



Hessle Road Network

Annual Report

April 2014-March 2015

OUR VISION

Our vision is of a just, tolerant and self-determining community where attitudes are positive and aspirations high.

OUR MISSION

The Hessle Road Network exists to engage and involve people in the communities of Newington and St Andrews to provide support and make a positive impact on their lives. Our role is to inspire and raise aspirations; build self-esteem and confidence and improve quality of life.



Foreword

It has been another year of challenge for Hessle Road Network. One of the most significant developments has been the creation of a subsidiary charity 'Network Too'. Through Network Too we focus on the wider Hessle Road community by offering services such as community coffee mornings and regular fairs which give residents access to information and advice from a range of specialist agencies. We are now working closely with Redbourne Street Church and Selby Street Church and together we are now a member of Fareshare which enables us to offer food parcels to local residents. Through Network Too we are also able to offer Boulevard Village Hall as a low cost venue to community groups and residents. The activities which run from the Hall are available to the whole community and include exercise classes, art and craft sessions and support/friendship groups. My thanks to the local people who help direct the work of Network Too.

Over the past year we have been able to make significant improvements to the overall management of the Hessle Road Network by reviewing and updating our policies, procedures and protocols. In the increasingly complex world of legislation, in order to ensure compliance we are now working with specialist Health and Safety and Employment Law advisors.

Staff development is an important part of our work and this year we have given emphasis to training around domestic abuse, mental health, safeguarding and substance misuse which has meant we are able to offer a much more targeted service to our young people. Alongside this training we have also been able to support three members of the youth team to gain a City & Guilds Level 3 Diploma in Youth Work Practice.

All of our work has a focus on young people's personal and social development. One of the specific ways we look at this is through encouraging young people to become involved in fundraising for other local charities as well as ourselves. In the last 12 months young people have raised money for St Andrews Children's Hospice, as well as Hull Homeless and Rootless Project (Hull HARP). Fundraising for, and learning about, these organisations gives young people an increased awareness of the issues faced by others within the community and promotes understanding and empathy.

In these difficult times with reduced funding and more pressure on young people's services our funders are essential to the service we give our young people. Elsewhere in this report we list our funders, all of whom are vital to our continued success. Hull City Council continues to support our open access youth work in an increasingly tightening financial environment for them.

My thanks to all our hardworking staff who form such good and constructive relationships with our young people and to our administrative and management staff who enable it to happen so effectively. Lastly my thanks to each Director of the Hessle Road Network and now those who work alongside us on the Board of Network Too. I rely greatly on them and they are always willing to offer their advice and support. Lastly I thank our young people who are a source of good humour, challenge and inspiration, constantly reminding us of their unique personalities and value.

Michael Hills
Chair

Introduction

Over the past year the work of Hessle Road Network has continued to develop in order to respond to the needs of the young people. Once again we have been commissioned by Hull City Council to deliver open access youth sessions, outreach work and sports activities in the West Locality. Our work in the West Locality is being carried out alongside the Youth Development Service, Goodwin Development Trust and The Warren.

Together with the commissioned work we have been able to continue to improve existing projects such as Inclusive Support, Sexual Health, Moving Forward and the Start Again Project which are being accessed by an increasing number of young people.

A significant development over this year has been our successful application to the Big Lottery Fund who are now funding our new Changing Futures Project. Through the Changing Futures Project we aim to support young people to have an increased understanding of the issues and impact of domestic abuse. I would like to thank Hull City Council's Domestic Abuse Partnership (DAP) and Hull Women's Aid for their ongoing support with this project.

Over this year we have delivered a number of engaging and interesting activities and projects which young people have really enjoyed. For example, we held an event attended by young people along with some older members of the community which focused on World War I and included poetry, music and stories from that time. This year we also had our first Hessle Road Network pantomime 'A Budget Cinderella'. The young people worked extremely hard over many weeks, not only acting but making costumes and designing sets. Although many of them were very nervous on the night it didn't show and the performance was a huge success, attended by young people from the project, parents and members of the community.

As always this year has not been without its challenges, one of which has been a number of staff moving on into new jobs which has meant new staff coming in and bringing with them fresh ideas and skills. These changes have given us a great opportunity to further widen the range of activities we are able to offer young people.

Finally, I would like to thank all of our funders for their continuing support, our volunteers for the time they commit to the project, our partners in both the statutory and voluntary sectors and everyone else who has supported the project over the last year.

Julie Robinson
Chief Officer

Meet the Team



Front row from left to right:

Michelle Watson	Deputy Chief Officer/Finance Director
Rebecca Dixon	Youth and Community Worker
Julie Robinson	Chief Officer
Carl Lowery	Youth and Community Worker
Sophie Adams	Office Assistant
Eddy Bewsher	Boulevard Village Hall Supervisor

Back row from left to right:

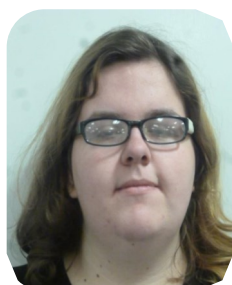
Yvonne Gosling	Administrator
Jonathan Ellis	Youth and Community Worker
Kirsty Smith	Youth and Community Worker
Laura Anderson	Youth and Community Worker
Alex Larkman	Youth and Community Worker
Ben Ducker	Youth and Community Worker
Luke Medcalf	Youth and Community Worker

Board of Directors



From left to right: Michael Hills (Chair), Claire Taylor (Vice Chair), Tony Cotson (Director), Roger Elliot (Director), Linda Tock (Director)

Our Volunteers



From left to right:

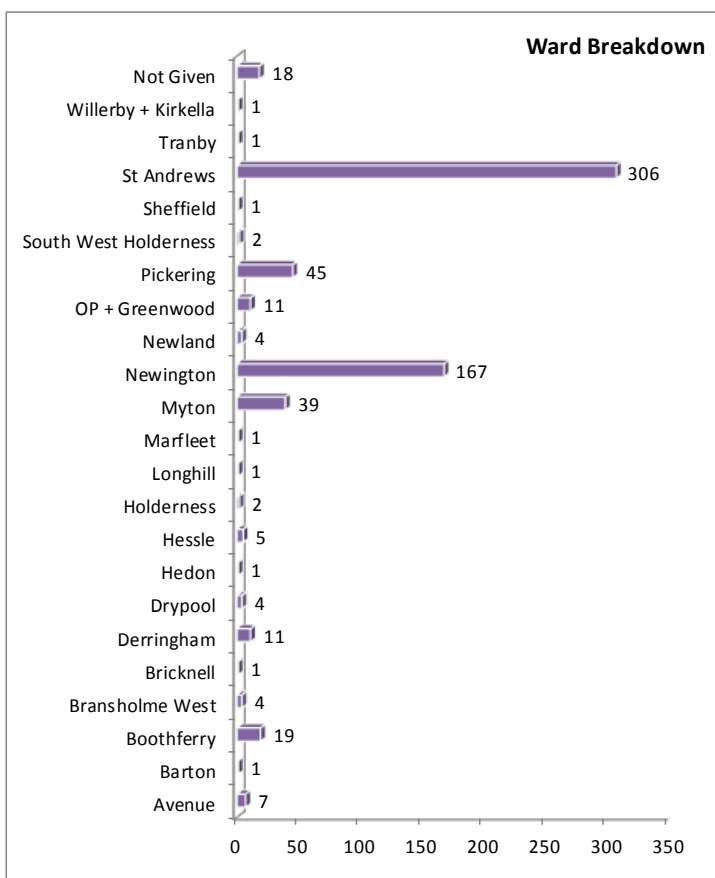
Rebecca Hannant
Danny Stones
Rosie Wright

Statistics

In total 12,500 attendances were recorded across all of our project activities in this period. The average number of hours each young person engaged with the project was 32.18.

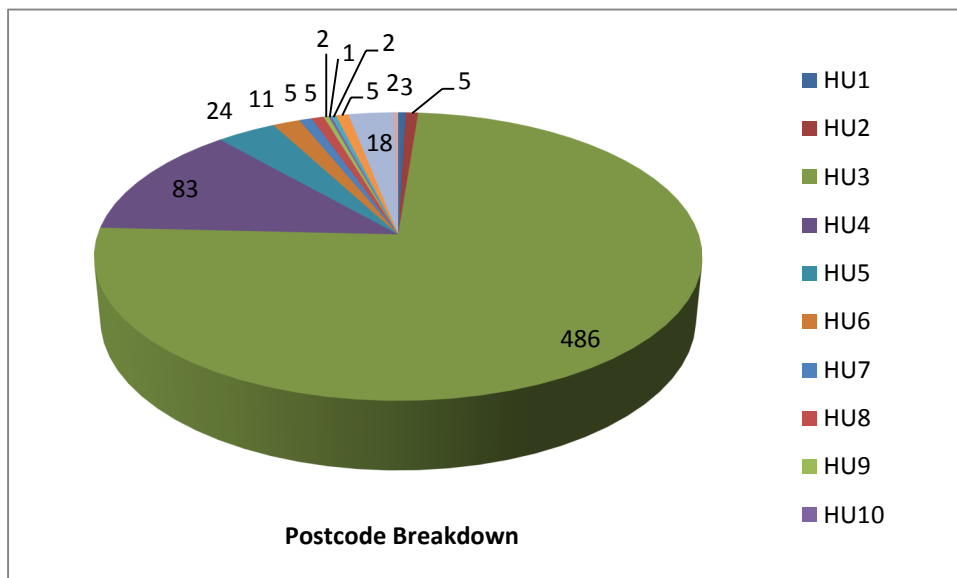
Male	Female
363	289
56%	44%

Age				
9-12	13-16	17-19	20+	Not Given
284	273	72	13	10



I love Network because it's fun and it helps me with lots of things

Agata, 11



Commissioned Work

We have been commissioned by Hull City Council to deliver a range of evening sessions to young people aged 10-19 in the West Locality. These sessions are:

Open Access Sessions

We currently deliver 3 sessions each week during which young people have the opportunity to take part in a range of informal learning activities such as arts and crafts, team building games, cookery, dance, performing arts and issue based work.

Single Sex Work

We currently deliver 2 sessions each week—1 for young men and 1 for young women. Within these sessions young people are given the opportunity to take part in gender specific issue based work, alongside activities such as sports, music, arts, gardening and team building games.

Sports Activities

We deliver a football session for 10-13 year olds each week which aims to give young people the opportunity to have fun, become more active and improve their health.

Outreach Sessions

To ensure that we are able to engage with the 'hardest to reach' young people we deliver a programme of outreach work, targeting the most 'at risk' young people. We know from experience that this is a proven way to engage young people and increase their participation. This is achieved through the development of long-lasting relationships and by providing access to appropriate programmes and activities that are interesting and relevant to young people.

Holiday Activities

Throughout each school holiday period we offer a range of activities and trips to groups of young people. Over the past year we have offered activities such as cycling trips, museum visits, trips to Big Fun and Billabong, quizzes, discos and parties.



I like coming here because I like doing art and I meet lots of people

Louis, 14



Hull
City Council

Start Again Project

The Start Again Project is a project that focuses on re-engaging young people with sport and physical activity by offering a range of games and sports for them to get involved in. We currently deliver one football session aimed at young people 14+ and one young women's multi-sports session each week, as well as half-termly sports days.

As well as improving young people's health and fitness, the project also aims to increase young people's confidence and self-esteem by delivering the activities in such a way that young people are encouraged to enjoy sports and everyone is able to be involved, no matter how skilled or fit they are.

In order to open the session up to as many young people as possible the project worker visited some of the local schools to promote the project and this has resulted in an increase in the number of young people attending both these sessions and the open access sessions.

Over this year young people have taken part in a number of sports and activities such as:

- ♦ Volleyball ♦ Dodgeball ♦ Treasure Hunts ♦ Hockey ♦ Parachute Games ♦ Football ♦ Dance
- ♦ Badminton ♦ Team Challenges ♦ Rounders

One of the programmes we offered this year was a 10-week dance course with a professional instructor, followed by a final performance in front of friends and family. During the course nearly 30 young women took part and each week they learnt a new section of the dance in preparation for the final performance. The group demonstrated unbelievable patience and dedication, with the majority of young women attending every session. Over 20 young women took part in the final performance and even though many of them had never danced before they really enjoyed the day and gave a very accomplished performance.



I thought the dance show was ace because it was fun to do with my friends. My favourite bit was when we got put into little groups and I made new friends

Katie, 9



Moving Forward Project

We have been successfully delivering the Moving Forward Project for a number of years. As of this year the project is now funded by the People's Health Trust. Through Moving Forward young people have the opportunity to become involved in community enterprise projects which they are supported to develop themselves. All of the following projects were designed by young people:

Allotment Project



A number of young people took part in this project which involved planning out our allotment. The group decided which fruit and vegetables they wanted to plant, maintained the allotment over a number of months then picked the produce. The group then came up with recipes they would like to cook and made a vegetable casserole and apple and rhubarb pie which they all enjoyed trying.

It's good because we get to eat things we grown. I learnt not to touch nettles

Olivia, 11

Fashion Show

This group of young people decided that they would like to organise a fashion show for their friends and family and came up with the idea of a Hessle Road theme. They initially spent time researching the history of Hessle Road in order to find old photos they could use in their designs. The group then designed and made T-shirts, bags and jewellery. Some of the group were nervous on the day of the show but they were all keen to wear the clothes they'd created and the event was a huge success.

Fundraising

This group of young people expressed an interest in fundraising for a local charity and after some research they decided on Hull Homeless and Rootless Project (HARP). They eventually agreed, after much discussion, that the best way to raise funds would be by making and selling cakes. Each week the group made cakes which they then took along and sold to the staff of a local business. They then decided to continue fund-raising by making truffles and organised a stall at a local craft fair and sold what they had produced. All of the money they raised was donated to Hull HARP.



money raised by
healthWin
through



Sexual Health Project

The Sexual Health Project has been a regular part of our timetable over a number of years now and continues to attract a good number of young people to the weekly sessions. The sessions we deliver explore a range of issues such as pregnancy, sexually transmitted infections, staying safe, exploitation and contraception. Within all of our sessions we have youth workers who have undergone the necessary training in order to distribute condoms and this has proved to be a well-used service within the sessions.

As well as our weekly sessions, we also organise quarterly workshops, usually during the school holidays, which often focus on specific issues. For example, during the summer holidays we ran a workshop around sex and the law in which young people were given the opportunity to explore how the law affects them. During this session we also looked at some information from the NHS, 'It's okay to say no', which looked at the way young people can be pressured into becoming sexually active and looking at strategies they could use to deal with that pressure. This activity aimed to give young people the confidence and strength to make their own decisions.

The Sexual Health Project focuses on supporting young people with a range of issues by building positive relationships and raising awareness. The main aim is to improve sex and relationship education to young people in a safe, comfortable and familiar environment.

I like this session because I feel comfortable talking to everyone

Samantha, 18



Meeting new people has been a good experience—learning new things you do in the session. The Youth Workers are incredibly nice to the young people

Rosie, 15



Changing Futures Project



This is a new project which started on 1st January 2015 and is funded for the next 4 years by the National Lottery through the Big Lottery Fund. The Changing Futures Project has been developed in order to support young people to have an increased understanding of domestic abuse as well as an improved understanding of the specialist services that are available to them. We have been offered a great deal of ongoing support by both Hull City Council's Domestic Abuse Partnership (DAP) and Hull Women's Aid in order to develop this project.

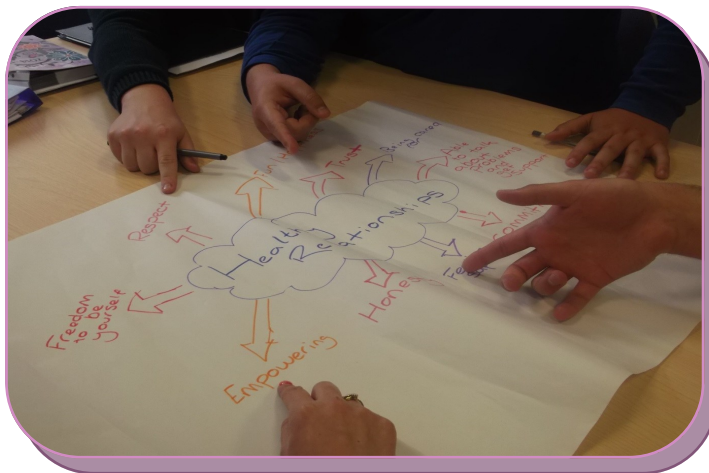
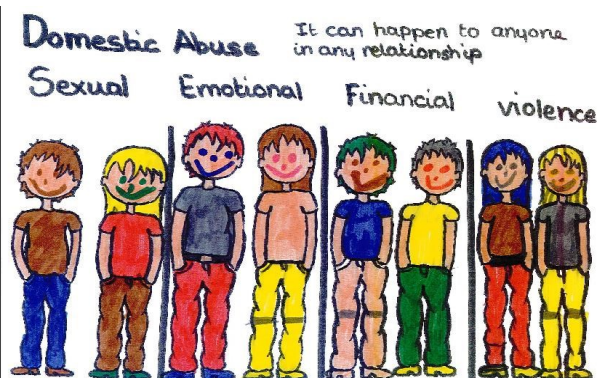
The project is delivered in 12 week blocks and young people can either be referred by an agency or can self-refer. We are offering 2 sessions each week, alongside a number of one-off events and activities. Each week we deliver a specific session which focuses on domestic abuse and associated issues. We also offer a weekly self-esteem and confidence building workshop which has a focus on expressive arts, sports or enterprise.

We asked young people who attended the first groups what they thought of the sessions and this is what they said:

"The DV session has helped me have a better understanding of what domestic violence is. Before I came to this session I didn't know the different sectors of DV. This session has helped me to identify these and also now I know what I can do if I am in this situation" (Olivia, 16)

"I got more confidence and talked about the different types of domestic violence. I learnt that violence can happen to anyone, not just women and talked about women having health issues". (Jess, 14)

"In these sessions I have learnt about healthy and unhealthy relationships and how to look for the signs of an unhealthy relationship. I have looked at inspirational women and have written about the work they have done that made them inspirational women". (Shanice, 17)



Inclusive Support Project

The Inclusive Support Project offers young people intensive support packages with the aim of empowering them to take control of their lives and address their issues. Many of the young people who access the project have a range of complex issues which often culminate in a serious lack of self-esteem and confidence.

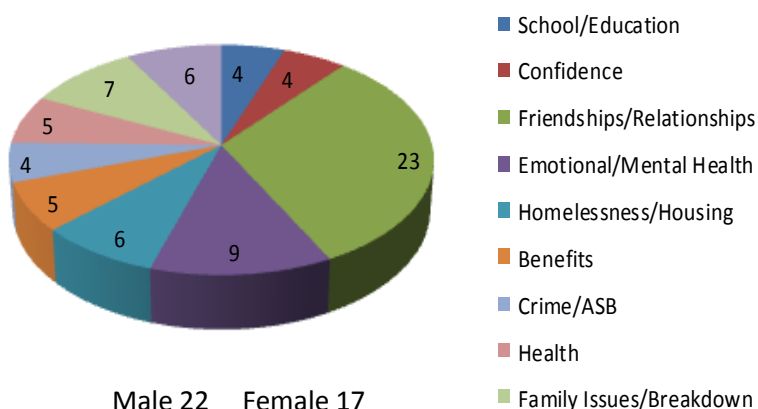


Intensive support and one-to-ones have allowed me to become more comfortable and confident to what I used to be. Although not fully, I am gradually getting there with the help of Network

Shauna, 14

We work alongside each young person to develop a bespoke programme of activities tailored to their specific needs and lasting as long as they need support. Each programme may include activities such as creative writing, arts & crafts, cookery, music, drama, sports and activities which improve literacy/numeracy skills. The support we offer will be very specific to each individual young person and dependent upon their particular area of need, but some examples of the kind of support we are able to offer are encouraging young people to access specialist services, accompanying young people to appointments, talking through issues and developing strategies to deal with problems, advocating on behalf of young people and offering a safe space for them. The aim of the project is to ensure that each young person has the support and encouragement they need to move forward positively in their lives.

Issues we have supported young people with



THE HENRY SMITH CHARITY

Voice and Influence

The voice and influence of young people is integral to our practice and we have developed a number of approaches to ensure that as many young people as possible are involved in the strategic direction and day to day decision making of the project, as well as having a meaningful voice within their community.

Within the project we have an established Youth Panel which meets regularly to discuss issues that are affecting young people either within the project or within their community. The Youth Panel are then encouraged to make suggestions and recommendations to either staff or Directors. Representatives from this panel also attend other youth sessions in order to gather young people's views on the project and they then use this information to write a report which they present at Board Meetings.



In order to engage with as many young people as possible we hold regular consultation events such as our own Network Parliament which gives young people the opportunity to give feedback and offer suggestions on improvements that could be made to individual sessions, as well as the project as a whole. We encourage young people from all the sessions to attend and the events are usually representative of the whole project.

Alongside involvement in our own Network Parliament, we also encourage young people to represent the project at Hull's Youth Parliament and the groups that we take are usually keen to come up with a resolution. For example, at October's Youth Parliament the group put forward a resolution about cleaning up the local area and making it safer. The young people suggested that local people should take responsibility for keeping their streets tidy and that the Council should help by providing more bins and signs.

They also suggested more cameras and police patrols to keep the streets safe. The young people presented their resolution in the Council Chamber and successfully defended it during the debate and this resulted in it being passed during the vote. The young people very much enjoyed experiencing a proper debate and developed skills around public speaking and debating.

I went to the Board Meeting., Suggestion Box Meeting, Youth Parliament, Guildhall, Bag Pack and Network Parliament. Network thought I was a good role model to represent Hessle Road Network. I like coming here because they are very supportive to us and helpful and very supportive to us and helpful and very generous.

Chelsea, 13

Thanks to all the funders who supported us during this period



THE LIZ & TERRY BRAMALL
FOUNDATION

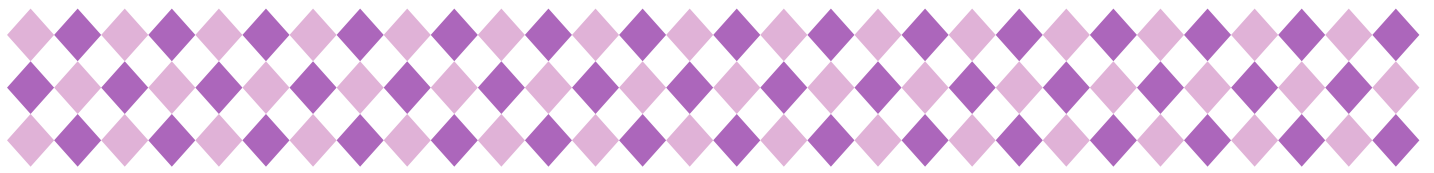


THE HENRY SMITH CHARITY

TRUSTHOUSE CHARITABLE
FOUNDATION



WOODROFFE BENTON
FOUNDATION



HESSLE ROAD NETWORK

Hessle Road Network

Network Young People's Centre

1 Massey Street

Hull

HU3 3LA

Tel: 01482 606077

www.hesslerdnetwork.karoo.net

info@hesslerdnetwork.karoo.co.uk