

IMPACT REPORT



A message from our Youth Work Co-ordinator

Carol Fitzpatrick

This report provides an overview of Kernow Youth CIC activities and impact over the past year. Highlighting our projects, case studies to demonstrate the impact of our work and key outcomes as well as the voice of the young people who make our organisation great. We aim to showcase the vital role we play in the community and how support can help us continue our mission.

Kernow Youth Vision

Kernow Youth CIC's vision is of a community of thriving and self-confident young people that make a positive contribution to their community. The young people will develop strong personal and social skills, gaining self-confidence and improved well-being.

IMPACT SNAPSHOT

12

Projects

485

Participants

5185

Aggregate Attendance at all sessions

Introduction

Welcome to our 2023 Social Impact report where I hope you will discover the reasons our team is so passionate about the work we do and learn about what happens in the Kernow Youth projects.

During 2023 Kernow youth continued to meet its aim to maintain, support and where possible expand professional and high-quality youth work, work alongside volunteers and in partnership with other bodies to enable positive outcomes for the most vulnerable young people within our area. We provided 12 bespoke projects over the course of the year with an average of 8 sessions weekly, many of the projects have been successfully running for several years, some like the Mental health and Welfare pack project being new this year and made possible with thanks to the Big Lottery Uplift funding.

2023 saw increased demand for all our projects with our average attendance for our open access youth group reaching 32 young people a session, with such increased demand we had to think of creative ways to meet these needs and manage the numbers attending the groups. For example the young parent led stay and play during one particularly busy session topped almost 70 attendants and a waiting list for spaces that we couldn't seem to reduce. Thankfully the talented Danni developed a booking system to help manage the numbers in a attendance and make it fairer for people in the local community to attend the sessions. Extra funding from the Big Lottery also helped us provide extra sessions to allow more young people to access youth work provision on a weekly basis.

2023 saw Kernow Youth completing its final year of 5 year funding from Reaching Communities, with other sources of funding including Children in Need ending the focus for the management team for a large part of the year was securing funding for the future of the organisation. As of December 2023 the team has been successful in securing funding from UK Youth, Children in Need and having submitted the stage 2 application to Reaching communities for a further 3 years funding, alongside this the organisation has also gone through a restructuring and streamlining process to try and increase our ability to provide youth work provision in the future.



Portia Coulthard Youth Worker and Director



Our Story

Kernow Youth CIC was established in May 2015, to engage with and support the children, young people, and the wider communities in the Par Bay Area. Kernow Youth engages, inspires, and supports young people in the St.Blazey, Par and Tywardreath area, through youth work. This makes a positive difference to their wellbeing and ability to maximise their quality of life through informal education and positive activities.

Kernow Youth CIC delivers a range of projects from Fourways youth centre, plus outreach work Par, St.Blazey and Tywardreath. Kernow Youth CIC supports all young people in the area but has a focus on the most vulnerable and disadvantaged young people.



Kernow Youth aims for young people to be supported to participate in a range of activities designed to improve self-esteem, self-worth and a sense of achievement. Sessions provide opportunities that will increase skills and confidence and reduce social isolation and help young people to succeed in education or employment. In order to meet the needs of the young people in our community we have provided the following projects over the last 12 months, some are new and bespoke to meet an identified need and others have run successfully for a number of years.



We hope by reading about our work and the case studies we have highlighted you will gain an understanding of the way in which we support young people in the community.



PROJECTS

Young Womens Project

DETAILS



Providing a safe space for young women to explore a range of issues that directly affect them as they develop their own individual identity. By challenging stereotypes and barriers we aim to support young women to have a voice and be heard. By facilitating and empowering learning opportunities to improve emotional literacy; self-confidence, self-belief, social skills, empathy and self-regulation. By providing information, advice and guidance on a range of social issues including positive sexual health, healthy relationships, grooming, drug and alcohol awareness and positive mental health, we help enable the young women to become positive and valued young people who make a positive difference to the communities they are part of.

What young people say

"I like that we get to both chill and have fun, its very social and i really struggled with that at first but now I'm more comfortable with it. Its great for a space to do your own thing or join in if you want. Everyone is accepting to your needs and wants, there's always someone to talk to about anything"

Hayley 15



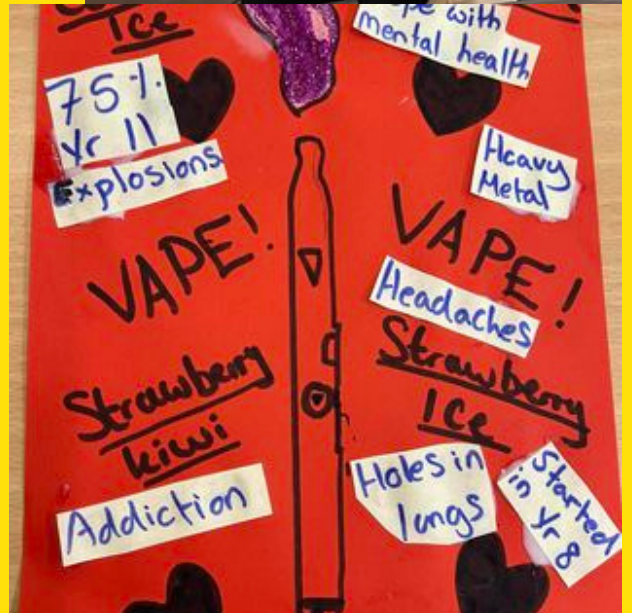
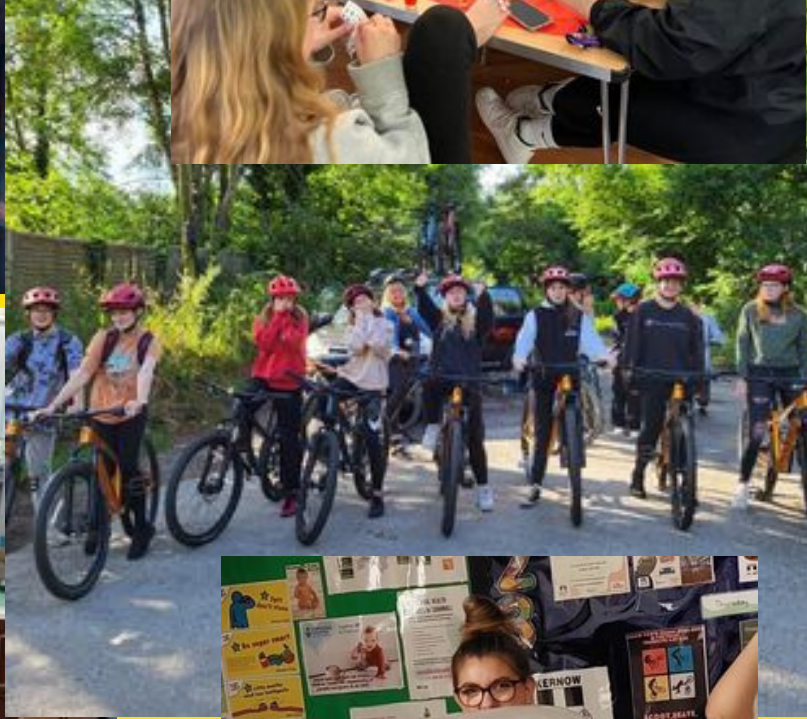
OUTCOME

Issue Based work
Self-defence
Forest School
Cycling Project
Healthy Relationships
Participation project with Activmob and Ash on vaping.
Sexual Health
Emotional Resilience
Single Gender work focuses on a smaller group of young people who attend the targeted sessions, 23 have shown significant progress due to their regular weekly attendance, 8 are starting to progress.



"I've had so much support with my mental health, i can talk about anything on my mind and its helps me get stuff of my chest, the youth workers are not judgmental, ive had help with my college work and finding work experience too"

Poppy 17



Case Study

Rachels Story



“Rachel 14 joined the Young Womens project in early 2023. We became aware that she seemed to be at the centre of any bullying issues that occurred both in side of the youth centre and in the community too, often resulting in a fight.

We also noticed Rachel displayed high levels of worrying sexualised behaviour and was sending and receiving nudes on social media resulting in safeguarding referral.

Rachels behaviour within the group stopped Young women coming to the youth session due to Rachel attending.” Laura~Lead Youth Worker Young Womens Project.

Rachel was struggling with her relationship at home with mum and was finding life in school challenging, Rachel voluntarily attended the youth centre initially as a safe space away from home and school where she could relax and spend time with friends, youth workers recognised the negative and destructive behaviours Rachel was displaying in order to feel in control of something in her life. Through open, honest and caring dialogue Youth Workers addressed issues with Rachel and explained how her actions where affecting others.

Youth workers worked on a 1-1 and group basis with Rachel and delivered sessions around healthy relationships, sexting and friendships addressing issues and behaviours that Rachel was displaying.

Youth Workers also provided a range of positive activities for Rachel to be involved in including centre based, outreach and trips out.

Rachel responded well to these sessions and over time improved her ability to maintain friendships and there is now less talk of sexualised behaviour that Rachel was using as a form of communication as she struggled to have appropriate conversations with her Peers.

As Rachel self-esteem has increased through participating in a range of positive activities she has become a key member of the group and has joined the young advisors as she enjoys a leadership role amongst her friends.

Rachel now takes on a healthy leadership role within the group and her behaviour has improved greatly and she is really focussed in getting involved in all activities and supporting others to join in.

Rachels Story

Rachel 14 says..

“Youth Group has helped me build confidence and character, helped me change from getting myself in to trouble almost everyday to hardly getting myself into trouble because they have taught me its not worth getting in trouble and being miserable. This youth group has given me a safe place where i can talk about anything i want because they provide a safe and stable environment. I am so grateful for this youth group it has helped my mental health so much.”

Project

Young Mens Project

Details

Breaking down the stereotypes of toxic masculinity, challenging stereotypes, encouraging open conversations and empowering young men to make informed decisions whilst challenging stigmas around male image. Providing positive activities, alternative highs, open conversations around issues such as healthy relationships, grooming, drug use and sexual health. Supporting young men to become involved in their community in positive ways and developing social awareness.



Outcomes

35 young men have participated in the sessions
Improved perception of young men the community reported by people and organisations in the community.
76% of young men report feeling more confident since joining the group.
3 young people attending are NEET, and have improved social skills since joining.
The group have taken part in Knife crime workshops, grooming and county lines awareness. Vaping awareness. Body Image workshops.
Toxic Masculinity session and online Safety sessions.

What young people say

"This is the one day a week I get to be me, I don't have to pretend to be someone im not, i can act like a kid and have fun." Ben 13

"The group is ace. Laura and Lisa just let us be ourselves if we are respectful and safe. I can talk to them about stuff and they always make me laugh even if their dancing is rubbish. I love coming to the group and it cheers Mum up to see me happy" Fred 15

"This group is free which is a big help as financially we cant afford to pay for him to join other paid for activities, his always positive and more confident after group"
Dad to Felix 12.

What parents say:

"My son has an increased awareness of risk, exploitation and grooming since he has joined the group which helps him stay safe when he is out in the community alone." Mum to Marc 14



Case Study



Simon,13

Simon had previously attended Kernow Youth as part of the Kernow Kidz but felt he was too old for the group and chose to join the Young Men's project.

To begin with, Simon had problems developing friends as a lot of the group already had friendship groups and Simon lacked the confidence to intrude on this. However, he turned up every week and engaged with staff. Over time the group began to include Simon and began to ask Simon questions about who he was and where he came from. Staff noticed that this and took Simon aside at the start of the next session to check in with him. He explained that he was at a different school and that his Mum was extremely strict about online usage and gaming, and he felt embarrassed when the group were discussing social media posts. Staff explained that this was fine and that the group was encouraged to not judge anyone and to be inclusive and they were good at it most of the time.

Next session the boys began discussing Tik-toks that young people from their schools had made about the teachers in the school. Simon asked "Why is that funny, I mean you are literally taking the mick out of people who are doing their job. I mean take the mick of them as teachers but going into personal stuff and their sexual identity seems a bit harsh that's why I don't have any social media". The group responded in awe of Simon. They could not believe he knew all about life and stories they knew about like Andrew Tate but did not use social media. He explained that he watches the news and reads magazines and papers and that gave him enough information to form judgements.

From that week on the boys asked Simon for his opinion on news stories as well as chasing him up on things they did not understand. Simon remains a key part of the group.

Simon's words "I thought people would exclude me for not being like them but the staff and the guys at group made me feel included. I love coming and sharing topics of discussion with them. I even see some of them out of sessions as well. The group has shown me it is ok to be me"

Project

Soap Box SEN Youth Group

Details

A group aimed at young people with SEND aged 13–25. We promote life skills, support, advice, and guidance for young people with additional needs. We use a range of activities to support emotional literacy with the aim of improving confidence, self-esteem, enhancing social skills, and building positive friendships. We provide opportunities to take part in a range of activities in the community and provide a safe space to explore a range of issue based subjects.

What parents say:

"Ariana loves coming to soapbox, she is so much more confident since attending. Ariana has made friends and talks to them outside of the group, which is something she would never do before"

Mum to Ariana 17

What young people say:

"I've been home-schooled since year 6 and I'm now 17, I was getting lonely as I was spending a lot of time with adults in the other groups I go to, which was ok but not the same. I found it hard at first talking to new people and it's taken me a while to feel confident to talk to new people. The youth workers supported me to start chatting and at first it was hard but over time it got easier, now I look forward to coming in every week."

Beth, 15.

"it's good, I can talk to the youth workers when I need to. I like playing the task master games and the bowling trip was a laugh"

Ricky, 14.

Outcomes

- Co-production of services
- 15 young people took part in a C-card session.
- 23 young people took part in Healthy Relationships workshops
- 26 young people have taken part in healthy cookery sessions.
- 15 young people took part in the collaborative art project "this is us".
- 14 young people took part in a drums for fun workshop, providing the opportunity to express their emotions through music and percussion.
- 28 young people have taken part in a trips out in the community.
- 60% of young people stated they have improved emotional wellbeing as a result of being part of the group.





Kelly 17



Kelly was referred to us By Cornwall College, St.Austell, as she felt alone, had suicidal thoughts and waves of low depressions, finding it hard to make friends. Kelly has autism and is from family who all have struggles with mental health Kelly was constantly bullied at school so didn't have much faith and was extremely anxious starting anything new.

Kelly started coming to the generic Youthy session and began to make a good connection with youth workers, but youth workers felt she was out of her comfort zone a lot of the time and although she was participating in most of the table-based activities, she wasn't fully relaxed and was anxious of those around her. We suggested Kelly attend the soapbox project.

Ater a few sessions Kelly settled in really well she said she can fully unmask and be herself as she said there are other group members who communicate in a similar way to her and she said she felt everyone enjoyed listening to her, Kelly said the soap box project and youth workers made her realise that she didn't have wrong communication skills and she didn't feel at all judged for the first time in her life. Kelly said the soapbox project has a lovely atmosphere and there is no hierarchy or pressures and has been able to discuss any problems or issues that she is experiencing in a safe and confidential place

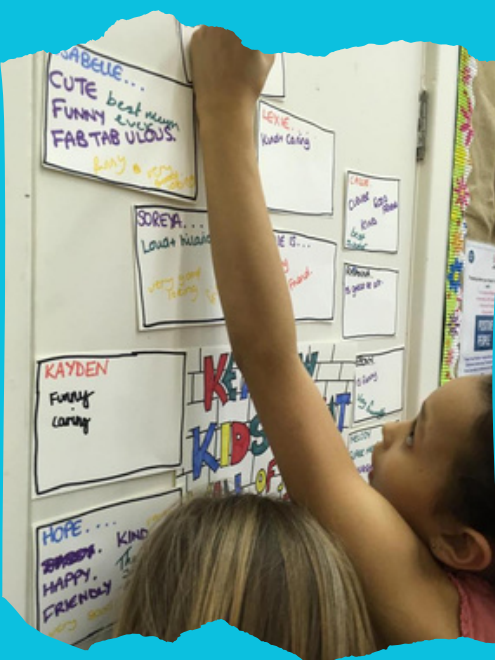
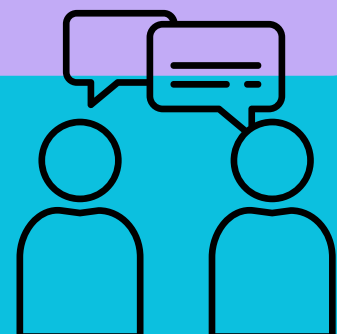
Kelly sometimes still gets overwhelmed and needs gently persuading to join in activity, Danni noticed this one week and Kelly thanked her for bringing her out of her shell.

Kelly said joining soapbox has enabled her to form more positive relationships at college and outside of college and given her a boost of encouragement and confidence to start driving lessons. Kelly has become really proactive in the project taking a lead to welcome new members.



Kelly Thoughts...

"I get to be myself here, fitting in was hard, now i can be myself and the friends I've made accept me for me. I feel like I've found my space, the other stuff is a bonus like the trips and the activities, for me it was about finding friendship, i was feeling lonely before i joined, i enjoyed college but it was hard, I've started an apprenticeship and some weeks have to go away for training and sometimes have to work late but i still come on all the sessions i can to see my friends."



Project

Kernow Kidz 8-12 years

Details

Kernow Youth delivers a range of projects for 8-12 year olds. These groups include Junior boys groups, Junior Girls groups, Generic open session sessions and holiday provision. These groups are targeted at young people who are struggling with a range of issues including lack of confidence and self-esteem, poor mental health, grappling with the complex issues involved with the transition to secondary school providing extra support to form friendships and develop healthy relationships. The projects provide a range of positive activities to support young peoples social and informal education.



Outcomes

- 68% of young people reported feeling more confident after attending 6 sessions.
- 72% of young people took part in healthy relationships workshops, learning about friendships and bullying.
- 16 young people co-produced the program plan for the term.
- 23 young people took part in a litter pick in the community.
- 25 young people took part in team games, building relationships and learning to co-operate with others.
- 18 young people took part in a youth politics workshop.

Young People said...

" I was scared when I joined as the group were so loud, but the staff and the group respect that some of us like quiet and there are always activities for us as well. I want to come back in September" Ben, 10

" The group are such good friends to me now i get really lonely at school and I will meet up with some of them in the summer"
Tegan, 9

Parents said...

" My son has always suffered with anxiety at school, and we have tried cubs and scouts, but he just felt overwhelmed at the groups and left after a couple of sessions. This group has encouraged him and taught him it is ok to be a bit different from everyone else if he is happy. He has made some friends for life and the staff have been amazing. I cannot Thank you all enough, it's like I have my old child back again" Mum of Oliver 10

Project

Youth Work in the Woods. Transition to Secondary School Project.



Details

Confidence building, motivation, and self-esteem supporting a group of 15 young people identified as needing extra support in Year 6 prepare for the transition to secondary school. Young women took part in range of forest school activities in order to boost confidence and self-esteem before transitioning to secondary school. Young women were supported weekly after attending secondary school for continued support to settle into school. Young people took part in den building challenges, facing fear challenges, risk taking activities such as using knives to whittle and fire lighting. Young people also took part in sessions preparing for secondary school, their hopes, dreams as well as fears, healthy sleep, puberty, health and hygiene, and gender awareness.

Outcomes

15 young people took part in forest school activities to support development of independence and increase confidence.

68% of young people improved emotional literacy during the project through sessions on identifying feelings.

57% of young people took part in facing their fears challenges and discussed hopes and worries for secondary school.

85% of young people said they had fun.

100% of young people persevered to learn to light a fire with a flint and steel.

Young People said...

I've learnt to light fires, cook on them to, i burnt my stick bread but it tasted ok with jam on it. I liked using the knives to carve wood. We've built a den in the woods and work on it every week. I was worried when i first came if i would make friends, it took a bit but now i always have someone to play with when im here. Freya 11



What Parents Said...

"Evie was anxious about starting secondary as she would be attending one where she has no friends going from primary, this group has really helped her to practice making new friends and given her confidence to talk to new people. Dad to Evie age 11

"Molly was nervous about joining the group as she doesn't like change but I thought it would help her with the move to secondary, it took a few weeks for her to settle in but she has really enjoyed trying something new and has made new friends, she didn't stop talking about nettle cake for a week, its lovely to see her being brave and trying new activities." Mum to Molly age 11

Project

Welfare Pack Project



Details

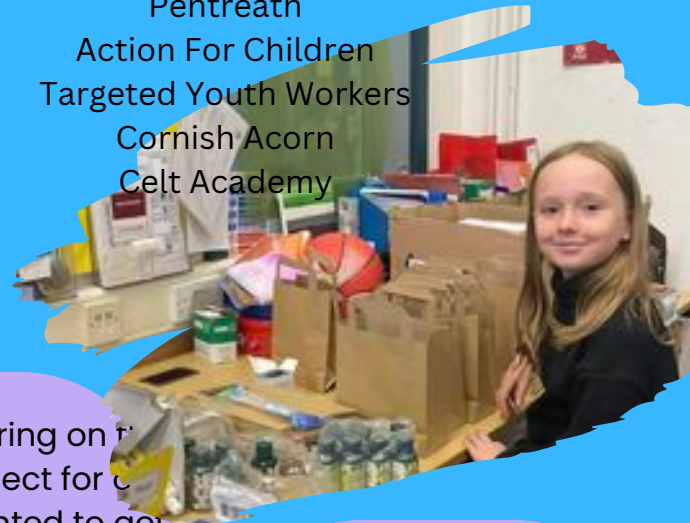
The young advisors group co-produced the welfare pack project. Their aim was to produce gender neutral hygiene packs that could be handed out to young people in need. They identified the key products that the packs needed to contain and liaised with the Body Shop to get the best price in order to make as many packs as possible. The young advisors planned for the packs to look unassuming so that young people accessing a pack from a provider would draw attention to themselves. The young advisors then spent 2 days working together to pack over 1000 packs and supported in delivering them to organisations working with young people to allow as many young people as possible in need to access them.

Outcomes

1000 packs provided to young people.

Schools and Organisations provided with packs:

Callywith College
Bodmin College
Bodmin 6th Form
Cornwall College, St.Austell
Pentreath
Action For Children
Targeted Youth Workers
Cornish Acorn
Celt Academy



Young People

said...

"Living in supported accommodation for the last 6 months and money has been really tight, my youth worker dropped me off a welfare pack and it was really great to have some hygiene products i wanted to use, they've given me a few more since then when i've said i've been struggling with money."

Tate 17.

"I've been volunteering on the Young Advisors project for over 12 months and wanted to get involved in this project as i know how hard the cost of living crisis was affecting my family and my friends families and that often meant basics like deodrant and body wash being the first things not being replaced at home because mum didnt have the money."

Sam 16.

"The packs are great, we have them in the student support office for young people who we identify as struggling financially or come to us for help with cost of living."

Terri, Pastoral, St. Austell College

Project

Emotional Wellbeing Project and Holiday Activity Club

Details

40 Additional weekly Youth Work sessions provided for young people to support emotional wellbeing, including a summer holiday project with weekly activities and emotional wellbeing sessions.

Young People said...

" I have had such a laugh. I was so scared to do the platform jumping but the group really cheered me on. They clapped so loud when I finally did it. I have never ever done anything like this before. It was amazing
" Dean.12.

" I loved meeting new people and some of them even go to my school. I was nervous as I have never gone to something like this without my Mum before. The staff were so funny and joined in everything with us. It was ace" Lily. 11



Outcomes

- 153 young people accessed the extra funded youth work sessions.
- Outcomes: 104 Young people engaged in outdoor activities that they would not otherwise be able to access.
- 85 % of young people reported an improvement in wellbeing after taking part in resilience workshops.
- 63% reported a better understanding of healthy relationships.
- 87% reported feeling more confident through improving teamwork skills.
- 78% reported feeling increased self esteem
- 65% of young people reported gaining a sense of independence and understanding risks, boundaries and challenges.

What Parents Said...

" My son has had real issues with developing relationships with other young people since he began secondary school, and he became very isolated. I was concerned he wouldn't attend the session, but the staff were amazing. They encouraged him to join in everything and he was so happy when he came home and couldn't wait to tell us everything about it. He has continued to attend sessions with Kernow youth and has made some really great friendships" Gemma, 39



Project

Little Stars Community Stay and Play

Details

Little stars community stay and play provides young parents with the opportunity to socialise with peers, reduce social isolation, Co-Produce services for the community, improve Confidence and gain new skills whilst developing parenting strategies. The group provides the community with a sensory stay and play session for children aged 0-5 with parents, carers, and grandparents, focusing on child led play whilst providing support on a range of parenting topics.



120 families attended sessions.
286 people in total from pregnant parents, new born babies, toddlers, pre-schoolers, mums, dads, carers, grandparents and great grandparents.
12 Young parents supported back into education or employment.
2000 hot drinks
156 messy play trays.
8 community outreach sessions on the beach.
Average weekly attendance 51

Outcomes

"Im starting college in January on Child development course, my son is turning 3 and starting nursery, ive been volunteering on the little stars group for 12 months and bringing my son with me, its given me the confidence to go back to college, ive realised that i would really like to be a play therapist and the youthworkers here have supported me to find the courses and plan child care so that i can make it happen."
Abby 19, mum to Dylan 2.

Parents Feedback:

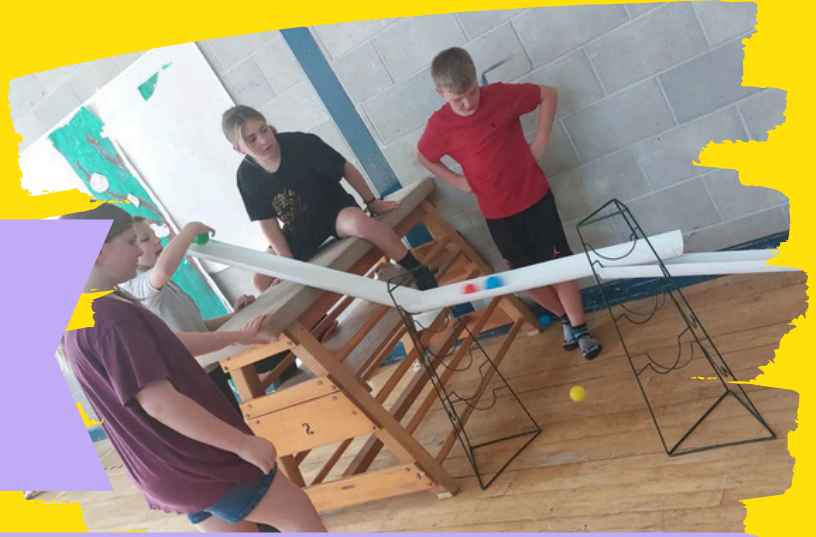
"A fantastic resource for all parent/carers. The team are amazing, Zoe looks forward to coming every week, its really helped to build her confidence. The team have created a welcoming and supportive community, that we value hugely, the hot cuppa is greatly appreciated and this is one of the only days a week i get to speak to other adults."
Sara 21 parent to Zoe 2.

"My 4 year old has just started the ASD pathway diagnosis, i was feeling really overwhelmed by it all and not sure how to feel, i starting come to group and im really glad i did as the youth workers where so knowledgeable, ive only told a few family members so far as i felt it was still stigmatized and i don't know anyone with a child with asd, the youthworkers reassured me i wasnt alone, they chatted with me and gave me some hints and tips to avoid meltdowns and how to ask for an EHCP at the nursery, i felt so much better after chatting to them, just someone understanding how i felt and having the knowledge to share with me as googling was getting very overwhelming" Ana 21 parent to James 4.



Project

Generic Youthwork: Centre Based and Outreach



Details

Sessions run for young people in the PL24 community. The sessions look at promoting resilience in young people as well as developing positive relationships, confidence and self-esteem. Through weekly session, the groups look at issues they face in society such as dealing with knife crime, drugs and alcohol, vaping, body image and risky behaviours. Through working within the community, the group develop an understanding of developing relationships with other people in the local area. They began to have a sense of identity and pride about where they live and regularly joined in litter picks, helping in the community garden and volunteering more with local events. The session worked on empowering young people to make positive decisions to allow them to thrive in the future.

Outcomes

Young people developing positive relationships within the community.
35 young people engaged reported feeling more confident and safe knowing
Kernow Youth
were in the local area.

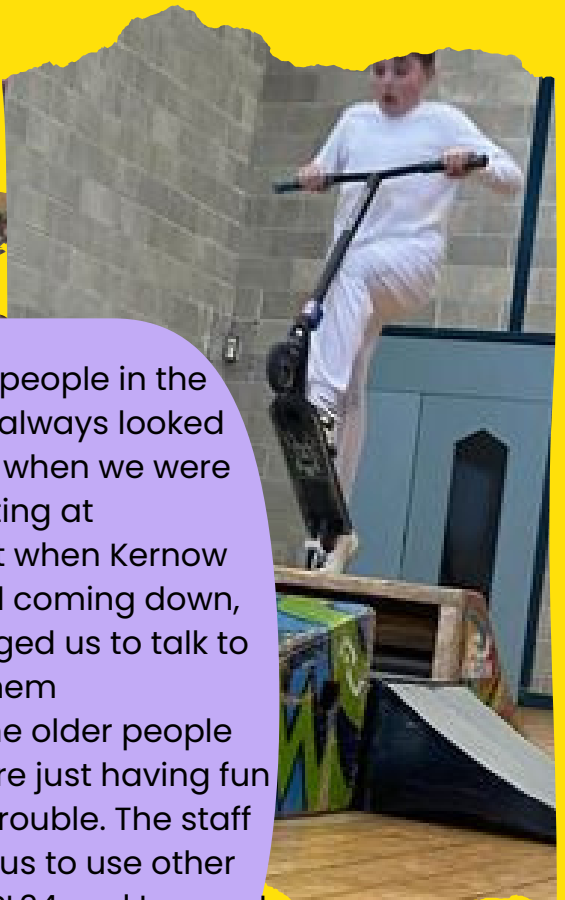
Young people less likely to engage in risky behaviours.
Relationships between the community and the young people improved.
Young people had a stronger sense of community and continue to access
support from
within the local area.

Community Feedback:

“ I must admit, I found all the young men down the track scary and I felt intimidated. When I had a chat with the youth leaders, I realised they were just young people having fun. The staff are so good with the young people and the boys now help if the dog loses his ball in the river. It is such a good way to develop relationships between the age range in PL24 and gives a great sense of community spirit” Edith,76

Project

Generic Youthwork: Centre Based and Outreach



" The older people in the community always looked scared of us when we were skating at the track but when Kernow Youth started coming down, they encouraged us to talk to them and I think the older people realised we were just having fun and were no trouble. The staff encouraged us to use other areas around PL24 and I guess I think this is a pretty cool place to live now." Arnie.15



Project

Generic Youthwork: Centre Based and Outreach



"Its nice that staff come to where we are as I am not allowed as far as the centre on school nights. Its great to feel like we are part of the community as well even if we don't go the actual building" Sam,16



Project

Young Advisors Project.



Details

This group develop key links with the community throughout reach work within the PL24 area, they spent 2023 developing and delivering the welfare pack project. The young advisors meet monthly to discuss plans for Kernow Youth and identify key issues that they feel need to tackled. The young advisors volunteer on all the projects. 6 have achieved over 100 hours volunteering time this year.

Outcomes

The young advisors support the Kernow Youth outreach project, the young advisors suggested and planned activities, designed, produced and distributed posters around Par for the project and also advised youth workers on the best places to go weekly to meet young people. Young Advisors suggested Sports, Mindfulness walks and picnics to engage with young people in Par. Young Advisors have attended all the projects and supported the running of the groups. They take responsibility for making snacks and drinks for the group and clearing up afterwards, running activities, creating posters and fliers and planning the future of the groups. 14 young people are registered as young advisors this year.

Young Advisors say...

“Its our youth club, its our space, its our community, we love being involved, having a say in what work is done, planning the trips, having a voice and being heard is important. Some of us have been volunteering for 5 years and we come every week, we all volunteer on different projects and some of us on more than one a week. Ive got my 100 hours award this year, and im leaving college soon but im still planning on volunteering when i can. I enjoy being part of something and feeling like i make a difference, the trips out are a bounus and the friends ive made are great.” Jaiden 19.



Issue based Work

Details



Kernow Youth delivers positive activities alongside supporting young peoples social development to support this we deliver a range of workshops with young people covering a range of issues important to them:

•Knife Crime, gangs & violence

•Sexual health, c-card

•Drugs & Alcohol

•Grooming and County lines

•Life skills

•Positive relationships

•Budgeting

•Further education & work

•Toxic masculinity

•Vaping

•Community development

•Emotional wellbeing

•Friendships

•Stalking

•Politics

•Summer safety

Feminism

•Cyber safety

•Healthy relationships

•Body image

•Car maintenance

•Independent living

•Stress management

•C.V skills

•Interview skills

•Future planning

•Group contracts

•Team building

•Positive parenting

•Disability awareness

•Diversity

•Resilience & perseverance

•Healthy eating & living

•young people's rights & laws

•Confidence building

Bullying awareness

Politics

162 young people taken part in
Issue based workshops this year.

Learning

This year our learning has been around the importance of networking, building links with other providers in the community, being able to signpost young people to the most appropriate services and for services to signpost to us.

We have recognised the importance of the young advisors and the part they play in the development of our organisation. Our young advisors this year have been formally invited to join our planning group and meet us once a month to discuss the way forward for the individual groups and the project as a whole. We have learnt over the last 5 years that their support, ideas and enthusiasm is invaluable, working in co-production with the young people to shape and deliver their services has improved the quality of our delivery and improved the engagement of our services with young people.

We have listened to young people and recognised the significant struggles young people are having with emotional wellbeing. Youth Workers have attended mental health first aid training, learnt to deliver HeadStart Kernow's lemonade project and resilience tools and have built emotional wellbeing sessions into all of our groups, providing all young people with access to support.

Partnership Working:

Partnership work is a key part of our delivery at Kernow Youth CIC, allowing us to provide high quality youth work for the young people that attend.

This year we have worked with the following partners and organisations to deliver our projects:

- Cornwall Bicycle Project
- Cornish Acorn Forest School
 - Par Bay Big Local
 - St. Austell Food Bank
- Cornubia Community Hall
 - BF Adventure
 - GO Active
- Tregorrick Park Leisure Centre
- Cornwall College St.Austell
 - Sunflower Project
 - Wise Up
 - Activ8
 - Pentreath
 - Care Free
- Action for Children
 - Celt Academies
 - Callywith College

Big thanks to Cornwall Council for allowing us to use the youth centre to deliver our work and a thanks to all the family workers and targeted youth worker's who sign post families and young people to our services.

5 Years of Kernow Youth

When we started our plan 5 years ago we had no idea of the challenges we and the young people would face on along the way, our aim was to provide youth work services to the young people in the local community. A global pandemic that shut our doors and locked us all away to the cost of living crisis that is still affecting us all on a daily basis has added a layer of complexity to our work that we could never had imagined.

Kernow Youth in the face of a global pandemic found new and novel ways to engage and support young people, with staff scrambling to learn new skills, zoom, teams...words we had never used before became common and our online youth work support was conceived, with quizzes, fancy dress competitions, scavenger hunts around the home to weekly check ins, support with emotional wellbeing and reducing social isolation. We will never forget the young person who told us we where the only person they had spoken to all week other than their mum. Delivering food parcels, welfare packs and activity packs to doorsteps, reducing isolation was key to us. As soon as the restrictions lifted Kernow Youth staff were finding ways to meet young people outside 1-2-1 and then in small groups, using new spaces and buildings that allowed the work to re-start. Eventually returning to a “new” normal in the youth centre with staff and young people learning to work together with hand sanitiser, face masks and social distancing.

Slowly groups returned to normal and Kernow Youth continued to provide support and social education to the young people in the community. The need had changed, emotional wellbeing was and still is at an all time low, youth workers identified need and planned sessions to support young people.

Young Advisors play a key role within Kernow Youth, they identified the need for welfare packs for young people during the pandemic and in 2023 the cost of living crisis in our communities was hitting families hard, families cutting back on the basics. The young advisors and youth workers developed the welfare pack project with the support of the Lottery Funding, providing 1000 packs containing hygiene products and information on support in Cornwall for emotional wellbeing to schools, colleges and other organisations working in the community with young people. The project provided extra youth work sessions in schools, in the youth centre and a summer project to allow young people to access the support they needed in a space they felt safe in. The emotional wellbeing project saw 153 Young people access positive activities with informal education around emotional wellbeing.

TOTAL PARTICIPANTS 2015-2023: 988

Total Young Advisors 2015-2023: 42

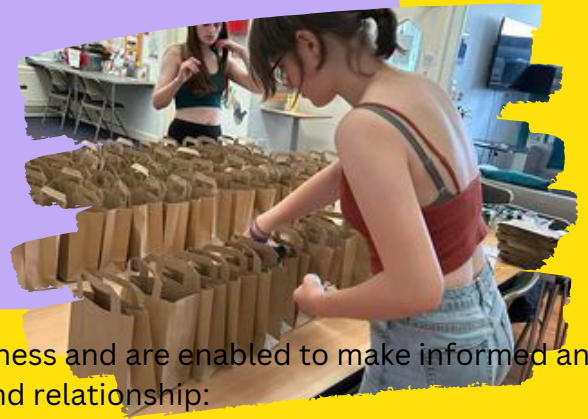
Total Volunteers 2015-2023: 18



Kernow Youth aims for young people to be supported to participate in a range of activities designed to improve self-esteem, self-worth and a sense of achievement. Sessions provide opportunities that will increase skills and confidence and reduce social isolation and help young people to succeed in education or employment. In order to meet the needs of the young people in our community we have provided the following projects over the last 5 years , some are short term 12 week projects and bespoke to meet an identified need and others have run successfully for a number of years providing continuous support for young people.

- Open access generic group 13-19 years
 - Open access juniors 9-12 years
 - Young Womens Project 13-19 years
 - Junior Young Womens 9-12 years
 - Young Mens Project 13-19 years
 - Junior Young Men- 9-12 years
 - SEN youth group 13-24 years
 - Young Parents Project 16-24 years
 - Holiday Clubs
 - Young Advisors
 - Detach/Outreach projects
 - Welfare pack project
 - School Work project
 - Youth Work in the woods-Transition to secondary school
 - Youth Café
 - Food Box Project
 - Kernow Kidz Online
- Online Youth Groups during pandemic

Project Outcomes



Project Outcome One: Local young people achieve greater awareness and are enabled to make informed and positive choices about their health and relationship:

Indicator One: Young people report improved ability to communicate and manage relationships: 30 Young People a year: **Target achieved.** Young people have taken part in healthy relationship workshops and reported feeling confident in their ability to recognise healthy and unhealthy relationships at the end, Youth workers also recognise an improvement in young peoples attitudes to relationships.

Indicator two: Young people will report on having developed better coping strategies regarding health and relationships. 30 young people per year. **Target achieved.** Young people have taken part in a range of issue based workshops to increase understanding of health and relationships, sexual health, friendships, drug and alcohol awareness, emotional well-being, mental health awareness, gang violence, grooming, county lines, online exploitation.

Indicator three: Young people will report on making better choices and improvements about their health and relationships. 30 Young people per year. **Target achieved.** Young people have demonstrated their understanding by making decisions about their sexual health, registering for c-cards, reporting that they have taken responsibility for contraception and had implants fitted or accessed other contraception methods, have taken chlamydia tests and taken responsibility for their sexual health, demonstrate a better understanding of the effects of cannabis on teen brain development, drinking more responsibly, understanding effect of smoking and vaping. 15 young people involved in research project with ASH to discuss the effects of vaping and influence of design of vapes on use in young people.

Project Outcome Two: Local young people suffering disadvantage gain improved confidence, motivation and aspiration to achieve their potentials:

Indicator One: Young people to report feeling more confident and motivated to take positive action in their lives: 30 young people per year. **Target achieved.** Through taking part range of projects and activities, 97 young people this year have been recorded as feeling more confident and motivated through evaluations with youth workers.

Indicator Two: Young people to report on being more hopeful and have constructive plans for the future: 30 young people per year, **Target achieved.** Examples: Young people taking part in cv writing sessions, future planning and goal setting, discussing social justice and awareness, budgeting workshops and independent living skills.

Indicator Three: Young people will show improvements in their attitude to education, volunteering and employment: 30 young people per year. **Target achieved.**

Examples: 12 Young people struggling with transition to secondary school successfully completed confidence building youth work in woods project and moved to secondary school, parents and secondary school commented on the benefit they noticed. Young people supported to access Pupil referral unit education, young people supported to access and remain at college, young people successfully supported through SATS, GCSEs, A levels. 1 young person supported to attend university open days, 2 young people used the young women's session to complete coursework for college on a weekly basis as no internet access at home. 1 work experience student from secondary school. 2 young people supported to volunteer for duke of Edinburgh awards, 3 young people supported on placement from college, 1 university placement supported.

Project Outcomes

Project Outcome Three: Local Young people are empowered through more active involvement in their local community resulting in greater community cohesion. Target achieved

Indicator One: Young people report to their involvement, including volunteering with their local communities and making a positive difference. 30 young people per year. **Target achieved.** Examples: Young people involved in litter picks, young advisors provided weekly community BBQ on outreach. Young Advisors supported 8 weekly beach sessions for parents and children under 5s.

Indicator Two: Communities report on an improvement of young peoples attitudes and behaviour. 3 communities each year. **Target achieved.** Examples: Par track reported an improvement in young people behaviour on the site since Kernow Youth delivering outreach sessions with young people on site. Community garden reported positive to see young people using the space constructively to plant chilli plants.

Indicator Three: Young people will show an improvement in their ability to engage with local community and report feeling less disconnected. 30 young per year. Target achieved. Evidence: Young people supported access resources within the community: clay trails, beach, sporting facilities, play and active part in community events such as carnival and ParT in the park.

Outcome Four: Local young people to help themselves through mutual support and aid to improve local services and recreational activities for young people.

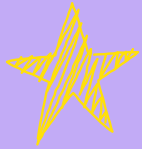
Indicator One: Young people will report on providing mutual support in improving local youth service provision. 50 per year. **Target achieved.** Example: 87 young people achieved highest level for co-producing youth service provision.

Indicator Two: Young people will show involvement in decision making and improving local services and recreational activities. 50 per year. **Target achieved.** Example: 15 Young people involved in planning of youth shelter project. 12 Young people supported to discuss cost of actives with new local sporting provision at Par Track. 23 young advisors involved in decision making for Kernow Youth and developing the youth work provided.

Indicator Three: Communities will report on the improvement to local youth service and recreational activities. 1 community per year. **Target Achieved.** Examples: Families who attend stay and play co-produced by young parents reported how good a service it is.




WE COULDN'T HAVE DONE IT WITHOUT YOUR GENEROUS SUPPORT




- The National Lottery Community Fund
- Children in Need
- UK Youth
- Cornwall Community Fund
- St.Blaise Parish Council
- Tywardreath Parish Council
- Councillor Pauline Giles
- Fourways Charity
- Young Advisors

THANK YOU TO ALL OUR DONORS AND VOLUNTEERS

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 Kernow Youth

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