



Hessle Road Network Annual Report

1st January 2013– 31st March 2014



Foreword

Each time I come in through the door at Hessle Road Network's Young People's Centre, I am aware of young people engaged in fun and purposeful activity, with each other and with the staff and volunteers, in a relaxed and comfortable atmosphere. There is valuable work being done here and we have the Network's dedicated team of staff and volunteers to thank for that.

We continue to value the support the Network receives, both financially and in other ways, to enable us to deliver high quality work with young people and to enable them to take responsibility for influencing local decision-making and helping to shape the direction of Hessle Road Network for the future.

Throughout a year when some agencies have had to withdraw from providing services, the Network has proved its worth locally. Our Network building is becoming a vital and well-used resource and our management of the Boulevard Village Hall means that a growing number of interest groups have a local meeting place for all ages and are getting people involved and active in their own community.

As ever, the Network's activities for young people generate a good deal of interest. This year we were thrust into the limelight and the Guinness Book of Records, when the young people broke the World Record for making the heaviest ball of clingfilm! As with all great endeavours, it took a lot more time and hard work than originally estimated but the result was well worth it. "Bob Clingford" got into the papers and will take pride of place on display at the Network. Thanks go to Arco and Lorrimar Weighing Ltd for the clingfilm and weighing equipment and to the young people and their families, who have supported this and so many activities through the year.

Our work would not be possible without Hull City Council and our other partner agencies and organisations which commission and fund the Network and offer us advice and guidance. Our thanks go to all of them and, as ever, to our loyal staff and volunteers, who make the Network the strong resource that it is.

After many years at the helm, offering his insights, technical and people skills to the task, Michael Hills stood down as Chair of the project this year, so that he could take up a new post in Scotland. He remains on the Board and we are grateful for his continuing input but will not forget the tremendous work he put into bringing the Network from its embryonic beginnings to the valuable and well-respected local resource it is today.



Caroline Hunt
Chair

It's fun and there are lots of activities to do
(Charlie 15)

Introduction

During this period the project as always has been extremely busy. The number of young people regularly attending our evening youth sessions has increased significantly and we continue to offer 1-2-1 intensive support to a growing number of young people.

As always the youth team have succeeded in delivering a range of interesting and engaging activities such as our successful world record attempt, trips to places like Dalby Forest and Fraisthorpe Beach, involvement in community activities such as clean up days and The Big Lunch, involvement in citywide activities such as Rock Challenge, Freedom Festival, Youth Parliament and Humber Night Challenge as well as activities such as disco's, sports, arts & crafts, drama and issue based work.

The thread that runs through all our work is young people's voice and influence. In order to ensure that young people are fully involved in the running of the project we hold regular Youth Panel Meetings and Agenda Days which gives young people an opportunity to have meaningful input into the day to day running of their sessions as well as the strategic direction of the project.

As well as the projects and sessions we deliver to young people in West Hull we also run activities for the wider community. These are delivered from the Boulevard Village Hall and include activities such as coffee mornings and a lunch club. Alongside these we also offer a low cost, accessible venue to community groups and residents who are able to rent the hall to deliver activities from Zumba classes to community meetings.

None of the work we carry out at either Network Young People's Centre or Boulevard Village Hall would be possible if it wasn't for the backing of our funders and partners and I'd like to thank them all for the ongoing support they offer us.

I'd also like to thank all of our volunteers for giving up their time, without them we wouldn't be able to offer young people the range and number of sessions that we do. It's particularly pleasing to see the number of young people who are getting involved in volunteering at the project, we want to encourage this as much as possible by ensuring young people have a positive experience whilst volunteering.

Within this report we have tried to give an overall impression of the work that we do but if you'd like any further information about the project please contact us, our details are at the back of this report

Julie Robinson
Chief Officer

I have met lots of people and been able to hang around with old friends

(Becky 17)

Meet the Team



Front row from left to right:

Julie Robinson	Chief Officer
Rebecca Hannant	Volunteer
Kirsty Smith	Youth and Community Worker
Eddy Bewsher	Village Hall Supervisor
Laura Anderson	Youth and Community Worker
Sarah Bailey	Youth and Community Worker
Carl Lowery	Volunteer

Back row from left to right:

Michelle Watson	Deputy Chief Officer/Finance Director
Yvonne Gosling	Administrator
Becky Dixon	Youth and Community Worker
Ben Ducker	Youth and Community Worker
Luke Medcalf	Youth and Community Worker
Chris Carrigan	Youth and Community Worker
Luke Wilson	Volunteer
Andrew Whiteley	Projects Manager

Board of Directors

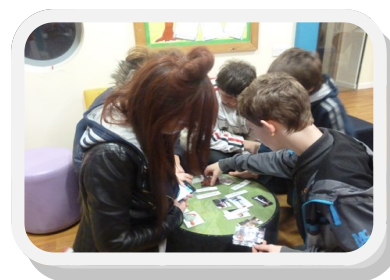


From left to right:

Caroline Hunt (Chair), Claire Taylor (Vice Chair), Roger Elliot (Director), Tony Cotson (Director), Michael Hills (Director), Moira Brooks (Director), Linda Tock (Director), Donald Darkes (Director)

Statistics

Male	Female
453	301
60%	40%



White British	White Other (mainly Eastern European)	Asian	African	White & Black African	Other Mixed Back-ground	Other Ethnic Back-ground	White and Asian	Other Black Back-ground	White and Black Caribbean	Caribbean	Not Specified
592	61	12	8	8	7	6	3	3	2	1	51
78.8%	8%	1.5%	1%	1%	0.9%	0.8%	0.4%	0.4%	0.3%	0.1%	6.8%

Number of young people accessing the project

1st January 2013 to 31st March 2014		
Age	Number	Percentage
9	34	4.5%
10	65	8.6%
11	73	9.7%
12	70	9.2%
13	96	12.7%
14	97	12.9%
15	89	11.8%
16	90	11.9%
17	67	8.9%
18	48	6.4%
19	16	2.1%
20	2	0.4%
21	7	0.9%
Total	754	



In total 11,721 attendances were recorded across all of our project activities in this period.



It's fun and there are lots of activities to do

(Charlie 15)

Open Access Sessions

Our open access youth sessions are an important part of our work. These sessions give youth workers the opportunity to build relationships with young people, as well as providing them with a safe space to spend time with their friends and take part in positive activities.

Our open access sessions offer activities such as gardening, arts and crafts, drama, dance, team games and issue-based work.

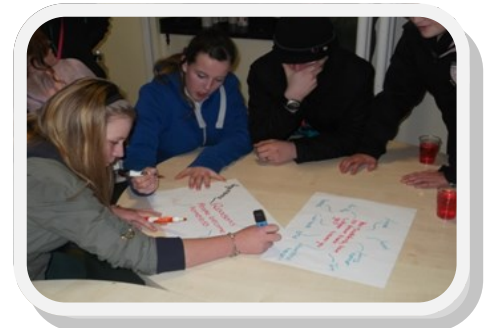
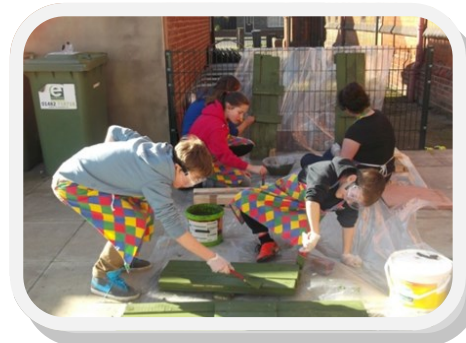
Alongside these sessions we offer a range of activities during each school holiday period. Some examples are trips to the beach, cycling, local museums and galleries, animal parks and leisure centres.

Outreach Work

We have developed a programme of outreach and detached work in order to engage with young people who do not want to access any centre-based youth provision. We offer these sessions across the West Locality and use this work to promote our project, as well as other youth provision, events and activities.



Day	Time	Age Group
Monday	4.00-6.00pm	9-12yrs Open Access Session
Monday	7.00-9.00pm	13+ yrs Open Access Session
Tuesday	3.45-5.45pm	9-12yrs Boys Group
Tuesday	5.00-7.00 pm	NASA Outreach
Tuesday	6.15-8.15 pm	13+ yrs Open Access Session
Wednesday	3.00-5.00 pm	Pickering Outreach
Wednesday	4.00-6.00pm	9-12yrs Girls Group
Wednesday	7.00-9.00pm	13+ yrs Open Access Session
Thursday	5.00-7.00pm	Sexual Health Session
Thursday	5.00-7.00 pm	Derringham Outreach
Friday	4.30-5.30pm	9-12yrs Football
Friday	4.30-5.30pm	Girls Activity Session
Friday	6.00-7.00pm	13+ Football



I can come and chill out with my friends who I don't see every day

Open Access Sessions—Examples of Projects

Stars in their Eyes



We offer a range of activities with the aim of improving young people's confidence and self-esteem, a good example of which was our 'Stars in their Eyes' evening. In total 11 groups of young people performed on the night. Many parents and friends of the young people attended, along with residents from a local nursing home.

Homelessness Workshop

One of the main aims of our work is to raise young people's awareness of issues that may affect them and give them an understanding of issues in their area and the wider world. We do this in a number of ways and the Homelessness Workshop is a good example of the methods we use to educate young people around issues of importance. A group of 14 young people carried out a bag pack at a local store and raised £450 to donate to Hull Homeless and Rootless Project (HARP). This fundraising activity was followed up by the workshop which included a number of activities such as discussions and practical exercises.



The Big Lunch



The Big Lunch was an event we ran in partnership with ASDA and St John's Church. Local residents were invited and brought along a picnic to enjoy together before taking part in activities such as face painting, arts and crafts, and a puppet show. The event was a great success, bringing together around 40 local people.

New World Record

Young people attending the project expressed an interest in breaking a world record. Initially, one day was put aside for the attempt, believing we would be able to get the ball complete, weighed and confirmed as the world's largest clingfilm ball. How silly we were!!



We underestimated the amount of time and sheer physical effort that would be needed. In total five full days were dedicated to bringing this record to the UK. In addition, young people invested many more hours during their youth sessions. In total we estimate around 60 hours have been spent separating, ripping and rolling clingfilm which had been donated by Arco Ltd.

On Thursday 14th November we held an official weighing event. In total 51 young people attended alongside around 30 adults. Adult attendees included many volunteers from Youth Development Service, the community and Arco, without whom the record attempt would not have been possible. At around 6.00 pm a new world record was confirmed when Lorrimar Weighing Ltd weighed the ball in at 213kg or 33st 2lb with a circumference of 3m 23cm. The young people have named the clingfilm ball 'Bob Clingford'.

If we were asked what young people have gained, other than a large ball of clingfilm, we would say:

- Young people worked together in order to think around problems and overcome them.
- Some young people had new and exciting experiences, such as giving radio interviews and appearing in local papers.
- But most importantly we think everyone involved learnt about perseverance and that anything is possible when you work together.



It is fun and I get to hear what everyone has to say
(Aaron 10)



Moving Forward Project

The idea for the Moving Forward Project initially came from a number of young people who approached us about difficulties they were having in finding and then sustaining work or training. These young people were struggling because their lack of work experience meant they had very little to put onto a CV which in turn was affecting the opportunities available to them. After a number of discussions it became clear that young people wanted to gain some experience and improve their prospects of gaining employment. As a result of these discussions we developed the Moving Forward Project with the aim of equipping young people with a range of transferable skills and giving them some relevant experience to offer employers or training providers.

The Moving Forward Project has been developing steadily over the past 2 years and has given young people an opportunity to express and develop their ideas as well as taking part in a variety of new projects. The projects tackled so far have given the young people an awareness of their own local community and the opportunity to build positive relationships within the wider community.



Some of the projects young people have been involved in over the period covered by this report are:

- Designing and building planters which were donated to a local nursing home.
- Taking part in community clean ups.
- Gardening activities at Constable Street, Bean Street, Western Library and Network Young People's Centre.
- Decorating project at the Boulevard Village Hall.
- An arts & crafts project with residents of a local nursing home.
- Organising a Christmas meal for residents of a local nursing home.
- Creating a calendar featuring Hessle Road businesses.
- Designing and creating crafts to be sold at craft fairs to fundraise for an animal charity.
- Fundraising bag pack to raise money for a local nursing home.
- Sponsored walk on behalf of Comic Relief.



I come because I love it and I can let my hair down

(Jamilee 13)

Calendar Project



Sports Projects

The main aim of the sports project is to improve the health and fitness of young people by engaging them in fun sporting activities. We have developed a programme of multi-sports activities that are accessible to all, immaterial of fitness levels.

We also aim to use sports activities as a way of diverting young people away from involvement in crime and anti-social behaviour and to improve confidence and self esteem.

Each week we deliver two football sessions and one Young Women's Multi-Sports Session which include activities such as:

- Rounders
- Cricket
- Basketball
- Dodgeball
- Street Dance
- Yoga
- Hockey
- Badminton



We encourage young people to take an active role in planning the activities they would like to take part in and we bring in qualified instructors when necessary. The focus of the sessions is to promote the 'fun' aspect of sport and to encourage long-term participation.

Alongside these regular weekly activities we also organise half-termly sports days. Within the sports days young people have the opportunity to take part in a range of activities and events including traditional 'school sports' such as relay races, egg and spoon races, sack races etc, as well as the ever popular football tournaments.



Sexual Health Project

The aim of the Sexual Health Project is to offer support and information to young people who are involved in, or at risk of becoming involved in risky sexual behaviour. The project particularly focuses on encouraging young people to understand and build positive relationships and raises awareness of other related issues, e.g. drug and alcohol misuse, STI's, staying safe etc.



Through the project we aim to educate young people in order to prevent sexually transmitted infections and teenage pregnancies occurring, improve sex and relationship education to young people, offer young people improved access to contraception and ensure that young people are supported in a safe, comfortable and familiar environment.

*All the youth workers are really nice
and they help you with situations and
problems*

(Zoe 16)

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.

Young people are able to express their views in a number of ways, but we particularly encourage them to become involved in our Youth Panel which meets weekly to discuss and make decisions on issues affecting the project. A representative from this panel gathers the views of other young people and takes these to our Board of Directors meeting with recommendations.



We ask young people to feed back on what they feel they have got out of their sessions and what changes they'd like to make. This feedback is then discussed in team meetings and staff supervisions and used to shape and develop the project.

Through the Youth Panel young people are also encouraged to attend meetings about issues in the local area and are supported to have a meaningful input.

In order to engage with as many young people as possible we hold regular consultation events as well as supporting young people's attendance and facilitating workshops at Hull's Youth Parliament.

Once again our commitment to young people's voice and influence has been recognised with the awarding of an Investing in Children quality mark.



*I have learned that you don't
earn friends by how you look,
you have to be yourself*

(Kinga)

Inclusive Support Project

The Inclusive Support Project offers one to one support to young people with the aim of empowering them to take control of their lives and address their issues. We have supported young people with a range of issues such as homelessness, anger management, bullying, drug/alcohol misuse, family breakdown, body image, self-harming and a lack of confidence and self-esteem. The support we offer young people is tailored to their needs and can last for as long as it is needed. It is not unusual for us to support young people with complex issues for several months or even years.



The thread that runs through all of our youth work is around supporting young people to build and develop positive relationships. Our aim is to reduce involvement in crime and anti-social behaviour, improve opportunities, skills and attainment levels and support young people's successful transition into adulthood. We work towards this by delivering activities within our sessions which focus on improving young people's personal, social and emotional outcomes.

The Inclusive Support Project addresses young people's needs by offering a package of support which is tailored to each individual. Many of the young people we work with need a significant amount of in-depth and long term support to enable them to move forward positively and achieve their goals.

The youth workers are funny and they help me with my Maths homework
(Brandon 16)

The youth workers are kind and polite but also when I am stuck with something I know they will always be around to help me
(Wiktorja)



Boulevard Village Hall

The Boulevard Village Hall is a popular and well used venue which offers a low cost facility to local groups and residents. Each week around 200 local people access sessions at the Hall, including exercise groups, community meetings, craft groups, support groups, coffee mornings and a community lunch.

Alongside the regular timetable of activities we also offer a programme of quarterly information/craft fairs. The groups attending these fairs provide information stands from local and citywide groups around issues such as smoking cessation, healthy eating and safety. We also have a number of stalls selling crafts in order to raise funds.



It's really friendly in here
(Ashleigh)

The community work we carry out at the hall is a vital part of what we offer as an organisation and through this work we aim to provide local people with:

- A low cost venue
- An advocator
- An information point
- A range of clubs and activities to become involved in
- Somewhere local to meet with, and have access to, a range of specialist agencies/organisations
- Opportunities to become involved in community activities
- Opportunities to volunteer

Some of the regular activities held at the hall include:

- The Extend Group—an exercise group for disabled people
- An evening bingo group for socialising and fun
- A craft group and separate sewing group
- A weekly community coffee morning with regular sessions by 'Timebank', PCSO's and more
- Regular exercise groups
- Monthly Backcare Group, Transition Towns and Women's Institute
- Prayer and Church groups.
- Regular Community Fayres.

Thanks to all the funders who supported us during this period



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FOUNDATION



Hull
City Council



Hull and East Yorkshire
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The **co-operative** membership
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