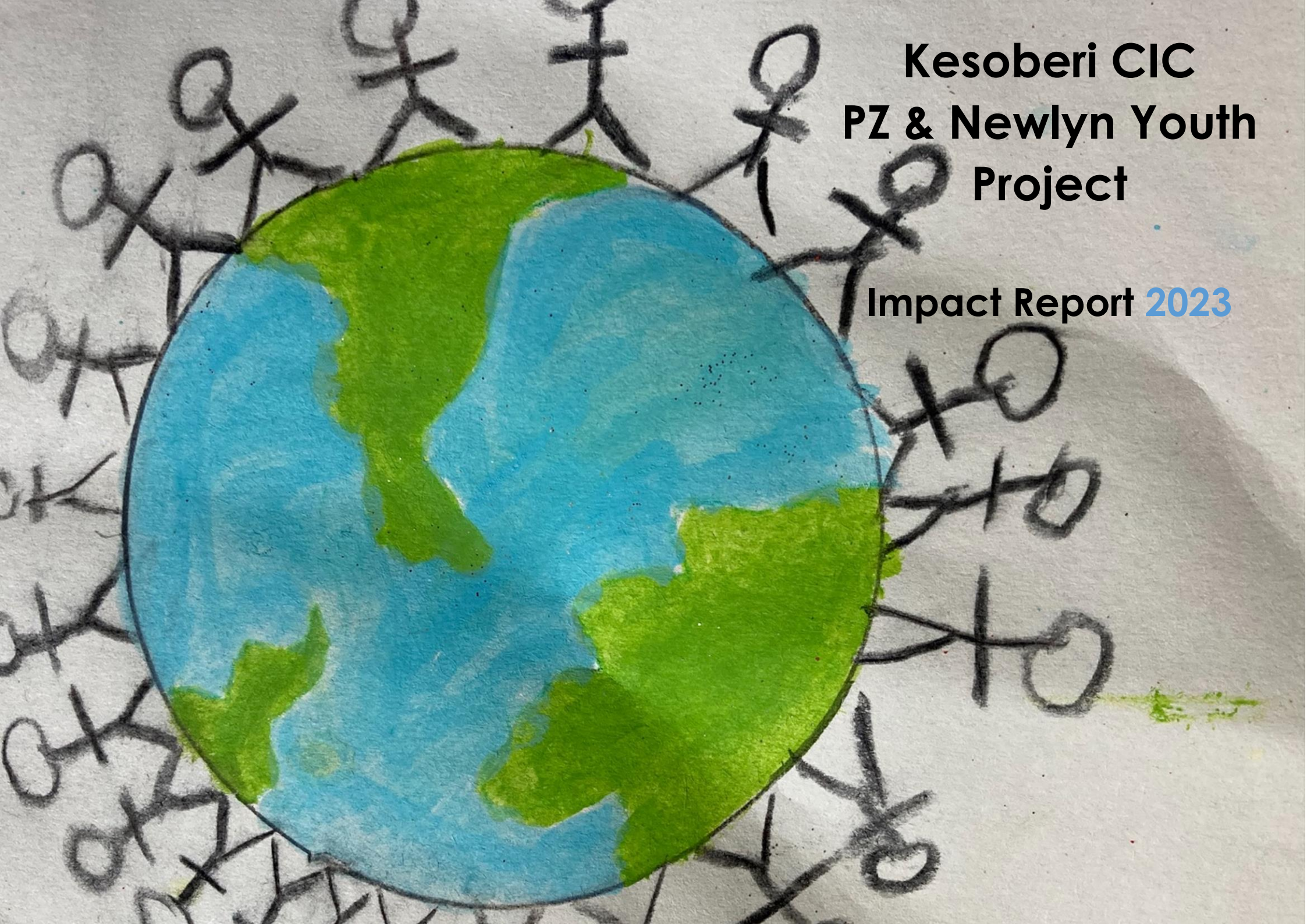


**Kesoberi CIC
PZ & Newlyn Youth
Project**

Impact Report 2023





Background

Kesoberi CIC was set up in November 2022 to offer wellbeing support for adults, young people and children in West Cornwall. Kesoberi means “cooperation/synergy” in Cornish and its work is rooted in these values.

Having experienced both professionally and personally that there were not enough free and accessible spaces in the area for children and young people to attend on a voluntary basis, PZ and Newlyn Youth Project was set up by the Kesoberi team to address this.

Thanks to funding from the National Grid Community Matters fund, the project launched in December 2022 and welcomed over 60 young people through its doors on its opening night.

Despite the project experiencing numerous hurdles throughout its first year, it went from strength to strength. Working across two hired spaces was a complex process. All activity relied on continual bids for funding and a flexible approach in order to adapt the programme in response to young people's feedback.

The year ended in a strong position for the project, both in terms of reputation and attendance, affirming the value and need for a space for young people outside of school. This report highlights the learning gathered through the first year of the project.

PZ & Newlyn Youth Project's ethos

There are core values that underpin the work of the project:

- **Inclusion:** any young person of appropriate age is welcomed through the door and everything they engage with is free - from the food, to going on trips and taking part in workshops
- **Safety:** the project aims to create a safe and welcoming space for the young people to nurture their wellbeing, achieved by staff using a trauma-informed approach to working with young people
- **Opportunity:** the project provides young people with options to try new things, explore their interests and play, through workshops and trips
- **Responsive:** it is integral for the project to be adaptive towards the young people's interests. This is ongoing. The project is for them and should be informed by them

2023 in numbers

129 youth club sessions delivered

12 trips delivered

Over **2200** individual visits from young people aged 11 - 19

15 partnerships formed to enable guest sessions

6 staff employed:

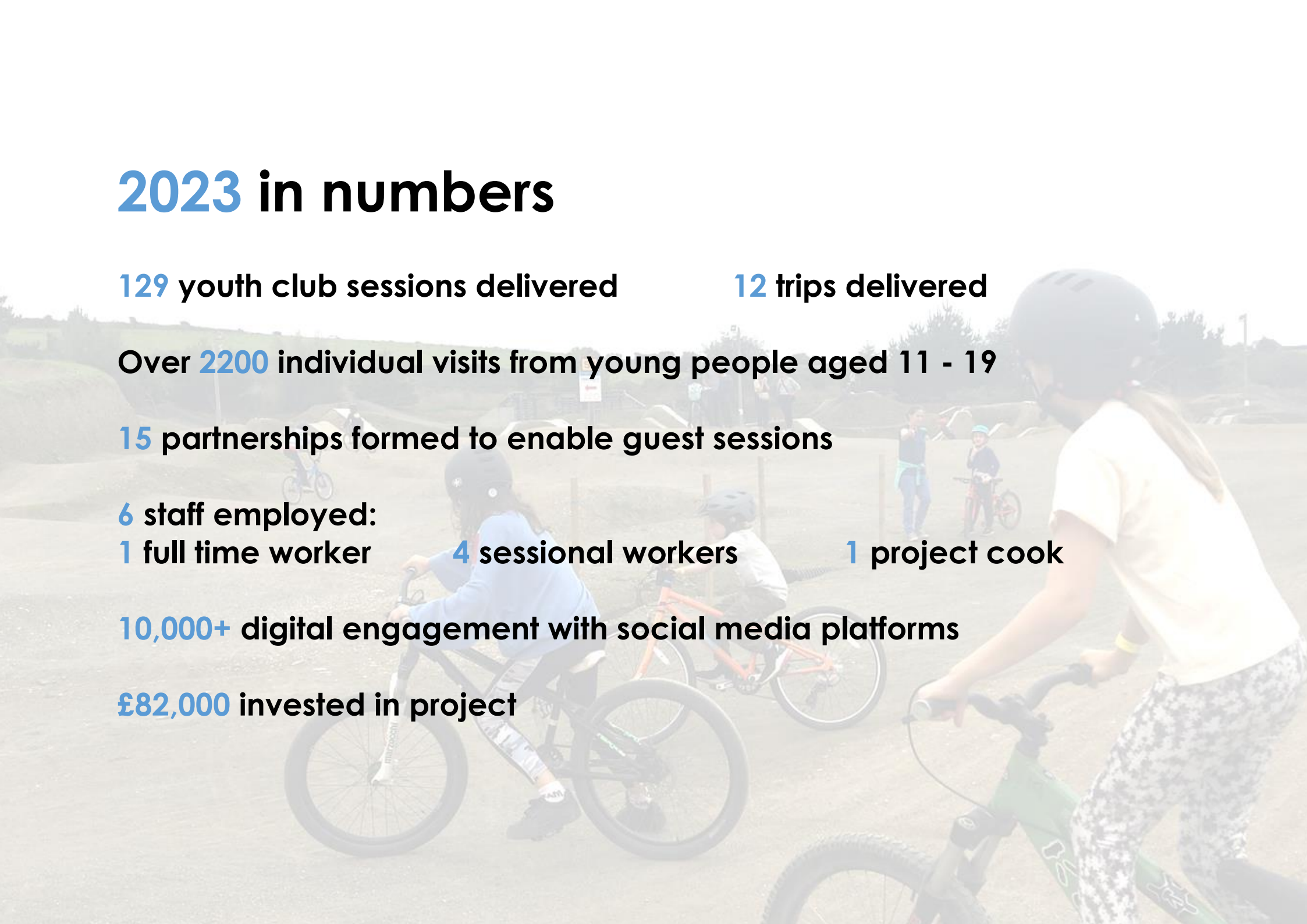
1 full time worker

4 sessional workers

1 project cook

10,000+ digital engagement with social media platforms

£82,000 invested in project



Programme timeline

DECEMBER

Penzance weekly youth club launched at Sea Cadets welcoming 60+ young people on the opening night

JANUARY

Newlyn youth club launched at The Centre welcoming a regular cohort of 12 young people

MAY

Trips begin during May half term break, working with 30 young people

JULY – AUGUST

Summer programme launched, 6 trips delivered and 19 outdoor pop-up sessions delivered around Penzance and Newlyn

SEPTEMBER

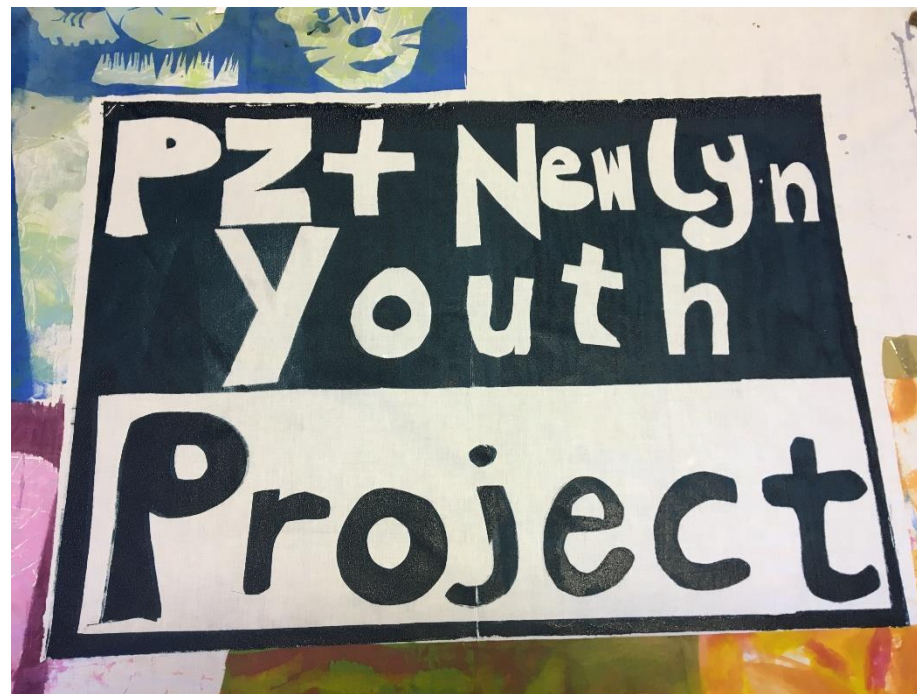
Weekly clubs in Newlyn and Penzance restart

OCTOBER - NOVEMBER

1:1 and 2:1 targetted trips offered for young people

DECEMBER

New building secured on Alverton Street as the youth club base



Trips

BF adventure

Penzance Cinema

Cornwall Underground Adventure

Flambards

Jubilee Pool

Marazion paddleboarding

Marazion rock pooling

Mount Hawke Skatepark

The Track

Trevaylor Woods



Partners

Arts Well

FEAST (Creative Kernow)

HeadStart Kernow

Kernow Connect

Leach Pottery

Mitber

National Trust

Time2Move

Tough Dough



Young people's feedback

We know that young people vote with their feet, and the regular numbers that have continued since the launch in December 2022 are indicative of how young people feel about the project.

More explicitly, some have shared that the project **gives them something to do, introduces them to new people** and **allows them to be themselves**:

I just like coming here and not getting stuck at home.

Everyone's very nice and you can just be yourself.

I was a little depressed at school and it's made me feel a bit better.

It stops boredom.

I didn't really have many friends before and now I have friends.

[Youth club] is very nice and rewarding. I can get away from home...it's helping people.

We would normally be at home or on our phones or something, but instead we're coming out and making new friends.

It stops people from being out on the streets... getting into trouble.

Parent/carer feedback

Just want to say guys thank you for doing an amazing job with this project, J feels right at home and loves his weekly time with you...can't believe how much awesome stuff you are providing.

Youth club has been so beneficial for my young person. He doesn't like to go out around the streets playing as it has led to problems in the past, but is loving having the club to attend Tuesday, Thursday and Friday. This is increasing his confidence and also provides him a safe place to make friends.

Professional feedback

I just wanted to say how lovely it's been to work with you and see all of the good you're doing for the young people in Penzance, you really do some of the most effective work I've seen in that sector.

Exiting staff member - Penzance Council

The targeted youth work you have been doing with the young people in PZ has been amazing and I know this because whenever I meet with young people and their families who have been on my agenda and other professionals, they all tell me about how much the service you provide means to them.

ASB Team

[The youth project] is providing a considerable amount of support to young people in Penzance and Newlyn, which clearly evidence really effective and inclusive engagement with young people in these areas.

Commissioning Manager – Young People's Services



Youth Worker feedback

The sessional workers have been given opportunities to learn and develop through the project:

I had not worked in an open access youth club space before this so it's been a learning curve for me in being comfortable with not knowing what to expect and devising activities that are suitable for the people and energy in the room. I've loved it! I also feel empowered in this team to bring my ideas to the table and design sessions. I began an art group and have led different activities throughout the year, which alongside learning from the rest of the team and guest workers, has been amazing for my own self-development.

Working as a youth worker for PZ and Newlyn Youth club over the past year has been an immensely rewarding experience. The atmosphere here is fun and vibrant, and there is a strong sense of camaraderie amongst the team. Teamwork is at the core of our success, as we collaborate to create a welcoming space for young people in the community. Witnessing the positive impact on the lives of these youths has been particularly fulfilling. Through engaging activities and open dialogue, we have fostered a sense of belonging and empowerment, helping them navigate challenges and build valuable life skills. The growth and resilience I've observed among some of the young people underscore the significance of our collective efforts. It's heartening to see how the club has become a beacon of support, making a tangible difference in the lives of young individuals within the community.

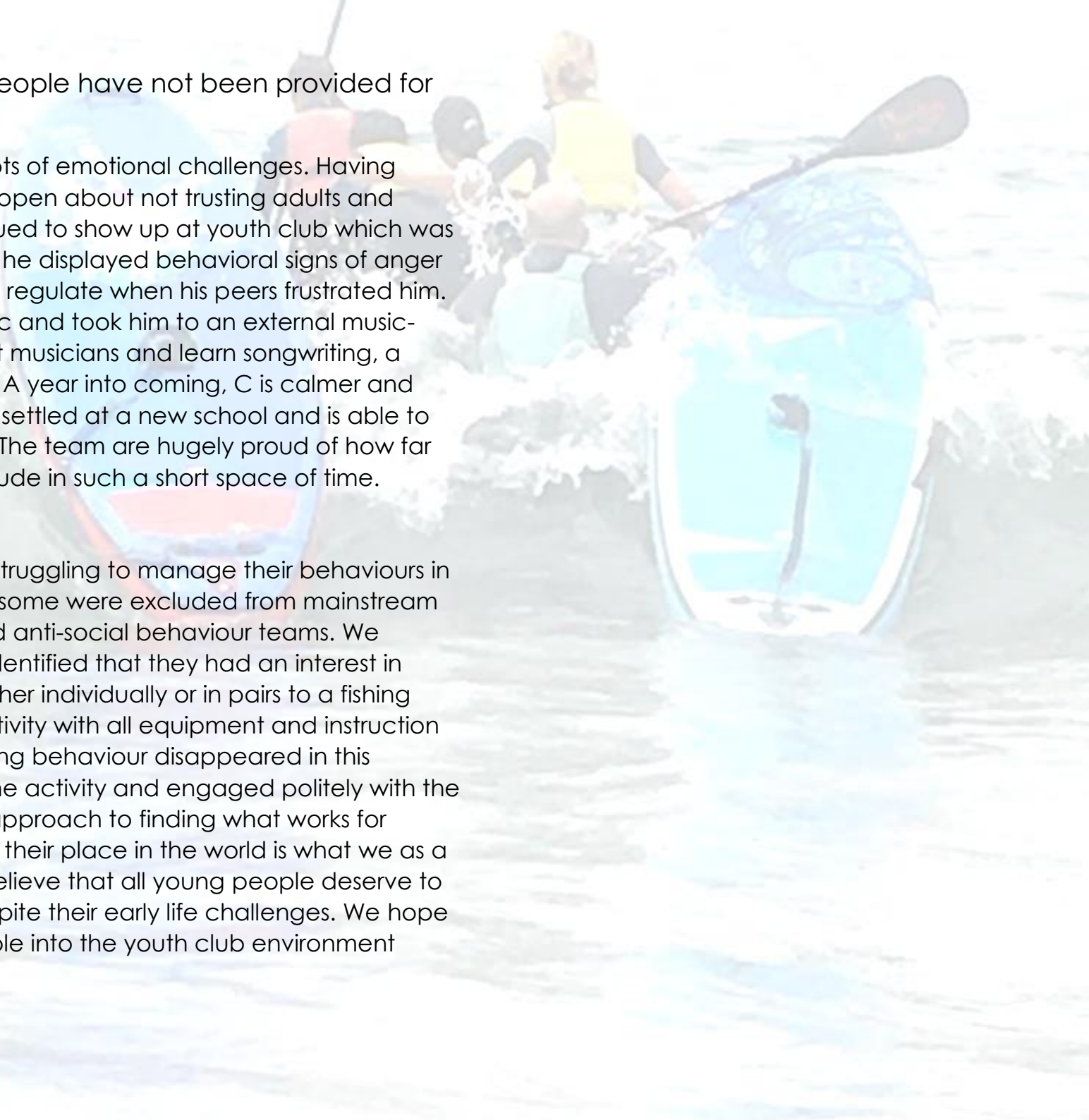




Case studies (names of young people have not been provided for confidentiality reasons)

C began attending youth club with lots of emotional challenges. Having spent much of his life in care, he was open about not trusting adults and figures of authority, though he continued to show up at youth club which was encouraging. During his initial months he displayed behavioral signs of anger regularly and found it notably hard to regulate when his peers frustrated him. The team discovered his love for music and took him to an external music-making day where he got to conduct musicians and learn songwriting, a hugely validating experience for him. A year into coming, C is calmer and more positive in his language. He has settled at a new school and is able to walk away from situations of conflict. The team are hugely proud of how far he has come in his behavior and attitude in such a short space of time.

A group of 11-13 year old boys were struggling to manage their behaviours in the youth club setting. We knew that some were excluded from mainstream school and were known to police and anti-social behaviour teams. We worked alongside their families and identified that they had an interest in fishing. We took the young people either individually or in pairs to a fishing lake where they could access the activity with all equipment and instruction included. We found that all challenging behaviour disappeared in this environment. The boys focussed on the activity and engaged politely with the adults supporting them. This tailored approach to finding what works for young people to enable them to feel their place in the world is what we as a youth project strive to achieve. We believe that all young people deserve to be given the opportunity to shine despite their early life challenges. We hope to be able to reintegrate young people into the youth club environment when their behaviours allow.



Reflection and planning

2023 learning

The need: the numbers through the door and the young people's feedback have demonstrated the irrefutable need for a space away from school or home that young people feel safe to occupy and enjoy. They are enthusiastic about it, have their own ideas about what they would like as part of it and most crucially are better for it.

The importance of space: the practicalities of hiring two spaces and moving resources between them was time consuming and a drain on the team's energy. Although each space had its merits, the absence of a space that the young people could put their mark on, due to the hire agreement, was limiting the project's potential. Although the space was a major challenge for the first year of the project, much learning was gathered because of it.

Trips: they have been a highlight for many of the young people on the project. There is a sense that young people would benefit from more of these; they give the opportunity to provide a reset and widen perspectives, perhaps most importantly to have fun.

Integrated and open access: the project welcomes any young person provided they are the right age. This has meant a diverse range of people have walked through the door, who understand the guarantee of a plate of food, a cosy area to relax in or more interactive activities to engage with. This 'all welcome' ethos is important to model for the young people.

Trauma-informed approach: staff policy is to use a trauma-informed approach to working with young people that is rooted in empathy and support. Young people who are finding it difficult to regulate during a session are given a warning and may be calmly asked to leave that session if behaviour continues, and the reason is clearly explained to them. Young people who consistently cannot regulate their behavior have been offered separate 1:1 activities, which there is hope to continue in 2024 (funding dependent). This approach is key to creating feelings of safety and inclusion for the young people, and for understanding behavioural consequences.



Plans for 2024

New space: plans for the new space means lots of exciting projects are in the pipeline to transform the outdoor area, including a mural, outdoor seating and barbecues!

Targetted night: there are plans to begin a targeted weekly session for refugee and asylum seeking young people with the hope that once they are comfortable with the setting, they will be able to join the open access nights.

Fundraising aims: the project is in need of core funding. There are funds to deliver specific pieces of work, e.g. arts workshops, holiday clubs and targeted sessions, but core funds to cover building and staffing costs are currently a priority in order to make the programme sustainable.

Trips: another programme of trips will be delivered in the Easter and summer breaks to meet the enthusiasm young people strongly expressed for these during 2023.

Recruitment: the project's ambition is to be open five nights a week. More funding is needed for this as well as more staff. The aim is to recruit more sessional workers to get closer to achieving this. To date, the project is supporting two entry level youth workers to gain qualifications and training.



DEEP END

Conclusion

The first year of the project has demonstrated:

- The significant **need** for a safe and welcoming space for young people to occupy out of school hours
- The **power** of high quality youth work to nurture young people's development

The project has followed some key principles in order to get to its current position:

- **adapting** to young people's feedback has been integral to building trust and showing them they are seen and heard. From putting certain food on a menu, buying a popular board game, or organising a trip – meeting their requests sends them the message that their interests are valid and that the team cares
- **free** – there is no charge to be there. The project believes this is the only way to be a truly inclusive space
- **trauma-informed staff approach** is key to building trust with the young people. Staff explain expectations clearly and nurture young people to manage their own behaviour

The ongoing arrival of new young people to the youth club shows that the project is still gaining traction. There is an encouraging appetite amongst new and current partners to deliver activity, that comes with a recognition of the huge value that youth work interventions can have for young people.

Through securing its own building, the project has taken a bold step towards becoming a permanent fixture in Penzance. This has not been without risk, as the need for core funding is ongoing. The project is hugely grateful to all the funders who supported them during the pilot year and helped to get the project off the ground. Whilst the project has relied upon these smaller pots of funding until now, the new building requires a more long-term outlook. It will be seeking further funding to continue the work in 2024 in order to ensure the project can flourish and continue to support and champion young people in Penzance and Newlyn.

Funders



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