

CARLISLE YOUTH ZONE

2018-2019 ANNUAL REPORT



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MESSAGE FROM OUR CHAIRMAN



“The year has been chock full - of challenges, of triumphs and of moments of deep emotion. From the first day that I stepped into CYZ, I have been amazed and inspired by the stories I hear and the people I meet - but most of all, by the energy and resilience of the young people we exist to serve. Please take time to read the report and learn a little bit more about this amazing resource which Carlisle is really lucky to have. It is always hard to bring things to life in the written word. We delight in showing people round and introducing them to the Youth of Carlisle. Please let me know if you would like the experience - you won't regret it. You can get me at chris.holmes@carlisleyouthzone.org.”

Chris Holmes

HUGE THANKS TO ALL OUR PATRONS

Our Patron programme is designed to accommodate businesses of all shapes and sizes. If you would like to join our patron family and help us safeguard even more young lives and encourage others to do the same then please contact Lynsey Buckle (lynsey.buckle@carlisleyouthzone.org) or Emma Rogerson (emma.rogerson@carlisleyouthzone.org).

MAJOR PATRONS



PLATINUM



GOLD



SILVER



BRONZE



PATRON TESTIMONIALS

Dodd & Co are delighted to be able to support the Youth Zone, to help to ensure that their invaluable work, and the contribution they make to the city and its kids, much of it unseen, can continue.

Alison Johnston
Partner,
Dodd & Co

We are immensely proud to be able to support and work alongside such a hardworking and dedicated team at CYZ that continue to provide the young people of Carlisle with a great facility.

Neil McIntyre
Managing Director
Kingmoor Park

TRUSTS AND GRANTS

- Alchemy Foundation
- Masonic Charitable Foundation
- Beatrice Laing Trust
- D'Oyly Carte Charitable Trust
- Ernest Hecht Charitable Foundation
- Cumbria Community Foundation
- Garfield Weston Foundation
- Michelle Jurd Memorial Trust
- Edward Gostling Foundation
- James Tudor Foundation
- BBC Children in Need
- Emerton-Christie Charity
- Sport England
- National Lottery Awards For All
- Francis C Scott Charitable Trust
- Four Acre Trust
- Lennox Hannay Charitable Trust

FINANCES





RACE DAY

The event, now firmly established as our primary fundraising event, includes a raffle, auctions, races and great food. Almost £12k was raised with a good time had by all. Tables for next year's event have now sold out!

HALSTON BIRTHDAY CELEBRATIONS

Carlisle Youth Zone was chosen by The Halston as its charity of the year, with all profits from their 5th Birthday Bash (£11,000) being donated to us. A CYZ choir performed songs from "The Greatest Showman"



KINGMOOR PARK TURNED 20

Young people from CYZ turned the bus stop at the entrance to Kingmoor Park into a colourful lounge complete with sofa, fireplace and coffee table. From March to May commuters could enjoy the time waiting for their bus in a comfy living room setting: a way of feeling home right before their ride back to town.



THE KINGMOOR CUP

Challenges, friendship and fun: three words encapsulate one of our biggest events, with over 250 people involved in celebrating Kingmoor's 20th year and its connections with CYZ. Ten teams from local businesses with two CYZ members each were deafened by cheering squads of Holiday Club attendees and went head-to-head tackling assault courses, a scrapheap challenge and bush tucker trials. "We celebrated 20 years of Kingmoor Park and the support we have had from them. It has been fantastic," says Lynsey Buckle, Development Manager. After a fierce competition, the winners were Cubby Construction.

FACT FILES:

MEET MIKAELA



Mikaela studies working with Children and Families at The University of Cumbria and provides workshops about anti-bullying, resilience and confidence to young people in Cumbria.

Why did you become a mentor?

"I struggled during my teenage years: if I had had someone to talk to, things could have been easier, so I decided to be that person for someone else."



IN 2019 WE HAD 70 MENTORING REFERRALS 52 NEW TRAINED MENTORS 28 NEW RELATIONSHIPS

It's someone great to talk to who listens without judging you; it gave me a greater outlook on life and helped me to cope with my problems in a better way. A part of the week I really look forward to, sometimes the only part.



MEET JESS THE YOUNG LEADER VOLUNTEER



Jess is a senior member. During the Summer she volunteered for four days a week supporting staff, gaining respect of the young people and growing her confidence. Why did you Volunteer? "I wanted to do football coaching and thought that it would help me. I love it and thanks to this experience now I feel more confident. Its a great experience and if you enjoy helping others then this is as rewarding as it gets."



BIG FRINGE LITTLE FRINGE

Twelve senior members created, promoted and staged a project that will form two events #bigfringelittlefringe - which you'll see coming to fruition in August 2020. They have been supported by **Grant Seaton and The Cumberland Building Society** (with help from Plus3k.tv, Flock PR girls and NXT Recruitment) to create realistic business marketing and PR plans. The two events will bring together the local community.

Grant Seaton: "I am sure that, they are going to create a sustainable model that will see Big Fringe Little Fringe continue for many years to come."



CAFÉ ENTERPRISE

Spending time in a café is a regular activity for young people, but what if young people owned the business? We've given 19 inclusion club members the opportunity to prepare, package and sell baked goods during club sessions and to the public, developing skills in the kitchen and customer service.



GAF is all about raising aspirations and creating opportunities for young people to develop their employability and life skills. **Over 150 young people supported through the GAF project this year!!!!** With help ranging from CV and interview techniques to the CYZ young leader programme and some of the awesome projects such as #BFLF and the Cafe Enterprise project.

supported by





JUNIOR

Dedicated to young people aged 7-12, junior club is our most active club with 1500 individuals taking part in more than 1600 activities across the year – from football to cooking from music to getting sticky and creative in the arts studio. And don't forget the beauty room, and drinks and snacks in the café! Junior club runs on Monday, Wednesday, Thursday evenings and a Saturday afternoon.



SENIOR

Our older members need something a bit different. Senior Club offers somewhere safe and engaging for over 400 members aged 12 to 18 (and up to 25 for those with additional needs). Saturday nights have been a real stand out this year as they evolved into weekly theme nights, featuring gaming, quiz, music and pampering, all chosen by members. Senior Club runs on Tuesday, Friday and Saturday.



HITZ HOLIDAY CLUB

HITZ runs throughout school holidays to support young people aged 8-12 and their families. First and foremost its fun, they also offer the opportunity for young people to meet and work with other members of the community, building friendships, confidence and aspirations. Holiday Clubs offer a range of themed activities every day, such as cooking, sports, challenges, music, art & crafts and trips. This year, we've added a Multi Sports Camp - for young people to learn something different - eg volleyball, badminton and cricket!



Some of us need a little extra help. Every Saturday morning we create something a bit quieter for over 200 of Carlisle's young people with additional needs. They enjoy everything we usually offer, with a bit more personalised support and some special days out. The CYZ Sensory Room is the cherry on top.



ON-SIDE AWARDS

The spotlight of the Royal Albert Hall is a dream for every performer, and a group of CYZ members were able to experience that for the first time during the OnSide Awards in November. Senior Member Ben Taylor was selected to perform in the choir alongside 20 young people sharing the stage with The Script and John Newman. And other senior members Connor Tyson and Emily Ford received a nomination for awards and were able to meet Prince Harry!



During holidays it can be a struggle for families to afford food and activities for the children. A total of 457 free spaces to 74 individuals were offered throughout the five weeks of HITZ, with an average of 70 lunches prepared each week. This provided not only security but also a very real support for families working hard to do the right thing for their children - families that might otherwise be pushed into crisis.

AT CHRISTMAS WE ALSO PROVIDED A FREE HOT CHRISTMAS DINNER TO 200 YOUNG PEOPLE.



CHILDREN IN NEED

Our 2019 Children in Need funded project has been working with 50 members, focusing on healthy eating and good relationships. They have been involved in workshops, trips and activities all focused on well-being. Regular cooking sessions have taught young people about food in a healthy way **"Cooking, healthy living and team work - all made fun and engaging"** said Youth Worker Olivia Temple-Cox.

Relationship activities with **15** young people "have worked really well at getting young people to develop new friendships and trusting relationships out of their comfort zone" - said Youth Worker Julie Hetherington. **18** young people created their own bucket list of experiences, such as sleepovers and trips - and then set about achieving them. **Young people gained confidence and made new friends while trying new things".** -said Youth Worker Charlotte Wolstenholme.



LIFE LINES BACK TO THE 50'S

Life Lines was a ten month Heritage Lottery funded project which linked CYZ members with local residents of local care homes. It started with pen pal letters, then chats about Carlisle in the fifties, with a focus on art, cooking and travel, and culminated in an exhibition, designed by young people at Tullie House in the autumn. **Says Mark Gibbs, Art Coordinator. "The Fifties were a time of huge change and memories are in danger of being lost to new generations."**

PRESIDENTS CUP



A great day of competition and fun, **46** CYZ members took part in this year's Onside Presidents Cup in Wigan. Over 400 young people from 12 YZ Teams from all over the country, competed in an Olympic-Style tournament, including wheelchair basketball, field hockey, climbing, arts and a dance off. "President's Cup it's an amazing experience because you can meet a lot of people and make new friends along the way said junior member Daisy Thomlinson.

CYZ FUN RUN



Crossing the finishing line at Brunton Park and claiming a medal was a huge achievement for some members, who participate in the CYZ Family Fun Run.

For some young people it was their first medal, first race and the first time they'd be included in a team.

Bring on the FunRun 2020!



CUFC IN THE ZONE

The relationship between CYZ and Carlisle United has grown stronger this year. The players are regular visitors, but some nights are way more special than others. In January, the whole first team surprised 180 astonished members of Junior Club by joining in club for the evening, getting involved with everything as well as a Q&A session and lots of selfies. But surely none of the juniors will forget that match at Brunton Park against Cambridge in March, where, at half time, they shared the pitch with their heroes.



THE ULTRA MARATHON

In June 2019 Development Manager Lynsey Buckle successfully crossed the finishing line having ran an incredible **69 miles** in the ultra-marathon known as the #RatRace.

An incredible achievement, which also saw Lynsey fundraise **£5k** for the youth zone. #TeamCYZ are soooooo incredibly proud of the work and effort Lynz put into training for the ultimate race of a life time.

Here at CYZ we not only provide a fun place for young people, we also help to support kids with the most challenging of lives. ... We thank everyone for the support shown and all money raised went directly to supporting local young people.

Want to fundraise money for the youth zone? Contact lynsey.buckle@carlisle youthzone.org or Emma.rogerson@carlisle youthzone.org



MURRAY WINTERS

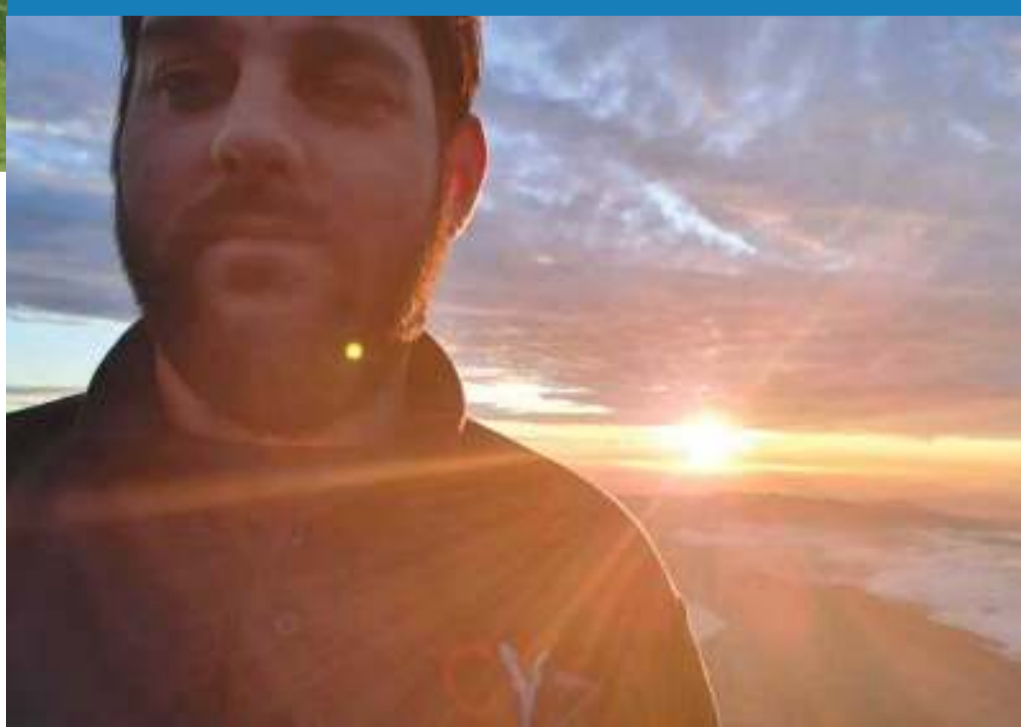


#teamcyz

I WILL RIDE 500 MILES

A 471 mile bike ride from Carlisle to Croydon: has been an amazing experience for Julie Hetherington, gym instructor, who completed this incredible bike ride across the country in just five days. When the opportunity came to take on this challenge and also raise awareness and money for the Youth Zone, I couldn't say no!" - Julie said. The trip started from CYZ at 6.30am with a huge party and reached Croydon 5 days later, having taken in all 14 Youth Zones in a whirlwind of sleep-eat-bike-repeat, Julie raised £1500 for the Youth Zone.

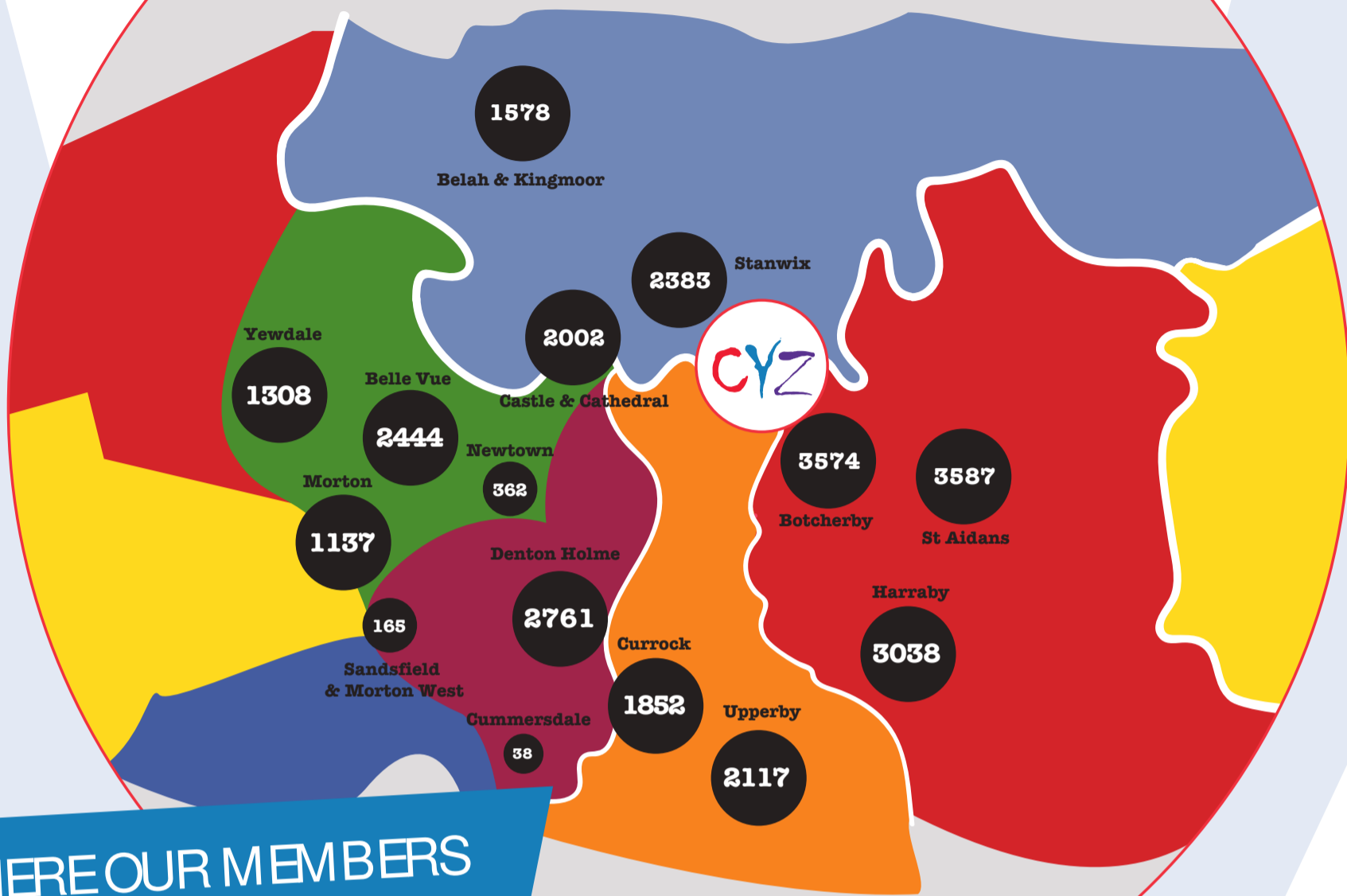
As ever, it has been an honour and a privilege to help the team here to achieve so many magical things with and for the young people of Carlisle. Keeping our head above water, continuing to develop the services we offer and building all the necessary partnerships is a constant battle - but one, thanks to you, we continue to find a way to win. Thank you. The Youth Zone is now firmly established as an essential part of the local community, and beginning to look forward to our 10th Birthday in 2021. With your help, we are planning to be here for many future generations of Carlisle's young people.



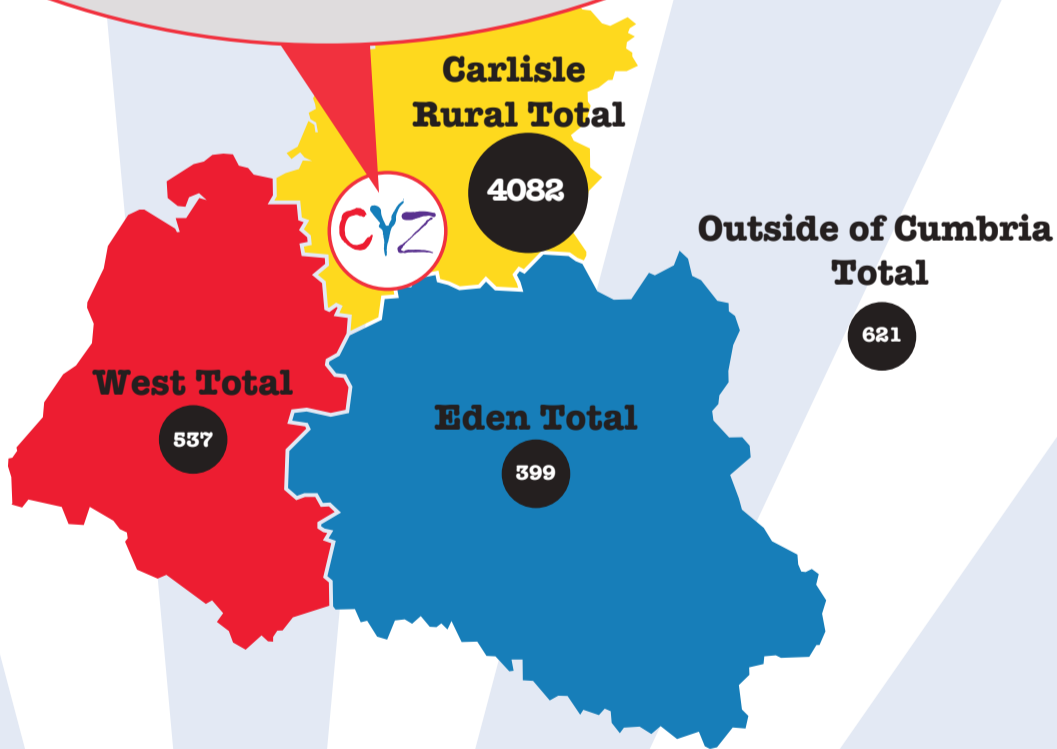
MOUNT FUJI, JAPAN FUNDRAISER

On the 6th August, after a difficult ten hour climb on loose gravel and sharp volcanic rocks, Youth Worker Chris made it to the top of Japans Mount Fuji to see the sun rise, making some amazing memories and stories to tell the young people of CYZ. "Supporting the YZ not only allowed me to raise more for a charity I love but also gave me the motivation to see the challenge to its end." - he said.

Carlisle area



**WHERE OUR MEMBERS
COME FROM**



2018-2019 STATISTICS

30,000 VISITS IN OVER
400 SESSIONS

3,200 HOURS GIVEN BY
VOLUNTEERS/YOUNG
LEADERS

2,000 NEW ACTIVE
MEMBERS

1,500 GYM
ACCESSES

850 FREE SPACES

200 TRIPS AND
RESIDENTIAL VISITS

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PART OF THE
**ON
SIDE**
NETWORK