



2013/14

What a year!



Chris Colner

MEMBERSHIP
NUMBERS UP
20% ON LAST
YEAR!




I'm having a great time, last night we made a fire and cooked outside. Today we went canoeing, it was lots of fun. Wish you were here.

Lewis



OVER £300K
COMING IN
FROM NATIONAL
FUNDERS!!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>11AM EDEN PARK ACADEMY USING KITCHEN FOR COOKERY</p> <p>6PM BOARD MEETING</p> <p>7PM GREINA YOUTH GROUP BRINGING 40 YOUNG PEOPLE</p> <p>ORDER MORE CRISPS FROM PIONEER!</p>	<p>9AM KINGMOOR JUNIORS IN FOR A TASTER SESSION</p> <p>PICKUP DANCE MATS FROM THE SANDS CENTRE</p> <p>1:30PM MEET CREATIVE FUTURES ABOUT JOINT FUNDING BID</p> <p>5PM HIGH SHERIFF POPPING IN TO MEET YOUNG PEOPLE</p> <p>PRINT POSTERS</p>	<p>3PM CARLISLE COLLEGE MEETING: <u>APPRENTICESHIPS!!</u></p> <p>6PM BAKED BEAN PROJECT VISITING SALVATION ARMY</p> <p>7PM SCOUTS IN FOR CLIMBING SESSIONS.</p> <p>8PM CARLISLE FUTSAL CLUB COACHING AND KICK-ABOUT.</p> 	<p>12PM MEET UP WITH BRAMPTON YOUTH ☺</p> <p>4PM POLICE COMMISSIONER POPPING IN TO SEE VOLUNTEERS</p> <p>5PM RADIO CUMBRIA TOUR</p> <p>7PM VOLUNTEER TRAINING SESSION</p> <p>7:30PM BOYZDANCE with ROBBY GRAHAM</p>	<p>8AM BUSINESS BREAKFAST EVENT WITH JOHN STEVENSON MRP!!</p> <p>11AM TEENAGE MUMS HEALTHCARE DROP IN</p> <p>7PM GIRLS ONLY FOOTBALL MASHUP ☺</p> <p>DON'T FORGET THE PRESIDENT CUP TOURNAMENT TOMORROW AT BLACKBURN!! - Rmk A Coac</p>



A little bit of what we do

Working with others is really important to CYZ and this year we have supported James Rennie pupils (with profound and multiple learning disabilities) achieve a Bronze Arts Award.

They worked on a piece of drama which increased their emotional vocabulary and expression, creating a space where an individual's creativity was celebrated.

A basic form of sign language was used to help individuals follow and express story lines, they also worked with various techniques to build artwork which demonstrated the creative journey they had experienced.

What's coming up?

CYZ are recruiting visually impaired young people for a "heard arts" programme of radio plays, sound installations, music and poetry.



I love being able to do something I enjoy and gain a qualification at the same time. I did a bit of music at college but without CYZ after that I would have been stuck. There's not much stuff available for young people who are blind.

Chris – (Silver Arts Awards in Music)



Q&A

MY YOUTH ZONE

Name: **Reece Harris**

Age: **13**



What have you been creating at CYZ?

A film

What's it about?

It's a documentary about ghosts. I talk to people about things they've seen around Carlisle. It's the first time I've done something like this, I got into spooky stuff in year 2 at school and it got me thinking that there could be another side to life.

What have you enjoyed about it?

Finding out about things which have happened in Carlisle and talking to other people, I think it's really interesting to find out about other people's experiences.

What's next?

I've learnt a lot about using cameras, how to interview people and how to edit film. If I became a Director I'd know how to set up shots and how to run a film set. I'm thinking about it as a career, because I now know how to make films.





GET CREATIVE CREATIVE CREATIVE CREATIVE CREATIVE 5



Allan Tindall, Carlisle Futsal Club



GET ACTIVE



Q&A

MY YOUTH ZONE

Name: **Bradley Lewis**

Age: **14**

Favourite thing at CYZ?

The Gym, I love it. I spend every single Saturday there!

Why do you like it?

I never used to like it, but Cameron (instructor) got me doing challenges and it was fun. Now I love it, I'm always winning the competitions he sets us, I love being the best at something.

What have you achieved?

I'm the CYZ record holder for loads of the machines now - my favourite is the rower. I can go further than anyone else. I feel really proud of myself and like to help others use the equipment and get fit like me.

A little bit of what we do

Football has always been a fantastic tool when working with young people.

12 youngsters between the ages of 13-17 form our CYZFC team and develop fitness, strength and skills as well as entering national youth tournaments, representing Carlisle.

The team comes from many communities across the city (some have disabilities, some are currently in care, some just enjoy playing). They promote tolerance, respect and diversity, getting young people to mix with others they wouldn't otherwise know.



Cumbria SPAA Foundation have recently stepped forward to sponsor the team for 2015, Thanks!

What's coming up?

Smash up! Badminton coaching sessions coming to CYZ - with challenges, music and friends you haven't made yet.



www.carlisle-youthzone.org

T: 01228 516280

GET ACTIVE GET ACTIVE GET ACTIVE GET ACTIVE GET ACTIVE GET ACTIVE GET ACTIVE GET ACTIVE GET ACTIVE GET ACTIVE

A little bit of what we do

Funded by Lloyds Banking Group, a group of thrifty teenagers took on the national "Money for Life Challenge", creating a cookbook of healthy takeaway style meals costing less than a £1 a head. The group hosted a range of events to share their cooking ideas, one of which was catering for a group of 50 homeless people.

The group's hardwork and commitment was rewarded when they picked up the People's Prize for England at the National Finals held in London, securing long term funding so that other young people could continue this great work.

Since that time the group has also won the Golden Apple Award for Community Involvement in Cumbria, Well Done!

What's coming up?

Young Leader's programme begins at CYZ, highlighting the selfless acts of young people in Carlisle. They will run activities, promote and fundraise for the Youth Zone – all empowering experiences which will lead to a National Youth Achievement Award.



It's a big family, you can always speak to someone about anything you're worried about. I recently was helped with Maths which got me the GCSE grade I needed.

Rosie



Q&A

MY YOUTH ZONE

Name: **Aaron McKnight**

Age: **17**



What did you do?

I really got into magic and illusions watching stuff on tv, so I taught myself how to do some tricks. I showed them to friends and youth workers and couldn't believe how impressed they were. I started getting some friends together and now we all do magic together. I go into Junior Club some nights to show the younger ones as well.

What did you achieve?

Personally, loads - I'm a lot more confident now. Me and my friends take our magic out on the streets, going up to people and showing them tricks just to see the looks on their faces. We film it all for our YouTube channel.

The youth workers have encouraged me to apply to the O2 Think Big project to get some money so I can set up my own Magic School at the Youth Zone - I'm really looking forward to that, I like sharing what I can do with others.



Thank you, you were there when I needed to talk to someone or give me a kick in the right direction.

Natasha





The youthworkers made me feel really confident. Before I felt bad about myself, but then I started at the Youth Zone and met people who made me feel good about being me.

Lewis





Q&A

MY YOUTH ZONE

Name: **Georgie Hanks**

Age: **14**

Why did you join the Youth Zone?

I wanted to make more friends and the Youth Zone has so much going on all the time. There's always someone to talk to or hang out with, and it's really cheap so I can come as often as I want.

You recently went on a residential to Brathay, did you enjoy it?

It was an awesome experience, I did things I never thought I'd be able to. I trusted the others and loved it, it was great being away from home with my new friends.

I have to use a wheelchair and at school everything is set out for me and they think they know my physical limits but at CYZ it's way more relaxed and they let me be and give me the space to enjoy stuff.

A little bit of what we do

Young people from Inclusion Club got involved with Forest Skills Workshops run by Eden Community Outdoors in Appleby. Forest schools provide hands on learning experiences to develop confidence and self-esteem and particularly benefit those who find formal education a challenge.

The workshops involved making bows and arrows from willow and making fires from flint, spending a whole day building dens and cooking outdoors.

What's coming up?

Residential weekends away at Brathay Hall, Ambleside – where young people can spend time in small groups developing skills such as emotional resilience and independent living skills.





Q&A

MY YOUTH ZONE

Name: **Chrissy Wilson**

Role: **Volunteer Mentor
and Parent of
Senior Club member**

Why volunteer at CYZ?

I knew how fab the Youth Zone was because my son goes all the time, I wanted to get into counselling and I was a bit rusty talking and relating to younger children so I thought I'd come and get some experience at the Youth Zone.

What does your role involve?

I'm interested in counselling young, troubled people so being part of the Mentoring Programme at CYZ is a great way to learn and make a huge difference to young people with no positive role model in their life.

When I'm paired with a young person we find a safe place where they're comfortable and I let them talk about anything they want, while we're talking we do arts activities to keep focussed on something positive.

What difference do you think CYZ makes to young people?

It's a completely safe place for all young people and there's nowhere else in Carlisle that can offer so much for just 50p. CYZ opens their eyes to so many opportunities, I feel really lucky to be a part of something so special.

We aim to work with as many businesses, organisations and individuals to create a safe and fun environment where the potential of young people is developed and fulfilled.

Volunteering

Volunteering is a critical part of life at Carlisle Youth Zone and gives those involved a chance to support the community, enhance skills and have a lot of fun along the way.

Without volunteer support we would not be able to offer young people the life changing experiences we do.

We have so much to thank the hundreds of people who volunteer their time throughout the year, here are just some of the roles that they carry out:

- Youth workers
- Holiday club buddies
- Minibus drivers
- Mentors
- Fundraisers
- Specialist workshops
- Inspirational speakers
- Admin support
- Board members

Just some of the organisations that we work with



Q&A

MY YOUTH ZONE

Name: **Karon Landells**
Organisation: **NACRO**

How long have you worked with CYZ?

About a year.

What does your organisation do?

We're a crime-reduction charity and work with some of the hardest-to-help young people in hardest-to-reach communities. We provide educational and training programmes which support young people when they need a way forward.

What have you been able to achieve as a result of working with CYZ?

We run sessions in CYZ during the daytime and our young people really love having such a fantastic place to come to. Participation numbers have almost doubled since working with the Youth Zone and we feel that we now have a place that our young people deserve and can be proud of.



It has been a pleasure to work with you and I have learned so much from the generous way that you have shared your experience and expertise with me.

Penny Vowles, Northern Rock Foundation



THANK YOU

Without your support none of this is

Carlisle Youth Zone offers a unique experience that makes a difference to the lives of thousands of young people BUT none of this is possible without the incredible support that we get from our Patrons and the network of businesses and individuals who generously support us each year.

Whether it's financial support, in kind services, participating in fundraising events or hosting their own, we owe a massive thank you to so many of you this year!



Stobart Group



PRINT GRAPHIC LTD TOPNOTCH CONTRACTORS SHABBY SCHOLAR LIBERTY WORKWEAR PK ENGINEERING
THE WHITE STUFF NORTHERN ROCK THE MONUMENT TRUST FREETIME PIONEER MALLINSONS FABRICATIONS
STONY HOLME GOLF CLUB THE SWEET DREAM CAKE COMPANY CARLISLE CITADEL WELFARE CLUB ENESCO
CARLISLE SPECIAL CONSTABULARY CARTMELL SHEPHERD ARMSTRONG WATSON WCF WM COULTHARD
NORTH ASSOCIATES BAINES WILSON MARTYN AND TESS HART GRAHAM MCKENDRY THE SANDWICH CLUB
ARCHITECTS PLUS CUBBY CONSTRUCTION EXPLOSIVE PRODUCTIONS NORTHERN SECURITY INSPIRA
STORY CONTRACTING ROB FREESTONE JUDITH PATTINSON BURNETTS CLYDESDALE BANK EDEN GOLF CLUB
YESSS ELECTRICAL CARIGIET COWEN NXT RECRUITMENT ALAN CHAMBERS ROBERT GATES H&H
THE LAST ZEBRA HENRI'S PPM ASDA, KINGSTOWN AND ST NICHOLAS COUNCILLOR ELIZABETH MALLINSON
NICK MARSHALL COUNCILLOR CHRISTINE BOWDITCH COUNCILLOR JOHN MALLINSON GARFIELD WESTON



T: 01228 516280

www.carlisle-youthzone.org

possible



Handelsbanken

LLOYDS BANKING GROUP LANES NEWS
PERCY BILTON TRUST BILL HOLROYD
THE SANDWICH BOX BROAD ST FRYER
2013/14 CARLISLE MAYOR RAY BLOXHAM
2014/15 CARLISLE MAYOR STEVEN
BOWDITCH METALWORK SOLUTIONS
LAND AND LAKES DEREK FARMAN
EVLYN AND TONY GODDARD ROGER SMITH
COUNCILLOR NICK MARRINER
EDINBURGH WOOLLEN MILL



There are loads of ways that you can help because with a thousand young people coming through the doors every week we get through a lot of stuff!

Could you help us with some of our costs?

PVA glue costs £8.99 for 5litres

We get through 100 litres a year –
could you be our sticky saviour?

A toilet roll costs 40p

We get through 1300 a year –
could you help us wipe out
the cost?

**Our annual energy bill is in
the region of £21k a year**

Could you be the power
behind CYZ?

Felt tip pens cost £4 a pack

We get through 120 a year –
could you help draw a line
under our problem?

You can help support Carlisle Youth Zone in so many way, for example Top Notch Contractors provide us with all repairs and maintenance work for free at their convenience - from leaking taps to emergency light testing, they have been exceptionally generous and have kept us going and in one piece all year.

In kind support like this means we get first class services without the cost.

**TOP NOTCH
CONTRACTORS LTD**

**To join the growing Youth Zone family, then please contact
Development Manager Lynsey Buckle 01228 516280**

THANK YOU THANK YOU THANK YOU THANK YOU

WHAT WE BRING TO CARLISLE

£15k

The Monument Trust

Supporting our community engagement programme right across the Carlisle district

£60k

Young People

£30k

Northern Rock

Supports young offenders aged 11-17 with mentoring relationships

£60k

Ambition

Supports world class sports and arts provision which result in accreditations for young people aged 13+

£47k

A Level Playing Field – Lottery funded

Supporting young people with disabilities and additional needs to participate in sports and creative activities

£96k

Big Lottery

Supporting 13-21 year olds develop employment and leadership skills as well as confidence, self-esteem and respect

£27k

Children in Need

Supports young people with disabilities and additional needs to participate in positive activities which inspire confidence and encourage independence

£40k

Inspira contracts

0-19 youth contracts and National Citizenship Scheme

£40k

Garfield Weston

Supporting CYZ to encourage young people aged 13+ to engage with positive activities

£9k

Sport England

Increase participation for individuals with disabilities or learning difficulties

£173k

Private Sector Support

CARLISLE
YOUTH ZONE

T: 01228 516280

www.carlisle-youthzone.org

PART OF THE **ON** SIDE NETWORK

Victoria Place, Carlisle, CA1 1LR