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 2019

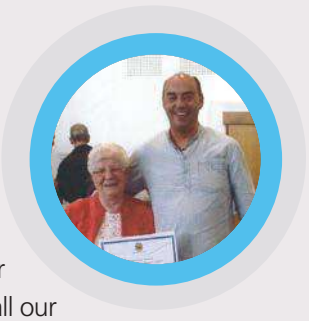
PHOENIX DETACHED YOUTH PROJECT

FOREWORD

The Phoenix Detached Youth Project celebrated its 15th birthday last month. This is not only a wonderful achievement for the dedicated team who work at the project, including Mike, who has been here since the beginning, but also for the local community and the funders who have supported the project over this time.

Part of this success has to be down to the fact that they have stayed true to their founding values, especially in keeping the project manageable, local and maintaining the essential detached element of their work. It's no secret that the past decade has been a difficult one for the youth work sector, through no fault of their own, projects come and go, and young people and communities pay the price. So, for Phoenix DYP to have been here for 15 years, and hopefully many more to come is a real achievement.

They have seen local young people grow up with the project and continue to support it even though they have moved on with their lives. This year Sam, joined PDYP as one of the trustees after having been supported by the project as a young person. Her insight will be invaluable to the team.



Our thanks go out to the wider PDYP team, the people who fund the work and support us in so many ways, the mayor and our local councillors, the young people who give so much of their time and energy, our partner agencies, all our volunteers, our young ambassadors and the trustees. We couldn't do it without you!

Thank you to Angela Horncastle, our previous chair, who left the project recently. We especially remember Ella Hannant, a local resident and trustee, who sadly died earlier this year. Here's to the next 15 years, with a little help from our friends!

Angela Cook – Chair person

Achievements of the year

1. We have contacted and built long term relationships with 374 different young people (222 males and 152 females).
2. The Phoenix DYP has successfully been recognised as an Investing in Children Service for 2019.
3. This year we have successfully supported 19 young people in to work, 3 to University and 9 into training.
4. We have been recognised as an 'Alternative Education Provider' by North Tyneside Council and delivered 2 x 7-week programme in PALS.
5. The Helping Hands groups, in partnership with Connexions, North Tyneside continues to be a valued borough wide provision and supported 59 young people with their mental health and emotional well-being this year.
6. We continue to work with The Cedarwood Trust and Meadow Well Connected through the 'Better Together Initiative' in order to improve the service delivery to the wider community.
7. We continue to deliver the Health and Wellbeing Contract on behalf of North Tyneside Council Public Health in NE29.
8. The pilot project 'ToGetHer' to provide isolated young women with opportunities to socialise and gain support had 26 young women involved.
9. After a successful three-year pilot of The Phoenix Construction Scheme we have raised further funding for another three years. This in partnership with local businesses and North Tyneside Council.
10. Our Detached Youth Worker Luke successfully completed his degree in Youth and Community Learning and Development, through the George Williams YMCA college, he finished with a 2:1

DETACHED YOUTH WORK

With Detached work, the saying goes "you can't beat boots on the ground" and this year we have continued to follow that motto. We have continued to develop our evening and daytime detached sessions to reach as many young people as possible. These sessions are invaluable for developing new groups and meeting new people, taking the pressure off young people to come to a building they might not know. We have continued to use our street spaces including East Howdon underpass, The Parks Basketball court and the Phoenix Bowl to engage with young people and support the development of new and exciting ideas.

The staff, Trustees and young people were devastated to hear that two young people, who had been involved with PDYP when they were younger, have sadly lost their lives. Our best wishes and thoughts are with the families and friends of Paul Gardner and Darren Niblett.

Male new contacts (12-19yr olds)	94
Male new contacts (20-25yr olds)	13
Female new contacts (12-19yr olds)	58
Female new contacts (20-25yr olds)	6

Male existing contacts (12-19yr olds)	96
Male existing contacts (20-25yr olds)	19
Female existing contacts (12-19yr olds)	68
Female existing contacts (20-25yr olds)	20

Total number of different young people is 374 (222 Males and 152 females)

In terms of interactions there were; **4870**

- **1,293** interactions through detached youth work (males 779 - females 514)
- **2,470** interactions through group work (males 1,367- females 1,103)
- **1,107** interactions through one to one work (males 636 - females 471)

YOUNG PERSON LED ACTIVITIES AND GROUP WORK

BUTTERFLIES AND LIONS

This has been a successful partnership with Active North Tyneside (N.T.C.) which has led to an ongoing multicultural sports club to develop over the past two years. Initially made up of asylum seekers and refugees, during the past year many other local young people have joined them to get involved in sport. The group now has young people from four different countries involved which is helping to break down barriers and young people having a better understanding of each other's lives whilst having fun. A recent trip to St James Park to see Newcastle Falcons via Club 1 was a fantastic and a positive experience for all. They plan to go canoeing at the coast in the summer once some of them have learnt to swim. The Butterflies are flying, and the Lions now roar.

CANNY DADS GROUP

The Canny Dads group continues to be an important resource for young men. Its a safe space where young male parents can discuss issues they may be facing as well as bond with their children, while seeing how important a positive male role model can be in a child's life. Once trusting relationships have been developed with dads, this work allows us to offer more effective support on a one to one basis, not only recognising the positives but also questioning and challenging negative male behaviour. We discuss issues such as effective ways of gaining access to their children, for young men who are struggling in this area, and respecting the children's mothers which we tie in with supporting young dads to gain an understanding of the issues that mothers may face.

DUNGEONS AND DRAGONS

We found young people from across the Helping Hands group talking about Dungeons and Dragons, but not having the space or contacts to play it with. Young people were aware of places in Newcastle they could play but didn't feel this was something they were comfortable doing. We have just had our first ever D n D session which was a success and great to see young people from different groups coming together. They appointed a Dungeon master and have already booked a date for the next session.
This is another example of young person led work.

FUNNY SHAPED BALL PROJECT

A group from the Club 1 Lads group had a successful visit to the Newcastle Falcons and had a go at playing rugby at their Kingston Park ground during the February half term. Three local young men have gone on to play rugby for North Shields rugby club. Another young man who was isolated and linked up with North Shields R.C was sorted with some rugby kit by Newcastle Falcons. He successfully now volunteers at the club and feels he now has a purpose and indirect family. We were given free tickets for the Big One at St James Park and a mini bus full of young people enjoyed a great evening watching Newcastle Falcons beat Sale Sharks.

HOPES AND FEARS AND ADVENTUROUS MAMS GROUPS

The mams groups have seen new young people and their children get involved which is encouraging. Throughout the year there have been a range of activities for parents and their children. With the children of different ages and therefore in nursery and school at different times of the day, we tend to do smaller / age appropriate activities with parents and then larger family events throughout the year e.g. Halloween, Christmas Party and Easter. There was also an overnight stay in Beadnell which is fantastic for the children as the beach is literally on the doorstep. The rewarding aspect to the parent's group is the friendships and support networks that have formed between the parents and their children. They offer each other practical and emotional support on a range of topics from; energy providers, tenancy, nursery and school and relationships. Several of the mams are Phoenix Ambassadors and as part of this they wanted to develop something around healthy eating. This is covered within the Ambassadors section of this report.

MEADOW WELL SEA DOGS

The use of outdoor education via sea kayaking continues to be an effective way of individuals improving their resilience and self-awareness. This year's group had to battle through a localised storm, paddling through four-foot waves for an hour. This intense experience helps prepare them for life. This year's group also did a six-mile open sea crossing to Isle of Mull from Oban, paddled 69km in 3 days and helped changed their outlook about themselves and the natural environment. Our thanks to Colin McWilliams our local sea kayak guide, and his past 7 years of support in helping young people discover themselves on their journey to employment. A film of this is available on our website.

MEOWTAZTIC (FORMERLY PACK OF LEGENDS)

This is a group of young women we met through our lunch time sessions at Norham High School several years ago. They have continued to be involved and introduced new friends to PDYP. Over the last year they have been on a weekend residential to Beadnell where they enjoyed a visit to Alnwick castle and learnt to fly broom sticks and took part in Geordie Surfing. The residential was the first time some of them had ever had a night away from home and provided the opportunity for everyone to get to know each other better. They have also raised money through The Key which has enabled them to go horse riding and have several sessions at Pots and pancakes. As we have known the group members for several years, we have been able to support some of the group members on a one to one basis.

POWER GIRLS

This is a group of young women who formed as a result of meeting most of them at Norham High School. They then got some friends involved from different schools and it is great that they are able to meet up outside of school and maintain the friendships. They took part in a residential to Beadnell with the Meowtaztic group where they enjoyed a visit to Alnwick castle and sand dune sledging. It has been great to have smaller groups working together to share experiences.

RESIDENTIALS

At the Phoenix we strongly believe that residential and overnight stays are an essential part of developing trusting relationships with young people and developing their ideas. We believe you can sometimes find out as much in a weekend with young people as you can in a year of group work. This has led to PDYP spending 16 nights away with different groups of young people. We have visited places such as High Borrans in the Lake District, the West Coast of Scotland, and Beadnell. While on residentials we have been involved in a number of activities including; caving, Northumberlandia, kayaking, sand sledding, flying broomsticks and loads more. For some young people it's a fun few days away from home, for others it's a chance to push themselves and experience new things, for others it may be the only opportunity they have to be away from home. We couldn't do this without support of other agencies and we would like to thank Adventure Holidays for again letting us use Daleby House.

PHOENIX DETACHED YOUTH PROJECT

SUMMER PROGRAMME

The summer saw a total of 41 activities over the 6 weeks, including 4 nights of residentials at Beadnell bay and an overnight stay in Middleton in Teesdale, trips as far North as Edinburgh and as far South as Flamingo Land. A wide variety of activities were chosen by young people including; a survival day, rock climbing, day trips for the parents groups, countless canoe and beach sessions, trips to theme parks, trips to cultural experiences such as Edinburgh and lots of smaller activities such as trampoline parks. This saw a total of 246 young people benefit (this is interactions, not different individuals). We supported 95 young people through 1 to 1 work including; use of phones, access to food parcels and 1 to 1 crisis support. Across the total summer including 1 to 1, detached, residentials and group work we had interactions with 410 young people.

THE ICE RINKERS

This group of young women were met whilst on detached work and have got involved to do various activities including ice skating and trampoline parks. They use the sessions to develop their friendships and have fun, whilst getting to know us better.

THE SCOOTER BOYS

The scooter boys are a group who set up to do exactly what their name suggests, scooter. They have been on trips to different skateparks including Dynamix and Override as well as attending events at our Phoenix Bowl. They have also taken part in developmental projects looking at increasing the safety in the local park.

In addition to the groups mentioned above we have had other groups who have been involved on a more irregular basis so are yet to be at the stage of forming as a named group. With these groups we are continuing to build relationships of trust and talking to them about the work of PDYP. Some of the young people have also linked in with some of the groups above and this is the advantage of the flexibility of the way in which we work at PDYP.

One example of young people coming together from different groups was going to a concert. NE Youth offered us the opportunity to take 12 young people to the Channy Concert at the Metro Radio Arena. For many of the young people it was the first time they had been to a music concert and it was a great experience and opportunity for them, and well worth the late night!

ONGOING YOUNG PERSON LED PROJECT AND ONE TO ONE WORK

CUTS BOTH WAYS

Preventative education around knife crime continues to be promoted. We have done this creatively with young people since 2009 when we worked with young people to identify solutions and explore the idea of risk taking. The Cuts both ways programme started in 2013 but has been a ten-year journey. It continues to be a priority to maintain our approach to preventative education of the consequences of carrying and using knives using our 'cuts both ways' discussion cards and via dialogue on the streets.
We also deliver a session raising awareness of knife crime as part of the Alternative education programme we deliver in PALS. These sessions have been well received and question young people's beliefs and behaviour as well as the consequences it can bring to all. We are presently working with Reece Allen's mother and other agencies, to produce an educational film to promote preventative education and build on our own effective work on this issue over the years.

EMPLOYMENT

Short term or zero-hour contracts and low paid work continues to be a challenge for young people, the lack of guaranteed hours can leave some young people unable to earn enough money to pay bills each month. This means we are often supporting those in employment with food parcels and support with their gas and electric. We have made progress by working in partnership with other agencies, mainly with Active North Tyneside (prepping young people for employment) and North Tyneside Connexions / Generation N.E supporting young people into work. Our relationships with local businesses continue to grow and develop with some fantastic results. This year we have supported; 19 young people into work, 3 into university and 9 into training.

"I believe Phoenix helps give young people such as myself that extra push to strive forward for what they can achieve. Phoenix go above and beyond the call of duty to help this community's youth get off the streets and also help people into work, helping me get a full-time apprenticeship roofing job". **Young Man, 18 years**

"I am just finishing my first year at Uni at Derby where I am studying Policing and Investigations. A few years ago, I would never have believed someone from my background would go to university. Through support from Phoenix DYP and Sunderland College and my own hard work I realised I was able to achieve the impossible for someone like me. I have found my year at Derby adventurous and moving 163.4 miles away from home, I realised I could be a lot more independent than I was before I went to university. Throughout the year I have continued to meet with Luke when I am home and have stayed in touch with all the staff with regular phone calls, updating them on my results, essays etc. Don't let the idea of student finance stop you from doing your dream career as it is a graduate contribution system that is fair". **Jordan, 19 yrs.**

HELPING HANDS

Due to the high demand we continue to run 5 groups on a fortnightly basis to young people regarding their mental health and emotional well-being in partnership with Helen Heslop from Connexions, North Tyneside. It is the only project we run for young people from across the Borough. In the last year 59 young people were involved across the five groups.
The majority of referrals continue to come from CAMHS and Connexions but we also have referrals from schools from across North Tyneside as well as other statutory and voluntary organisations. The focus of the sessions is to provide a safe space where young people can share things with other young people and identify coping strategies and ideas on topics such as; stress, anxiety, panic attacks and sleep. As well as the sessions at PDYP during the school holidays the groups are given the opportunity to try new activities which may see them step out of their comfort zone, but with the knowledge they are supported by staff and their peers. In the last year two of the groups had overnight residentials, another group went to Edinburgh whilst others stayed more local with visits to; Beamish, games rooms, Treasure Trails and Pots and Pancakes.

"Helping Hands has helped me with my confidence by giving me the opportunity to interact with people who could relate to my situation. The regular meetings also gave me the chance to get out of the house and talk to others my own age at a time when I felt isolated. It has helped me; make new friends, given me someone to talk to and improved my; confidence, self-esteem, positive thinking, my ability to deal with my anxiety, depression and stressful situations as well provided me with support and developed my social skills". **YP, 19 yrs.**

"My son was referred to Helping Hands as he was a school r efuser which meant a loss of friendships, He was also suffering with anxiety, depression and transgender issues. Helping Hands has been a massive help over several years particularly with having someone outside of the family to turn to when needed. The visits have been excellent and the activities very helpful. My son started University this week and without all the support he got this would never have happened. The only thing that worries me (and this isn't necessarily about Helping Hands) is that it sometimes takes young people to be at rock bottom before they get the help they need and it would be great if intervention could be earlier – but I do understand why this is difficult sometimes. Thank you very much for everything you've done for my son and all the other young people you help. I feel we are very fortunate to live in North Tyneside". **Young person's parent.**

INTERGEN

We continue to work in partnership with Chirton Lodge, Anchor Trust and their residents. This has been through the fortnightly shopping trips which continue to be popular with residents as a chance to get 'heavier or bulkier items of shopping and for some it offers an opportunity to get out of their flat and socialise. Young people have attended various coffee mornings this year and in the run up to Christmas it was great to see residents helping young people out with sewing advent hangers thanks to a generous donation of materials by Angela from Carney Consultancy. Young people have also been painting residents' nails which has been much appreciated. There was the annual trip to the panto…oh yes there was….and this year we were treated to a fantastic performance of Peter Pan. Three young women are in the process of planning an afternoon tea and activity event for residents having secured funding through The Key.

We were also delighted to introduce Natalie, the team leader at Chirton Lodge to Little Blossoms Childcare as that has resulted in further intergen work taking place in the community.

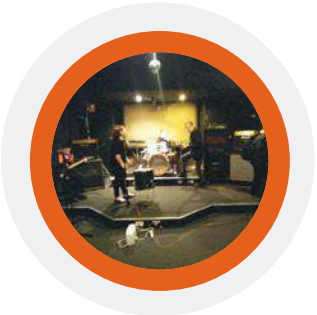
"Working in partnership with the PDYP gives my customers motivation to come out of their flats and helps work against social isolation. My customers very much enjoy spending time with the group and the events are always well attended by customers as well as the wider community". **Natalie Johnstone, Team Manager, Chirton Lodge, Anchor Hanover**

LGBT

Whilst we don't deliver a specific LGBT project, we do offer young people ongoing support on a one to one basis and through their involvement in other groups. We have good links with The Base, Whitley Bay and refer young people into the two LGBT groups they run if young people feel this is something they would benefit from. Young people from PDYP were involved in the Hidden Histories project on the history of LGBT in Tyneside which was researched and delivered by young people and staff from The Base. We have also identified young people who have been able to offer informal peer support to other young people in similar situations or have questions they would like to ask in a safe and non-judgmental space.

MEADOWELL NOTES (COMPLETING THE CIRCLE)

Meadowell Notes is a project that links with Note studio, DJ A.D.S , Rick Fury and Norham High school. This year the project has allowed 2 groups of a combined total of 20 students to complete their Discovery arts award over 12 weeks. The project gives young people the opportunity to develop skills in lyric writing, DJing,rapping and rock instruments with the end product being a recorded song which they have wrote from scratch with support of the tutors. This ongoing project is an exciting opportunity to develop new skills and develop ideas in a safe and supporting environment. The project has inspired some young people to take up instruments including drums and guitar. We have also supported the family partners by doing a short number of one to one music sessions with young people excluded from school. Another young man has been involved after he was stabbed and using music to improve his mental wellbeing and deal with the post-traumatic stress associated with the event. Alongside this we continue to work with young people to access the project on an evening. This has led to the formation of 2 young bands and a music collective of DJ's producers and MC's. One of the groups has been involved in keyfund and raised £750 for additional music related projects this year such as recording a demo EP.



"I've worked with PDYP for over 5 years now. I've ran sessions with Norham High Schools, which have had a huge impact on young people as well as myself! I also run 1 to 1 sessions on lyric writing at PDYP which I feel is a great way to encourage young people to express and develop their personalities as well as their aspirations". Rick Fury

MENTAL HEALTH

Mental health is one of the main areas of our work at PDYP, whether it be through our group work with Helping Hands, discussions with other groups or through supporting young people on a one to one basis. Young people's mental health is affected by so may issues; school, exams, friendships, housing, financial, employment, bereavement and relationships are just some. Our flexible approach means we are able to support young people in a range of ways; from an informal chat, listening and going out for a cuppa to identifying more specialist support and doing whatever it takes to get them to appointments.
See Ambassadors section of report to see the mental health project they have been developing.

ONE TO ONE AND CRISIS WORK

Sadly, due to austerity measures still impacting the young people we work with and the change to Universal credit, there has been an increased need for crisis support. This year has seen the amount of food parcels we have either given out or referred young people for, double. Thanks to kind donations from business, charities and individuals, we are able to support young people with gas and electric and food grants. In addition to this we also receive support from The Elswick Lodge Trust which enables us to practically support young mums with items for their children and this can range from; school uniform, baby equipment, furniture to flooring. This provision allows us to offer immediate support while continuing to work with them in the long term to prevent them from becoming dependant on emergency support. Our one to one work also involves working with young people on a range of issues and over the last year this has included; housing, bereavement, employment, law, domestic abuse, relationships, parenting, rooflessness and substances. Where appropriate we will refer young people to more specialist services and accompany them to appointments. We have always prided ourselves on offering a flexible and responsive service and by continuing to do this means we can help young people when they need it most, which is often outside of the usual 9-5pm hours. We were also involved when Philip Alston, United Nations rapporteur visited the area to talk to local residents and workers about poverty and food banks. There was an article in The Guardian referring to Phoenix DYP which has resulted in us been contacted by other agencies and the press from this Country and Australia.

"Thanks to everyone that has helped me over the past few weeks, everything you have done has helped my family so much I am also grateful. Thanks so much for all your help and support". Young mum, 21 years

SEXUAL HEALTH

We continue to offer both C-card and Chlamydia / Gonorrhoea screening kits at the PDYP. This service allows those aged 13 to 25yrs access condoms, lubricant, sexual health testing kits and most importantly a space where they can seek information and gain support around issues of sexual health. Becky continues to co-facilitate the Introduction to Sexual Health course with the One to One Centre which is aimed at professionals working with young people.

SKATEPARK

With the Phoenix Bowl Development completed in early 2018, we have started our second phase of development, this time around developing the park so it is safe and inclusive for all.
We took a group of local park users to an indoor skatepark where they learned about skatepark safety and maintenance. They have since used these skills and shared them with other young people, including how to keep the park clean, who to report issues to and what to do if someone injures themselves.

TAGS TO ART

This year Tags to Art has continued to develop new and exciting ideas. We have continued to run sessions as needed at our street space at the Parks Leisure Centre for groups or individual young people. Alongside this, in partnership with Norham High School, we supported one of our young people, who is an ex pupil of Norham, to assist a new group of young people to design and spray paint their new bicycle hub with some key North Tyneside landmarks, including Tynemouth Priory and St Marys Lighthouse. The artwork turned out brilliantly and the young people loved the opportunity to develop their skills in this art form.

WHO AM I? WHERE AM I GOING?

This programme has worked with 63 young people in depth on a one to one basis on their journey to employment. This has involved partnership working with Active North Tyneside, Connexions , Generation NE (N.T.C.) and Newcastle Falcons' HITZ programme. This allows a flexible range of methods to suit individuals' barriers, building resilience and self-confidence whilst looking at who they are and where they are going. Meadow Well Motors has been a successful element for the past 8 years and supported by Karting North East (a local business). The staff teams support has enabled us to use go karts to engage marginalized and challenged groups, allowing effective one to one work to take place and we thank Guy and his team for their in-kind support in making this possible.

PHOENIX DETACHED YOUTH PROJECT

DEVELOPMENTAL AREAS OF WORK

ALTERNATIVE EDUCATION PROVISION

This year we were approved as an 'alternative education provider' and have been delivering sessions in PALS. We have delivered 2 x 7 week sessions to groups of students. The sessions have covered; Actions and consequences with a focus on knife crime, metal health and emotional well-being, sexual health, online safety, substances, healthy relationships / domestic abuse followed by a group activity of their choice.

"PALS students are some of the most challenging in North Tyneside. PDYP have taken classes of up to 9 students, commanded their attention, with no intervention required from PALS staff. These students are also some of the most vulnerable in the area often involved in alcohol and drug abuse, at risk of engaging in risky sexual behaviour, some with mental health issues and from chaotic family backgrounds. We have been impressed by the level of student engagement, the ability of the Phoenix staff to establish relationships with the students, coax the reluctant into participation and put across such important information in a way that the students could relate to and would become involved in group discussions. We intend to run a rolling PSHE programme for all of our year 10s and are grateful for the level of skill and knowledge the PDYP have brought to this".
Ann Courtney, PALS

AMBASSADORS / COMMUNITY HEALTH CHAMPIONS

This year the ambassadors have developed a range of new projects.

Healthy eating

Two of the mums identified the need for more information and support with weaning and cooking health and arranged to meet with the Community Dietetic. As a result of this a group of mums did a cooking course which they thoroughly enjoyed and are hoping that a follow on course will be developed. Their aim for the coming year is to create a 'recipe book' of healthy meals on a budget which they can share with other young people.

"Our remit is to work with the 'hard to reach' communities and ultimately share best practice and knowledge so that this can be disseminated to the wider community. As one of the girls is a health champion, she has said that she is hoping to use the recipes, ideas and healthy eating information to support those that attend PDYP. Ultimately if they then use the knowledge to set up and run a cooking group at PDYP then that would demonstrate all of our objectives".
Jane Wilson, Dietetic, North Tyneside Council

Mental health

We are often talking to young people about apps / websites where they may be able to get additional support regarding their emotional well-being. Last year Launchpad developed a support leaflet for adults and there were discussions about a young person's version being created with a focus on online support. Four young people from PDYP have become our mental health ambassadors and involved with this piece of work as well as the Young cabinet for Health and Well-being and a member of MH2K from North Tyneside Council. Other young people from; Phoenix DYP and Barnardos were also involved in the consultation process of what should be included. The leaflet is in the process of being completed and we are looking forward to it being printed, promoted and distributed. This is another example of young people creating resources to benefit other young people.

"It has been a great experience working with Phoenix on the mental health support leaflet, Our Young Cabinet Member for Health and Wellbeing and Member of the MH:2K have enjoyed working with Becky and young people from Phoenix and have been welcomed into their meetings. Mental health is important for all young people and I'm pleased that we have been able to produce something which could help a lot of young people in our Borough".
Julia Bradwell, Participation, Advocacy and Engagement Development Officer

Music

After supporting young people on the Explore Arts award course this ambassador continued creating music and lyrics with Meadow Well notes project. He also performed his own song at the NE Youth Award ceremony in front of nearly 200 people and it was the first time his mum had seen him perform in front of an audience. Our other music ambassador is keen to; support, set up and organise the stage, P.A. and music for our first Phoenix Bowl pop up event in the future. This is one of four joint events over the coming year in partnership with the Parks leisure centre, Active North Tyneside, Cedarwood Trust, Meadow Well Connected. This will include spot prizes, including a new BMX bike which has been donated to give to local young people.

Physical Health

We were delighted that Ryan, one of our ambassadors, was named as VODA's Volunteer of the Year 2018 for his work with us. VODA's panel said they "were hugely impressed by Ryan's long-term commitment to his role at Phoenix and by his enthusiasm for

engaging other young people in its projects. It is clear that Ryan is a valued member of the team - he is now a young ambassador for the organisation - and that he has taken a lead on fundraising activity for the benefit of the wider community and young people that Phoenix serves. He is thoroughly deserving of the Volunteer of the Year 2018 award".

He continues to be involved in promoting the skatepark in his role of an ambassador and will be linking in with the music ambassador to promote events over the coming year.

M.O.N.A. LEAVING THE MOTHERSHIP

Elm House Care home on the estate contacted David Bavaird (North Tyneside Business forum) to ask for help designing a programme for young people leaving care. He directed them to the PDYP and after a number of efforts to engage the young people via meetings and activities we tried a new approach. We successfully identified the young people who had left care who Phoenix have worked with, and with their help supported them to recruit two young people from Elm House to get involved.

We decided to design and develop ideas, programs and content during a weekend of outdoor education and long discussion sessions. This was challenging and supported by a social work student on placement, we had fun and worked hard to create a six-session peer education pack M.O.N.A. (Moving On Not Alone; with the idea of the mothership being the care home) showing the creative power of young people. They also designed 5 resource cards on DIY in the home, housing – getting a flat, how to read meters, where to find them etc.

We presented the work to Mark Walker, and what young people had created was well received. We now must put structure into the sessions, and finish designing and producing the packs and cards. We will be piloting the peer education program with young people in Sycamore House.

"This year the Phoenix Detached Youth Project has worked in conjunction with the local authority and in particular Elm House (Staying Close Transitions to Independence Home) and have offered our young people the opportunity to become involved in designing a project that will hopefully help young people who are 'Leaving Care'. Those that have become involved have benefitted from meeting new people, having their voice heard in a different forum and have also experienced a residential weekend away with the Phoenix Project where they did a wide variety of activities and team building. One young person has also joined another group that the Phoenix Project run as she has enjoyed it so much. The PDYP pride themselves on being young person led which really helps develop confidence and self-esteem in young people, helping them to manage day to day situations that in the past they may not have been able to". **Mark Walker, Deputy Manager, Sycamore House / Elm House, North Tyneside Council**

ToGetHer

Most of our groups form as a result of young people's friendship circles and usually consist of at least 4 young people however, we had become aware of an increasing number of young women who were isolated for a variety of reasons and included; cultural, working anti-social hours, childcare, confidence and anxiety and were therefore not in a position to form groups themselves. Therefore, we decided to run a pilot project for a small group of women to see if it was practical to bring young women together who didn't know each other and provide a range of new opportunities and experiences for them. Once we started to identify potential young women, we realised there were more than we had initially thought and went from an anticipated 8 young women to 26 over the course of the pilot. It was a diverse group of young women in many ways and included; 15 – 24yr olds, mums, young women in care and asylum seekers.

The young women took part in a range of activities which included; bowling, Go Karting, Henna, pottery painting, candle making, going for a meal, Kirkley Hall and Beamish. The initial aim was to improve young women's confidence and provide the opportunity to meet other young women. However, the range of outcomes / benefits was more than envisaged. Young women got to meet other young women they wouldn't otherwise get to meet, they supported each other on a whole range of issues and this included; cheaper energy providers, bereavement, independent living, being in the care system, dealing with racism, parenting support and supporting each other when they were out of their comfort zones. We also witnessed the young women getting more confident at talking too /spending time with new young women as well as gaining a better understanding of the issues impacting on each other's lives.

The pilot project has proved there is the demand for this project to continue and it has been fantastic to see young women coming together from a wide range of backgrounds and share experiences making them realise they have more in common than they realise, despite different; ages, lifestyles, cultures, language and backgrounds.

"This group has got me out of the house and meeting new people and people I wouldn't usually meet".

"It has given me time to myself ".

" It is the first time I have been out of the house without my kids for 2 years".

"I have found this group to be stress relieving from the pressure of school and exam stress".

"The ToGetHer group is like a playgroup for adults!".

"Given me the chance to get out and meet new other young women. It has helped me with my confidence and socialising and conversations. I love this group as it gives me the chance to do something I love to do and without the kids".

PHOENIX DETACHED YOUTH PROJECT

ADDITIONAL PARTNERSHIP WORK WITH OTHERS

ACTS OF KINDNESS

We had the; Newcastle Falcons, Little Blossoms Childcare, Percy Hedley and Churchill School all donating food parcels to PDYP this year. The Falcons media departments kindly documented these acts of kindness and interviewed the people and organisations who donated, as well as young people from the Phoenix who have received kindness and completed acts of kindness for others in the community.
As part of this people were asked; what had inspired them to donate, what acts of kindness they have received themselves and how this has made them feel. The film was screened at a Newcastle Falcons match as a thank you and in order to inspire further kindness. The film is also available to see on our website. Kindness is a language we can all speak.

"The Newcastle Falcons are proud to support the PDYP and the young people they work with. Our partnership is growing each year built upon our support at Christmas by providing young people with packages donated by the Falcons family. We are now working with young people at the Phoenix getting them involved in local rugby clubs and improving their health and well-being. We are looking forward to developing more exciting projects with the PDYP team". **Darren Greco, Funding and Development Manager, Newcastle Rugby Foundation**

BETTER TOGETHER PROJECT

This has been an exciting journey over the past year with the two other charities on the estate looking at how we work in partnership together. We have had a number of meetings, not only between staff and trustees, but with people from the community from the three agencies. We feel this is useful and beneficial, not only from the community and three charities, but with a view to funding and pooling resources to deliver a better service for the community.
The Cedarwood Trust and Meadow Well Connected are both community centres and building based and are looking to form an alliance with our support. It was felt, due to being a street-based service for young people in a specific age range, that our approach and service delivery would not work as part of an alliance. Once the Cedarwood Trust and Meadow Well Connected have developed clearly defined roles of how the alliance will work between themselves, Phoenix Detached Youth Project will be involved in looking at how they can work effectively in partnership with the alliance. It is hoped to develop a road map of service which will cover the whole community from 0 – 80 years of age between the three agencies. We are presently developing a three-way Facebook page which will highlight the various roles each charity contributes for the good of the community.

HEAD VS HEART ACTIVE NORTH TYNESIDE.

We continue to develop a positive working relationship with Active North Tyneside through their Club 1 Scheme. This year Club 1 has supported 24 young men with gym passes and allowed young people access to nutrition sessions. It has arranged for young people to attend sporting events including watching the Newcastle Falcons and NUFC which was a first for a lot of the young people. Young people have also attended activities including; a training day with the Falcons, a survival day, exploring positive masculinity, rock climbing and many others. Through Club 1 we also had 9 young men attend a residential to High Borrans in the Lake District. The goal was to help young people develop employability skills and also life skills through a work-based day followed by fun activities including an afternoon spent in the caves. The residential was also a chance to help break down some barriers that might exist as young people are brought together to share experiences from a range of different cultural backgrounds. In addition to this; 9 young women have been given gym passes and we are hoping to be able to develop a programme over the coming year for the young women which is similar to the Club 1 scheme for young men.

PHOENIX CONSTRUCTION SCHEME

This scheme creates real career progression and potential jobs in the construction industry, and continues to be a great example of the voluntary, statutory and the business sector working in partnership to create well trained/ qualified young people, ready for the workplace. The present scheme, in its third year has funded six trainees to gain 7 construction qualifications, and three gain joinery apprenticeships with local companies.
The scheme has also supported two young people in looking for work and one into further training.

"This construction scheme is successful because of the high-quality mentoring and support young people individually receive from an experienced youth work team at PDYP. They have also spent valuable time developing new and existing relationships with local businesses who provide in kind construction qualifications and work experience and apprenticeships/ employment. They are a valuable and very effective partner committed to local young people achieving". Lynne Norris, Program Manager, Employment and Skills North Tyneside Council.

"As a boy that left school with no grades the Phoenix construction scheme helped me find a job, helping me pass my functional skills, gain construction quals and get an apprenticeship. The Phoenix is great for kids it helps them get off the street and sort their lives out". Young man 17 years

"Carney Consultancy are proud to support PDYP, the work they do is vital for the local area. As a local company seeing the success of the young people, they help is very satisfying. These young people are our future and so it's vital we invest in them to help the local community and economy. PDYP nominated us for the heart of the community award with North Tyneside Council in 2018 and we won, through public vote. We have won other awards in the years we have been trading, but this one meant more and has brought us more success and recognition than any of the others. It has also enabled us to approach other companies and ask for their help with some of the projects PDYP run. So hopefully we can continue to assist, where we can be of value, Mike and his amazing team to build on the successes of PDYP and help more young people".
Angela Carney, Managing Director, Carney Consultancy Limited

WORK IN LOCAL SCHOOLS – NORHAM HIGH SCHOOL AND CHURCHILL COMMUNITY COLLEGE

We continue to do weekly lunchtime sessions in Norham in order to meet young people and develop work with them as well as offering one to one support. We continue to build our links with other local High Schools through supporting them on PSHE days. We were involved in Supporting Churchill Community College and Norham High School in developing their Graduate Profile and ways in which the schools could develop their PSHE sessions to better support their young people. We have also supported the schools through delivering sessions. Some of the sessions we have delivered include; what to expect from a career as a youth worker, Positive Body image and awareness of the impact of online photo shopping and; Online safety and the laws around photo sharing.

PERCY HEDLEY FOUNDATION

"I'm a Senior Tutor at Hedleys College, part of the Percy Hedley Foundation and sessional worker at The Phoenix Detached Youth Project. I have been working closely with the Phoenix DYP over the past year. We worked together over the Christmas period to collect and donate food and essentials to the local community which also lead to us creating a video alongside Newcastle Falcons called 'Acts of kindness. Last year the Phoenix DYP supported our students by giving them the opportunity to participate in a canoeing experience which was amazing to be part of. The students had a fantastic day and raised lots of money for Sport Relief while doing something they may not have had the opportunity to do without The Phoenix DYP. This year we have arranged another canoe experience with the Phoenix DYP and will be canoeing a mile to raise money to help fund our specialist canteen. I have been working with outside agencies local to the Phoenix DYP whilst at the Hedleys College and have introduced the Phoenix DYP to Sienna court. I feel they will be beneficial to each other and the local community. I plan on expanding links between Hedleys and The Phoenix DYP as it's a great way to build on student's skills and opportunities. This also benefits the Phoenix DYP and local community as we look to build on our donation projects at Hedleys College".
Gary Nelson, Senior Tutor at Hedleys College

REECE ALLEN AWARD 2019

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 PDYP and his family wanted to create a legacy in his name.
The award is in recognition of the contribution to the local community by a local young person.

"We chose Jessica Irving because she been involved with the Phoenix since she was 12 and done a lot with the PDYP and she now wants to give back to other young people and the community". Sylvia

Jess has been involved with Phoenix since she was 12. She has progressed from doing activities with her friends over the years to taking on a more proactive role and doing things for the benefit of others. For several years we had a local business who encouraged their employees to donate to our food bank. However, when they went into administration and the donations came to an end, she spoke to her boss about organising collections from staff and students from Churchill Community College during December as a reverse advent calendar to help us out. Over the last 2 years she has collected 100s of items which have made up food parcels that we have been able to distribute to young people in need. She has also collected sanitary items for our 'red box' project which helps young people and period poverty. As a result of this we have her as an ambassador and she is always willing to speak to funders / represent the project.

More recently she has worked with 2 other young women to secure funding in order to provide a community event for young parents, their children and elderly residents. This event was provided at no cost to the guests and included; afternoon tea, arts and crafts, hand massages, nail painting, face painting and glitters tattoos.

This young woman voluntarily wrote letters to businesses for donations for their raffle which raised them over £100. She also designed questionnaires to get feedback on the event. This young woman has really been on a journey with Phoenix DYP and it's great her involvement with Phoenix DYP has led to her giving so much back to local young people.

"I am truly touched to of been put forward for the Reece Allen award, it means so much coming from the individuals who nominated me. Since becoming an ambassador for the Phoenix DYP it has encouraged me to become more motivated and determined to progress onto better things in life. Working with the project through late childhood and now in adult life has allowed me to develop my knowledge in areas I never thought I would become involved in". **Jessica Irving, Ambassador, Phoenix Detached Youth Project**

INVESTORS IN YOUNG PEOPLE AWARD – OUTSTANDING LOCAL PARTNER

This year's award goes to Active North Tyneside (North Tyneside Council) sports team. We started on a journey with Darren Greco and his team in 2014 and have successfully developed a very effective method of working in partnership using sport and youth work skills to develop an innovative program in supporting young people moving them from long term isolation and unemployment. This has successfully inspired young people using our Journey to Employment/ Cub 1 programme focused on individual needs, mental and physical wellbeing through sharing staffing, skills, ideas, funding and resources to make a difference over the past 5 years.

"The partnership, which continues to develop year on year, enables Active North Tyneside to engage with some of North Tyneside's most hard to reach young people to support them to engage in programmes based around physical activity. This has been really successful and has changed lives. Pooling together resources and areas of expertise allows us to deliver projects which neither partner could do alone. This joined up approach provides some of our most deprived young people with a more holistic and valued offer and most importantly an offer which is needs led and driven by young people. We are absolutely delighted and extremely proud to receive this award from a really valued and respected partner and we look forward to continuing to work together to deliver more positive change". **Paul Youlden, Senior Manager, Sport and Leisure, North Tyneside Council**

INVESTORS IN YOUNG PEOPLE AWARD - LOCAL BUSINESS

This year's winner is North East Access Training. This company have supported us since 2017, offering construction training in kind to 12 trainees over the past two years. This was to gain their P.A.S.M.A.(tower scaffolding qualification) which is a highly sought- after qualification by the industry. They have also given a grant of £500 for disadvantaged young people to have a residential at Beadnell. We thank them for investing in the local young people.

"After being introduced to the Phoenix detached youth project, we felt we were in the perfect place to help Mike and his team reach their goals in supporting local young people. We understand that because of their pasma training this has helped numerous attendees obtain apprenticeships in the construction sector. These apprenticeships are life changing employment situations and also increases their self-esteem at street level. Secondly, we are delighted to have been chosen for this award and will continue support for this amazing project". **Terry Foster, North East Access Training Limited**

FUNDING

Without funding and effective partnerships with; Funders, businesses and other agencies, the service we deliver to local young people would not be possible. We would also like to thank the local councillors and mayor for clearly listening to the communities needs via the Phoenix Detached Youth Project and whilst there are economic restraints, they continue to be committed to the community we are working in. We have continued to develop more relationships with local business and receive increased in-kind funding from the sector as well as sponsorship and grants.
We were delighted to put Carney Consultancy forward for the Heart of the Community Award in the North Tyneside Business Forum Awards. We were delighted to hear that they subsequently won the award, which they report has benefitted them as a company due to their effective social responsibility which they have demonstrated. To all of our funders and supporters we say 'thank you for helping young people to develop and achieve'.

"The Tudor Trust has been a long-term supporter of Phoenix Detached Youth Project – we made our first grant in 2004! Over the years we have been impressed with the skill, energy, empathy and persistence shown by Mike – and newer team members Becky and Luke – in connecting with and supporting local young people. Phoenix works with young people in a creative and holistic way, building on their strengths and helping them to make positive changes both in their own lives and in the wider community too. We're really pleased to have been alongside Phoenix over the years: while there are always exciting new developments underway this is underpinned by a firm commitment to providing consistent and individualised support to the young people of Meadow Well, Percy Main, East Howdon, Royal Quays and Chirton.'
Nicky Lappin, Head of Research and Information

'Phoenix Detached Youth Project continue to do a fantastic job working with young people and we are delighted to continue to work with them particularly notable is the ongoing success of the Helping Hands group and the important role and contribution that it makes in improving the mental health of young people across the borough". **Wendy Burke, Director of Public Health, North Tyneside Council**

"WHAT PEOPLE SAY" ABOUT PHOENIX DYP

"Thanks to 'the businessman' who originates from the Meadow Well for the donation of the computers to the Phoenix DYP, it will make a massive difference to all three of our academic careers in September when we go to College / University". **Male 19 years**

"PDYP continue to support sexual health promotion by co-facilitating on the Introduction to Sexual Health course. Becky's input is invaluable as she is able to bring her knowledge and experience of working with young people and share it with other professionals. The course always evaluates well as a result of this joined-up working. PDYP remains a popular choice of C-Card outlet providing free condoms to young people. Staff are trained to discuss aspects of sexual health and they provide chlamydia/gonorrhoea screening kits. In addition PDYP actively promotes the One to One Centre often signposting young people to our main hub or to our outreach clinics. PDYP provides the One to One Centre with a link into the local community, and staff there are so in tune to the needs of local young people. We are very lucky to be able to link in with them! Thank You!". **Lisa Hanson, Health Promotion Assistant - Sexual Health, Northumbria Healthcare NHS Foundation Trust**

"PDYP is absolutely amazing I was involved with them since I was 13/14 and although I am now too old I did many things with them over the years, I've watched Mike lose his hair (lol) Mike, Becky, Luke, and Kerry are all amazing the work, time and effort they put in is pure dedication, best youth workers ever". **Leanne**

"Well I would just like to say a big thank you, on the day of Darren's funeral how you transferred the lads that go passed and parents, you took time out to take them there and back and that was spoke highly of you from others thanks once again". **Jacquie**

"We have worked with PDYP on a number of initiatives for young people. Staff are motivated and proactive to bring about change with and for young people in North Tyneside. PDYP do inspirational work with young people; they are a pleasure to work with".
Barnardo's The BASE, Young People's Centre.

"This placement was a challenge and put me out of my comfort zone, but I am so happy I have completed it, and been given the chance to be part of such a fantastic and rewarding project. Phoenix is a brilliant and needed project for young people".
Alex Potter, Guidance and Counselling, Northumbria University

"Throughout my time of placement I was able to learn how the PDYP staff worked with young people. They put the young people first and provide them with the opportunity to use their ideas and achieve their goals. They establish great relationships with the young people and maintain them until the age of 25. Throughout this time they offer support of their physical and mental wellbeing as well as supporting their living needs where possible".
Lorna Daisley, Social work student, Northumbria University

"North Tyneside Council Connexions Service values highly the partnership with the PDYP. We understand how the collaboration works well for North Tyneside young people by bringing different skills and knowledge together. In particular, the Helping Hands project provides excellent support for young people to be confident about fulfilling their potential and making informed decisions".
John Gibson,Programme Manager (Connexions)-Employment and Skills, North Tyneside Council

"The Phoenix Detached Youth Project (PDYP) is one of NE Youth's valued members. We believe that their impeccable service delivery and fantastic staff team are vital to inspire and support many children, young people and families in the Meadow Well and the wider North Tyneside areas. PDYP are a fantastic Charity that we are proud to have as part of the NE Youth Member Network and we look forward to continuing to work in partnership with them throughout 2019 and beyond". **Louise Laws, Development Manager – NE Youth**

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

Community 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
Northumbria University
The Key
Chapman Fund
The Linden Family Fund
Sir James Knott Trust
Elswick Lodge Trust
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North East Access Training Ltd.
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W J R Financial Solutions
Kier, North Tyneside
Suez
Ripped Knees Scooter Store
Colin McWilliams
Estate of Gerry and Lilian Markwell
Residents of Chirton Lodge, Anchor Trust
Individuals from our local community

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TRUSTEES

Angela Horncastle - Chair (Left 2019)
Jane Cook - Chair (2019)
Rev. David Peel - Company Secretary
Ben Appleby - Dean - Treasurer
Ella Hannant - RIP
Taz Akhtar - Trustee
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