

PHOENIX DETACHED YOUTH PROJECT



MISSION STATEMENT

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

Initiated by
young people and
creatively delivered
for young people

Charity number 1106223

ANNUAL REPORT 2022



FOREWORD

Welcome to the Phoenix Detached Youth Project 2022 Annual Report. This report covers April 2021 – March 2022, a time of easing and uncertainty for everyone as we started to see Covid restrictions beginning to lift and the impact of economic and political shifts on everyday life and on the lives of our young people and local community. Despite all this, as you would expect Mike, Becky, Luke and the team have had a very busy and fulfilling year working with our partner agencies and supporting young people in the local area. I am sure you will find the accounts of all this amazing work both interesting and inspiring, and especially as you read of the many success stories achieved by young people working with the project. Despite the restrictions of the pandemic the team have continued to work with 352 individual young people through a variety of indoor & outdoor activities and social education projects. With the focus of Youth Work on giving young people new opportunities, developing their skills and making informed choices we were delighted to see 4 young people progressing on to university, our best year ever for young people going into higher education. Another highlight was through the Louder Project when a group of our pioneering young women came together in partnership with Helix Arts and Rape Crisis Tyneside and Northumberland. They created resources including a film for use in schools to raise awareness and challenge many common and biased

attitudes around consent and sexual violence towards women.

With food and fuel poverty continuing to be a major issue for young people alongside the substantial rise in the cost of living we continue to secure funding to support young people in crisis through this unprecedented time. We have an amazing team and it's due to their strengths, skills and utmost dedication that our services have remained open and accessible over the last year. Thanks team! Phoenix Detached Youth Project continues to excel and it is due to the contributions of our funders, partner agencies and supporters that it is recognised as a key provider of effective services to young people in the area, a huge thanks to all of you for ensuring the project continues to be strong and responsive. Many thanks to our trustees who bring their different areas of expertise and give their time, support and commitment voluntarily and so generously. Our thanks also go to the Mayor of North Tyneside and our local councillors, our volunteers and young ambassadors, and of course, to all of the amazing young people who make Phoenix Detached Youth Project the success that it is. We look forward to working together with you all over the next year.

Anne Marron - Chair of the Board of Trustees

This report covers the work of Phoenix Detached Youth Project, herein PDYP from April 2021 to March 2022

Achievements of the year

- 1 We have contacted and built long term relationships with 352 young people (182 males and 170 females). The staff team have worked hard during the pandemic in continuing to build effective relationships with young people which has resulted in 4,648 interactions.
- 2 This year we have successfully supported 19 young people into work, 16 into training and 4 into university, which we feel was a good achievement given we were in the second year of a pandemic.
- 3 Helping Hands groups continue to be delivered in partnership with Connexions, North Tyneside and is a valued borough wide provision. There were 76 young people involved across the five groups, and young people continued to be offered one to one support with their mental health and emotional well-being.
- 4 We have continued to deliver the health and wellbeing contract on behalf of North Tyneside Public Health in the NE29 area.
- 5 In the past year we have worked closely with our local partners; Cedarwood Trust, and Meadow Well Connected, developing a Community Action plan. As part of this plan, we are presently working to develop a street play project on the estate for 8 to 12 year olds, as well as work on a fuel and food poverty strategy.
- 6 Over the last year the 'Louder' project with Helix Arts and Rape Crisis has been a significant piece of work which saw us bringing together individual young women to work together to create a resource for schools about consent and sexual violence towards young women. Young people worked together to come up with various scenarios, assisted with

script writing, wrote the song lyrics and performed in the films. Rape Crisis are working on the accompanying pack which will be used in schools.

- 7 We have produced the 'Good practice' leaflet for GP's and young people, which was a follow-on piece of work from the Good Practice film which was completed just before Covid.
- 8 We have successfully worked with young people and other agencies around the issue of knife crime for the past 13 years, doing preventative work which has now allowed us to work with a local family and the local community, to develop an educational film and resource called 'Cuts Both Ways'

which will be rolled out into local schools to educate young people of the impact of knife crime on society.

- 9 Food and fuel poverty continues to be a major issue on the estate, and we have continued supporting young people during the pandemic. We have given out 138 crisis grants in the past year for; food, gas and electric, digital poverty, baby equipment and household items.
- 10 We have continued to develop positive relationships with local businesses and companies, and this has made a massive difference in supporting young people into work and gaining qualifications for their future.

DETACHED YOUTH WORK



Detached is an ever-evolving piece of work and always so much more than just walking the streets saying "hello". After our previous year navigating Covid and the impact this has on how society engages with each other, we have seen a lower amount of young people out on the streets. Despite this, we have been able to not only meet groups and use this as a base for discussion, but also get back to using the street spaces to plan sessions and develop new projects. We have used detached work to facilitate street meetings, which have been a great way for young people to discuss ideas, in the places that the ideas will turn into projects. The strength of this is it helps to better imagine and effect the change in these spaces.

"Working at the phoenix this past year has been truly amazing, having the privilege to work with young adults and being able to offer help on a one-to-one basis, doing detached work and also within group sessions has allowed me to gain more knowledge. I'm excited for the upcoming year to further my skill set to help make a difference within the local community".

Beth Millington, Youth support worker

Figures for the last 12 months

The majority of our funders still require us to record whether young people identify as male or female. So, for funding purpose we record in this way. However, we respect young people to be able to choose their preferred identity and when working with them will use their chosen pronoun.

352 different individuals this year. **182** males and **170** females

Male new contacts (12-19yr olds)	114
Male new contacts (20-25yr olds)	6
Female new contacts (12-19yr olds)	88
Female new contacts (20-25yr olds)	17

Male existing contacts (12-19yr olds)	59
Male existing contacts (20-25yr olds)	3
Female existing contacts (12-19yr olds)	55
Female existing contacts (20-25yr olds)	10

Total number of interactions **4648**

1395 interactions through one to one work (617 male - 778 female)

2499 interactions through group work (1153 male - 1346 female)

754 interactions through detached youth work (468 male - 286 female)

ONGOING CORE WORK



PDYP'S RESPONSE TO THE PANDEMIC –

At the time of writing this, there are no longer restrictions for youth work, when working with Covid 19. However the time frame in which we write our report covers April 2021 – March 2022 when there were still varying levels of restrictions. Dealing with the restrictions and protecting young people, the community and staff has always been of highest priority to us, and we worked closely with, Public Health NTC, the NYA and funders to make sure we could deliver the most effective possible service to those we worked with.

EMPLOYMENT

The importance of supporting young people into work cannot be underestimated and encouraging young people to respect themselves and others, contribute to the community and ultimately the economy by getting them into work, is a key area of work for the project. One of the reasons we invest time taking younger people on activities is to build relationships of trust so that they know they can come to us for support at any time.

Employment is one of the areas where someone will get back in touch out of the blue for support with a CV, interview skills or to access training. This year we have had quite a few 'older' young people come in specifically for support with employment. We continue to use our "Who am I? Where am I going?" programme with young people on an individual basis and this continues to be an effective way of working with young people. We also continued to run the Phoenix construction scheme which has been a challenge due to the pandemic. This is covered in The Phoenix Construction Scheme section of the report.

We have successfully supported 19 young people into work, 16 in to training and we are delighted to have supported 4 young people into university this year, (our best ever result). This year the range of jobs we have supported young people with have included; construction industry, catering, retail, care, roadworks and even one young person working abroad.



GROUP WORK

We passionately believe that young people should have a say in what they do, and thus we rarely just put on activities and hope people show up. Instead we encourage young people to come in, and organise their own groups and activities with our support, thus giving them a sense of ownership over the project. In previous years we would list the different groups and what they each had been doing. This year we have seen a shift in how groups form and operate, with young people drifting between different friendship groups based on what activities they want to take part in. This year has also seen more groups mix, often taking 2 or 3 smaller groups on activities, due to the high demand. Groups have enjoyed a range of diverse activities developing physical and mental skills. These activities include kayaking, trampolining, ice skating, escape rooms and horse riding, to name just a few. It's great to be able to be taking larger groups on activities again and it offers great opportunities for young people to try new things, have fun and unwind from the stresses of day to day life. These small day to day interactions can help prevent issues further down the line. For staff it's a great opportunity to get to know young people in informal settings, which can then lead to 1 to 1 support or bigger projects.

HELPING HANDS

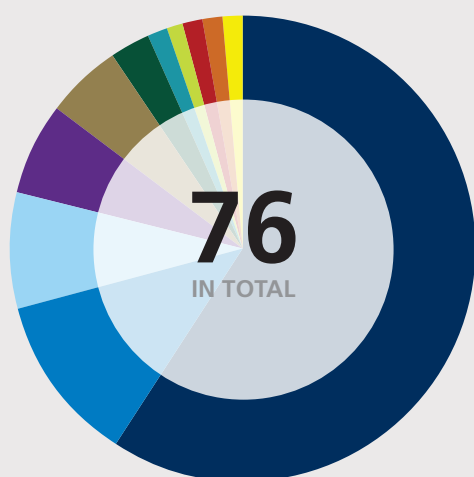
Helping Hands provides mental health and emotional wellbeing support for young people from across North Tyneside. This piece of work is delivered in partnership with Helen Heslop from Connexions, North Tyneside. There continue to be 5 groups that meet on a fortnightly basis. This year there have been 76 individuals involved across the groups.

Due to Covid and the need to socially distance it wasn't possible to meet at PDYP as usual, so a big thanks to St Peter's Church for allowing the groups to meet there.

It has been fantastic that the groups have been able to meet face to face as opposed to the online sessions we were running during the initial lockdowns. Over the last year group sessions have focused on; anxiety, low mood, sleep, overcoming negative thinking and catastrophizing. Getting back to life after Covid has also been an issue for a lot of the young people attending such as being back in school, college, going out etc. Three young people from the group were successful in gaining places at university (Bangor, Coventry and Northumbria). This is a fantastic achievement for them as individuals but also as inspiration for other young people in the groups. Despite some of the Covid restrictions that were in place last summer, we were able to offer more local activities during the school holidays. Activities included Escape rooms, Beamish Museum, meals out, jewellery making, arts and crafts and Centre for Life. All young people attending Helping Hands are offered additional support, as well as those on the waiting list for Helping Hands. This year support has been offered on issues as well as regarding their mental health e.g., housing, college and university options, relationships as well as offering practical support e.g. attending medical appointments and even accompanying one young person who had an interview for Edinburgh University.



WHERE REFERRALS CAME FROM?



CAMHS - 45	Family Partners - 2
GP's and mental health specialist nurses - 9	Carers Centre - 1
Schools - 6	First Contact Clinical - 1
Connexions - 5	School Nurse - 1
Social workers - 4	Someone Cares - 1
	Youth Focus - 1

"I was 15, in my last year at school when I was referred to Helping Hands. I was referred because I was severely depressed, suffered with extreme social anxiety, suicidal thoughts and self-harm. I really didn't enjoy school as it was a toxic environment, I didn't like being around people and was getting bullied. My self-esteem and confidence was really low, I felt like I was a failure and wouldn't achieve anything in life. If you had told me then what I have achieved now I would have laughed in your face and told you to shut up. Due to the additional one to one support, I have received from Becky, especially over the last 2 years during the pandemic, I have come so far. Due to my increased confidence, I applied and have been offered a place at university and through college I am going to Malta for work experience. I never thought I would have the confidence to go abroad with people I don't know or apply to uni and move into halls of residence.

If I could tell my younger self or other young people getting referred to Helping Hands for similar reasons I would say 'it takes time, it doesn't happen overnight, bad things heal over time, it's ok to go outside of your comfort zone once in a while, but you have to be the first one to take a step forward to allow things to happen'. Young person

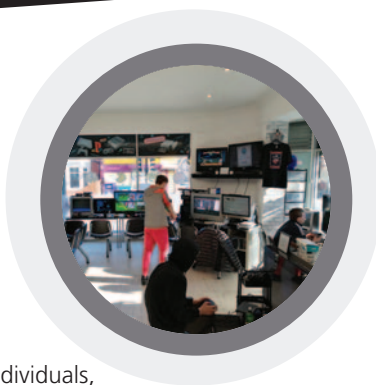




HisSTORY

This group was set up several years ago to give young men who might not have a large friendship group, a chance to meet and make new friends.

It has been a pleasure to see this group develop from a group of individuals, to one of friendships, and what started as a worker driven project based on identified need, has now become young person led, with group members coming in to suggest activities and future ideas. We have done a range of activities this year including a retro games café, graffiti art session and swimming. The aim of the sessions is to reduce isolation for the young men and offer them a chance to try new activities.



INTERGEN

Our intergen work is something that continued to be impacted by Covid 19, for example we usually take residents from Chirton Lodge to the panto but because we usually go to the matinee performance with school children this was deemed to be an unacceptable risk to the residents. We did restart the fortnightly shopping trips which were well received. For those residents who aren't able to shop themselves we continue to shop for them. We are hoping over the coming year that activities such as trips and games nights will be able to resume.

LGBTQI+

We pride ourselves that PDYP is a space that young people feel is safe for them to be who they want to be and for some young people it is the first time they can go by their preferred pronoun, chosen name and for some to be able to wear clothing they wouldn't usually be able to do. We do not run a separate LGBTQI+ group so if this is something young people say they would like to be involved with, as well as the PDYP group they are in, we refer them to The Base, Barnardo's and other specialist provision.

MENTAL HEALTH

In addition to the Helping Hands groups, we also offer a lot of one-to-one support for young people involved with PDYP. We have definitely seen the pandemic affect young people's mental health in a range of ways, for example; social anxiety, feeling agoraphobic or suffered as a result of not being able to access other sources of support / groups outside of PDYP. The advantage we have is that we can be flexible and responsive in the way we support individuals. This can include where we meet young people, referring and supporting them to attend meetings / appointments with other professionals or agencies as well as providing them the time to talk about their situation and feel listened too, without feeling judged.

NORHAM HIGH SCHOOL

We have had an active presence in Norham High School for many years now and value it as an opportunity to catch up with young people who we may not see out on the streets. We continue to develop our effective relationship through lunch time outreach and specialist sessions delivered to targeted groups. We have been voted as their charity of the year for 2022, which was voted by the young people of the school. As part of this we were asked to come into the school and present to all the year groups in an assembly, giving more information on the work we do.

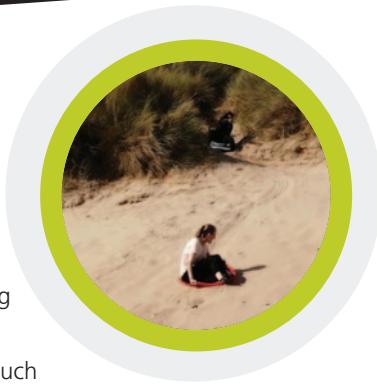
This year we have supported Norham High School in delivering sessions for their enrichment days. Some of the sessions we have delivered include Consent and Contraception, as well as looking at online digital safety and awareness of the "Digital Footprint". This session was delivered face to face to the entirety of their year 8 cohort and well received by both staff and young people at the school. We were also asked to work with a group of young men from year 7. This was a 7-week project, where we went in once a week on a Friday and delivered sessions on topics including knife crime, sexual health, online safety, healthy relationships, drugs and alcohol etc. This finished with a trip to a Trampoline Park. Both the young people and PDYP staff got so much out of these sessions and it was both educational and fun for us all.

We have also run 2, 12-week music course's for year 7 pupils supported by DJ A.D.S and Drop Dead Fred, two Newcastle based musicians. These sessions have been a great way for young people to explore their thoughts and feelings through the medium of music and lyrics. We have continued our 1 to 1 support for Norham students, offering young people an opportunity to chat with PDYP staff in a confidential and safe manner, we have also worked with young people identified by the school as needing further support from an outside agency. It is great to work with Norham High School as we feel they really value our informal education approach, while for our staff it is a great opportunity to develop the work we do in spaces youth workers don't often go.

ONE TO ONE WORK

This is a vital area of our work, and we are able to support young people with whatever they need support with, examples include; poverty, domestic abuse, physical health, mental health, sexual health, housing, parenting, family and friends. Sometimes young people come in, who we may not have seen since they were involved with friendship groups several years ago at school. However, they remember that we are there to support them when they maybe in crisis until they turn 26yrs old. Where young people need more specific or specialist help, we can support them

in accessing those services e.g. Talking therapies, Harbour, One to One centre. We pride ourselves in supporting young people in a flexible and responsive way for example, supporting young people to attend appointments, university interviews, keeping in touch with young people in prison. A lot of this year has been supporting young people with the knock-on effects of the pandemic e.g. confidence, isolation, training and employment. For some young people we may be the only people they are able to confide in on a wide range of issues and for some young people it is offering them support so they can improve their confidence to leave the house. Thanks to funding from Elswick Trust, Greggs Trust, Alex and William De Winton Trust, North Tyneside Council we have been able to help young people practically with; gas, electric, food, white goods, furniture, carpet, travel and clothing. This year we have given out a total of 138 grants.



PALS

We delivered our last alternative education course with PALS in the summer of 2021 after a restructuring of how PALS and the alternative education provision was to run. These sessions have been a great way to get to know some of the harder to reach young people and a great place to recruit young people onto our construction scheme

PARENTS

We work with young parents and their children on a one-to-one basis and in groups. Covid did continue to impact on the activities we were able to do for some of the past year. We have found that Covid has definitely impacted on children's confidence, as a result of their limited opportunities for social interaction with other children outside of nursery and school, and for those born during the pandemic they have had even less opportunity to meet with other babies. We have been fortunate to establish links with Sienna Court and being able to use their sensory room has been fantastic for the babies and toddlers. Repeat visits has made it evident to see the babies' developments. There have also been activities and trips e.g; soft plays, arts and craft and pumpkin carving. Last year because of Covid we weren't able to have a Christmas party and did doorstep visits with Santa and feedback from the parents was that they preferred this, so we did the same this year. It was fantastic to see the joy on the children's (and parents) faces when Santa knocked on their doors. A massive thank you to Santa for taking time out of his busy schedule to help us out. Through North Tyneside Councils HAF a group of young parents were able to attend a practical slow cooker course where they attended a day's session where they prepared several meals to take home and got to taste some meals cooked in a slow cooker. As well as ingredients for several meals, each participant was also given a slow cooker,

recipe book and voucher for more ingredients. Young people learnt about preparing cheaper pieces of meat e.g. skinning and deboning chicken thighs instead of chicken breasts, batch cooking and freezing and that using a slow cooker is more cost efficient than using an oven. It's been great to be sent pictures of what young people have been cooking since they got home and that the slow cookers are being well used.

"I found the slower cooker course useful because without it I wouldn't have a clue what to do with one, it also gave me some ideas of what I can cook with the slow cooker".

On a one to one basis we have supported young parents with; relationships, domestic abuse, budgeting, poverty, housing and their mental health. We have also acted as advocates and supported young people to access their health visitors and other medical professionals as young people and their children have missed out on the regular face to face appointments / support they would have received pre covid. We have also provided grants that have been used for; baby equipment, furniture, flooring, clothing as well as gas, electric and food.

PHOENIX CONSTRUCTION SCHEME

This year has been a really challenging time with the Covid 19 pandemic. This was compounded by young people missing school and education due to the pandemic. Having said that, our scheme is one of the very few that comes with youth work mentoring, who have the skills to work with the diverse range of needs that young people have. Without the Joyce Trust working in partnership with PDYP, the Learning Alliance (N.T.C.), and local businesses this project would not have been possible, so a massive thanks to you all. There were 6 trainees in the workshop from September 2021 to March 2022, learning hand skills in mainly joinery, and working towards their Level 1 in Construction. They also attended Functional Skills doing their Maths and English needed to do an apprenticeship. During this time they also prepared and worked towards their test for a C.S.C.S. construction safety card, PASMA Tower Scaffold, Level 1 diploma in construction, functional skills, Level 1 Health and Safety, and Health and Safety Awareness. Of these 6 young people, 4 have secured apprenticeships.

"The industry has struggled due to Brexit and COVID-19 with a real problem for construction companies getting materials regularly enough to build and materials being held up in containers around the world. The PDYP team have successfully managed to continue the scheme in a very difficult environment, due to their commitment to young people's future. Sadly the industry urgently needs to invest in young people for the construction industry, but finding opportunities to enter the industry are hard to access for young people even with Phoenix Detached Youth Projects help. We need this construction scheme



PHOENIX DETACHED YOUTH PROJECT



to continue as it is vitally important to continue developing young people for the construction industry or we will not have an industry in the future". **Angela Carney, Managing Director, Carney Consultancy**

"A partnership with Phoenix Detached Youth Project has continued to be effective but has been a bigger challenge due to the young people missing large amounts of education before they started on the scheme. The knock on effect in young people's learning can be witnessed with this year's group of trainees, who have missed out on their education for a period of time during the COVID-19 Pandemic. Mike and his team continue to work hard with individual young people on a one to one basis in mentoring them to prepare for the construction industry and the workplace. Without the funding from the Joyce Trust the Phoenix construction scheme would be impossible, and we thank them for their partnership working with us. We would also like to thank all our business partners for their support in kind and for offering placements during such a difficult time for them as companies". **Lynn Norris, Programme Manager, Employment and Skills Learning Alliance N.T.C.**

RESIDENTIALS

We have always valued residentials to really get to know young people and identify; ideas, hopes, fears and barriers to success.

They also offer some young people respite from day-to-day stresses and a chance to visit places they might not otherwise get to see. After not being able to do residentials in 2020/2021 due to restrictions, September saw us able to do our first residential in about 18 months. We took a group of young people to Beadnell bay, while there, the group went on a boat trip to the Inner Farne's as well as getting to explore one of the islands. As well as this, they explored the coast, did sand dune sledging and had a campfire whilst getting to spend time together as a friendship group. This year also saw us return to High Borran's with our Club 1 lads' group and ToGetHer groups in partnership with Active North Tyneside. The Club 1 residential is a working weekend where the young men learn key skills ranging from the importance of waking up on time to how to plan, implement and evaluate while doing maintenance round the High Borran's centre as well activities designed to push them out of their comfort zones. The ToGetHer residential saw 10 young women explore the Lake District through ghyll scrambling and hiking, while building bonds of friendship and pushing their limits of what they thought possible.



"I truly love working with Phoenix DYP and your ladies. It's so lovely to spend a few days at work which are true magic soul food. I think the work Becky and Luke and the rest of your team do is fantastic, you really are unsung heroes". **Dawn Elliott, High Borran's**

SEXUAL HEALTH

We continue to offer the C Card scheme which offers young people free access to condoms. In addition to this we are able to provide kits for Chlamydia and Gonorrhoea testing and information about relationships and sexual health. Where young people need other forms of contraception or STI testing we support young people to access the One to One Centre.

SUMMER

The summer is always a busy time for us... along with autumn, winter and spring... but with the relaxation of rules on group size and permission to go further afield, groups were chomping at the bit to do more activities and we really made the most of summer 2021. In total the summer involved 42 activities, 433 interactions including group work, 1 to 1 support, crisis work and some detached. It was, exhausting, we had some amazing highs and a few lows, but we made it through, and we couldn't be happier with it. An extra thank you to sessional staff, who were absolute stars, stepping in often at the last minute to help out.

ToGetHer

This group is for young women to get together with other young women, who they may not otherwise get to meet. It also encourages young women to try new experiences in a supportive way and means that individual young women get the chance to participate in group activities that they may usually feel unable to do for a variety of reasons e.g. social anxiety, work or child care commitments, isolated etc.

This year the group have done a range of things including; henna, surfing, high ropes course, pottery painting, meal out and a residential to High Borran's. We do a variety of activities so that young people get to have new experiences, which may see them outside of their comfort zones but in a safe and supportive way. We offer a range of activities and some allow young women to get out of their home and meet with other young women, without the pressure of having to talk, for example watching films. Thanks to access to the cinema room at Sienna court we have watched several films. Due to the cultural diversity of the group young people have taken it in turn to choose a film which means young people have been introduced to new genres of films.



In November we worked in partnership with Acorns and put on an event for the International day for the elimination of violence against women. Young people from both organisations spoke about the work they were involved with and there were a range of; information stands, activities and the chance to socialise and meet new people. This was our first event like this since before the pandemic and it was fantastic to be able to meet face to face with other organisations.

The outcomes for individuals involved in the ToGetHer group is vast and varied, for some women getting out the house after 2 years of Covid has been a significant outcome, for others it has been putting on a swimsuit and wetsuit and being able to walk down to the beach and for others trying new activities and foods.

"I am part of the ToGetHer group alongside some of the most amazing lasses I have ever met. This group is full of strong minded, multicultural individuals that use our experience to teach others many different things, this ranges from teaching others about our individual cultures and backgrounds to team building activities." **Young woman**

"It was great to get out of our comfort zones and enjoy the water, It has helped my confidence in the water and I got to meet new young women" **Young woman**

"At Yonder we work to empower women and girls in our local community. We offer them a connection to the sea that many have never experienced despite living so close. We have loved working alongside the Phoenix Detached Youth Project and have established a specific program working closely with a group of teenage girls from the project. It is at this key age that many girls

stop partaking in physical activities, feeling too self conscious or uncomfortable to try something new, it's a time of exams and often a time of anxiety. We work to introduce our community to a lasting and positive activity that will pervade into the other parts of their life and engender a "yes I can" attitude and mindset that will help ease their mind and introduce them to an activity that they can take with them through life". **Sally McGee, Yonder**

"Acorns were delighted to work in partnership with Phoenix detached youth project to organise an event for young people during Domestic Abuse Awareness week. It felt amazing to be able to come together and work collaboratively after such a long period of covid restrictions and isolation. Young people took part in discussions, participated in activities and shared valuable information about the projects they were working on. There was a real buzz in the air and we received some fantastic feedback. We truly admire and respect the work at Phoenix and we very much hope we work with you again soon!"

Kris Koth, Prevent and Cope Coordinator, Acorns Project

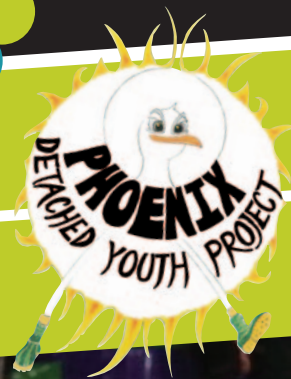
PARTNERSHIP WORK WITH ACTIVE NORTH TYNESIDE, NORTH TYNESIDE COUNCIL

We continue to work effectively with Active North Tyneside through the Club 1 and Us Girls schemes that give local young people the opportunity to access gym passes, which also allow them access to things including swimming. Through this partnership we have also ran two successful residentials to High Borran outdoor education centre (see residentials for more info).

"One of our priorities at Active North Tyneside is to engage with young men and woman who have become isolated and inactive and are in need of some support to get back on track.

Our strong relationship with Phoenix Detached youth Project plays a key role helping us achieve our goals in this area by allowing us to support them in providing opportunities for young people. We have contributed funds towards two residential trips to High Borran Activity Centre in the Lake District, I was lucky enough to have the pleasure of joining the young women on their trip. It was amazing to see the impact of the weekend on the young women and how much they got from being out in the beautiful surroundings being active and away from technology. Going along also gave me the opportunity to build relationships with the ladies and in doing so has encouraged them to attend some of our other sessions such as our New Mams group and continuing to encourage positive lifestyle change. The partnership we have with Phoenix really allows us to engage with groups of very hard to reach young people and support them in achieving healthier, happier lifestyles". **Barbara Grey, Leisure & Well Being Activator - Sport and Leisure Service, North Tyneside Council**

DEVELOPMENTAL AREAS OF WORK



AMBASSADORS / COMMUNITY HEALTH CHAMPIONS

This this year we have had 10 community health champions and ambassadors, who have promoted the project to funders and local businesses. These are usually young people who have come through the project over a number of years, who are good role models and able to promote the PDYP, not only to other young people but the wider community.

The ambassadors have been working with the local community to try and develop a micro park (small play park with three play items) for younger children on one of the streets of the estate. One of our young mums has been leading on this project and are keen to develop a number of micro parks around the estate and encourage parents go on tour around the estate to different bits of apparatus. The community has been involved in talking to the Phoenix ambassadors, who have also met the local councillor to promote the idea. We are now in the process of asking the Mayor of North Tyneside to support this community led project.

The biggest area of work the ambassadors have been involved in is working in partnership with VODA young people, to put a bid into the Virgin Money foundation for the "I will project" for funding which involved the ambassadors having street meetings to plan and organise the funding bid. This was successful and this project is covered in more detail within the 'VODA section of this report.

"I am an ambassador for the Phoenix and very very proud to say that. To represent the young people of NE29 through such an amazing organisation is nothing less than an honour. This roles allows me to use my personal skill set to promote the underrated communities in North Tyneside and give back to the community that helped me in so many ways. We are currently working on the 'Shy Bairns Get Nowt' scheme which is a pot of money that will be used by people of the community and be put towards investing in the community in diverse and new ways to encourage people to see all of the potential that this community holds".

Young person, 18 years

CUTS BOTH WAYS

Phoenix Detached Youth Project has worked with young people on the issue of knife crime for 13 years. Sadly in 2016 one of the young men we had known for 11 years was stabbed to death. His family approached us as they wanted to create a film in his memory and that would educate young people about the impact of carrying a knife has on the wider community.

"The 25th January our lives were shattered because of a decision that someone made, that decision was to carry a knife which was inevitably used by that person, my family didn't just lose Reece that day we lost ourselves, we have had to carry on with a lifetime of pain & grief, we have to push through the days we don't want to get out of bed the days that are missing of our boy, if one person makes the decision to bin their blade then we might have just saved them and another family from going through the same lifetime of grief". Sylvia, Reece's mam.

Due to the pandemic this has taken a lot longer than we anticipated but we are thrilled with the outcomes. We have worked in partnership with Northumbria Police, NHS Ambulance Service, VODA and Newcastle Falcons. All the young people in the films have worked with us at the Phoenix Detached Youth Project over the past 13 years. This project has been a long journey but doing preventative work around knife crime has been a very important thing for us to do as a staff team. We have now produced three separate films. The first film has the family of a victim and the emergency services talking in a very hard hitting film. The second film has a shares the thoughts and feelings of a perpetrator, which he had written while in prison.

Due to the sensitive nature of it, the perpetrator requested we use a different voice to read his words. The third film has a victim of knife crime speaking about the impact of knife crime on him, even years after the incident. We have designed a session to compliment the three films that can be delivered in schools or youth work settings to make young people realise the consequences of knife crime, to society and themselves.



GP LEAFLET

Literally a few days before lockdown young people finalised the 'Good practice' film, which is aimed at GPs and people on how to get the most out of appointment times. Young people had always wanted to produce a leaflet to

accompany the film, but the pandemic delayed this. We are delighted that this leaflet has now been finalised and currently being printed. The leaflet is aimed at GPs and young people and contains practical information on things to consider before and during appointments.

HELP YOURSELF LEAFLETS

Due to the success of the Help yourself leaflet, which was designed by young people several years ago, North Tyneside Council's Public Health department generously agreed to fund the reprint of another 10,000 leaflets. Young people reviewed the leaflet and swapped some of the previous suggestions of apps for different ones. The updated leaflets have been redistributed to; CAMHS, Middle and Secondary schools across North Tyneside as well as to a range of other agencies which work with young people. Copies of the updated leaflet are still available.

LOUDER PROJECT

We were delighted to be approached by Helix Arts asking if we had young people who would want to be involved in a joint project with Rape Crisis Tyneside and Northumberland to produce a resource for young people about relationships and boundaries. We identified individuals who then came together as a group. Due to the passion and commitment of the group the project became a lot larger than initially anticipated. The sessions involved drama workshops where the diversity of domestic abuse and relationships were explored. Young people got to work with a range of workers recruited by Helix Arts so they could assist with the script writing, lyric writing, directing and performing in the final films. Young people also designed the logo. Four films were produced, 3 of which were by young people from PDYP, each showing a different type of relationship and the issue of consent. Helix Arts and Rape Crisis are writing an accompanying resource so that the films can be shown in schools to educate young people.

As well as creating a valuable resource, additional outcomes for this project have been; young people making new friends and for some overcoming and getting support for past abusive relationships.

"From meeting Becky at the start of the project it was clear Helix and Phoenix had a shared ethos of young people driving to the work and commitment to co creating with young people.

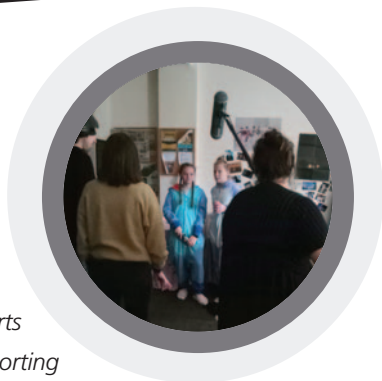
"PDYP has been a fantastic partner for the project we could not have asked for a better one. Becky has been so supportive and obviously has a great relationship with the young people developing their confidence and supporting them to engage in the project and provided pastoral support. Not only is Phoenix Detached Youth engaging young people but is obviously an integral part of the local community which has been so useful as part of this project. I have worked with different youth projects throughout the years but Phoenix Detached Youth really puts young people in the centre of everything they do responding to their needs and their views meaning the work they do is powerful and extremely important. It has been a privilege to work with



PHOENIX DETACHED YOUTH PROJECT



them on this project and see first hand the incredible difference they make to young peoples' lives. We hope this is just the start of the relationship between Phoenix Detached Youth Project and Helix Arts as we share the same ethos of supporting young people to be project creators, champions and leaders". **Rachel Hamer, Helix Arts**



"Honestly the best thing about doing this project and being involved is getting to know other people who have been through similar things. It's nice to have someone else to talk to about the things that people stigmatise and look the other way on. I was in a bad relationship like the one in the film but now I'm in a healthy relationship". **Young woman**

"I hope that the impact that's left from this project is that people don't feel alone, like there's people who understand and know how they feel, like to understand and notice something that might feel the same as it does from the project into their life, like notice the red flags and behaviour changes and the impact it's making around everything". **Young woman**

VODA

The "I Will" project is a partnership project with VODA. We were able to start the first stage of the project in January. The project has 3 stages, the first is a photography course with the working title of "My North Shields" this is to get young people to look at the area they live in and identify things they would like to work on, through this we have managed to recruit young people who are now planning local social action projects which benefit the area. In the February half term, we started the second stage of the project, called The Elves, which is the social action element, where the young people identify projects they want to work on, that will benefit the community. Some of the Elves came down and helped us put up 20 new spray paint boards as well as tidy up the Basketball court after it fell into disrepair with more social action project planned for the coming year. The last stage of this project, called the, Shy Bairns Get Nowt, will involve young people being trained as funding panellist, so that local people can apply for funds for activities that benefit the local community.



RECOGNISING OTHERS

REECE ALLEN AWARD

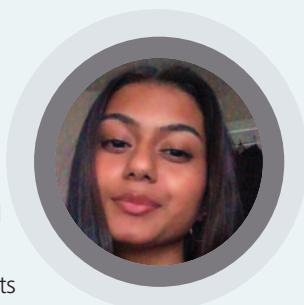
This award has been given in memory of Reece Allen who sadly lost his life in 2016. We had worked with Reece for 11 years and the PDYP and Reece's family wanted to create a legacy in his name.



The award is in recognition of the contribution to the local community by a local young person.

This year's winner is Hafsa Ghaffar.

Hafsa has been an ambassador for several years and in the last year has dedicated a lot of time to be involved in several projects with PDYP as well as being involved in various meeting with funders, wider agencies locally and nationally and interviewed by the local news. Hafsa is passionate about representing the views of local young people and is a credit to herself, family and community.



"We feel Hafsa is a really worthy winner of Reece's award. We wish her as much success for the future, well done".
Sylvia Welsh, Reece's Mam.

"I just wanted to thank the Phoenix for giving me so many different opportunities to encourage me to enhance and develop my skills. They have been a huge part of my life for as long as I can remember and always challenge me to be my best self. This award is a huge honour for me to receive and I am so thankfully for the recognition. Working with the Phoenix for so many years has been amazing for me as a young person, I have met so many new people from different scopes of life and it has taught me so much. Thank you".
Hafsa Ghaffar

INVESTORS IN YOUNG PEOPLE AWARD - OUTSTANDING LOCAL PARTNER

This year we have chosen Meadow Well Connected as they have been working closely with us on two projects, one has been a bid for an old metro carriage to be placed at the community centre. The young people who are urban artists from PDYP are keen to be able to paint the train, if we are successful, as a rolling canvas.

The second project has been to develop a street play pilot project for one year to employ two street play workers to deliver street play to 8



to 12 year olds on the streets around the estate. Both agencies have worked closely together to raise funding to employ the two street play workers and support the development of this project, which has been asked for by the local community.

"Thank you for naming Meadow Well Connected as partner of the year, we have always valued the work of PDYP, which makes a huge impact to the most disadvantaged young people locally. We have been working closely with them this year to develop a joint Street Play initiative which is in direct response to calls from local families for more things for children and young people. We believe this approach will support families and young people to access play activities resulting in more fulfilled lives. We have also been working together on an ambitious plan to install a metro carriage which we hope will bring aspiration and opportunities to our community. We will continue to work positively together for the benefit of our shared community".

Mandi Cresswell, Chief Officer, Meadow Well Connected

INVESTORS IN YOUNG PEOPLE AWARD - LOCAL BUSINESS OF THE YEAR

This year we have chosen to award two local businesses the award as they have been extremely supportive in supporting young people.

LOCAL POUNDLAND STORE, ROYAL QUAYS

During the pandemic we were shopping in the Royal Quays branch of Poundland for items to go in welfare packs for young people. We wanted to check with the manager it was ok for us to buy items in bulk. This was when we first met Trish who was very supportive in enabling us to do this. Since then our relationship has gone from strength to strength and she has made numerous donations throughout the year in order to help young people and also set up a scheme where customers could donate; hats, gloves and scarves to young people.

"We are so thrilled to win this award! It was totally unexpected as all we wanted to achieve was to help in any small way we could to make someone's struggles maybe a little easier. Young people have a tough time of it and to help in anyway is a pleasure as I feel they are our future". Trish Pittas, Seconded Manager, Royal Quays Poundland



PHOENIX DETACHED YOUTH PROJECT

LOCAL TESCO STORE, NORHAM ROAD

Often finding the right person in a company to liaise with is always key to success and we were able to meet Kerry when we were trying to get discount on 25 pumpkins for carving with the parents. She kindly donated the pumpkins and this is where our journey began as she said she had been looking for a local charity to support who dealt with the local community. We have been supported with items for 12 food hampers including meat joints for Christmas, which we were able to give out to parents and young people who were struggling over Christmas. They have also donated a wide range of products to help young people out, including stationery, toiletries and Easter eggs. On one occasion we were shopping in store with a young man who was given a food parcel but didn't have a tin opener to open the tins so Kerry kindly gave us a tin opener. We have been impressed with a clear can do attitude towards helping local young people and we thank Tesco's for that.



"Tesco and myself are so grateful to be able to help out our local community. Everyone needs a hand at sometime and hopefully, between Tesco, The Phoenix detached and everyone in the area, we can start building a happier, healthier and stronger community".
Kerry Lockey, Tesco Community Champion, Tesco Extra Store

FUNDERS AND BUSINESSES

The past two years have been really challenging, so the value of having effective partners who are able to fund in a flexible responsive way cannot be underestimated. We have had to ask funders if we can carry money forward due to the harsh operating conditions that COVID-19 posed to us all.

We have continued to get support from business and local companies at a time when they themselves have been struggling due to Brexit and COVID-19. This has been greatly valued and shows the commitment local business people have in supporting local young people via the Phoenix Detached Youth Project.

The continued commitment to support the local community from North Tyneside Council from the Mayor to local councillors, officers, and North Tyneside Public health has been excellent. This has been by giving in kind support to us and also helping us with the challenge of dealing with poverty in the area. We are also keen to mention Healthwatch, as they have been able to give us extra funding for resources and support during the pandemic with face masks etc. Our partnership with VODA continues to be strong and we would like to thank the VODA team for all the extra support on funding, finance, and project work, over the past year.

"It goes without saying that the past year has continued to be profoundly challenging as we learn to live with and recover from COVID-19. Delivering projects through these difficult times make



the achievements highlighted in this Annual Report even more impressive. The Phoenix Detached Youth Project has maintained a consistent, trusted presence; always listening to young people's needs and helping them to recognise their strengths.

We know good mental health is fundamental to good physical health and enables young people to achieve their potential. As well as the direct support provided by the Helping Hands group, Phoenix supports the mental health and wellbeing of young people by encouraging them to get involved in positive activities that build self confidence and self-esteem.

We know that many young people have been making decisions about their future during a particularly disruptive and uncertain time and unfortunately the evidence shows that the educational attainment gap is likely to have widened in more socio-economically deprived areas during the pandemic. Therefore, I was absolutely delighted to hear that four young people who have been supported by Phoenix started university this year. In addition, other young people have been supported into employment which is fantastic news.

I would like to extend my thanks to all the team at Phoenix for their determination and dedication to the families and young people they work with. They really do have an enormous impact for such a small team and provide truly life changing opportunities to so many of our young people, which in turn improves health and wellbeing".
Wendy Burke, Director of Public Health



WHAT OTHERS SAY ABOUT PHOENIX DYP



"My pupils enjoyed working with Luke and Beth when they came into school to deliver a variety of sessions on keeping yourself safe. Luke and Beth spoke to the pupils on their level and made them feel safe and listened to. My pupils also enjoyed their trip to Airbox and McDonald's with Phoenix and I know they have expressed an interest in coming to the project outside of school time". **Danielle Craigs, Nurture, Norham High School**

"Hi my granddaughter has had a lot of help from Phoenix DYP, It's a wonderful Charity helping young and vulnerable adults, the help from Mike and his associates has been wonderful, the work they do is outstanding and I can't praise them enough". **Grandmother**

"I have worked alongside Phoenix Detached Youth Project for many years and continue to be impressed at the commitment showed by everyone involved in making sure that they listen to and support young people to develop and get the best possible start as they move into adulthood. Life is complex, and growing up in communities that have been negatively impacted by the pandemic and numerous other challenges can make it hard to have positive aspiration, this is made slightly easier with the help and support offered by Phoenix to every young person lucky enough to come into contact with them". **Felicity Shoesmith, Community and Voluntary Sector Liaison Manager, North Tyneside Council**

"I am lucky enough to have witnessed first-hand the incredible and supportive work which PYDP complete in our community helping young people in a range of areas where it is needed most. They collaborate well with our local schools, and they have an innovative and enthusiastic approach which puts the young person at the centre of their work. I look forward to collaborating with them again in the future."
David W Bavaird, High Sheriff of Tyne and Wear

"Thank you Becky and all at the Phoenix that have helped my daughter become the strong young person she was always destined to be". **Parent**

"Huge thanks to Luke and the rest of the PDYP team for being wonderful colleagues in the delivery of our joint #I Will Take Action Project. It's been fantastic to work alongside you to share skills, knowledge and laughs all whilst supporting local young people to create positive change in the community through social action. Phoenix are an integral pillar of the local community, offering support and provision for young people and it is a delight to work with you all. Keep doing what you're doing!".
Josie Robinson, People and Projects Manager

"I am delighted to help PDYP, and other charities, who are helping people in need. I came from the community, so to now be in a position to help people and hear about the benefits is great. People being able to create a new fresh feel to a room can make a massive difference to them. Supplying a few tins of paint to families can result in a positive gain, a small outlay for a huge gain".
Stephen Hull, Tynemouth Decorators Ltd.

"The Phoenix Detached Youth Project are a great partner and asset to Chirton Lodge over 55 housing provider. They provide transport to our tenants which enables them to visit the local supermarket which is a fabulous support and they meet up with friends. Recently the Project provided transport for a local trip out which everyone enjoyed.

We are also in connection with the Project doing some intergenerational work with a local nursery. The project is a huge asset to not only ourselves but the wider community. Thank you to the Phoenix for being our friend".
Christine Clery, Scheme Manager, Anchor Hanover

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

National Lottery Community Fund
Community Foundation Tyne and Wear
Northumberland
Tudor Trust
Department of Public Health,
North Tyneside Council
Virgin Money Foundation
A & K Auto Electrics
Active North Tyneside, North Tyneside Council
Alex and William de Winton Trust
Carney Consultancy
Chirton Traders
Covid Crisis Fund North Tyneside Council
Greggs Foundation Recovery Fund

Healthwatch North Tyneside
Joseph Brough Charitable Trust
JP Morgan
Little Blossoms Childcare
North East Access Training
Newcastle Falcons
Norham High School
Poundland Royal Quays
Ron and Louise Bowey Fund
SLR Consulting Ltd.
Tesco Extra Norham Road
The Joyce Trust
The Red Brain Charity Set Up
This and That

Tyne and Wear Grassroots
Tynemouth Decorators Ltd.
Vinci Construction
Vital North Tyneside (Community First)
White Knight Maintenance Limited
WJR Financial Solutions

As well as individuals from
across our Community



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North Tyneside Council

