



Annual Report 17/18

It's what's on the inside that counts!



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Find us on



PART OF THE **ON** SIDE NETWORK

Registered Charity No. 1134974

www.carlisle-youthzone.org

Nearly **100** active
volunteers gave up their time to
support 1289 sessions

1805 active
members (up 33%)
contributed to a total of
44,722 (up 32%) visits

And **46**
volunteers
were trained and
active in our
mentoring
programme,
providing 1 to 1
support for young
people in need

GET A FUTURE

Get a Future is a **creative & inspiring** collaboration involving over 20 businesses who've helped support and raise the aspirations of over **250 young people** living in Carlisle.

We couldn't possibly do this
without our incredible patrons

ArmstrongWatson
Accountants, Business & Financial Advisers

Who continue to provide phenomenal support by sponsoring Get a Future.



PARTNERSHIPS

We are proud to be the new home of **Beaumont College**, who help students with profound **physical and learning disabilities** to develop life skills. All day, every day in term times, **the building comes alive with their voices**, ensuring the resource is fully utilised by those who need it most.



Our training kitchen is sponsored by the CUMBERLAND BUILDING SOCIETY

There's a cooking activity in every club. It's to educate our members and gives them new life skills, it feeds members alongside their friends so they don't become isolated. Many of our members don't have healthy eating habits or any cooking skills. Our training kitchen allows all members the opportunity to use kitchen equipment, prepare food and cook it. These are skills which they can take home and use with their parents and when they go on to become adults. The training kitchen hosts group cooking activities. The youth workers identify young people who they know are living in poverty and who are not eating at home. By targeting these members and encouraging them to cook alongside others, they can have a home cooked meal without the stigma of being singled out as they are eating with friends together.



"The work that Carlisle Youth Zone do to identify and support vulnerable children is invaluable. We are so pleased to be able to help them deliver this service."

Becky Towns, the Cumberland's Community Co-ordinator

In total we ran
304
cooking
sessions
in the last year



**HUGE
THANKS
TO ALL OUR
PATRONS**

MAJOR PATRONS



PLATINUM



GOLD



SILVER



TRUSTS AND GRANTS

Big Lottery Fund
The Queens Trust
Four Acre Trust
Francis C Scott Trust
Aviva Community Fund
EC Graham Trust
Hadfield Trust
Heritage Lottery Fund
Masonic Charitable Foundation
St. James Place Foundation
Didymus CIO

Hedley Foundation
Alchemy Foundation
Laing Family Trust
DM Thomas Foundation
Baily Thomas Charitable Foundation
ACT Foundation
Natwest Skills and Opportunities Fund
Department for Education
Government Equalities Office

THANK YOU!

GIVE A DAY HEROES

Baines Wilson LLP – the wonderful Martha Winn!

Cumberland Building Society
Dodd & Co
Elton Finance
Barclays Bank
Dalston Aggregates
Aero Nurseries

BSW Timber
Kingmoor Park Properties
Carlisle Police
Liberty Work and Leisure
Tesco
Brian Hetherington



THANK YOU FOR ALL YOUR HARD WORK

SUPPORTERS

Cumbria Family Business Support Network
Rotary Club of Carlisle
Dutch Uncle
Bruce and Luke's Coffee
Newsquest

World Health Innovation Summit
Cllr Nick Marriner
David Allen IT
Genesis Homes
Green Urban
Hyde Harrington Land & Lakes

R&G Acquisitions
Bendles LLP
Eric Wright Construction
Prospus
Elton Finance
Clydesdale Bank
Santander

AMBASSADORS

CYZ Ambassadors help to promote CYZ and its work amongst the Cumbrian business community. The group comprises: -

Andrew Dunning
Liberty Work and Leisure Wear Ltd

Roger Smith
Thomas Graham & Sons Limited

Alison Johnston
Dodd & Co

John Wilson
Baines Wilson LLP (Chair)



The group has helped to expand the CYZ patronage scheme and aims to continue this work over the next 12 months. The group is also looking for enthusiastic business people to get involved with the group.

New initiatives and events are in the offing for 2019 as we seek to raise the profile of CYZ and its work even higher within the North Cumbria business community.

John Wilson adds: "It's very rewarding being able to promote CYZ within the business community secure in the knowledge that every penny raised will be very well spent on our young people by the excellent CYZ management team. It's remarkable that CYZ looks after around 1000 per week, numbers similar to other Youth Zones but with half the budget. Just think what they could do with a little more funding!"

Contact any of the Ambassadors if you would like to get involved with the group.



"I really enjoyed my visit and was so impressed with everything you have achieved. It was great to see so many children at the Youth Zone and to see them so obviously comfortable."

Jeremy Glover MBE, Senior Advisor and Founder, OnSide Youth Zones

PRESIDENT'S CUP 2017 – CARLISLE



The President's Cup at Carlisle Youth Zone engaged over 280 young people from 11 Youth Zones in a day of challenge and competition.

From graffiti designs, wheelchair basketball and gym challenges, to mascot designs, dodgeball and epic dance off, the day had it all. Seeing young people from all different areas and differing backgrounds come together in an overarching celebratory event was amazing.

280 young people from 11 Youth Zones



50 volunteers and staff

ARTS REPORT
“NOBODY CAN DRAW JUST LIKE YOU”

- Around 170 arts activities a week – in a quiet area with time and space to chat.

ARTS CASE STUDY

Emily suffers from anxiety, but attended President's Cup and won a place in a major art exhibition [as the youngest entrant] where she met the Mayor and did a live radio interview. Emily and her family are recognising her talent which along with other supported opportunities is building her confidence.

ARTS PARTNERSHIPS

- We work with others to make the most of all we can achieve. This year, that's included Prism Arts (Carlisle Pageant), The Goethe Institute (International Youth Art Exhibition) Keswick Museum, Music Links, Museum of Military Life, Tullie House, Mencap (50th Anniversary), RSPB Geltsdale and MIND.



MENTORING

- Mentoring referrals are now at 100! Of which 43 have been referred since April
- There are currently 42 matched relationships in progress and 11 referrals awaiting a match with 5 mentors newly trained and ready to be matched
- We are at 600 mentoring meetings already this year

MENTORING CASE STUDY

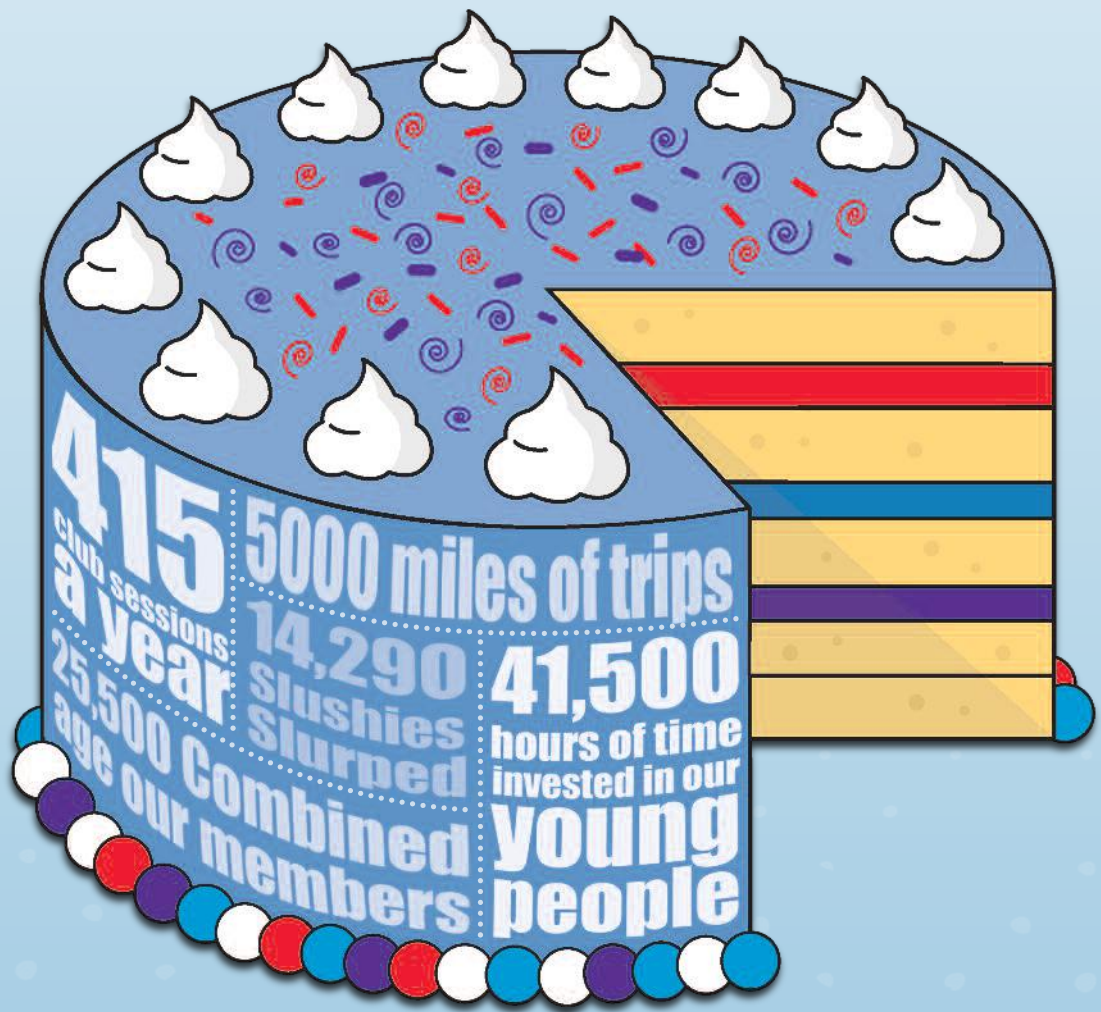
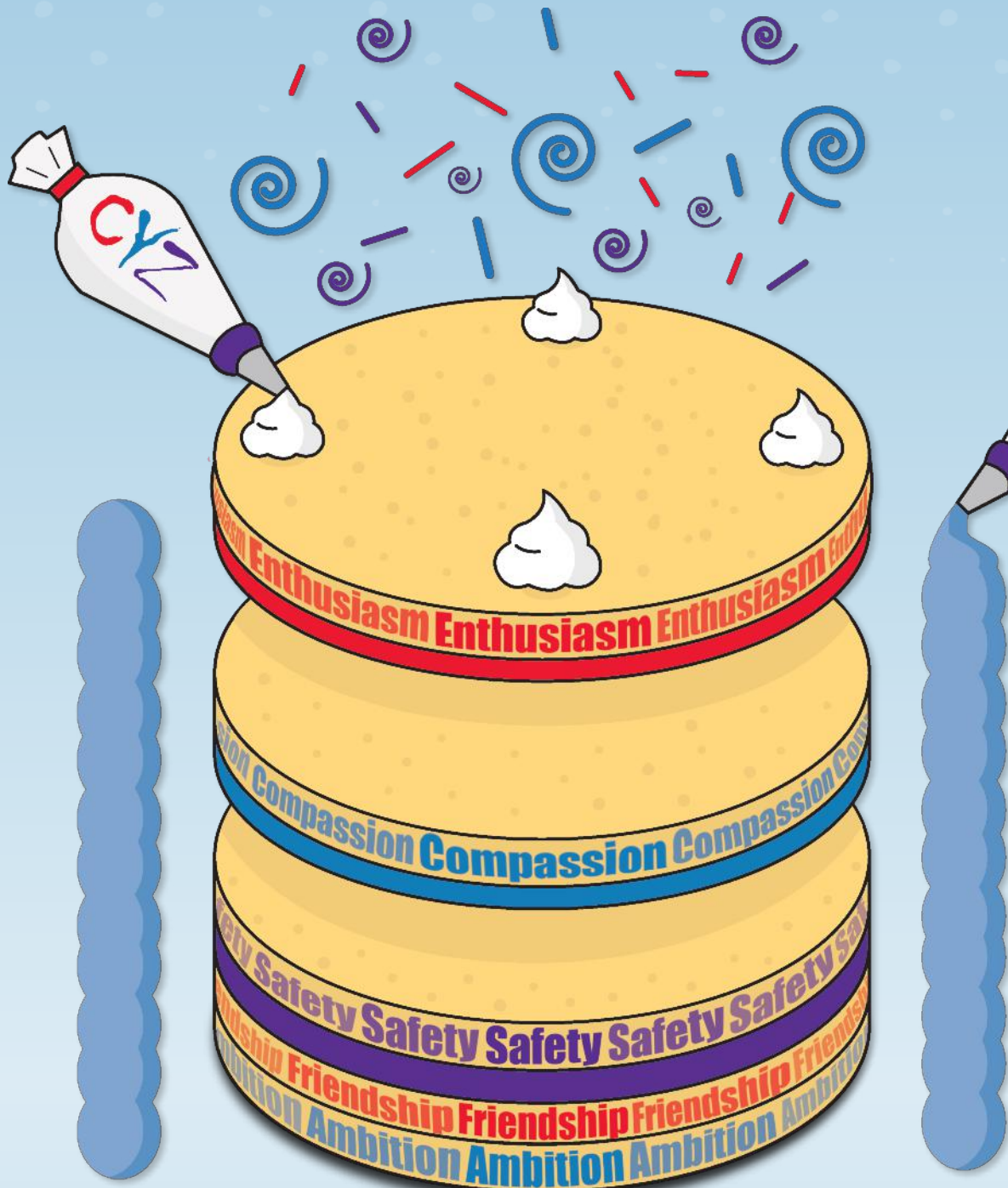
Chloe (name changed) was referred to our mentoring project in May by her school as she was a 'school non-attender' and was unable to attend lessons without showing signs of extreme anxiety. They were hoping that we could assist by assigning her a mentor to help with her socialisation and to encourage her to return to school. She was matched with Rachel (name changed) in early June and they have met weekly since. Through building a relationship, to exploring what Chloe would like to get out of her sessions and looking at coping strategies for what triggers her anxiety they have developed a really strong bond. Since returning to school in September, Chloe has achieved 100% attendance which is amazing! Now they are working on building resilience and recognising the early signs in case the anxious feelings return. Her Mum says 'Rachel has been fantastic with Chloe and we as parents have seen a massive difference in her confidence in new situations since starting the mentoring with her.'

EUROPEAN VOLUNTEER SCHEME

- In January 2018 we welcomed Monika from Poland and Laura from Germany to our CYZ team as part of their European Volunteer Scheme. Volunteering for us full time was a great opportunity to experience what we do here as well as make their own impact on what we offer
- In October 2018 we have welcomed Fulvio who has come from Italy and will be with us for a year

CYZ

The icing on the cake



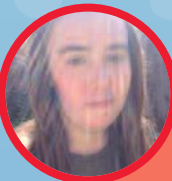
Q & A with Anna, Inclusion Coordinator

- Q. How long have you been working at CYZ?
A. I started as a volunteer in November 2017 and I've been working as Inclusion Coordinator since September this year- loving every minute!
- Q. What is your job/role?
A. I run the Inclusion Club on a Saturday morning and I'm working to improve the inclusion provision across the service.
- Q. What do you enjoy the most about working at CYZ?
A. All the people! From the young people to the staff, everyone I've met here has been amazing.



Q & A with Fulvio, EVS volunteer

- Q. How long have you been working at CYZ?
A. I've been working at CYZ since October, 24th 2018.
- Q. What do you like to do in your spare time?
A. I enjoy reading books and in Carlisle I found a great amount of bookshops, both new and second hand. Also I like the fact that in Carlisle there are cultural entertainments such as a cinema, a museum and festivals.
- Q. What do you like the most about working at CYZ?
A. About what I like the most at CYZ is that the members of the staff are very welcoming and friendly, the atmosphere at work is always positive and working with young people makes you feel happy every day.



Q & A with Katrina, Volunteer

- Q. What is your role at CYZ?
A. I am the social media volunteer. I also help with some administration duties too.
- Q. How long have you been volunteering at CYZ?
A. I've been at Carlisle Youth Zone since January 2018.
- Q. What do you enjoy the most about volunteering here?
A. I find that every day is different and I'm learning new things all the time; it's very interesting.

XPRESSIONS

£50k won through a successful public vote to build a studio and run a creative music programme.

Over the last year we've delivered 156 1to1 music tuitions, 42 band practice sessions, multiple specialist tutor visits and live performances.



DESMOND'S DINER

- Hot, affordable, nutritious food at every session – a healthy meal for £1 or less
- Nightly cooking activities teach skills, introduce different foods and cultures, and ensure no-one goes hungry
- 4154 free home-made meals for young people attending our summer holiday club

In total we had 2082 juniors attend throughout the holidays which equates to 4164 homemade nutritious meals given out.

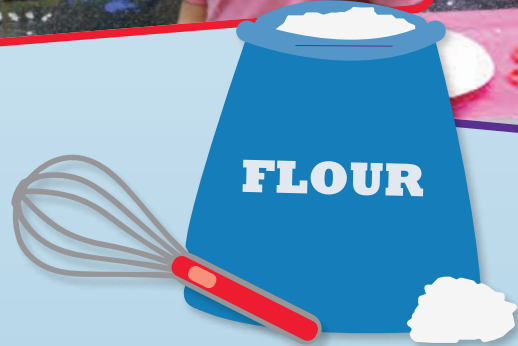


HOLIDAY CLUB / SUMMER PROGRAMME

- 11 weeks holiday provision for 557 young people, with free spaces for those most in need. In the summer, 155 carefully targeted families enjoyed a total of 729 free days, thanks to the generosity of our sponsors; ensuring young people in Carlisle didn't go hungry.

SUMMER HITZ CASE STUDY

Funding received from Department for Education gave free spaces for our summer Holiday Club. Amongst others, we saw an 8 year old Junior Club member who came to HITZ for the first time. We had concerns about him struggling with confidence and making friends, he was always alone in club despite the efforts of the youth workers to help him meet new people. Junior Club is not really long enough at 2 hours, to cement new friendships. HITZ allows us to spend an entire day with our young people and really get to know what makes them tick. We were able to introduce him to another young lad who struggles with similar things and has the same interests. He now comes to Junior Club with his new friend and they regularly go to each other's houses for tea. Mum has said that he is much more sociable at school now and has also made more friends there too.



ACTIVITIES

The youth zone runs 20 activities per night over all its clubs, that's a **WHOPPING 6080 ACTIVITIES DELIVERED IN THE LAST YEAR**

The activities include:

SPORTS

FOOTBALL GYM BASKETBALL TABLE TENNIS ROUNDERS
TUG OF WAR TAG RUGBY BADMINTON BOCCIA WHEELCHAIR FOOTBALL
TENNIS ARCHERY ROCK CLIMBING HOCKEY BENCHBALL
DODGEBALL LACROSSE CURLING TABLE FOOTBALL CAPTURE THE FLAG

ARTS AND CRAFTS

DRAWING PAINTING SCULPTURE MAKING FELT MAKING
STREET ART INSPIRED BIRD IDENTIFICATION POSTERS FOR EXHIBITION
SPRAY PAINTING FILM MAKING IMPRESSIONIST WORKSHOPS
SHAKESPEARE PERFORMANCE WATCHED BY 80 YOUNG PEOPLE
DAY OF THE DEAD WORKSHOPS TULLIE HOUSE EXHIBITION
HALLOWEEN AND VALENTINES ARTS AND CRAFTS ABSTRACT EXPRESSIONISM
ANCIENT CHINESE CERAMICS WORK OF DEGAS WORKSHOP
INTERNATIONAL ART EXCHANGE REALISM JENNIE SAVAGE (BODY IMAGE PAINTINGS)

ADVICE AND GUIDANCE SESSIONS

MENTAL HEALTH WORKSHOPS SEXUAL ADVICE INFORMATION
RELATIONSHIP INFORMATION DEALING WITH EMOTIONS WORKSHOP
DRUG AND ALCOHOL ADVICE BODY IMAGE WORKSHOPS
THINKING SKILLS WORKSHOPS ONLINE SAFETY CONSENT
EMPLOYMENT AND EDUCATION ADVICE HYGIENE ADVICE
WOMEN'S RIGHTS AND ATTITUDES TOWARDS WOMEN WORKSHOPS