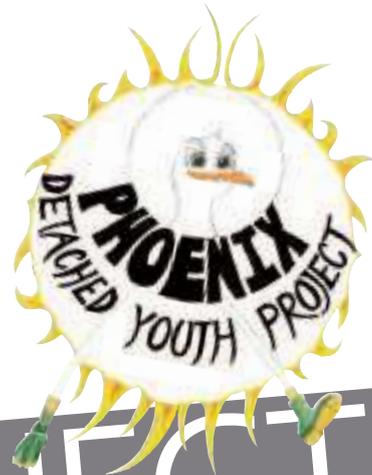


PHOENIX

DETACHED

YOUTH PROJECT



Initiated by
young people and
creatively delivered
for young people

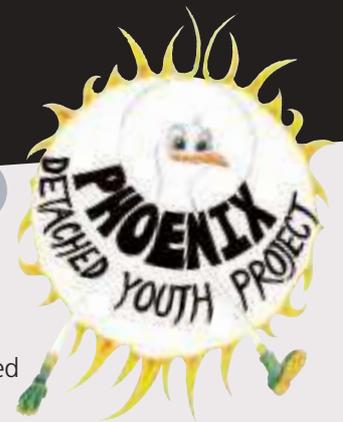
MISSION STATEMENT

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



Charity number 1106223

ANNUAL REPORT 2018



FOREWORD

After fourteen years, the quality and skills of the Phoenix Detached Youth workers to effectively work in depth with 384 local young people in the last year is very impressive. The team is made up of dedicated and passionate staff that are committed to improving the lives and opportunities of the young people in the local community and this was recognised in the New Year's Honours list as Mike Burgess received an MBE for his pioneering work with young people over the last 25 years.

The success of the project is also enhanced by their partnership working with other agencies and organisations to ensure the best outcomes for young people in their area, which was highlighted in a report by Dr Ann McNulty, which helped to secure funding from the Big Lottery Fund.

The PDYP also appreciate the continued support from the Mayor and local councillors, to help the young people fulfil their dreams, with the opening of the Phoenix Bowl (skatepark) April 2018.

We would also like to thank all of our trustees who dedicate their time and support to us and say goodbye to Helen Gill after thirteen years of commitment to the project and to the young people and Jack Nicholls whose contribution has been invaluable.

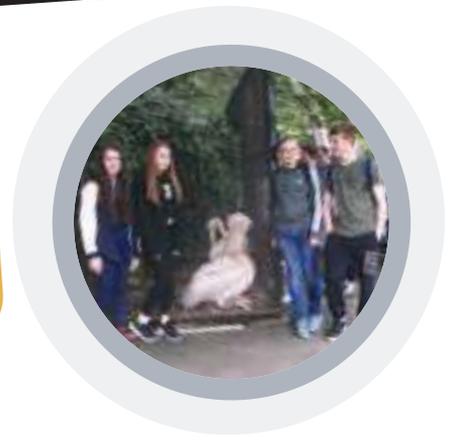
We would also like to thank our funders, local businesses and partners for their continued support to enable us to deliver the quality service to our young people.

Angela Horncastle – Chair person

Achievements of the year

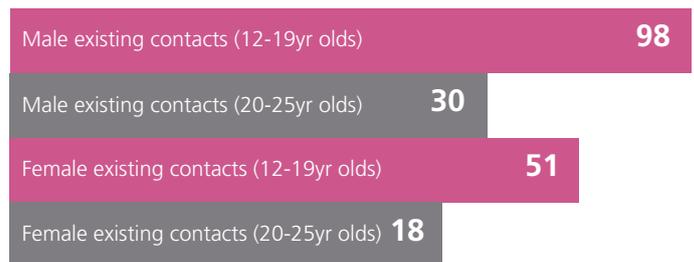
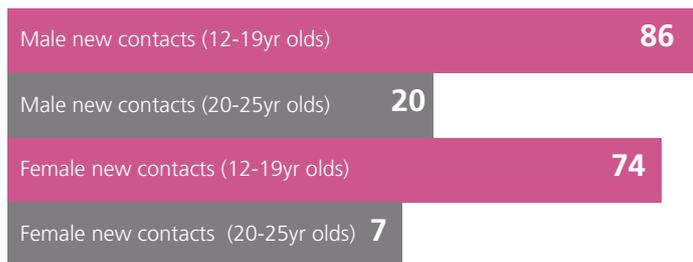
- 1 We have contacted and built long term relationships with 384 different young people (234 males and 150 females).
- 2 The Phoenix Detached Youth Project (Phoenix DYP) has been successfully recognised as an Investing in Children service in 2018.
- 3 We successfully supported 17 young people into work this year and 16 into training.
- 4 We have supported around 40 young people working towards their dream of an advanced skatepark at The Parks Leisure Centre. This project began in 2013 and we have worked in partnership with Suez, North Tyneside Council and Kier to raise £68,000. The successful launch event took place at The Phoenix Bowl on Saturday 14th April.
- 5 We continue to work in partnership with The Cedarwood Trust and Meadow Well Connected to improve service delivery between us. This has included highlighting a dangerous crossing to make it safer and supporting the World Café event for the community.
- 6 We have successfully been awarded a further contract from North Tyneside Council Public Health to continue delivering health and wellbeing work with young people in NE29 from May 2018.
- 7 Mike, the project manager, was awarded an M.B.E in the New Year's Honours list for services to the disadvantaged young people of North Tyneside, which was a great honour for Mike personally, as well as the Phoenix DYP.
- 8 The only Borough wide services we offer is via the Helping Hands groups for young people regarding their mental health and emotional wellbeing and continues to work with 5 groups.
- 9 The Community Health Champions (My Beautiful Heart Project) won the North East Young People's Award for Young People's Health and Wellbeing Project 2017, through Youth Focus North East and this was for their work on healthy organs and organ donation.
- 10 6 young people have participated in and completed The Phoenix Construction Scheme. All participants have gained new skills and qualifications leading to supporting them towards employment in the industry. This has been in partnership with N.T.C. Learning Alliance; Norham High School; John Spence School; P.A.L.S, Connexions, Carney Consultancy; North East Access Training Ltd and other local construction companies.

DETACHED YOUTH WORK



Detached Youth Work has always been at the heart of the work we do at the Phoenix DYP and even in the social media age we live in, it continues to be a relevant and effective way of engaging young people who might not want to, or have the confidence to walk into our project building. Alongside our traditional sessions being out on the streets up to 5 nights per week, we have continued to develop our street spaces at the Parks basketball court, East Howdon underpass and North Shields skatepark.

These spaces have been created with support from young people as safe areas in which they can; explore, skate, bike, and dance as well as, take part in urban art and live performances. Alongside this, our detached work sessions in Norham High School continue to support the development of young people's ideas and offer additional support to those who want it.



Total number of different young people is 384 (234 Males and 150 females)

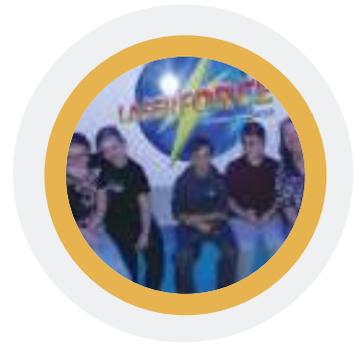
In terms of interactions there were; **3,818**

- **884** interactions through one to one work
- **1,654** interactions through group work
- **1,280** interactions through detached youth work





YOUNG PERSON LED ACTIVITIES AND GROUP WORK



BANTER SQUAD

This year has seen the Banter Squad grow up and move on to college and apprenticeships. While they don't see as much of each other as they used to, they still use the Phoenix DYP as a place to meet up when they can, to do activities and catch up on the goings on in each other's lives.

BESTIES

This group continues to be involved with us despite their lives following different paths. It's great that they have kept in touch with each other and Phoenix DYP since finishing school. They have taken part in a range of activities and occasionally bring younger siblings with them. Some of the group have successfully gained employment and we continue to support the others on a one to one basis.



BMX BANDITS

2017/18 has been an exciting year for the BMX bandits. After four years of hard work and waiting, at last they have seen the completion of the Phoenix Bowl (see the Phoenix Bowl section). This has been a long piece of work for the lads and its success has seen members come back to the group who had moved on due to being busy with work and training.

CANNY DAD'S GROUP

We continue to support a small number of dads both in group and on an individual basis. One dad approached us to support him with Social Services as he wanted professional support from a male worker. This was because we had a long-term relationship with him and were therefore able to support him and his partner through meetings. A small group of dads have arranged some trips to Adventure Valley and Beamish Museum. This helps them to bond with their children and build up those relationships as well as facilitating opportunities for the dads to support each other and share skills and stories.

JUSTICE LEAGUE OF MEADOWELL

The Justice League of Meadowell are a new group of young men who got involved this year. They initially got involved after some of their friends invited them along on an activity and they realised how fun it could be. After doing a couple of activities they decided they wanted to raise some money to try Go Karting. They successfully raised over £200 to do this and loved every minute of it

KUWAI POTATOES

This group of young women continue to be involved in a variety of projects and were one of the groups who came on a residential with us to Beadnell. They had a fantastic time and enjoyed a session kayaking where as well as a paddle around the bay they also took part in a range of games and team challenges. As a large group one of the main things they enjoyed was the opportunity to share and spend time with their friends away from home.

NORHAM MAD DOGS

This year has been a busy year for the Norham Mad Dogs. They successfully raised £500 through stage 2 of The Key over the summer. This allowed them to have what one young man called "the best day ever" as it allowed them the chance to spend the morning racing round the track at Karting North East, before spending the afternoon testing their off-road skills at a quad bike track. This year also saw them visit Beadnell Bay for a weekend residential. While away, they had the opportunity to experience coastering along the Northumberland coast, exploring caves, jumps and reefs. This was a great chance for them to experience high-risk activities but in a safe environment. Alongside this they have also visited numerous trampoline parks.

"We enjoy coming to the phoenix as it is a cheaper way to have fun and is a good way to hang out with friends. We enjoy the trampolining as it's the most fun thing to do and we like to learn new tricks" Young person 16yrs

PACK OF LEGENDS

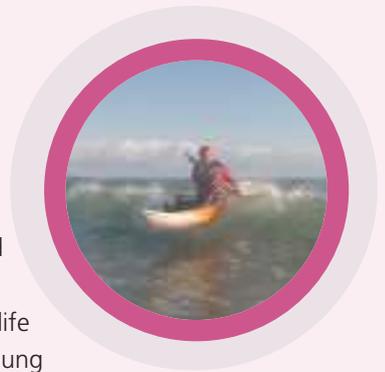
This is a new group of young people who we have met through our lunch time sessions at Norham High School. Initially not all of the young people knew each other but over time they realised they would all like to do activities out of school so formed a group. Having devised a programme of varied activities they are currently in the process of applying to The Key for funding. We look forward to seeing what they achieve over the coming year.

RESIDENTIALS

Residential are an important aspect of the work we do at the Phoenix DYP. For young people, it offers them opportunities such as respite from stresses at home or school, a chance to hangout with friends and develop bonds, an opportunity to try new activities and visit new places and for some a chance to spend a night or 2 away from the estate. For us as workers these are golden opportunities to get to know young people and develop projects or one to one support. 2017/18 saw the Phoenix DYP spending 13 nights away in places such as Oban, Beadnell Bay and High Borran. We used this time to work with young people around employment skills, being healthy, respecting the coastline and the importance of resilience.

MEADOW WELL SEA DOGS

The use of sea kayaking and wilderness camping in Scotland has allowed us to successfully develop older young people's life skills and resilience. Putting young people under pressure and out of their comfort zone helps them to develop important skills in team work and communication. It also allows time in a different environment to reflect on themselves, their motivation and direction in life. On their return to the estate we then build on individual growth to support a move towards employment. This method had successfully resulted in 1 long term unemployed young person gaining employment in merchandising after 3 years without work.



THE BUTTERFLIES AND LIONS

We have contacted a number of asylum seekers who have moved to North Shields and developed trusting relationships with them. This group of young men and young women were all keen on sports and we now organise weekly sports sessions which are supported by our sports volunteer Connor; and funded by Active North Tyneside. This has allowed more effective integration in the local community and helped positive relationships to develop with other groups we work with.





SUMMER PROGRAMME

The 6 weeks holidays are always the busiest time of year for us activities wise and the summer of 2017 was no different.

We have visited theme parks, spent a week on residentials, spent 4 days with Adventure Sunderland, ran multiple Helping Hands groups, ran parent's groups, continued our construction scheme and played laser quaser and trampolining more times than reasonable to count. At the start of every summer we think how are we going to survive how busy we are and every year at the end of the 6 weeks, we think, where has it gone? Some people talk about having a summer of a lifetime, we think we get one every year.

SUPERTRAMPS

This group has been involved with the PDYP since 2012 when members of their group set up the NE29'ers. They are all now in their late teens and early 20's. Due to conflicting schedules many in the group don't get to see each other as often, but they all meet when they can to do activities and just hang out with each other. It is great to see all the success that has come from this group over the years.



WORK WITH PARENTS

Work with young parents continues to be an important part of our work. Throughout the year we have organised various trips and activities for young parents and their children and these have included; Beamish museum, soft plays, arts and crafts and on overnight residential to Beadnell which included our first ever 1st Birthday party. We also had a change to our Christmas party due to the younger nature of the children so this year Santa visited us at the project and sang songs with us before meeting the children in our grotto.

These opportunities enable young parents and their children to socialise with others and experience things they may not otherwise get to do because of barriers such as; transport, accessibility or cost. As well as group activities we offer one to one and crisis support which is covered in another section of this report.



ONGOING YOUNG PERSON LED PROJECT AND ONE TO ONE WORK



CUTS BOTH WAYS

The Cuts Both Ways resources are designed to explore actions and consequences of carrying and using knives. They have been used this year with some of the 'at risk' young people we support. Preventative education is highly important, and we have been able to use the resources to help individuals explore offending behaviour and the consequences for the victim, their family, themselves and others. We worked with one individual intensely using the Cuts Both Ways resource and this linked to a court report which successfully kept him from receiving a prison sentence; this has given us the opportunity to work with him further in order to support him to challenge his own thought processes and actions in order to make more positive behaviour choices. This has enabled him to move forward and work on long-term goals such as gaining and maintaining employment.

EMPLOYMENT

Employment continues to be one of the biggest issues young people face. The advantage of our approach is that we spend time building positive relationships with young people from as young as 12yrs which effectively allows us to support them as they hit barriers or need support getting employment and training. We support young people to access IT facilities, as well as other resources including use of the telephone and stamps/envelopes. We have been working in partnership with Connexions and Active North Tyneside, utilising a range of approaches to support young people. We continue to develop effective relationships with local businesses which benefit young people looking for future employment and training.

HELPING HANDS

Helping Hands provides support to young people regarding their mental health and emotional wellbeing and is delivered in partnership with Helen Heslop from Connexions, North Tyneside. This is a Borough wide service and we have young people attending the group from all over North Tyneside. Year on year we see an increase in the number of referrals and this year there has been 75 young people attending across the five groups. Referrals come from a range of statutory and voluntary sector organisations, but the main referrer continues to be CAMHS (Child and adolescent mental health service) followed by Connexions. This year due to the increase in numbers and complexity of young people's needs we have strengthened our links with CAMHS and now attend team meetings.

Four of the groups meet during the evening but the fifth group takes place during the day. This means 'older' young people who aren't in education, employment or training have more opportunity to gain age appropriate and practical support for example using public transport and meeting in different places.

This year Helping Hands has focused on topics such as; resilience, self-esteem, confidence, stress, friendships, social interactions and communication skills. This is done through; discussions, sharing experiences and other resources such as games or worksheets. In the school holidays young people identify activities that they would be interested in and as social isolation is something many people feel, this is a vital element of Helping Hands.



PHOENIX DETACHED YOUTH PROJECT



Young people are encouraged to choose activities they may not otherwise get to do or places them outside of their comfort zones with the knowledge that they are supported by staff and peers. This year activities have included; Games rooms, cooking, Edinburgh zoo, bowling, Kirkley Hall, Pots and Pancakes and going for meals. Where possible we use public transport to improve young people's confidence.

We have also been fortunate to have local artist, Gail Curry from Happy Planet Creative Arts, working with us. One group made an amazing Phoenix bird sculpture with words on the wings that represented Helping Hands and another group made a series of figures. Both of these projects allowed young people to be creative and we always find informal conversation takes place whilst they are working on art pieces.

Some of the groups also contributed to making a film for World Mental Health Day with the theme 'Thrive, Strive, Be Alive'. This film can be seen on the video section of our website.

Both Becky and Helen have been on training this year regarding 'supporting young people who hear voices' and 'anxiety in adolescents'.

"Following referring young people to the Helping Hands group, positive feedback is always received from the young person and they talk about how much they have got out of attending the groups. We find both Helen and Becky who run the group flexible in their approach to engaging the young people. If a person is really struggling to think about joining they make sure that they meet with that young person on a one basis to support them in accessing the group. They are both very nurturing in the way they support young people. They interface with us as a Primary Mental Health Worker team and provide feedback and also who has attended and who has not engaged so that we can feed this back to the wider CAMHS team".

CAMHS staff

INTERGENERATIONAL WORK

We continue to work with residents from Chirton Lodge and one of our main projects with them is the fortnightly supermarket shopping trips which provides a practical and social service for elderly residents. Some residents use this as an opportunity to get out even if they don't really need any shopping. Over the last year we also went to the pantomime which saw 17 Chirton Lodge residents and young parents and their children enjoying a performance of Snow White and the seven dwarves. We had to choose a different theatre venue this year to take into account mobility issues of some of the residents. We were sorry to see Christine and Billy Walker leave their positions with Anchor Trust this year as it was due to them that we established links with Anchor Trust 13 years ago. Everyone from Phoenix DYP wishes them both well.

"As tenants from Chirton Lodge we want to say thank you to all of the staff at Phoenix DYP. They take us shopping every other week to Morrisons on their minibus, nothing is too much trouble. They help us on and off the bus with our heavy shopping bags and shop for people who aren't able to get out. We look forward to all the events they organise".

LGBT

Due to the capacity of space and staffing of Phoenix DYP we are delighted that the LGBT group, which we were part of establishing several years ago, is still meeting on a regular basis at The Base, Whitley Bay. We continue to promote the group and refer young people who feel they would benefit from the support of peers and staff and over the last year we have written references in support of the group to assist them in applying for funding for the future running of the group.

Within other groups delivered at Phoenix DYP and through one to one sessions young people continue to see Phoenix DYP as a safe space to be 'themselves' and this has enabled young people to feel they can be honest about their chosen gender or sexuality. Some transgender young people have only been involved with us as their chosen identity whereas others have chosen to transition during their time with us.

MENTAL HEALTH

As well as supporting young people through our Helping Hands groups we also work with other young people regarding their mental health and this is often on a one to one basis. There are many things that can have a detrimental impact on young people's mental health and emotional well-being and as we are aware of the high numbers of young people who suffer, we are incorporating the importance of resilience across our work with young people. One young person (Liam Shotton) supported our contribution to the borough wide event in recognition of World Mental Health day by writing and recording a song on the theme of 'Survive, Thrive, be alive' titled 'tomorrow'.



The Chorus of tomorrow is;
"I wanna feel to be alive
And I'll run to survive
I want to be free to thrive and stay alive
Cos I don't wanna die
I wanna see tomorrow"

Liam Shotton



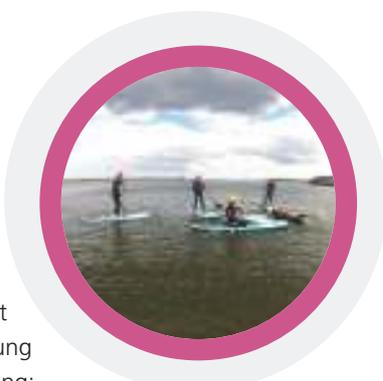
Nili spoke with young people about growing up in Tonga and taught them part of the haka and in return Mike led a traditional folk dance. Time was then spent talking about difficulties young people face as well as introducing Nili to ham and pease pudding stotties and enjoying a; curry, pakoras and chapatis that one of the young people had made.

"PDYP continue to be a key player in North Tyneside's World Mental Health Day event ensuring the voices of young people with experience of mental health and emotional well-being are a part of the day. Their contributions (film, music etc) are always a personal highlight of the day, sharing insights into what it is to be a young person with mental health difficulties living in North Tyneside". Beth Williams, User Development worker, Launchpad, North Tyneside

ONE TO ONE AND CRISIS WORK

Supporting young people in this way continues to be a crucial and valued aspect of our work.

We continue to work with young people to identify solutions to issues they are facing. Over the last 12 months we have supported young people on a range of issues including; homelessness, domestic abuse, unemployment, poverty (including food and fuel) and crime. Often our work involves practically supporting young people attending meetings and being an advocate for them or identifying more specialist provision for example bereavement counselling.



Regarding poverty we often see people in difficulty when they have been sanctioned or when there is a transition between benefits or when people move from being in receipt of benefits to employment. At these times of difficulty, we are able to help young people practically thanks to the generosity of others. Through a crisis grant awarded to us by the Alex & William de Winton Trust we are able to help young people in a way that is of most benefit to them for example; gas, electric or travel costs. For young mums and their children, we have been awarded a grant by the Elswick Lodge Fund to assist with costs and this year we have supported young women purchase; school uniform, furniture, baby equipment, flooring and blinds.

We were devastated to learn of Owen Pugh Holdings LTD going into administration as we have had close links with them for years and enjoyed a successful partnership together, working in a variety of practical ways. As a result, one of our ambassadors learnt that we wouldn't be receiving food parcels as in previous years and spoke to the senior management team about the students at Churchill School doing a collection for us. This resulted in a very generous donation which made a real difference to so many young people in need. In addition to this the Newcastle Falcons rugby team supported us with donations of food parcels and these were presented to the project by Nili Latu.

The generosity didn't stop with food parcels and we were amazed when Elaine, who runs EJ's Swimmers, asked class members if they would be willing to donate toiletries for us to give to young people at Christmas. We were overwhelmed about what we received and were able to give young people a Christmas gift as well as replenish the stock we have to give to young people in crisis. Elaine further surprised us when she turned up in March acting as a real-life Easter bunny bringing 100 eggs donated again by class participants and Citroen garage who she has links with.

Knowing that there are 'strangers' out there who are willing to be so generous to the young people of Phoenix DYP is overwhelming and means a lot, so to everyone mentioned above and on behalf of so many young people, THANK YOU.

SEXUAL HEALTH

We continue to offer the C Card scheme which provides free condoms to young people as well as an opportunity to offer guidance and support to young people regarding sexual health and healthy relationships. This is made available to young people at Phoenix DYP as well as Norham High School during our lunchtime session. In addition to this we also provide postal kits for Chlamydia and Gonorrhoea testing. As in previous years Becky has worked in partnership with staff from the 'One to One' centre to co facilitate training on 'introduction to sexual health' for professionals from across North Tyneside.

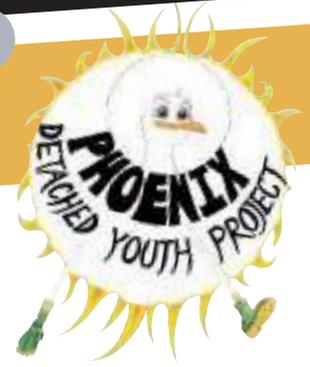
TAGS TO ART

We continued to develop our urban art and spray can art in 2017/18. This year saw us work with young people on targeted projects that including spray painting pieces for funders and local businesses. We have continued to offer young people the opportunity to learn not only the skills but also the laws involved with graffiti. We have continued to support our young tutors who were once young people in the project and it has been great to see the development over the years. One of our young tutors, Kristian Knudsen, designed and painted The Phoenix Bowl logo.

WHO AM I? WHERE AM I GOING?

The programme has successfully built on and followed on from our work with; Active North Tyneside (N.T.C.) with the gym passes, healthy activities, Meadow Well Motors, Meadow Well Sea Dogs and Journey to Employment Residential. We combine this with effectively using our star of success and 0-10 scales to help individuals focus on barriers and create opportunities to access training and employment.

DEVELOPMENTAL AREAS OF WORK



AMBASSADORS

After a discussion with a funder (who pointed out we could better use young people who have been involved for a long time to; support, raise awareness and promote our work to local young people, agencies and funders) we came up with the idea of having ambassadors. We previously had a youth forum and involved young people in the Investing in Children evaluation but were keen to explore the other ways of strengthening or replacing the youth forum.

In the past year we have identified a range of young people from different groups and asked 6 young people to become ambassadors.

After an initial meeting the aims were agreed:

- To inspire and make a difference to other young people from the area.
- Promote the project to funders, other agencies and the community.
- Information and ideas exchange with other similar organisations or relevant organisations.

The 6 young ambassadors have been busy working on a range of different projects supporting Phoenix DYP development and young person led projects and ideas, to inspire and make a difference to other young people from the area and this includes; journey to employment residential, food parcels and The Phoenix Bowl.

"As one of the ambassadors I took responsibility for suggesting to Churchill Community College that we collected food and toiletries in the week before Christmas. Each day we suggested a random act of kindness and a type of food or toiletry to bring in so for example on Thursday 14th December we suggested they could smile or talk to someone who was on their own and suggested bringing in items for hot drinks e.g. tea, coffee, hot chocolate or long-life milk. This meant we got a variety of items donated each day and in total we donated boxes and boxes of items so staff and students could help those in need".

Jess, 23 yrs



PHOENIX CONSTRUCTION SCHEME

Without a varied group of partners who hold a range of skills and resources local young people would not benefit. This includes; Esmee Fairbairn Foundation, Joyce Trust, NTC Learning Alliance and NTC Chamber of Commerce, Carney Consultancy, local schools and other local construction companies.

The loss of one of our main partners, Owen Pugh Ltd, proved a challenge and resulted in losing two placements, CSCS cards, and training in kind for 6 trainees. We thank them for £28,000 of funding and support in kind for the Phoenix DYP over a 9-year period. Carney Consultancy successfully supported us in kind and increased their level of training and continue to introduce us to valuable contacts in the industry.

The present scheme (year 2) has funded 6 trainees with a possible 2 gaining apprenticeships; 1 has interview for an apprenticeship, 1 has gained work in the hospitality industry. We will support the other 2 in gaining further training or employment after the scheme ends in May 2018. All six have gained five qualifications in a range of construction skills which have been funded in kind by local companies and NTC. This allows local companies to recruit employees who are well qualified and will have good career prospects.

"The importance of an effective partnership between ourselves and Phoenix DYP, allows us to pool resources and funding to deliver a construction program. It is a good example of the voluntary sector, business, and statutory sector working in partnership creatively. The Phoenix DYP staff bring effective support to mentor the trainees and help prepare them for the construction scheme, and spend time building relationships with local construction companies for placements and possible employment, which makes them a reliable partner". Lynn Norris, Program manager, Employment and Skills North Tyneside Council

"We were first asked to get involved with providing some training for this project in 2017. Since then we have decided that this project is so important to the local community and the Construction Industry, we have offered a total of 5 training courses per person to the apprentices free of charge and sought out a training provider to provide another course we don't offer and again this was free of charge. The other training provider was so impressed with the scheme and the candidates they then offered further help to the apprentices.

The Construction Industry is suffering from a skills shortage and so anything we can do to work in partnership with PDYP to help bring the next generation into the industry is a positive. If we are going to hopefully get young people into work so they contribute to our economy rather than having to draw from it, then this will in turn give them pride in themselves for what they have achieved. I have met all the candidates from this year's intake and they are a well-mannered, positive and enthusiastic group, who will hopefully all get placements and be bringing skills into construction and encouraging the next years candidates to do the same.

With the loss of Owen Pugh, we have tried to step in and work more closely with PDYP to assist in finding the apprentices placements and hopefully jobs, as we believe they will be an asset to any employer. We intend to continue to support this scheme, as it is having some really positive results and will hopefully give these kids an option and avenue into work they may not have otherwise had".

Angela Carney, Director / Health and Safety Consultant, Carney Consultancy Ltd.

"I started the construction scheme because I wanted to learn more about joinery and learn some new skills. Since then I have learnt all about level 1 joinery and I even made new mates with other people that were on my course. Overall I recommend this to any other person that might be pursuing a future in construction". **Young person, 16.**

INTERNATIONAL WOMEN'S DAY

Young women had expressed an interest in going to a poetry event for International women's day at a local library however this event was cancelled. As a result, one young woman asked if she could organise something at Phoenix DYP. She made a fantastic poster to promote the event and, on the evening, there were young women from various groups we work with, as well as some new young women. One read an inspirational poem she had written herself called 'destination unknown' whilst others shared quotes and lyrics that meant something to them. One of the residents from Chirton Lodge joined us and she talked about what it had been like for her as a young woman growing up. This led to discussions about; aspirations

for their future, barriers they feel they face as women and positive things about being young women. As a result of young women coming together who didn't previously know each other and being in friendship groups too small to plan their own activities they decided it was a good opportunity to organise another combined event and went trampolining. This provided an opportunity for some other young women to get involved who hadn't previously. We are looking forward to what started as a 'one off event' developing into something positive for young women to meet and support other young women.

DESTINATION UNKNOWN BY HAFSA

My destination is unknown.
I close my eyes with a gentle force, I imagine an ocean of colour and picture bright roads entwining,
I open my eyes to be dazzled by the rays of the sun –
Everything is chaos but yet synchronized. Intense curiosity wraps around the surroundings,
As my mind unveils an ocean of sudden silence.
I obsess over what may be the final result,
And I forget how beautiful the start was,
But yet my destination is still unknown – this much is obvious.

MEADOW WELL NOTES

We have continued to develop an effective working relationship with Note Studios (Access Music CIC). We were able to gain funding to work in partnership to deliver two Explore Arts awards courses at the music studios. This allowed pupils from Norham High School to undertake two 12-week courses; one group with special educational needs and one group of year seven pupils. Staff from; Access Music CIC, one young volunteer, DJ Adam Cogdon and Rapper Rick Fury has allowed young people to explore a range of music genres. Music continues to be an effective medium which young people can use to explore issues and feelings to improve their mental wellbeing. We would also like to thank Phil and Martin from Access Music CIC for working effectively in partnership with us over the last year.

"When I first met Mike I was in crisis, incapable of getting over the loss of my dad. I was so depressed I didn't even think about working and was not coping with life. This was affecting my mam's and brother's lives as well as my own. I felt I was drowning into adulthood without learning to swim first. The Phoenix DYP got me into music; paying for guitar lessons which allowed me to express my feelings through music and started to give me motivation and focus. I now feel I have a small place in society and not just an onlooker to everything. I volunteer at Note Studios and help deliver an Explore Arts Award with Norham High School for pupils with special educational needs. I am creating lyrics and writing music for my own album, my life is on the up and my dad would be proud if he was here today". **Young man, 22.**



PHOENIX DETACHED YOUTH PROJECT



MY BEAUTIFUL HEART PROJECT

The group called 'My Beautiful Heart' are a group of young people we have been working with to raise awareness of organ donation. Following on from the work they did last year, where they produced a film and song, this year they have been working on a drama piece called 'The Organs fight back'. This was performed at Percy Main Primary School and highlighted the importance of being healthy and looking after your organs from a young age. Other primary schools have shown an interest in having the performance at their schools. In January this year they were invited to the Youth Focus North East 'North East Young People's Awards' which were held at The Baltic, Gateshead Quayside. The group were nominated in the Health and Wellbeing category and were delighted, that despite being up against some excellent projects, that they were declared the winners.



young people's passion and support from ourselves and North Tyneside Council. The Parks Leisure Centre has had its skate park extended to feature a large bowl with spine, hip, vert wall and wall ride. Young people love the new addition and it has been inspiring to see all their hard work pay off.

We look forward to seeing how the young people and the skate/BMX/scooter scene in North Shields Develops from this. The back wall of the Bowl was also completely painted by one of our local artists and it looks amazing.

To celebrate the completion of the bowl we held an official opening. This event saw over 200 young people come out to skate, ride and scoot the bowl, while we had live music from DJ ADS and Rick Fury. We also had close to £500 worth of prizes and some of these were donated by Ripped Knees Scooter Store. The event was a massive success and a great way to celebrate years of hard work by the young people.

OTHER WORK WITH YOUNG WOMEN

Through conversations with young women we identified that there are many young women who are isolated for a variety of reasons and including; being a parent, lack of confidence or socially isolated because they don't know people who would like to do things with them. As a result of this we applied for and were successfully awarded a grant from the Linden Family Fund. This grant will be used to bring young women together through a range of activities with the aim of improving their confidence and alleviating their sense of isolation. We will be using our 0-10 system to measure young women's progress.

PHOENIX BOWL

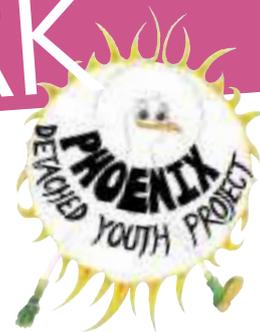
The Phoenix Bowl saw its completion in March of 2018 and subsequent launch. This project has been worked on by young people since the beginning of 2014 and has seen young people develop it from a dream, into a reality. Thanks to the

"After a few trips to different skateparks, we had an idea of how we could better our own local park. I spoke for a group who went to a meeting with the Mayor which is something I wouldn't normally do, but it needed to be done to tell her how much we wanted this to happen. After we had a design and figures it all seemed too good to be true. But it just took time for the funds to be raised and get the full plan together. Now seeing the sudden progress is overwhelming. I am glad how the full project has now come together with an end product". Young man, 24 yrs

RED BOX

We have just become involved in this national scheme which makes sanitary products available to young women free of charge. We have been given a red box of items and hoping this will promote discussions about the difficulties and costs associated with periods.

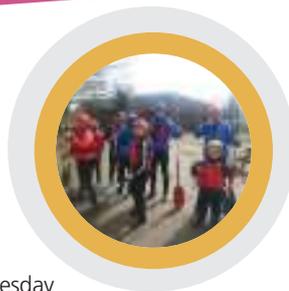
ADDITIONAL PARTNERSHIP WORK WITH OTHERS



HEAD V HEART

NORHAM HIGH SCHOOL

We continue to work successfully with Norham High School. As part of our partnership work, we continue to do detached and outreach sessions on a Wednesday lunch time. This has led to the creation of several new groups including the Pack of legends. Through these sessions we have been able to raise funding through The Key as well as develop several other projects.



Alongside the detached work we have continued to support Norham High school through classroom based sessions looking at being safe online and how to prevent the negative issues from occurring. We also offer one to one support for students who the school identifies as maybe needing additional support.

CLUB 1 BOYS AND YOUNG WOMEN IN PARTNERSHIP WITH ACTIVE NORTH TYNESIDE

Our partnership work with Active North Tyneside continues to go from strength to strength. The partnership has enabled 30 young men to access gym memberships and 9 young women. This also allows us to support young people around issues of; nutrition, employment and any other issues they identify. As part of the partnership we took 10 young men, who are part of the scheme to High Borrans in the Lake District. While there the lads got a chance to try different work-based activities as well as some outdoor education. Two of our ambassadors educated and shared their experiences and journey to employment with the younger ones through "Mikes maverick chat show". The group gained a lot of valuable knowledge and experience of life skills and employment from the weekend and we continue to support them now.

"PDYP are fantastic to work with and are a key partner helping us to reach out to people in North Shields who may need support in becoming physically active. Working closely with Phoenix DYP enables us to target those who would benefit from a range of intervention programmes such as nutrition, healthy eating advice, weight management and sport & exercise. PDYP are also fundamental in the successful delivery of the Club 1 project. The commitment and dedication shown by the PDYP team has made a huge difference to young people lives in North Shields".

Tom Soulsby. Leisure and Wellbeing Officer

PERCY HEDLEY FOUNDATION

A new partnership this year has been our work with young people and staff from The Percy Hedley Foundation and saw us paddle a mile for Sports Relief. This was organised with one of their tutors. The young people met at PDYP on the day, before traveling up to the Tyne Green in Hexham. They then paddled over a mile up the Tyne and back to complete their challenge. This was a great day for all involved and it was great to work with such enthusiastic staff and young people. This was an amazing experience for the students and a great opportunity for them to challenge themselves by taking calculated risks. One student said "I'm so happy I've conquered my fear by getting into the water." The students were so proud of their achievement and throughout the week raised over £1000 for Sport Relief.

SOCIAL MEDIA

A project we are keen to develop is resources around online safety. We have consulted with several universities as well as an entrepreneur from within the online world and are now looking at development of a resource that can be used by youth workers to educate young people and other workers about social media. This stems from a piece of collaborative work we were part of alongside Northumbria University looking at trusting relationships online. Through interviews with young people and then workshops with staff, we looked at how young people use social media, then how staff use and view it. The findings of this initial research showed a gap in staff understanding when discussing social media and digital spaces with young people.



INVESTORS IN YOUNG PEOPLE AWARD – LOCAL BUSINESS

This year's winner is Carney Consultancy Ltd. from North Shields. They have supported us since 2017, offering construction training in kind to trainees from Phoenix Construction Scheme for the past 2 years. In the past year and since the loss of Owen Pugh Holdings Ltd they rescued us by increasing the training to cover the gap left by the loss of Owen Pugh. Angela and Dave Carney have introduced us to a wide range of other construction companies for training and possible apprenticeships. They also awarded us a grant which will allow young people to gain skills to pass on to others when riding The Phoenix Bowl. They are keen to work with us and others in order to inspire young women to consider the construction industry as a career.

"We are truly very touched and honoured to receive this award for investing in young people. We love the work that Phoenix DYP do and are proud to be associated with it. Seeing young people succeed, often despite the things they have had to endure, beyond their control, is really uplifting."



PHOENIX DETACHED YOUTH PROJECT

A good success story and you have many, thankfully, you should be celebrated and those involved congratulated. We look forward to continuing to work with you and the team at PDYP to help create further success opportunities for the young people in the future."

Angela Carney

REECE ALLEN AWARD 2018

This award is given in memory of Reece Allen who sadly lost his life in 2016. We had worked with Reece for 11 years and wanted a legacy in his name.

The award is in recognition of the contribution to the local community by a local young person. *"As Reece's family we considered a number of young people and while they have all done brilliant things and it was hard to choose we have decided that this year's award goes to Ryan Wright. We felt Ryan was worthy of the award for all the support and fundraising he does for Phoenix DYP and that benefits other young people greatly"*.

Ryan Wright has been involved in the Phoenix DYP since 2012. He initially got involved due to an interest in scootering but since then he has been a pioneer for activities and supporting the project and other young people. He was instrumental in arranging the first group to go to Unit 23 in Scotland. This led to the development of the Phoenix Bowl. He helped create presentations and spoke to official members of the council. With his support this led to the raising of over £68000 and the development of the Phoenix Bowl. Alongside this Ryan is a keen advocate of the Phoenix DYP. Ryan often speaks to funders about the work we do and the benefits of the project, often stepping in to help projects when members don't attend and they need an extra hand. Alongside this he also supports the project by bringing other young people to the project and encourages them to get involved. He is a keen volunteer and has assisted on our street jams and skate park events, helping to set up and clean up, as well as the running and planning of these events. Alongside the £68,000 he helped raised for the skate park, he has also raised over £1000 towards activities including residentials and outward bounds trips.

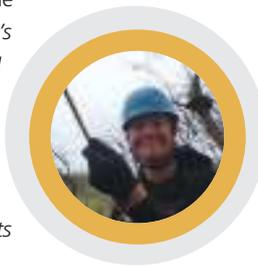
"I am really proud that I have won this as I am aware there are a lot of other young people who contribute to the Phoenix DYP and local area".

Ryan

OUTSTANDING PARTNER LOCALLY THAT HAS INVESTED IN YOUNG PEOPLE

This year's award goes to Christine and Billy Walker (Chirton Lodge, Anchor Homes Trust). This has been a successful partnership since 2005, covering a 13-year period. Initially issues of young people mooning through large windows at Chirton Lodge developed into an exciting intergenerational project. Young and old getting to understand each other via; sharing music, technology, dancing, cooking, games nights and hanging basket project

Regular outings have developed since 2005 with support from young people and includes fortnightly shopping and trips to the theatre all coordinated by Christine and supported by Billy.



"It has been a real privilege to have worked hand in hand with everyone at Phoenix DYP and tenants of Chirton Lodge. I never thought when we started this project it would become the great success it has been. We have had so much going on over 13 years between the 2 generations and no matter what we have tried it has been a success and thoroughly enjoyed by both generations. I would like to thank all the staff from Phoenix DYP and the tenants of Chirton Lodge as without them all pulling together none of this would have been possible. It has been a pleasure to work alongside you all". Christine Walker

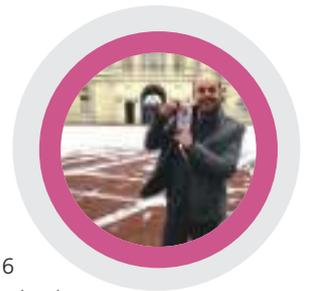
FUNDING

Delivering an effective and professional service to local young people is a privilege and without an effective relationship with our funding partners this would not be possible. We would like to thank Owen Pugh Holdings Ltd, a local business which employed 250 local people, including 6 of our local young people and were devastated to hear they had gone into liquidation. We had an amazing 9 year partnership resulting in £28,000+ of funding for our; admin worker, Go Karts, Construction Scheme and for our yearly street jams for 5 years. We would also like to thank all the amazing staff for the additional in-kind support, food parcels, fixing the canoe trailer, mini bus advice, goods for people in crisis and employing 6 young people. You all made a difference, thank you.

Our main funders of staffing and core costs continue to support our service to young people and we salute you all. Our relationships with local businesses continues to develop and without these relationships and goodwill the Phoenix DYP would not be the success it is today.

"I would like to say a massive thank you to everyone who funds the Phoenix DYP. The last few weeks have been tough. I have 2 young children and had to do a joint claim with their dad under the new universal credits and been made to live on £34.60 a week for up to 6 weeks as I have moved house at the same time. My washer had broken and I didn't have a cooker in my new house. The Phoenix DYP have been my heroes and helped me with a cooker, washer, food and emotional support. They wouldn't be able to help me as well as many others if it wasn't for all of the funders so I would like to say a massive thank you and we all really appreciate your help". Young woman, 22 yrs

"We have had the pleasure of working with Mike, Becky and Luke at the Phoenix Detached Youth Project for many years. We have the utmost respect in their work with young and marginalized individuals on a number of difficult to discuss subjects such as; mental health, teenage pregnancy, alcohol consumption and unemployment. Mike, Becky and Luke bridge the gap in social care where many youngsters may have fallen into the social abyss never to return. Their personal support to these individuals enables young people to rediscover their confidence and provide them with the social and life skills for their journey into adulthood which they have may not been provided with. It is important that they continue to receive the funding to continue their work in developing and supporting our future generations". Richard Hardy, Financial Planner, Director WJR Financial Solutions Ltd



“WHAT PEOPLE SAY” ABOUT PHOENIX DYP



“Identifying as a Student Social Worker within the Phoenix Detached Youth Project (PDYP) I was able to grow and develop as a professional. With guidance from a highly skilled team, I worked with 12-25 year olds, supporting their live choices, education and addressing their needs. This placement gave me the opportunity to work with individuals on a 1-1 basis or through group activities to build relationships to provide guidance and support to young people who were experiencing personal difficulties.

No two days in the PDYP are the same, as the PDYP can be whatever the young people need it to be- whether it's fun activities, help with CV's and employment opportunities, emotional support or extra guidance. The PDYP is seen as a supportive organisation for the young people in the area as their needs can be addressed whether it's their emotional, financial or social needs.

The project is based in a socially deprived area, which gave me the opportunity to explore the impact of poverty and helped me to identify how disadvantaged some young people are due to these circumstances. I was able to provide emotional support or information to young people on different aspects such as relationships, drug and alcohol, education, bullying, criminal activity or benefit entitlements”. Chloe Whitley, Social work student

“The Phoenix DYP provide support to a wide range of young people in the area. They are switched on to the needs of young people giving them a safe place to excel, be listened to and grow in confidence. The team are fantastic and an excellent resource for school's enabling strengthened links to the community; delivering tailored solutions to young people issues/interests and helping young people reach their potential”. Angela Ritson, St Thomas More, R.C Academy

The following are quotes from Psychologists, Nurses and Primary Mental Health workers from the CAMHS (Child and Adolescent Mental health) Team.

The Helping Hands groups have been very helpful to clients I have referred who have had difficulties with trauma, social isolation, social skills and lack of confidence. Sometimes young people have benefited from their peers input or feedback (which may be the same as their parents or teachers have been saying) and are able to hear things more easily from their peers and it may be more relevant to them. Some young people I have referred have improved their social skills and confidence via the group process and unobtrusive staff contact. A great resource for young people and families.

“The partnership between Connexions North Tyneside (Employment & Skills) & the Phoenix detached youth project is vital & integral to the continued success & growth of the Helping Hands project. The combination of a youth work & a careers guidance approach is so important to the Helping Hands project as it enables us as workers to support young people around a wide range of issues; career aspirations, sexual health, employment, housing. The aim of our partnership & unique approach is to empower young people to develop the skills & tools that will not only help them to make positive & informed decisions about GCSE choices or next steps after school but will support them to manage their emotional well-being”.

Helen Heslop, Connexions Advisor, Employment and Skills North Tyneside Council

“My journey – I was once a young person supported by youth workers and didn't know what to do with my life. I was in a dead-end job that gave me no satisfaction and simply just paid the bills. I had a chat with Mike Burgess 8 years ago about the difference youth workers made to my life and decided I wanted to be part of this and help others. Over the past 8 years I have completed a number of courses with the help and support from staff at the project and graduated as a youth worker. I am a sessional worker at the Phoenix Detached Youth Project and a full-time tutor at a SEN college, I also graduate again in July. Because of that chat I had 8 years ago it helped me shape and change my life for the better”. Gary Nelson, Sessional Staff

I refer young people to Helping Hands fairly regularly and have found it to be a really positive service for adolescents who find socialising difficult. Helen and Becky work hard to engage young people and are good at updating clinicians if they have been unable to contact young people who have been referred. They offer different activities and are thoughtful about how a young person will fit with established groups/activities.

The feedback from young people has always been positive and has made a difference to their confidence in socialising with others.

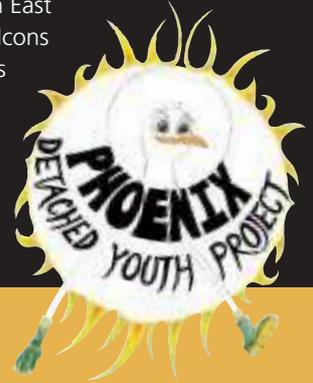
I refer largely because of the positive feedback I've had from people who have been. I like that way that it doesn't feel too focused on just mental health and allows young people to interact with peers and gain access to helpful adults in what always sounds like a supportive environment.

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

Big Lottery Fund
Tudor Trust
Alex & William de Winton Trust
Henry Smiths Charity
Esme Fairbairn Foundation
Dept of Public Health, North Tyneside Council
The Joyce Trust
Tyne and Wear Community Foundation
North Tyneside Council
Active North Tyneside
Greggs Foundation
R W Mann Trust

Northumbria University
The Key
Chapman Fund
The Linden Family Fund
Sir James Knott Trust
Elswick Lodge Trust
Carney Consultancy Ltd.
North East Access Training Ltd.
Consult and Design
W J R Financial Solutions
Kier
Suez

Residents of Chirton Lodge, Anchor Trust
Individuals from our local community
Churchill Community College
Norham High School
Karting North East
Newcastle Falcons
EJ's swimmers
Ripped knees



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