Pack and Respect Factor Pack and the Chemical Guinea Pigs film. All of these resources involved young people being central to their development, what amazing local young people we have.

Thank you to all of our valuable partners whether funders or agencies, in making our work possible.

Jim Robson, Chair of Phoenix Detached Youth Project

Achievements of the year

- Detached youth work has successfully been delivered over the past year with in-depth work being delivered to 390 individuals (236 males, 154 females) this resulted in 5712 interactions this year.
- We successfully supported 15 young people into work and 7 young people into training and 3 into university.
- Young people have been involved in creating two educational packs on self harm (SOS) and one on domestic abuse (Respect Factor). This work was funded by Public Health Department North Tyneside Council.
- Young people have also raised concerns around more informed information about legal highs, and a small group have created an educational film called Chemical Guinea Pigs
- The Helping Hands groups have increased from three to four groups and supports young people with mental health issues, this is a borough wide project.
- Awarded investing in Children Service for 2015.
- Brought together urban artists from the 80's, 90's and now to create a film around regeneration of the area exploring the journey of urban art in the Meadowell. This was supported by Durham University and was well received.
- Young people successfully organised our own Phoenix Jam, in their street space in August with 250 people benefiting.
- Young People organised and went on 10 residential experiences including; Scottish Boarders, Northumberland and the Lake District.
- The staff team and one young person attended a special event to encourage more individuals to become Rainmakers at The Rainmaker Foundation Annual dinner, November 2014 at the RAC Club in London. Phoenix DYP gave a 20 minute presentation which was really well received.

DETACHED YOUTH WORK

We continue to be committed to deliver a flexible and responsive service contacting young people on the streets five evenings per week, using a detached youth work approach. Detached youth work evolves depending on the needs, issues and demands of young people. This past year has seen the importance of young people developing their two street spaces, at East Howdon underpass and the disused basketball court at the Parks Leisure Centre. Legal Street space for urban art continues to be popular with over 500 art pieces completed in the last year.

Over 250 people attended the young people's annual street event, The Phoenix Street Jam in August 2014. Young people regularly use the spaces for music, art and dance. Developing regular street group work is now seen as part of our detached youth work. We have also started doing detached youth work at lunch time at Norham School once a week, in response to meeting young people at lunch time as no young people are allowed out; this has increased our detached youth work outcomes.

"I've been involved with Mike and PDYP for 12+years. Joining has changed me from a cheeky teenager drinking on the streets to the young devoted mother I am today. I've done alot with PDYP from a play about the Meadowell riots, to fundraising for the parents group, residentials and arts and crafts. They have been there for me through domestic violence and whilst my son was in temporary foster care. They have helped me with housing, carpets etc. Ive had an amazing experience and time with the PDYP. Sadly I'm to old for the PDYP (Mike should be also!!!). They are amazing youth workers, Ive seen Mike going bald by the week. Becky is cool, my little boy is going to miss her. Luke is canny and funny. Im going to miss being involved with the PDYP, but I will still pop in for a cuppa and a chat, as well as to wind Mike up". Young woman, 26years

FIGURES

This year we have worked with 390 young people, 236 males and 154 females, resulting in 5712 interactions.

This rise in interactions can in part be linked with our established detached sessions in Norham High school.

Total 390 young people

Male total	236
New contacts male (12-19yrs)	78
New contacts male (20-25yrs)	19
Existing contacts male (12-19yrs)	88
Existing contacts male (20-25yrs)	51

Female total	154
New contacts female (12-19yrs)	55
New contacts female (20-25yrs)	12
Existing contacts female (12-19yrs)	47
Existing contacts female (20-25yrs)	40

One to one work males	810
Group work males	867
Detached males	1793

One to one work females	545
Group work females	724
Detached females	973

Total interactions 5712
(3470 males and 2242 females)

PHOENIX DETACHED YOUTH PROJECT

YOUNG PERSON LED ACTIVITIES AND GROUP WORK

BEAUTY GIRLS

The Beauty girls are all students from Norham School who we have been working with in partnership with a learning mentor. The group have a common interest in careers in the Beauty therapy industry when they leave school. They have raised money for activities and have enjoyed a day having beauty treatments, going for a meal and are planning a trip to Flamingoland. As well as working with them as a group we have offered some of the group members additional one to one support on a range of issues.

BSD

This group was set up after some of the younger lads showed interest in going to skate parks, since getting involved the group have been to Dynamix skate park in Gateshead as well as Rkade skate park at Redcar and have progressed in their skills. They are hoping to go on a residential in the future to one of the bigger skate parks.

CANNY DADS GROUP

This new group is funded by ISOS Housing and has been a challenging whilst exciting area of work.
We have always felt passionate about the need to do effective work with young men as this improves their mental well-being as males and dads. Work with dads is empowering them to develop effective bonds between their children, and gain skills and confidence in their role as dads.
It is important to bring dads together with their children as it allows them to gain skills and knowledge from other men.
One of the dads delivered his own baby (see blog on pdyp.org website). The group have undertaken a range of activities including working with their children, trips to Adventure Valley, Sea Life Centre and Beamish Museum.

CHEEKY MONKEYS

This group of Year 7 and Year 8 girls from Norham School are cheerleaders and we worked with them to raise money for cheer leading outfits. There was a core group of 4 young people who worked on the fundraising but the amount raised benefited the squad of 15 and included t shirts which they designed themselves. The group went on to take part in a school performance.

GALAXY PENGUINS

We have known some of the individuals for several years but it has taken a while for them to form a group. The group are all in the last year at school so it has been an important time for us to get to know them, support them with issues regarding education and their future options. The group had a fantastic weekend away at Daleby House where they got involved in a project around health, enjoyed time on the beach and as they had fundraised they also enjoyed a boat trip around and landed on one of the Farne Isles.
All of the group appreciated the time away and it provided the opportunity to discuss; families, housing, relationships and health. Residentials are priceless for this opportunity as you end up having discussions that may not otherwise happen. The group have been involved in several other activities throughout the year and are looking forward to planning another residential to celebrate the end of their exams.

GANGSTER GIRLS

It was going to happen one day with the project being established for 11 years…we have the first child of a previous parent group member turn 12 and therefore old enough to form her own group. It has been an exciting journey to see her coming on trips with her mum and her saying "one day I'll be able to come to PDYP and have my own group" to coming in with her own group of friends and making plans. She chose to spend her 12th birthday with us celebrating. The young women have been on a few activities and like the idea of developing a music project over the coming months.

HAPPY PROJECT

This group started school at the same time and were identified by a learning mentor as all suffering from anxiety issues so formed a group to support each other. This is another example of partnership working with Norham School as we have been able to support the group with the fundraising process. For their first activity they chose to go to Stepney Bank stables and took part in horse riding and a horse care session. It is positive to see the group working together and sharing positive experiences together outside of school which has knock on benefits in school.

HOPES AND FEARS MUMS GROUP

The group raised money through the Pea Green Boat Community First Fund to pay for a range of activities over the last year including farm visits, a Christmas party with Santa, magician, Rudolf and a couple of elves, theatre trip, arts and craft sessions and cookery and the recording of stories where the mums chose a story to read and these were compiled onto a CD. These CD's are now available for other young parents to share with their children. The group also received a grant from Procter and Gamble Employees Charities Fund which enabled us to buy all of the children Christmas Presents and all the parents received a Christmas present through the generosity of donations of toiletries and cosmetics from Procter and Gamble.

Some of the mums also took part in a residential and for some of them it was the first time they had the opportunity to go away overnight with their children. The group have complex needs mainly because of the huge age range of children; different nursery and school times and the additional issue of fitting round work as this year has seen several of the mums fantastically securing employment. Two of the mums we are currently working with have been involved with the project since they were 13 yrs old. Sadly several of the young mums have reached the upper age limit and will no longer be involved as beneficiaries, we will miss them and their children and wish them all the best for their futures.

LIMITED EDITION

This has been a successful break dancing group which had involved over 30 young people over a five year period. The group attended an amazing break dancing event at Whitley Bay Playhouse 'Breakin' Convention' which was inspirational. Two Key individuals have led the groups on giving direction and dancing. One is now at University and the other is due to go University. Due to their educational commitments they decided with the group it was the right time for the group to naturally end, we wish them all well.

LIVING IT LARGE AND MEADOWELL MOTORS

Working with NEET (Not in education, employment and training) and marginalised young people continues to be a long term process. Some young people, due to a range of barriers in their lives, require a long-term approach to working with them. We use activities to engage and build trusting relationships with young people, whilst encouraging them to respect themselves and others. Over 20 young people have been involved in a range of activities, climbing, coast steering, Canoeing, Sea Kayaking and our Meadowell motors project involving Go Karts.

PHOENIX DETACHED YOUTH PROJECT

OUT OF BLUE

This group have taken part in several activities this year including dry slope snowboarding at Silksworth. Due to commitments with apprenticeships some of the older members no longer have as much time to attend, however the younger members have since joined up with another group so continue being involved.

NE29'ERS

It's been a busy year for the NE29'ers, they originally set up as a stunt scooter group but have since progressed on to extreme trampolining. They started the year helping to try to secure funding for a skate park extension as well as attending multiple trampoline sessions to advance their skills in their new chosen activity. They have also taken part in activities such as kayaking and a residential over the summer. They have taken on a more active role in their own fundraising, successfully having raised close to £750 for activities. They are now planning on doing a residential to a trampoline park.

NORHAM MAD DOGS

The Norham Mad Dogs were a group set up through contact both on the streets and also at Norham School. They are a keen group and meet up most Wednesdays during lunch break. They have successfully organized trips to bowling; Wet n Wild, Taybarns and extreme trampolining. They now want to try quad biking so are in the process of raising the money for that.

PINKS PANTHERS

This group are another group we have been working in partnership with Norham School. The group formed as a result of identifying they all had concerns and anxieties about the pressures of being in their last year at school. They have worked as a group to complete the first two stages of 'The Key' fund. The first stage saw them have a pamper day and meal which gave them to relax and unwind outside of school. For the second stage they chose to treat themselves to something they wouldn't otherwise get to do so chose to spend a day in York where they went for a very special afternoon tea in Betty's tea room followed by a visit to York Dungeons which they found quite scary. They also used their 2nd stage money to buy a family and friends railcard which can be used by other groups for discounted rail travel.
The group are now looking at organising a project which will benefit the wider community.

SUPPORTING TINY LIVES

This group of young people came together because they want to raise money for the premature baby unit at the Royal Victoria Infirmary as one of them had a sibling who was born prematurely and was cared for in the unit. We have been working with them in partnership with a learning mentor from Norham School. They are going to use the 3rd Stage of 'The Key' to help fundraise for the charity. They have used the first two stages to enable them to experience team building activities such as going for a meal, cinema and a day trip to York where they visited the York Dungeons and Jorvik museum.

THE BESTIES

Some of these group members have been involved with 'The Key' process within Norham School and decided they wanted to develop additional projects with some different friends outside of school. Despite being a relatively new PDYP group they have already been to wet n' wild, trampolining and for some meals where time has been spent getting to know each other better and also discuss their education and training options for those leaving school in the coming months. As a group they have some exciting ideas for the coming year and we are looking forward to working with them.

THE BMX BANDITS

The BMX Bandits have been involved in trying to secure funding for an extension to the local skate park this year after a trip to Unit 23 the previous year inspired them to want to make the most of their local skate park. They have helped draft designs and also make presentations to secure the support of the local councillors. They have to wait until early 2016 before they can submit the funding bid, but are hopeful for the future. This year most of this group have also successfully gained apprenticeships or went into higher education.

THE CHIRTON CREW

The Chirton Crew have continued their involvement with the PDYP this year by doing a diverse number of activities including: coasteering, kayaking, several trips to the Flowrider and attending a 3 day residential at Beadnell Bay.
They also recently went to an England under 21's game against Germany.

"I have been involved with the Phoenix for 4 years as a young person. I have had a lot of valuable experiences with multiple aspects of everyday life, such as first aid and drug and alcohol awareness. Apart from all the awesome activities, I enjoy coming to the PDYP because everyone is so friendly and helpful. I don't know what I would do without the Phoenix". - Young man 16yrs

VIC (VERY IMPORTANT CARERS)

This group is one of the groups we have been working in partnership with Norham School. All of the young people have come together as a support group and range from 12-16 year olds. They have been using 'The Key' funding process and secured two grants. The first they used to go to the cinema and for a meal so they could spend time getting to know each other. The second grant they chose to use for a high tea and art and craft session for elderly people at Chirton Lodge, who we work in partnership with for our Intergen work. They chose to spend their grant in this way even though it could have been spent on themselves as the 3rd and 4th stage grants have to be used for community benefit. (See Intergen section).
The young people did themselves proud and proved how selfless young people can be.

YOUTH FORUM

The Youth Forum continues to make sure the service we deliver is relevant and effective for local young people. Representatives from a whole range of different groups have contributed. This year young people have been involved in intergenerational work with Chirton Lodge, Phoenix Street Jam, development of website/ blogs and the Investors in children evaluation process and subsequent report.

ZANDERS

We first met this group of young women when they were involved with Kids Club at The Meadows as part of a transition period as they were due to leave there because they were coming to the upper age limit. It is great to work in partnership in this way and ensure continuity of provision for local young people. They are a core group of young women who are sometimes joined by additional friends depending on commitments. They were very proactive in their involvement with The Meadows so we are excited about developing project work with them in the coming year.

OTHER GROUPS

In addition to the above groups there are several other groups who have done 1 or 2 activities with us but are yet to form cohesive groups who are in a position to develop their ideas with us. This is always part of the relationship building stage and can be impacted on by friendship groups and dynamics.

PHOENIX DETACHED YOUTH PROJECT

ONGOING YOUNG PERSON LED PROJECT AND ONE TO ONE WORK

CRISIS SUPPORT AND ONE TO ONE WORK

Supporting young people in crisis has been a significant part of our work this year mainly due to the austerity cuts and significant increase in the number of young people having their benefits stopped. As well as supporting young people with getting the right information, challenging decisions and being there for them emotionally we have also been able to offer just over 100 grants thanks to the generosity of 2 individual Rainmakers, Elswick Lodge Charity and Worksure Professional Services. The Rainmaker and Worksure Professional Services grants have been flexible and practical in funding a range of items for young people in need including; gas, electric, food, clothing for interviews to DBS checks enabling young people to secure employment. The Elswick Lodge trust has enabled us to support single parents in need and over the last year we have been able to buy baby equipment, school uniform, flooring, gas, electric and furniture.For electrical items we have been fortunate that the Greggs Foundation have supported several families with washing machines and fridge / freezers. Through discussions with one group we found out that two of the young people didn't have a bed and we were fortunate that we were able to support them when a local hotel was being refurbished and distributing items.

As well as supporting young people who have had their benefits reduced or sanctioned we have also found ourselves supporting young people who are employed but struggling due to being on 0 hour contracts, commission based work or on maternity leave.

In addition to this we continue to work with young people on a one to one basis on a wide range of issues including; education, training, housing, parenting, substance misuse (legal and illegal), debt, welfare, health, and the law.
Where appropriate we refer and support young people access specialist provision.

"In October I was told that in mid December my Income support was stopping as I was finishing a course and I would have to start claiming Job Seekers Allowance. Despite Phoenix DYP supporting me in making numerous phone calls weeks in advance I was told there would be a 4 – 6 week delay between one claim stopping and the other one starting, even though the amount of money I would be getting was the same. This meant I had no money over the Christmas period for gas, electric, food etc. If it wasn't for the Phoenix DYP being able to help with gas, food and electric I would have been really stuck. They were even there for me between Christmas and New Year when other places were shut". Young woman, 20 yrs.

EMPLOYMENT AND TRAINING

Our support for young people has been improved by linking effectively with Meadow Well Connected and Generation North East North Tyneside Council. Between them they provide access to computers and extra employment support. Last year we successfully enabled 15 young people into work, 7 into training and 3 into university.

"Phoenix helped me look for a job and then supplied me with some work boots; if I hadn't gotten the boots I wouldn't have been able to take the job. They have also helped me with advice on different things".
Young man, 25 yrs.

"If it had not been for the P.D.Y.P's support in building my C.V. and boosting my skills I would not have been able to secure my employment in the oil and gas industry". Young man, 25 yrs.

FOOD BANK

The need for Food parcels has been greater than ever this year as individuals and families are still struggling with the reforms to the benefits system. Thanks to the generous contributions of the staff at Owen Pugh we have been able to create a large number of high quality food parcels through our Owen Pugh Food Bank, which we were able to give to those in need over the Christmas period and throughout the year.

HEALTH

Health continues to be important to the work Phoenix DYP is involved with; physical, sexual, mental and emotional.
We encourage a diverse range of physical activities such as kayaking, climbing, swimming, scootering and trampolining and always welcome new ideas and support young people in addressing barriers that may stop them from participating.
Sexual health needs of young people continues to be met through our provision of the C Card scheme which enable young people to access guidance and support around relationships, sexually transmitted infections and free condoms. We also offer Chlamydia and Gonorrhoea testing. If young people need access to alternative methods of contraception or STI tests we support them in accessing the One to One centre at Shiremoor or other outreach clinics or via the outreach nurse. This year we have supported the One to One Centre by working in partnership with them to deliver sexual health and C Card training to Family Partners.

"We're really proud to have had a close working relationship with Phoenix DYP over many years. They're an amazing project, which genuinely hold their young people at the heart of everything they do. Recently Becky and I worked together to offer sexual health training to North Tyneside Council's Family Partners. Becky's perspective on working with local young people was invaluable. Family Partners commented on how useful this was".

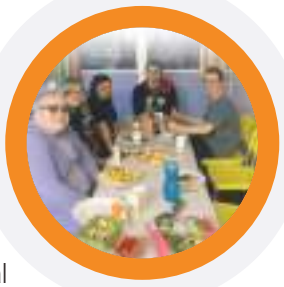
Jane Cook, Health Promotion Specialist Sexual Health, One to One Centre

We support young people with their emotional well-being and mental health through one to one work and our Helping Hands groups.

"CAMHS have continued to refer a number of young people to the Helping Hands programme over recent years. The cases we refer are usually young people who are struggling with low self-esteem, poor social confidence and mild symptoms of social anxiety. Following an assessment and intervention from CAMHS the Helping Hands programme has been an invaluable resource to sign post young people, who may require further support with these issues and an opportunity to meet with other young people who are experiencing similar difficulties. The feedback from the young people has been positive and collaborative working with the staff team and CAMHS is strong . We value this service for these vulnerable young people in North Tyneside".

Rhian Davies, Primary Mental Health Worker CAMHS

HELPING HANDS



Helping Hands continues to be one of Phoenix DYP's major areas of work and is delivered in partnership with Connexions, North Tyneside. Due to an increase in referrals from a wide range of organisations including; Child and Adolescent Mental Health service, Education Welfare, Schools, social workers and family partner we have recently set up a fourth group to meet the demand.

In the last year there have been 48 young people involved with Helping Hands. In addition to the young people involved with the groups, 9 young people were referred and met but did not engage for a variety of reasons e.g. too much going on in their lives, moved away or not appropriate for their needs.

With all four groups we work on a range of issues including; confidence, self-esteem, anxiety, communication skills as well as providing opportunities for them to engage in a range of activities, days out and residentials.

One of the groups has been established for a while but despite this they identified they have issues regarding communicating within the group and outside of the group. They decided to design a conversation Dos and Don'ts bookmark. They chose to make a bookmark as they felt this was more practical and discrete than a leaflet. As a group they chose the wording, images and colours. Samples of the bookmarks have been sent to every secondary school in North Tyneside as well as libraries and other community settings.

Two of the groups chose to go on residentials over the summer. One of the groups participated in caving, gorge walking and cooking. This was an amazing achievement for the entire group as they all had different anxieties relating to the experience, they were excellent at supporting and encouraging each other. The other group benefitted from an overnight stay at Beadnell where they were fortunate that the tide meant they were able to visit Lindisfarne as well as rock pooling and cooking for themselves. Residentials provide an excellent opportunity to get to know young people better and for many it is their first experience of being away from home and gives them a range of different experiences.

HELPING HANDS (CONT.)

Another group has been focusing on the issue of bullying, having identified this was something which had impacted on a lot of the group. They have had representatives from North Tyneside Council including the young mayor coming to listen to their experiences and have been asked to design some anti-bullying resources. One group were interested in art and chose to design a mosaic table. This not only enabled them to be creative but meant they spent time getting to know each other better as it was conducive to informal conversations. Through these conversations several of the group members identified they had spare time and as a result have got involved with our Intergen project. We are delighted and proud that two of the group members were successful in securing places at University. We wish them well with their studies.

We also had a celebration event where young people from all of the Helping Hands groups, parents and representatives from referral agencies watched presentations from each of the groups about the work they have been involved with, including the launch of the 'conversation bookmark'.Young people from Helping Hands also contributed to a 'Mental Health and Young People in North Tyneside' report which was written by the Young Persons Health and Wellbeing Board in North Tyneside.

"I can't describe adequately the difference that this project has made to both our daughter and ourselves. Other forms of support we tried did not prove beneficial and I was anxious about the future. I felt helpless. Helping Hands has helped our daughter get through some difficult years and whilst I was always proud of her, she has grown into a more confident, self-assured and beautiful young woman, positively tackling her GCSEs. I'm sure there will be good and bad days, as there is for all of us but she obviously gets something out of attending and will continue to dip in and out as she needs. Thank you all so much". Parent of a Helping Hands group member

"I have referred young people into the service for various reasons but there always seems to be a common theme and that is they often feel so overwhelmed with events they are trying to deal with they find themselves having difficulties with relationships of some sort. I am working with one young person who struggles with anxiety and isolation and Helping Hands has been a safe environment for her to try and make some positive peer relationships.

After she has attended she always feels better and her mum tells me she returns home excited about what she has been doing. Her attendance is always sporadic but they never give up and always keep in touch to make her feel welcome". Jane Goldsmith, Senior Family Partner

INTERGENERATIONAL WORK

We continue to develop this work in partnership with Chirton Lodge, part of the Anchor Trust association, which provides independent living accommodation for elderly people with an onsite warden. In the last year we have increased this work which sees us providing fortnightly food shopping trips. Residents come along and do their own shopping or young people get shopping for those who are unable too. The alternative fortnights we take residents swimming which has been a fantastic outcome and encouraged them to support each other with basic exercises in between sessions; some of the residents have been going swimming independently in addition to the Intergen visits. For several months we had Ave, a social work student on placement, whose hobby was nail painting and art. As part of her placement she started a weekly nail session which was very popular and also attended by several young people who are isolated themselves. Due to the popularity of these sessions they have continued and we have found that even if residents don't want their nails painted or a hand massage some still come down for company. Ave generously donated a lot of her own polishes and equipment which will keep nails freshly painted for many sessions to come and the residents have started a donations pot to build up funds when items need replacing.

A highlight this year was the VIC (Very Important Carers) group organising an afternoon tea and craft session for residents. We have been working with the group in partnership with Norham School and despite having access to a pot of money for themselves through 'The Key' fund; they chose to spend it on the residents of Chirton Lodge instead. The residents were so delighted they wrote the group a lovely thank you card and Christine Walker, scheme manager, sent a separate letter of thanks.

"Every one of our tenants had a fabulous afternoon and they all felt thoroughly spoilt. All the youths were extremely polite and attentive, and the day could not have gone any better. Thank you to everyone involved in the planning, it was not an easy task and I know the youths have been working really hard on this project over the last few months and I personally would not hesitate in working with them again, and same goes for our customers here at Chirton Lodge". Christine Walker, Scheme Manager, Chirton Lodge

As well as these sessions we had our annual trip to the Panto and a summer trip out which was enjoyed by all. One of the residents is a Trustee and it is great to have this link between the generations.

TAGS TO ART

It has been a busy year for the Tags to Art group. On top of meeting for spray paint sessions once every 2 Fridays they have been involved in a range of other projects, this includes creating a large spray art piece with the older generation of artists as part of the 'Imagine project' and they are currently designing a large mural that will be spray painted on the walls of a business in Newcastle.

DEVELOPMENTAL AREAS OF WORK

CANNY DADS POSITIVE IMAGES PROJECT

This was an exciting project using photography to take positive images of Dads and children at Adventure Valley and a fantastic day at Beamish Museum. Thanks to Beamish Costume Department the dads and children were able to dress up in costumes from the past and be photographed out and about at Beamish Museum! A photograph display has been produced and will be used to promote the Canny Dads group to other men in the area. The group would like to thank Darren O'Kane for making this photographic project possible, and producing such amazing images.

HEAD VS HEART

This area of development is a good example of what is possible if agencies work together effectively with young people to improve their physical and mental wellbeing. The sad loss of the statutory sector youth workers meant we were asked by Sports Development officers to support their 30 young volunteers with personal and social development issues they were facing. We delivered one residential for the volunteers, looking at team building, preparation for interviews, exploring alcohol and legal highs. We also assisted on a second residential with the young volunteers exploring how to support young people struggling with sport.

"Sport North Tyneside has a long standing relationship with Phoenix Detached Youth Project due to their outstanding commitment to change the lives of young people in the South East of the Borough. This has included successful Youth Work events and sessions for our Street Games Young Volunteer programme as well as an 'Us Girls' programme, demonstrating real quality in supporting 16-25 year-old women to access physical activity. Phoenix Detached Youth Project is a responsive and capable partner who is committed to achieving results. They have never failed to achieve targets set out in the delivery of these programmes".
Mandy Bennett, Sport Development Officer

We also developed a project with young women who had identified they were concerned about their health and/or fitness but being on benefits or a low income meant joining a gym or going swimming is a luxury they can't afford. Through working in partnership with Sport North Tyneside, North Tyneside Council we were able to get passes for young women to access the gym, swimming and all classes. When we piloted the project we identified barriers other than cost such as inappropriate footwear and clothing which we were able to address. As well as partaking in physical activity it provided opportunities for women to discuss other aspects of their life such as diet, relationships etc.

"I wanted a gym pass so I could tone up and to get to know new people .I had just started a job as a carer so I wanted to get fitter and build up my upper body strength for lifting patients etc". Young woman.

PHOENIX DETACHED YOUTH PROJECT

IMAGINE

The Imagine project that we have been involved with for the past 18 months was successfully completed this year.
The research was created in partnership with both Durham and Coventry Universities to look at Community regeneration. Within the PDYP we looked at urban art and its influence on the areas physical and emotional landscape. This was achieved through several group sessions in which artists and youth workers from the 80's, 90's and now, looking at the struggles they faced as well as the positive attitudes of the community when they could see how much it improved the area. Through these meetings the artists planned and created a huge art piece celebrating the creative styles of those involved. Alongside this was created a 30-minute documentary about the North Shields graffiti scene based on the interviews that were conducted. A short version of this film can be seen on our YouTube channel.

"In the course of coordinating the work of the community partners in the Imagine project over the past 18 months, I've been impressed by Phoenix's responsiveness to outside ideas and opportunities while remaining clearly focused on the needs and priorities of the local people and the ability to engage in real dialogue with those they work with". Judith Green, Coordinator of Community Partner Research, Imagine Project

INFORMAL EDUCATION RESOURCES

After many hours of working with young people on developing and piloting our informal education resources we were delighted to have a launch event where we celebrated the publication of our SOS pack, Respect Factor pack and Legal High film. These resources are explained in more detail below. These packs are available to be used within youth work or school settings and compliment the resources we have developed in previous years, 'Booze Factor' and 'Cuts both ways'. Without the young people's honesty, help and support these packs would not have been developed in the way they have and is another example of working with young people to create packs for young people. We would like to thank all of the young people involved in writing and piloting the packs as their input and feedback was invaluable.

• Chemical Guinea Pigs

This project came about as a result of a young person having a negative experience after taking some legal highs and was shocked to find their wasn't much information out there for young people on the subject. She came up with the idea of

making a film and has worked with some other young people to develop this. The film 'Chemical Guinea Pigs' has recently been produced and is available to see on our Facebook page and YouTube channel 'Phoenix detached' or via the following link https://www.youtube.com/channel/UCl4lxup-WPUUm7-7UtwqQ2bw

One of the young men from the Meadowell Notes project wrote lyrics and music to go with the film.

• Respect Factor

After many years of supporting young people as victims and perpetrators of domestic abuse it is a fantastic outcome that we have been able to produce an informal education pack about domestic abuse. Young people have been amazing at sharing their experiences with us in the hope that their experiences can be of benefit to other young people and highlight that sadly it is an issue that impacts on many young people.

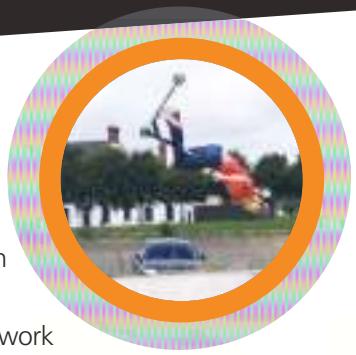
• SOS pack

We are delighted that this informal education resource for young people on the subject of self harm and dealing with emotions has been published and is now available for groups to use. We would like to take this opportunity to thank the young people and Kerry Rickelton who have been involved in producing and piloting this pack with us. Self harm is an issue that is on the increase and we hope that this pack will enable and encourage young people to get more information and support for themselves and/or their friends.

MY BEAUTIFUL HEART!

A young man known to the project had a heart transplant when he was younger and approached us to help him raise awareness of the importance of people signing up to the organ donor register. We came up with the idea of building costumes a person could climb into in the form of; a heart, lung, liver, kidney and eye. The idea is to have people running around in the organ costumes to music, and in partnership with the charity "Live Life, Give Life", flash mob people and then ask them to sign up as donors. We successfully 'sold' the idea to one of our funders from the Rainmaker Foundation who has agreed to fund the design and building of the costumes. Watch this space, and never doubt how amazing young people and funders from the Meadowell area can be!

NORHAM SCHOOL



Our partnership work with Norham School has gone from strength to strength this year. Our weekly detached sessions in the school have enabled us to develop a wide range of group work as well as offering one to one support with individuals. The school identified a group of young men whose disruptive behaviour was causing issues at lunchtime. We worked with them around designing an art piece and then we took them to our legal art space so they could spray paint their designs. We have also spent time with them looking at what caused them to misbehave and as part of this work we also took them to laser quasar. We have worked in partnership with a learning mentor and used 'The Key' fund to work with six groups of young people to develop their projects and ideas. To date these groups of young people have raised £3065.52 to pay for these activities.

Sport North Tyneside has worked with us to provide a member of staff to support different sporting opportunities to students at lunchtime. Several young people who attend our project have recently been involved in the Duke of Edinburgh scheme at school. As part of this we have been able to facilitate their learning by allowing them to volunteer for the project in which they have been responsible for organising group activities and dealing with fund raising for activities.

We have recently started to run sessions in the school on a lunch time with a Break Dance instructor who is coaching a group of young people with the aim of having them able to compete at an event we will be running in the summer holidays.

"It has been our pleasure to work alongside The Phoenix Detached Youth Project throughout the last year. During that time, they have successfully worked at a lunchtime engaging some of our most challenging young people through a variety of activities such as The Key, Graffiti Art and utilising The Sports Development Team. Their work has been invaluable in engaging pupils during a lunchtime, and has helped to forge links between school and the project, making it easier for our pupils to access their activities at a night time. As a project they are well respected by both staff and pupils at Norham and we look forward to further developing our links".

Melanie Ord, KS4 Co-ordinator Years 10&11, Norham High School

PHOENIX BOWLS

The BMX Bandits and NE29'ers (BMX and scooter groups) have successfully presented their ideas and film to all of the local councillors which included the Mayor of North Tyneside, Norma Redfearn. The young people were given the backing of the local councillors and Mayor. We then set about fundraising for an extension to the skate park at The Parks Leisure Centre. Owen Pugh offered to dig the two bowls in kind (worth £6,000) but young people still need to raise £62,000! This is a challenge in the current economic climate. The young people have realised it will be a long term challenging project due to the lack of funding at present, hopefully this will improve in the future.

PHOENIX STREET JAM

Thanks to our sponsors; Owen Pugh, Native Skate, WJR True Potential and our partners; The Parks Leisure Centre staff and Sport North Tyneside, North Tyneside Council a very successful street jam took place on a sunny day in August at The Parks Leisure Centre. Over 250 people attended the event; it was opened by the young Mayor with in house skate, BMX and scooter competition taking place. This was followed by break dancing battles with performers from as far away as York and the Lake District attending. Local rappers and MC's performed and some amazing intergenerational art pieces were created. A group of young people helped organise a very successful street event…detached youth work with a difference! A film of this is available on our YouTube channel.

WHO AM I? WHERE AM I GOING?

This programme continues to inspire young people to respect themselves and others, and in some cases contribute to their local community. Individual ownership of the 'star of success' system, adapted to suit detached youth work, allows for a good success rate in helping young people overcome their personal barriers and allowing some of them to access training and gain employment. 21 young people have used the 'Star of Success' system to measure soft outcomes and of these 7 young people gained employment.

"In 2013 I was introduced to the Phoenix DYP by a friend. I had always suffered with anxiety which caused me to struggle in social situations and my everyday life. After confiding in Mike and Becky I received a lot of support. I took part in kayaking and ended up going to Oban for 3 days. The whole experience was amazing and so much fun! I gained so much confidence from it and eventually got myself a job working overseas. The Phoenix DYP has always been there for me and has continued to stay in contact to keep updated with my job and motivate me when I have my down days.
This summer I'm working in Majorca doing holiday entertainment". Young woman, 21 yrs

ADDITIONAL WORK WITH OTHERS

INVESTORS IN YOUNG PEOPLE AWARD (LOCAL BUSINESS)

This year's winners are Procter and Gamble, a business we have recently developed links with. Initially they kindly gave us toiletries for a group to use on a residential. This led to a regular donation of toiletries and cosmetics which have benefited in excess of 200 young people. They have also given us a grant to purchase more canoeing equipment, develop educational cards on issues, and develop a young person led music project for local young people.

"I'm very impressed with the range of activities that the PDYP makes possible. At a time when there's a lot of concern about the health and wellbeing of young people, this group encourages them and makes the impossible possible for so many. The staff at P&G's Newcastle Innovation Centre have worked hard to raise this money and I'm very pleased that our donations will allow additional support to the young people of North Tyneside, we are also thrilled that our product donations are also helping to make such a difference too. We wish the team every success".
Gill Hardy, Procter and Gamble, Community Matters Coordinator

OUTSTANDING PARTNER LOCALLY THAT HAS INVESTED IN YOUNG PEOPLE.

This award goes to Consult and Design, a local web design and IT company. They helped young people from Phoenix DYP to design and set up our very successful website. www.pdyp.org in 2008. They have continued to help us develop the website, assist with any problems and pay for the running of our site free of charge for the last 5 years. We cannot thank Adam Hill and his company enough.

STUDENTS ON PLACEMENT

This year we had Kerry and Ave on placement with us who are both at Northumbria University studying to become social workers and Helen who was a MA Community and Youth Work student from Durham University.

"The placement at Phoenix Detached Youth Project has given me a wide range of opportunities to develop my professionalism, knowledge and values. From the first day of my placement I was treated as a full member of staff, giving me a lot of independence which helped me to further develop my abilities as a future social worker, learn about being accountable and also gain confidence in working independently. A lot of the work was also done in cooperation with colleagues which improved my ability to work as a part of a team.

During this placement I was able to enhance my communication skills, connect the theory I have been studying at the university with practice and also develop my ability to facilitate group work. Working alongside Mike, Becky, Luke and others gave me the opportunity to critically reflect on my own work and also learn from the experiences of people who have worked with young people for many years.

During my time at Phoenix DYP I was part of many projects such as the intergenerational nail painting, one to one work with young people, facilitating group work, developing information packs such as the Legal Highs film, working on the Organ Flash Mob, break dancing sessions, detached work on the streets and at the local school and many others. Having the chance to work on many projects has taught me the ability to multitask and also show me the variety of tasks and issues youth workers deal with on a daily basis.

In addition to the new skills I am taking away from this placement the understanding of the importance of youth work in our communities, the holistic approach voluntary organisations can offer and how beneficial it is to build good relationships with other organisations. Overall I feel the time at Phoenix DYP has been a very valuable learning experience". Ave Joesar

FUNDRAISING

Our relationship with local business has gradually developed and as well as the success of gaining funding the skills and support in kind has turned out to be just as valuable. Businesses have also seen the value of working with a local charity and the unexpected benefits this brings. Without our main funders we would not be able to deliver a service to local young people. We would like to thank our funders for working in partnership in quite often a very creative and flexible way, which in turn has meant young people in crisis and in great poverty have been supported. Public health department (North Tyneside Council) have enabled us to involve young people in the development of three educational resources around the issues of self harm, domestic abuse and legal highs. We were asked to speak at the Rainmaker Foundation dinner in London in November 2014 to help recruit more Rainmakers. Mike, Becky and a young person spoke for 20 minutes to all of the guests which was well received, it was a successful evening and a fantastic opportunity for us to talk about the work of Phoenix detached youth project.

"We were delighted to have a young person from Phoenix detached youth project to present at the Rainmaker Foundation dinner at the Royal Automobile Club, London in late November. Her moving talk was the highlight of the evening, inspiring a room full of 170 exceptional individuals. By sharing her personal journey of how she transformed challenges into opportunities she made others think and reflect on their own lives. We take off our hat to her for having the courage to share her story". Natasha Rawdon-Rego, Events Manager, Rainmaker Foundation

"WHAT AGENCIES AND OTHERS SAID"

"Phoenix DYP is a partner with Durham University in a large national research project called: Imagine - connecting communities through research. The North East part of this project is focusing on the recent history and the future of community participation in local neighbourhoods. We have been delighted to collaborate with youth worker, Luke Johnston, and a team of graffiti artists and young people from Phoenix DYP, who have undertaken a novel and challenging intergenerational urban art project, looking at the history of urban art in the area, how its culture has changed and how it has influenced social change.Without exaggeration, I can say that the contribution of Phoenix to the Imagine project has been stunning. This is not just because the artists and young people have produced a series of graffiti art works that make a visible and colourful statement, but also because the enthusiasm and thoughtfulness of Luke, the young people and graffiti artists has added unexpected and challenging analyses to the research. At our national Imagine conference in Durham in September 2014, Phoenix DYP had a display and there was a showing of their film. Many people commented on how impressive this piece of work was and how much they learnt from hearing the reflections of the graffiti artists going back to the 1980s and looking forward".
Professor Sarah Banks, Durham University, Lead on Imagine North East

"Mike is unbelievable and has great banter. They were there to talk to us and give us a better understanding on legal highs. I learned about different types of drugs and legal highs and what they do to you".
Young person

"Connexions has had a strong partnership with the Phoenix detached youth project over a number of years to co-deliver the Helping Hands project. Helen Heslop has worked closely with PDYP Youth Workers to promote confidence and self-esteem in young people needing support to make positive transitions. It has been good to see so many young people blossom in the group sessions and one-to-one work, and develop the confidence and social skills to progress into further and higher education".
Helen Witton, Connexions Manager

"Rainmaker Foundation is honoured to have supported Phoenix Detached Youth Project this year. The services they provide for vulnerable children, young people and families are invaluable and help give those who might otherwise have fallen through the gaps in the system a greater level of stability and hope. Whether establishing peer-to-peer support groups for young people with mental health issues or moving young people into employment, PDYP work from the ground up to create impressive social change".
Manuela Cea-Poblete, Charity Manager, Rainmaker Foundation

"Phoenix Detached Youth Project's strength is the young people it works with and the staff / volunteers who demonstrate in everything they do that every young person can achieve in life, but sometimes they need a bit of helping hand. PDYP builds long term relationships, taking time to get to know each other, to listen and build trust and then developing services and projects that started with the young people they support". Felicity Shoesmith, Community and Voluntary Sector Liaison Manager, North Tyneside Council

Thank you to everyone who supports the Phoenix Detached Youth Project and especially our funders:

Rainmaker Foundation
Owen Pugh
Big Lottery
Tudor Trust
Customers of Anchor
Public Health Department, North Tyneside Council
Tyne and Wear Community Foundation
1989 Willan Charitable Trust
R.W Mann Trust
Procter and Gamble – Community Matters
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WJR True Potential
Native Skate

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Danielle Daglish (left 2014)
Claire Brown

SESSIONAL STAFF / VOLUNTEERS
Nick Chambers
Peter Craig
Clair Crozier
Dean Middleton
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Lynda McCowie MBE - Treasurer
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