





# Northbourne in numbers

2559

Number of attendances.

58

Number of New participants.

157

Number of individual young people engaged.

112

Number of summer activities.

416

Number of face-to-face sessions.

96

Number of digital sessions delivered.

44

Number of young people engaged in DofE.

22

Number of community sessions delivered.

## Directors report

In the writing of the Director's Report each year, I find myself privileged to be in a position to reflect on the achievements and lessons learned in the past twelve months, and look on in admiration at what a fantastic team of staff, volunteers and external supporters we have at Northbourne.

There is no greater example of the collective drive, spirit, and humbling sense of community that embodies everything we do at Northbourne than our operation in what has been a year quite like no other. The adjustment to our activities, subjected to continuous change in regulations from government, orchestrated by the team at Northbourne has ensured that we can continue towards our goal of *'supporting young people's development through activity and achievement'*. More importantly than this, though, I have seen that the work we have done has made a difference to the young people (and their families), retaining a sense of community, and closeness through distance.

When everything in our surroundings changes, and the way we prefer to work is no longer a possibility, perhaps the first thought for many would be to move the yardstick for success, to allow ourselves breathing room in a new and unprecedented working environment. Rachel, our manager, has perhaps done the exact opposite. In ensuring that her standards, and the standards that she projects onto young people through the quality of the services that we deliver and the management of the staff team remain fixed and unadjusted in this unexpected adversity, it has been plain to see that throughout the last year, she has continued to deliver excellence for all.

We have a responsibility to ensure that we reach the standards set by Rachel and her team, and we as a board thank her unreservedly for this. These standards are not without tangible fruition, highlighted perhaps most clearly in a junior programme that has gone from strength to strength within the community, and we are lucky to be able to welcome new junior members to the project. Further to this, the Duke of Edinburgh's Award scheme continues to develop and thrive, even in these circumstances, with online sessions being organised and run, and a Gold level expedition able to go ahead. An enormous well done to those involved. A personal highlight from a year of firsts for us was our digital delivery programme, in which food was delivered to young people in the community and cooking sessions were delivered on Zoom.

The planning, preparation and sharing of photos and recipes on our social media pages was inspiring, and I know that the sessions were enjoyed as much as I have enjoyed seeing them.

We have seen changes to the staff team this year, and I am pleased to be able to recognise and officially welcome Mo and Clive, who you'll no doubt read of, further on in this report. Joining us at such a pivotal moment as the coronavirus pandemic is an enormous credit to them, and it has been a pleasure to have seen and heard of them forging positive relationships with our young people from a distance, long may their success continue! Eve, a previous member of staff, former volunteer, and former young person at Northbourne has left us this year after being a part of life at Northbourne in so many ways for a number of years. We thank her immensely, and wish her success going forward.

It remains a great privilege to be involved with Northbourne, and I hope that it is easy to see why. I fully believe that we are brilliant at what we do in what is, as ever, an industry fraught with challenges, financial and otherwise. It is to the credit of the ongoing support of our funders, parents, young people, staff, and perhaps more importantly than ever, our local community that enables us to do what we do so well. We are so grateful to you all. Thank you.





# Managers report

It's been a rollercoaster of a year this year, there's been many ups and downs but as a project and as a team we've come together and we've made the best of it. We've managed to deliver some amazing activities to the young people who access our project and continue to make a significant impact.

In the first six months of the year, we had a great start we were delivering our usual 8 sessions per week, we were halfway through our Health Hero program, we saw a surge in our junior membership, and also in our Duke of Edinburgh scheme, we had 16 bronze participants ready to embark on their DofE journey.

We saw some staff changes this year. We welcomed Mo to the team, he's local with a good understanding of the needs of young people and knowledge of the local area. Nicola went off and she's had a lovely baby boy so huge congratulations to her and we hope she returns after her maternity leave. Clive started with us in April 2020 and didn't have an easy start as we were just about to embark on a digital delivery program that was new to us all. Without any face to face meetings with young people he has successfully built relationships online over zoom engagement.

The covid-19 pandemic was a strange time to be in the field of youth work. We didn't know which direction to take at first, do we close the door or offer remote services? It was all new to us, not one of us had delivered a completely digital program to young people before. With a few weeks of trial and error and listening to what our young people and families were saying, we believe we have responded the very best we could to continue to offer activities for young people during this difficult time.

As a team we pulled together and did not give up, our community was so supportive and embraced all that was offered, we even saw 30 new members reach out and get involved in what we were delivering. It was great. It was just what was needed, keeping people busy, engaged, and continuing to work towards developing young people personally and socially and providing the positive experiences that were much needed.

**“Thanks go to the team and all of those who took part during this year's delivery.”**

# Meet Mo and Clive

Hi, my name is Mo. I have been at Northbourne for nearly a year now. Wow! This year has flown by, so much has happened. My background has always been community-related, I feel helping people is in my blood.

Looking back on summer, Mondays were hectic to say the least. Each week we had to plan, shop, prepare ingredient packs, quiz packs, wellness packs, and other activities for all of the families and young people who had signed up for our digital activities. We had to adapt to the climate of change that has come about due to Covid 19. We have run sessions through Zoom, which none of the team had ever used before, it's been a huge learning curve for us all.

Each Monday we met and created the packs. We weighed out so many ingredients and packed so many items. Flour was almost impossible to buy, as was the icing sugar and pasta. By lunch time we were ready, the minibus was packed full of supplies and we delivered across the west of the city each week to multiple families and young people.

Hi, I'm Clive. I like to keep fit and healthy by doing a wide range of activities, from long-distance running to competing in a mixture of combat sports. I also enjoy eating out in restaurants as well as playing on the PlayStation with my friends.

I started working for Northbourne Youth Initiative in April 2020 during the lockdown. It was an unusual start to my new job but I enjoyed the challenge. My time at Northbourne so far has been a blast! The staff and young people have been very welcoming. This year we didn't know what summer would look like, whilst following guidelines Northbourne was able to offer weekly day trips for up to 7 young people. Due to Covid-19 restrictions, staff had to limit the number of young people attending the trips and the frequency of them.

It was still important to include trips in the program to allow young people to be active, get outdoors, and gain new experiences. Trips this year included Go Karting, Archery, Rifle shooting, Hadrian's wall walk, Canoeing, and local park days.

“Those days were crazy, especially as we were trying to buy 40 plus items of the same products from shops who had limits as well as the shortage of stock. So we had to be creative with our shopping tactics.”

Mo

“I've enjoyed meeting the young people of Northbourne for the first time in person and was surprised yet glad that my first summer for the organisation was a success. Hopefully, I'll be involved in many more summers to come.”

Clive





# Virtual cooking

One of the main successes of the digital delivery was the Virtual Cooking session which ran every week, we even introduced a second session for summer 2020 for our older participants. We have over time built up a core group of families who take part.

Every week, we were providing ingredients for 60 individuals across 44 families in the West End of Newcastle, the ages of participants range from 8-18 years.

The idea emerged as we explored options for using practical activities to continue contributing to the development of young people, cooking is always popular with those who attend Northbourne.

We started with a small group and it organically grew as time went on and we had a huge cohort at the end of the program. The planning, preparation, and delivery was just as much fun for the staff as the delivery.

Each week we delivered ingredients to the families and then we all logged onto zoom and cooked together and chatted. We are so pleased that we were not only able to continue to engage with our regular members and keep in touch but we have also recruited many new attendees and we hope once lockdown is over they will continue to attend and meet with the children they have met over zoom.

The virtual cooking has been a bit of a lifeline for some of the parents as they struggled to fill in the time during lockdown with their children, cooking became a regular part of their weekly routine and home education schedule, and they looked forward each week to making their food and also seeing their friends online.

There are not only benefits for young people who are developing valuable life skills with their cooking abilities but for the parents too. The cooking sessions allowed some of the parents to become involved and get to know other parents who live only a few doors away from them, it created a network where people can chat and share their experiences. It also allowed the parents to develop new skills in the kitchen too, as they learned and worked together as a family.

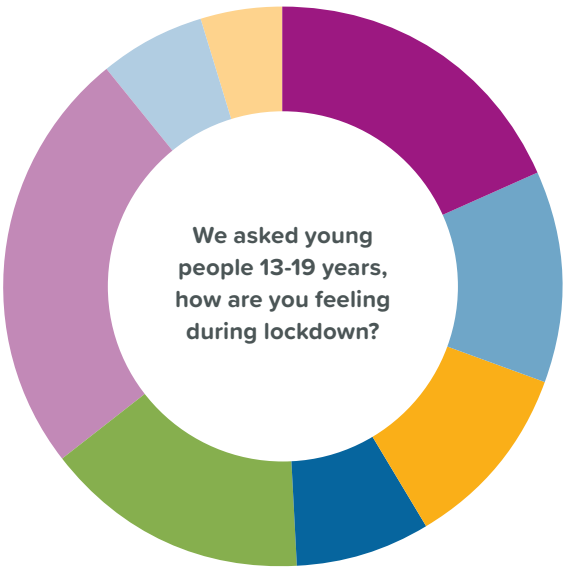


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# And our survey said...

An insight into the impact of the pandemic on young people attending Northbourne and how we responded.



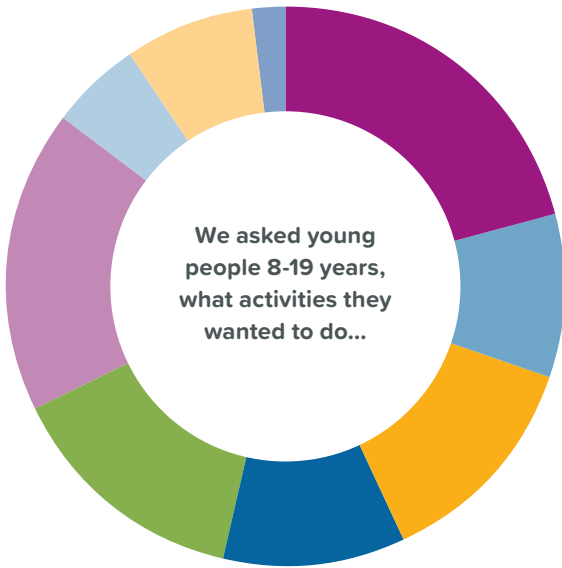
Survey results:

- School work keeps me busy
- Isolated
- Lonely
- Enjoying it
- Like the family time
- I miss my friends
- Over thinking things a lot
- Other



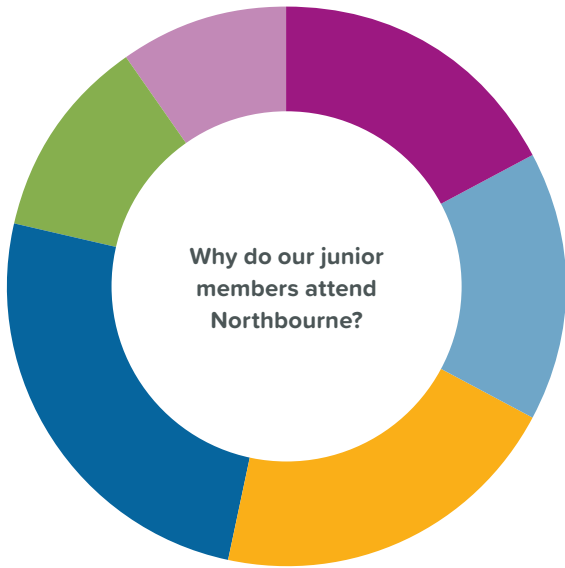
Survey results:

- Anxiety
- Loneliness
- Mental health
- Stress
- Body image
- Healthy/unhealthy eating
- Bullying
- School/exams
- Fear of COVID 19/Pandemic
- Online school work



Survey results:

- Delivery of cooking ingredients
- Delivery of pamper/wellness packs
- Small group activity at Northbourne outdoors (4-6 participants)
- Weekly Zoom quizzes with prizes
- Hire/Collection/Delivery of sports and garden games to use at home
- Delivery of any type of activity pack
- Competitions & Tournaments
- Outdoor cooking/campcraft
- Other



Survey results:

- To meet new people
- To spend time with friends
- To learn something new
- To develop new skills
- To stay out of trouble
- To help the community

## Our Response

Clearly young people are feeling the effects of the pandemic and miss time spent with others, we provided a range of activities online, in small groups, and through delivery to continue participation and engagement with young people.

## Our Response

Exams, school work, and stress are common themes which affect our senior members, in particular, we created wellness-themed sessions and set up regular group chats on social media as a means of support for young people.

## Our Response

Our response - we were fortunate to be able to offer a little bit of all of the responses about activities of interest. In particular, during the summer we created a vast array of summer activities that incorporated cooking, pack delivery, hire of equipment, and more.

## Our Response

In response to this, we have created a program of activities for September 2020 onward which focuses on skills development and new experiences. These include more cooking, some issue-based workshops, social action, and life skills sessions.

# Doorstep Djing

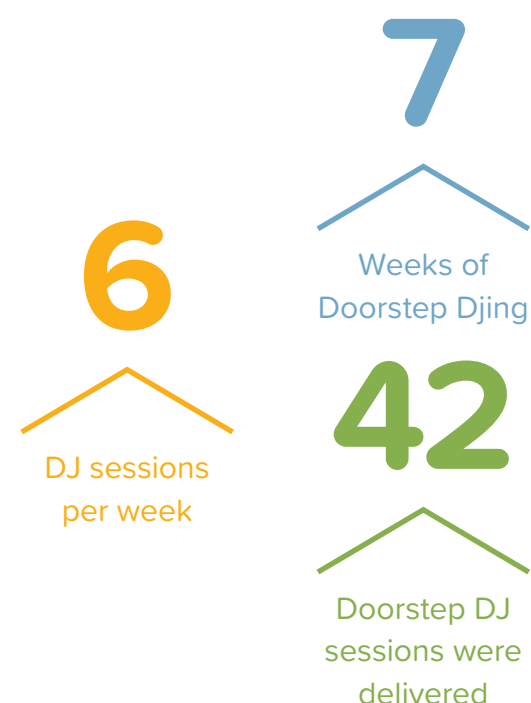
In May 2019 we received youth music funding, this was to deliver some DJ, MC, and lyric writing sessions to young people. It began as a really popular activity and we engaged more young people than anticipated. We were able to introduce young people to music and develop skills and knowledge in music-making and see young people perform in front of their peers.

When the pandemic hit we were unable to continue delivery of this project in the format that it currently was, with the support of the funders and their understanding of the situation we were given the flexibility to change and adapt the project so we could complete the program.

With some tweaks and changes, we would still instil new skills and confidence in young people around music-making and lyric writing but we had to think of a different way to deliver it and reach the young people remotely.

In summer 2020 we launched our doorstep DJing sessions which were a real hit with the young people. So when the young people couldn't come to us we went to them, equipped with our DJ, Adam, and the youth work team we turned up at the young people's doors with all of the equipment that they needed to be able to make music in a safe outdoor environment.

Over 7 weeks, we delivered 6 DJ sessions per week, 42 doorstep DJ sessions were delivered across the summer, engaging 12 young people. We delivered in the wind and the rain, and we didn't let this stop the project from continuing. Our DJ has pulled together all of the photographs and videos and music that was created in this period, we've created a video to share and demonstrate the work that was created.



# Wellness Sessions

The wellness of the young people who attend Northbourne is always a high priority. Last year we worked on our health heroes project which campaigned for health improvement for young people across the West end. Wellness has remained an essential part of our program and something which we consider to be essential to promote when working with young people, this year has been no different.

At such a difficult time for young peoples wellness awareness and positive responses has never been more needed. As part of our summer program we were able to offer weekly wellness sessions to young people, 25 individuals signed up for the delivery of packs and 10 joined us on zoom for a weekly session where we could discuss and learn about wellness. We discussed they included lots of topics, what wellness is and how we can manage it, we looked at stress, we shared what stresses us out, and some coping techniques.

We delivered a range of activities alongside the theory of wellness. We used some practical activities to generate conversations and they give young people time to themselves to do something they could enjoy. We made face masks from natural ingredients to promote self-care, some of the young people put them on during the zoom session and we had relaxing music on in the background and we took time out for ourselves.

We also made some healthy lollipops during the summer to promote healthy eating which was a great activity and young people could enjoy them the next day. We also made some bath bombs and encouraged young people to take time for themselves and practice self-care and remember to relax and reflect.

The packs we delivered each week contained some really useful things that young people could keep and build up a range of resources to use at home to benefit their health and wellbeing. Some of the items in the packs included water bottles, skipping ropes, bath salts, bubble baths, personal hygiene items, practical activity packs, reflective diaries and mindful colouring books.

We hope to continue to have these conversations and interactions with young people around wellness as an ongoing project. It's great to see them take actions that make a difference and to their lives in positive ways.





# The Duke of Edinburgh

The Duke of Edinburgh remains a huge part of our project delivery as it does every year. We currently have 42 young people signed up for the award, this is a consistent number that we work with on an annual basis.

In December we saw a surge of young people join the program at the bronze level. We now have a cohort of 20 Bronze participants. In such uncertain times their expedition has been rescheduled, the group will embark on their bronze expedition in April 2021. Most of the DoE program this year has taken place during the lockdown. We continued delivery and encouraged young people to continue working towards their awards. We set up group chats and online sessions where we could support young people to do this. The Duke of Edinburgh has been supportive of young people allowing them to continue their award, being flexible with changes made to sections; which has helped some young people to complete their awards during this time.

Lockdown saw young people volunteer, they helped their elderly neighbours, helped around the home, cooked for the family, walked people's dogs and one young person volunteered to make face masks and donate them to the local community. This continuation of Awards during lockdown just goes to show the resilience and commitment of the young people who have taken part.

We have 4 young people who are at gold and they are very close to completing their awards, they have engaged every week using Facebook messenger as a means of communication and they have sent in weekly evidence to fulfill each section of the award. They had to change the sections they were originally doing to make it possible to continue, some have been making resources for schools to give out the children during lockdown working from home others have taken to walking or continued with online learning. The group is now in a position where they have completed all of their sections and they only need to go on an expedition that will take place in October 2020.



As always each year young people aged 11+ can take part in The Key Framework which is a youth-led skills development programme that sees young people think, plan, pitch, do and review their very own projects. The Key Framework makes up a lot of our session delivery in our inter and senior groups.

## Key Group - LOL

3 of our senior young people have come together to plan a stage 4 key project, with lots of community benefit. The Key project was approved in early 2020, the idea was to carry out a makeover in the backyard at Northbourne. The yard would provide a social space for young people who attend the sessions but also for families as we could expand our space to deliver family workshops and invite the wider community into the project's activities.

Little did we know this would be a much-needed renovation as we had to begin delivering our sessions outdoors due to restrictions. The new space now includes a decked area and an artificial grass area which is great for games and football. It's a lovely space to spend time, we've started some gardening projects to add some colour to the outside, and we have delivered a graffiti workshop to spruce up the walls in the yard. It's looking really good, just some outdoor seating to be added and then the project is complete.

24  
young people have taken part

260  
Additional members of the community benefited from the Key Projects young people planned and delivered.

8  
8 Key Projects have been planned and delivered

24%  
Young people developed their skills by an average of 24% as a result of participating in The Key Framework.

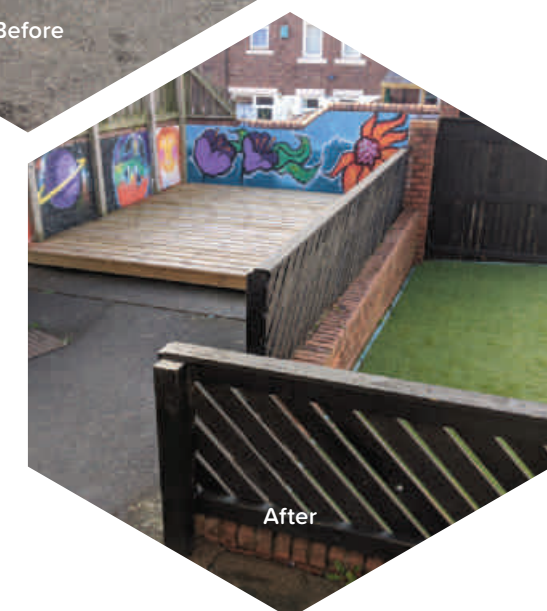
## Key Group - The Satiricals

In response to lockdown conditions and to offer a service to their local community, three of our senior members came up with a great idea around relieving boredom, entertaining, and saving families money during the lockdown. They have created a community catalogue, it was an idea that came directly from them as a way of giving something back to the community in a time of need. The group had £2000 to purchase a whole range of equipment to loan it out to families who access Northbourne during the summer months and beyond. Equipment included tennis net, rackets, basketball hop, giant garden games, balls, beach equipment, and multiple board games. Not only could they be loaned to families but many of the young people who have attended youth groups at Northbourne have been able to benefit from them too.

In addition to coming up with the idea and planning everything out, the group was tasked with looking at how to make it safe during these times, they thought about all elements of the project. It has been a great success and all of the equipment has been put to good use, Connect four has been the most popular item so far. The project will continue to run throughout the year benefiting the local community.



Before



After



# Young people's interviews



## Tell us about you?

My name is Don and I have been a youth member of Northbourne since 2015. My time has been nothing short of excellent (even the word excellent is an understatement).

## You've just finished your Gold DofE, tell us a little about it? The experience, what did you learn, why did you do it?

I recently completed the entire DofE program, I did the Gold Expedition. We went canoeing for 4 days and 3 nights. and in my opinion, the gold expedition was great, I undertook something I thought I'd never do (canoeing and wild camping) and I had a great time with the people who were with me and I'm so grateful to Northbourne for this opportunity. I learned a lot about myself not only on expedition but also during my time at Northbourne.

Northbourne has helped me go from a shy young boy to a confident man who is now doing something he didn't think possible.

## Why should other young people join Northbourne?

Young people should join Northbourne without a question. The staff are amazing! The people you work with are amazing, everything is amazing! They'll help you become a better version of yourself at your own comfortable pace and for that, I thank them a lot.

## Tell us about you?

Hi I'm Ellie, I'm 14 years old and I attend the youth sessions at Northbourne. I used to live really close to Northbourne but I moved away, I'd made some really good friends here so I kept coming and now I travel quite a way to be a part of it. In my spare time I enjoy dancing and spending time with my friends.

## How long have you attended Northbourne?

I've been attending for almost 7 years as a Junior and now a Senior.

## What sessions do you attend?

I mainly attend Thursdays each week so I can complete my Duke of Edinburgh Award. But I have been a part of various projects such as health heroes as a volunteer and girls group.

## What's your favourite thing to do when you're at Northbourne?

I like to see people and socialise. Everything we do is fun at Northbourne even if we work on a serious subject it's not like being at school we do it because we enjoy it. We've learnt a lot about other groups of people and about ourselves. And I've had lots of chances to develop as a person.

## Would you recommend Northbourne to other young people? If so, Why?

Yes, I would recommend it. It's such a fun environment, where you can get support and help on loads of things. There's never any pressure from Northbourne it's relaxed and you can meet some really nice people, I definitely have.

## Tell us about you?

I'm Tobin and I'm 18 years old, I am a university student currently studying physiotherapy. I have attended Northbourne for almost 3 years now. I took part in my DoE awards as well as other activities and trips out.

## You've just finished your Gold DofE, tell us a little about it? The experience, what did you learn, why did you do it?

I have recently finished my Gold DofE, I have done canoeing. It was a great once in a lifetime opportunity. This was a great experience as I had done the expedition with people who I had previously done my expedition with for my Bronze and Silver. From the expedition, I learned that teamwork and communication are always essential as if both these skills don't work effectively it could result in you being capsized (speaking from personal experience). I did my Gold DofE because I had done my previous awards and I had set my goal before I started to complete all the awards. There were many ups and downs but I enjoyed it thoroughly.

## Why should other young people join Northbourne?

Northbourne is a fantastic place to create new friends, relax after a long day of college/school, and to enjoy yourself. When I joined I was nervous at first but then everyone has nerves.

## Tell us about you?

Hi my name is Ellie and I live on the Northbourne estate so I'm really close to the club. I like meeting friends whenever I can and joining in things that are on offer.

## How long have you attended Northbourne?

I joined when I was 8 years as a Junior and I've been involved ever since, so that's 7 years now that I have been involved.

## What sessions do you attend?

I attend a Duke of Edinburgh Award session on a Thursday evening each week. I am currently working on my Silver award.

## What's your favourite thing to do when you're at Northbourne?

When at the club my favourite thing to do is see my friends, catch up with the staff and go out on trips together.

## Would you recommend Northbourne to other young people? If so, Why?

I would recommend Northbourne to other people because it means they can make new friends and do things they have never had the chance to do before.

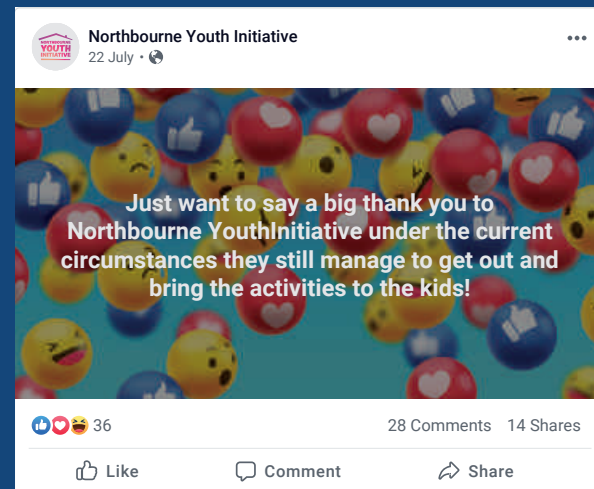


# A year of achievement





# Meet some of Northbourne's young people









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Northbourne Youth Initiative would like to take the opportunity to thank everyone who has supported us during this 12 month period. We are always grateful to our supporters, both continued and new. It goes without saying that the work we do could not be achieved without the kind donations and grants which we receive. No matter how big or small the donation, it's all put to good use, benefiting the children & young people we work with.

